

JUNE 2020 ISSUE

FOR BRAVERY



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



AUSTRALIAN BRAVERY ASSOCIATION PATRON

The Australian Bravery Association is proud to have His Excellency General the Honourable David Hurley AC DSC (Ret'd), 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; Tim Britten CV; Richard Joyes CV; and Doug Baird OAM, father of Corporal Cameron Baird VC, MG. [Photo: His Excellency with Her Excellency, Mrs Linda Hurley.]



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NATIONAL PRESIDENT'S REPORT

Andrew Kendall



Dear ABA members and friends,

During this time of uncertainty and hardship in Australia and around the world, I wish all members, their families and friends the very best and the support of the Australian Bravery Association.

Last month we completed and released the ABA's Strategic Plan 2020-23. At the heart of the plan is our vision as an organisation **to provide meaningful support to our membership, be an influencer on bravery matters within Australia and**

be recognised as a valued not-for-profit charity. Within the plan, we have significant strategies in the following focus areas which we will work on to develop the aim and objectives of the ABA.

1. Maximise support to Australian Bravery Association members
2. Increase the membership of the Australian Bravery Association
3. Maximise financial support to the Australian Bravery Association
4. Be an influencer on Bravery matters.

Despite the limitations placed on us all as a result of the COVID-19 restrictions, the ABA is forging ahead to implement the plan and provide the best support possible. In this respect, I commend ABA Honorary Chaplain Jim Cosgrove for his conduct of a virtual ANZAC Day Service via Zoom and ABA Queensland President Sally Gregory for her initiative to support our Brave Youth through a similar Zoom gathering.

Further, as I mentioned in my recent communication to members, we have found a national 'home' for the ABA, a significant achievement for the Association.

The next ABA National Conference is set down for 12-14 February 2021 in Canberra. At this stage, we hope that it will still go ahead. Planning is ongoing, and we will provide preliminary details when they come to hand.

Finally, I would like to thank and congratulate our new newsletter coordinator, Kay Danes OAM, for her efforts putting together her first ABA Newsletter, which now has the new name, **For Bravery**. I also thank those who have made contributions.

Take care,

Andrew Kendall

Coming events

ABA Kids Vs Codgers Challenge.
A fun-filled time for kids and adults with challenges, games and music.

Online via Zoom on 27 June, 25 July, 22 Aug 2020.

Contact Sally Gregory at
ABAQLDPresident@gmail.com

ABA Reunions and Investitures
On hold until further notice

Notices

ABA National Conference
12-14 February 2021
An exciting program of events is currently being organised.

ABA Strategic Plan 2020-2023
Now available at our Website

For Bravery Newsletter

We want to hear from you!

Deadlines: 25 Feb, May, Aug, Nov
Issues: 01 Mar, Jun, Sep, Dec

Send your news to:
ABANewsEditor@gmail.com

PO Box 88, Rosanna,
Victoria 3084 Australia

AUSTRALIAN BRAVERY ASSOCIATION—WELCOME TO OUR FAMILY



The Australian Bravery Association is a not-for-profit incorporated association which aims to maximise the support available to those members in our community who conduct themselves bravely to save life, property or the environment and thereby experience physical, emotional or other personal hardship.

The Australian Bravery Association seeks to promote awareness of and uphold the high principles and prestige of the Australian Honours System and the previous Imperial Honours System. The Australian Bravery and Gallantry Decorations in the Australian Honours System recognise distinguished acts of bravery or gallantry by members of the community and uniformed services. Membership to the Australian Bravery Association is open to all recipients of an Australian Bravery or Gallantry award irrespective as to whether it is a current Australian honour or a previously awarded former Imperial honour. Ordinary membership is also extended to recipients of other official awards bestowed in recognition for Bravery and Gallantry such as Police Services, Fire Departments, Royal Humane Society's etc. Other classes of membership are open to recipient's families as well.

Membership fees are due annually by calendar year.	
Ordinary	Membership: \$30.00 Renewal of Ordinary Membership: \$30.00 per year or 5 years \$90.00
Associate	Membership: \$20.00 Renewal of Associate Membership: \$20.00 per year or 5 years \$60.00
Honorary	Honorary membership to all Australian Level 1 recipients: Gratis Honorary membership to non-Level 1 recipients: Gratis
Life Subscription	Life Subscription: \$300.00 (Available to the three categories above). Once only fee. A maximum number of one hundred subscribers are allowed.
Financial	Concession is available upon request in writing to the 'National President' for consideration by the 'National Executive'.
The Australian Bravery Association Incorporated (ABN 69 283 023 920) is a Registered Charity and Donations over \$2 are Tax Deductible.	

More on Membership: Melanie Warburton (National Membership Secretary)
Australian Bravery Association - 16 Embling Street WANNIASSA ACT 2903
Email: ABANationalMembership@gmail.com

AUSTRALIAN BRAVERY ASSOCIATION—WELCOME TO OUR FAMILY



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

David 'Emu' Farrell—An Amazing real-life story of bravery.



SPECIAL FEATURE



David 'Emu' Farrell was born in Bourke N.S.W. a small country town on the banks of the once mighty Darling River. He never gave a thought to leaving Bourke, thinking he would follow in his fathers and grandfathers' footsteps - working in the bush. His mother, on the other hand, would say to him and his

younger brother, 'you are going to finish up in gaol one day'. One should never underestimate the vision and wisdom of a mother. David served near 40 years in gaol. He joined the New South Wales Prison Service in 1974 at the tender age of 23. He initially worked general duties until his transfer to the Malabar Security Unit that had merged with the State Wide Emergency Unit. There he was exposed to managing the most violent, difficult prisoners in the system. During the 1970's and 1980's there was considerable unrest in the prison system. Unit staff responded to numerous gaol riots across the State including those at Long Bay, Parramatta, Goulburn, Parklea, Maitland and Mulawa female prison. The Unit staff also handled hostage situations, barricaded cells and yards, escapes, rooftop extractions, and responded to murders and suicides and any other emergency that cropped up.

In December 1984 David played an active role in protecting staff by quelling a riot in 9 Wing of the Metropolitan Reception Prison. For his efforts he was awarded a Ministerial Bravery Citation by the then Minister, John Akister. Then on the 25th September 1990, a large number of prisoners rioted in the Metropolitan Prison (Long Bay). Prisoners attempted to seize control by pulling Officers into 9 Wing as hostages. David threw a tear gas canister into the entry area which allowed Officers time and distraction to break free and withdraw. Other emergency unit staff arrived and that riot was quickly quelled. During their service, David and other Unit members frequently responded to hostage situations across various locations. One occurred in the Malabar Training Centre, a minimum security gaol. Unaware and ill-equipped, Officers walked into a hostage situation. Improvising, David used a metal garbage bin lid to defend himself and another officer used an old style ash tray filled with sand. The sand tray was thrown at the prisoner holding the knife at the officers' throat while David gave the prisoner an appropriate tap on the head with the bin lid. The next day a group of prisoners demanded that all metal garbage bins be removed from the gaol. Sadly, management agreed.

David Farrell has been exposed to the very worst criminals in this country. But he also pays tribute to some of the very best prison officers who are often at the pointy end of extreme risk. In recognition of their selfless endeavours, David has self-published through Inhouse Publishing Queensland a great book titled 'Old Screw.' This book provides interesting and personal insights into David's experiences of the prison system, both good and bad, and how he survived 40 years as a prison officer.

Book link:

<https://inhousebookstore.com.au/products/old-screw>

On 23rd October 1986, prisoners on the top level of 13 Wing rioted and took three Officers hostage. From there, the prisoners systematically went about destroying the place, using whatever they could get their hands on to make weapons. Fires were set. Stairs were covered with margarine to make them slip and hot water was thrown at anyone who dared to approach. **Continued next page...**

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Approximately 70 prisoners ran rampant. For the continued well-being of the hostages, time was critical and every second counted. Amidst all the chaos and obvious danger, David led 10 other Unit members into the wing to successfully retrieve the hostages and quell the riot.

On the 31st March 2020, the Governor General of Australia David Hurley, announced Unit Bravery Citations for those officers and hostages. Awardees comprise members of the Malabar Emergency Unit who are recognised for their actions during a prison riot at Long Bay Gaol in New South Wales.

- Mr Wayne Francis CARMADY Hat Head NSW
- Mr Alan Gary CLARKE Como NSW
- Mr William DODSON NSW*
- Mr Anthony Stefan D'SILVA NSW
- Mr David Shane FARRELL QLD
- Mr David John GOLLEDGE Valla Beach NSW*
- Mr Garry William LOCKHART Peregian Springs QLD
- Mr Kenneth Michael NEWBERY QLD
- Mr Domenic PEZZANO Leppington NSW*
- The late Mr Mark Anthony RUSSO Formerly of NSW
- The late Mr Stephen John WRIGHT Formerly of NSW

*A very warm welcome to Mr William 'Bill' Dodson, Mr David John Golledge and Mr Domenic Pezzano who are now officially members of the ABA.



Australia Day Honours Recipients

Anyone can nominate someone to be recognised through the Australian Honours and Awards System. To complete a nomination you will need:

The person or group details including their name, age and contact details to explain why they are deserving of award, including details of their actions of service. You will also need to provide details of up to four referees to support the nomination.

More information can be found at this link: <https://www.gg.gov.au/australian-honours-and-awards/nominate-someone-award>

MEET SOME OF OUR VERY BRAVE ABA MEMBERS



On the afternoon of 12 January 2018, **Cayla Sweeney** rescued a man after an incident on a canal on the Gold Coast, Queensland. Miss Sweeney, who was 12 years old at the time, was kayaking with her father and brother on a canal near Lae Drive on the Gold Coast. Unexpectedly her father suffered a seizure, fell from his kayak, and began to sink underwater. Without hesitation, Miss Sweeney dived into the canal and managed to grab hold of her father and pull him to the surface. She immediately rolled him onto his back and cleared his airway. At the same time, she was able to calm her younger brother and then raised the alarm for help. A short time later, emergency services arrived and Mr Sweeney was transported to the hospital. For her actions, Miss Sweeney is commended for brave conduct. Tragically Cayla's father has since passed away. His young family continue to support others by fundraising for brain cancer research through the Charlie Teo Foundation.



Goch Isaac Kot, BM was awarded the Bravery Medal for restraining and disarming a machete-wielding man in Belconnen, ACT in 2015. Mr Kot was a passenger in a taxi when the vehicle was stopped by a man standing in the middle of the road. The man, armed with a machete, began to smash the bonnet of the car with the weapon. The attacker then moved around the car towards the driver's door. He opened the door and began shouting and swinging the machete at the taxi driver. The offender pinned the driver in his seat and struck him with the machete. Mr Kot immediately got out of the vehicle and ran around to the driver's door. Without concern for his safety, Mr Kot grabbed the offender's shoulder, pulled him away from the taxi, removed the machete from his grasp and attempted to subdue him. The offender verbally and physically abused Mr Kot before he was wrestled to the ground and restrained. Other people then approached the scene and assisted Mr Kot and the injured taxi driver until emergency services arrived. By his actions, Mr Kot displayed considerable bravery. When asked if he thinks of himself as a hero the response is very humbling: 'I'm not a hero man, I'm just a typical Aussie bloke. You just do the right thing when you need to do the right thing.'



Kirk Trease was awarded a commendation for brave conduct. In the early afternoon of 2 May 2015, Mr Mitchell Lang and **Mr Kirk Trease** rescued a father and son from the ocean at South Ballina in New South Wales. Messrs Lang and Trease together with three friends were on the rock wall at South Ballina Beach when they became aware of a distressed man. The man yelled to them that his six year old son was out in the rough and choppy water. Mr Trease quickly grabbed an 'Angel Ring' and ran towards the beach. He could see that the man had now entered the water in an attempt to locate his missing son. The father was approximately 100m from shore. Without hesitation, he entered the dangerous surf and made his way towards the struggling man. He grabbed the man by his shirt and then both were washed up onto the rocks. At this time Mr Lang entered the water and heard his friends shouting directions to the location of the young boy. Mr Lang swam for about 50-60 metres from the beach until he came upon a red jacket. He reached under the water and located the unresponsive boy, pulling him to the surface. He placed the boy's head on his shoulder and swam towards the rocks. A few waves carried Mr Lang and the boy towards the rocks and on reaching them he passed the boy to Mr Trease who then, with the help of his friends, conveyed the boy to the top of the rock wall. Mr Trease and Mr Lang then commenced CPR on the boy until emergency services arrived. Unfortunately the young boy was unable to be revived. For their actions, Mr Lang and Mr Trease are commended for brave conduct.

OUR BRAVE MEMBERS IN THE NEWS



When Australia's oldest surviving Victoria Cross recipient stepped onto his front lawn before dawn on Anzac Day, he was pleasantly surprised to find he was far from alone.

Keith Payne had planned to commemorate the occasion at his Queensland home with only wife Flo and son Colin by his side. But almost 20 neighbours and friends surprised the family by turning up to watch the 86-year-old's own wreath-laying ceremony, from a suitable social distance of course.

"Mum and Dad walked out of the house this morning and just went 'blimey, where did everybody come from'," Colin Payne told AAP.

After listening to the national commemorative service on the radio on the front verandah, Keith and fellow veteran Flo laid a wreath at the base of the flag pole on their front lawn in Mackay.

"Dad said a few words after the service and thanked everybody for turning up," Colin said.

"I think it almost brought a tear to his eye actually."

While missing Anzac mates and the traditional services and march, having to commemorate the day in private did not detract from the occasion.

"If anything, I think it may have added to it," Colin said.

"It's how Anzac Day originated. For the first few years before it was actually recognised nationally by the Australian government, that's how people did their Anzac Day - at home.

"I found it quite moving actually."

Other family members recorded their own Anzac messages and mini-services.

The Paynes hope the personal touches this year, caused by restrictions to limit the spread of coronavirus, continue in the future.

"People have been making handmade poppies and all sorts of things this year to commemorate, it's just been absolutely incredible - the personalised touch to it," Colin said.

"The commercial stuff's gone out and people are really showing that they do want to honour the tradition and our service personnel."

Keith left the army in 1975 after a decorated career over the quarter of a century. The oldest of the four Australian surviving VC recipients is a proud supporter of veterans' causes, this year helping to promote the Diggers Tribute website. (Original story AAP story at NEWS link)

With the COVID-19 pandemic everyone is doing things a little differently these days. Take Keith and Flo Payne who commemorated ANZAC day this year on the lawn of their Mackay property. "We are both well to date and keep following the ABA whenever it comes up on my screen. Please give our very best to all ABA Members. We look forward to following you all on the "screen". Wishing the Association our very best. Fond regards, Flo and Keith."

NEWS link: VC recipient has own mini Anzac service ([See Canberra Times](#))

Photo: Keith Payne and his wife Flo laid an Anzac Day wreath on their front lawn in Mackay.



Fifty years since Keith earned the highest honour for valour by rescuing 40 men in a bloody Vietnam War battle, he's still fighting - to improve and even save the lives of men and women suffering post-traumatic stress.

Television legend Ray Martin and producer-director Max Uechtritz criss-crossed Australia with Keith for the last year documenting the life of the indefatigable and unconventional 86-year-old war hero turned civilian warrior against PTSD. Capturing incredible images were some of Australia's most awarded cinematographers Andy Taylor ACS, Ben Emery, Trent Butler ACS, Andrew Hyde and Steve Davis with sound from David Springan- O'Rourke, Jo Bursill and James Petch and editing by Lenard Cassimatis. It's a story rooted in steely resolve to overcome his own darkness of alcohol and PTSD that threatened to destroy his marriage and family. The man that emerged is an inspiration for veterans and school kids alike, from his hometown of Mackay to Canberra and Kununurra and Nowra to Narrabeen.

"Keith is a little bloke with a huge heart who's made and continues to make a massive contribution to Australian society, without fanfare or fuss," says Ray Martin. "He's a national treasure yet his searingly honest story still surprises."



FOR INFORMATION OR ADVICE

1300 22 4636

www.beyondblue.org.au

Nowhere is that more evident than in the outback Keith loves. He's as comfortable charming cheeky indigenous kids or eating damper with their elders on a sacred salt lake and as he is taking tea with the Queen at the Palace or Sir Peter and Lady Cosgrove on the lawns of Admiralty House. The cameras also capture the reunion with the US Green Beret medic Keith rescued in the famous battlefield action of 1969 which earned him high honours and legendary status in the USA as well. There's inter-generational reverence shown Keith by WW2 survivors, pony-tailed biker Vietnam vets and shiny, young servicemen and women at the 100th anniversary of the Armistice. But neither Keith nor

the film flinches from the reality of the early torment of the "Victoria Cross curse" wrecking Keith's own household as he battled an illness then unknown to the medical profession let alone sufferers themselves: PTSD. There's heartache from four sons alienated by the ugliness of that period then ultimately pride as their dad conquers his demons and helps others do likewise.

Above all, there's a love story of 65 years and counting. The devotion and patience of Flo, the woman beside Keith through thick and thin, is the core of the man and the film. Flo herself has served the community selflessly and, as then war memorial director Brendan Nelson says: "SHE deserves the Victoria Cross!"

(Original Story: Kundu Productions Documentaries May 2020.)



Also in the news, ABA member Rachael Moore featured in a New Idea article written by Keeley Henderson.

Many ABA members will recall how Rachel and her children narrowly survived a violent domestic violence attack in 2014. Faced with death, the children acted in a way their mother didn't think was imaginable: one took the gun, one tackled the shooter, another hid his baby sister and her nine-year-old daughter administered life-saving first aid. The recent New Idea story about Rachel's survival brought home the challenges that many Australians face with covid-19 lockdowns, those who are victims of Domestic Violence and who have befallen to even greater risk of being trapped in their homes with their abusers, isolated from the people and the resources that can help them. Rachel urges anyone living with an abusive partner to take action.

"If you have a safe place to go, leave now. Do not wait," she warns. "Nothing is more valuable than your life and the lives of your children."

Rachel Moore bravely continues to raise awareness about DV and brings a message of courage and hope as an inspiring advocate for Women's Legal Services Qld (<https://wlsq.org.au>) and Beyond DV (www.beyonddv.org.au)

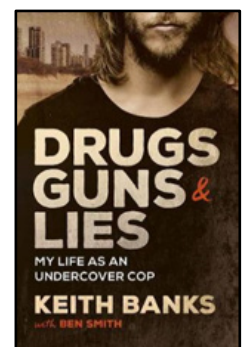


A story from the inside when Queensland had the most corrupt police force in the country. This is what it's really like to be an undercover police officer.



ABA member Keith Banks has a new *tell-all* book

Keith Banks BM VA and Bar served in the Queensland Police Service from Jan 1975 to Feb 1995. This new book is the true story of Keith Banks, one of Queensland's most decorated police officers, and his journey into the world of drugs as an undercover operative in the 1980s.



"I am proud to announce to my ABA family that my first book is due to be published by Allen and Unwin on 2 July 2020. It is autobiographical and covers the first 10 years of my Police service, particularly working as a deep undercover operative in the 1980s. It's not a pretty or happy story but it is a true one. I wanted to tell the story of how that era and the type of work changed and affected idealistic young cops who volunteered for undercover and were irrevocably changed."

Order now: <https://www.allenandunwin.com/browse/books/general-books/biography-autobiography/Drugs-Guns--Lies-Keith-Banks-with-Ben-Smith-9781760877958>

Today we commemorate our fallen, to thank them for their service and remember those who died defending our freedom.

ABA Chaplain Jim Cosgrove leads a moving commemoration ceremony

As ABA President Andrew Kendall mentioned in his opening remarks, despite the limitations placed on us all as a result of the COVID-19 restrictions, ABA Honorary Chaplain Jim Cosgrove conducted a virtual ANZAC Day Service via Zoom on 25 April at 9:00 am AEST. This was an exceptional meeting that gave members an opportunity to assemble as an association and to remember all those who have given their lives in service of country, family and friends. *Lest We Forget.*



ABA KIDS Vs ABA CODGERS CHALLENGE

On 23 May 2020, the ABA introduced a COVID SHOWDOWN in lieu of our annual kids' campout at **Mike and Loveys**. The **ABA Kids vs Codgers Challenge** was a huge success so it now happens every month for all members. (27 Jun, 25 Jul, 22 Aug) It's a great way to stay in touch, have fun and of course give the good old codgers the opportunity to teach the kids

COVID SHOWDOWN
"ABA Kids vs ABA Codgers Challenge"
 Via the Zoom Room at 7PM on 27 Jun, 25 Jul, 22 Aug

Kids set the challenges. Online activities for the brave!

Red Faces
 No Talent Time

Join Zoom Meeting
<https://us02web.zoom.us/j/94551737878>

Meeting ID: 945 5173 7878
 One tap mobile
 +61861193900,,94551737878# Australia
 +61871501143,,94551737878# Australia

Dial by your location
 +61 861 193 900 Australia
 +61 8 7150 1149 Australia
 +61 3 2018 2000 Australia
 +61 731 853 790 Australia
 Meeting ID: 945 5173 7878
 Find your local number: <https://us02web.zoom.us/j/94551737878>

Contact: abaqldpresident@gmail.com

how to be "KEWL" like them. SES workers **Christopher Holloway** and **Suz Kennedy** gave a great presentation on knot tying. Some of our adults were *knot* as nimble as our ABA kids but their awesomeness came through when playing Mikey's game of charades. The dance challenge was won by our ABA kids with **Lillian** and **Calyn** busting some groovy moves to a Michael Jackson favourite.

Want to join the next one? Contact Sally Gregory at ABAQLDpresident@gmail.com
 Here's the link you will need to join OUR zoom meeting room: <https://us02web.zoom.us/j/4967010062>



AUSTRALIAN BRAVERY ASSOCIATION MEMBERS GIVE BLOOD



People of all walks of life need **blood** products. Some need it to get them through a serious event in their **lives**, like cancer or a difficult pregnancy. Others have medical conditions which mean they need **blood** products regularly to stay alive or be healthy.

Congratulations to some of our ABA Members who continue to give life-saving blood donations. Among them, **Melanie Warburton** (Below Right) who has made 58 donations to date. **Jim Preston** who says his blood is so good that they want plasma from him. Jim has received his pin for the 10th donation. **Valerie Uhorchak** (Below) earned her 10th donation pin December 2019. Not to be outdone, **Andy Mac** (Below Left) hit 33 donations but who's counting?



Giving blood is one of the most generous things you can do for another person.

You can donate blood at any of the 90-plus permanent donor Red Cross centres and mobile donor centres across Australia.

HAVE YOU EVER WONDERED WHAT THE SCIENCE SAYS ABOUT BRAVERY?

Research findings on the benefits of the strength of bravery found that Bravery helps people tolerate the vulnerability that is part of growing close to others, thereby helping in the formation and maintenance of close relationships. Bravery involves taking both action and risks, two critical ingredients for personal growth and achievement. This Strength is speaking up when things are wrong or unfair. Ultimately, such actions can lead to significant long-term benefits, often for the greater good of others. These actions also engender trust.

12 MONTH FREE HEALTH AND FITNESS PROGRAM FOR RETURNED VETERANS & PEACEKEEPERS & PEACEMAKERS

NO White or Gold Card Required

Did you know the DVA provides a free 12-month health and fitness program that can be delivered to eligible Veterans anywhere in the country. Eligible Veterans living in metropolitan areas, rural or remote areas, those still working or retired, studying or with other time constraints can access the Heart Health Program via the 12-month telephonic version of the program. Participants have their own tailored physical activity resource, health education coaching, and phone or e-mail support from a program health coach. The program has the flexibility to deliver to anyone, anywhere.

Am I eligible?

The Heart Health Program is free and open to all returned veterans and peacekeepers and peacemakers with operational service who have not previously done the Heart Health Program before. To check your eligibility visit <http://www.veteranshearthealth.com.au/eligibility/>

Individual Heart Health Program

Most people want to improve their health but find it hard to get started. Registering for the Heart Health Program gets you started and keeps you going on the path to new lifelong habits. Good physical health is vital for your overall quality of life and helps with our mental health too

Program exercise resources

The program can provide an exercise resource to help participants to exercise the way they like to or provide an opportunity to try something different than the usual. Resources can take the form of:

- Assistance with the cost of a gym or pool membership or
- Provide a piece of exercise equipment for home or
- Provide assistance with accessing new exercise gear

Enrolment

Registering your interest or checking eligibility is easy.

Simply visit <http://www.veteranshearthealth.com.au/eligibility/> and follow the steps. Or please call the program phone number **1300 246 262** at any time to speak to one of our team.

All participants then need to get a medical clearance form provided by the program completed by their GP before starting the program. To obtain the form visit our website <http://www.veteranshearthealth.com.au> contact the program on **1300 246 262**.

Kind regards

Heart Health Team - DVA Heart Health Program
Program proudly delivered on behalf of the DVA by:

CHM Corporate Health Management Pty Ltd

Toorak Place, 521 - [529 Toorak Road, Toorak VIC 3142](http://www.veteranshearthealth.com.au)

Direct: 1300 246 262

Email: hearthealth@chm.com.au

Web: <http://www.veteranshearthealth.com.au>



MR WARWICK CARY ESM

Sadly, it is advised that Warwick CARY passed away at about 5.30pm 17 April 2020 in hospital at Sydney, with his family and long term friend Peter Denman in attendance. He had a major heart operation on 4 March and never recovered from it successfully. Warwick had been in an induced coma since then. He was 70 years of age. He was well known to many ABA members and for many years owned and operated Cary Corp, which was a medal mounting and medal frame business at Rockdale. On a voluntary basis he was involved with the SES (State Emergency Service) and was OC of the Kogarah district. It was for his long and dedicated service to the SES that he was awarded the ESM (Emergency Services Medal) and he was also the state protocol officer.



Warwick was always prepared to help any ABA member with medal mounting (pro bono) and in the early days donated large medal boards for auction (fundraising) and for presentations on our behalf. Warwick will be missed by his loving family and many friends. Personally, I (John Thurgar) have had the pleasure of being one of them for nearly 35 years and have fond memories of many great times together.

MRS ALICIA VIOLET SOROHAN SC

Brenda and Alan Cochrane have advised with great sadness that Alicia Sorohan SC aka Croc Granny passed away on Thursday night. A little lady with a big heart who will be greatly missed. Brenda and Alan have been privileged to enjoy the friendship of the Sorohan family over the years. The ABA National Executive extends its heartfelt condolences to Alicia's husband Bill and family.



Alicia was not only awarded the Star of Courage, she also received the Pride of Australia Medal. In the early morning of 11 October 2004, Mrs Sorohan saved a man who had been seized by a crocodile at Bathurst Bay, Cape Yorke Peninsula, Queensland. Mrs Sorohan was camping with family and friends at Bathurst Bay and was woken at about 4 am by a man's screams. She went to investigate and found that a crocodile was attacking a male friend who was sleeping in the tent nearby. The man's wife had grabbed him around the shoulders and was trying to pull him free, but the crocodile retained its hold and dragged the man from the tent. Without hesitation, Mrs Sorohan, who was sixty years old at the time, jumped on the crocodile's back to try to distract it. The crocodile let go of the man, threw back its head and broke Mrs Sorohan's nose, causing her to fall over. The crocodile, which weighed 300kg and was 4.2 metres long, seized Mrs Sorohan by the arm and started thrashing about. Mrs Sorohan's son, who had grabbed a pistol, then shot the crocodile several times. Mrs Sorohan suffered lacerations and a fractured arm in the incident. By her actions, Mrs Sorohan displayed conspicuous courage.

Our VISION



The Australian Bravery Association will provide meaningful support to its membership, be an influencer on bravery matters within Australia and be recognised as a valued not-for-profit charity.

ABA FLAG

The ABA Flag provides tangible symbolic recognition of our Association, its strategic purpose and objectives. According to heraldic traditions there is significant symbolism associated with the colour of a flag. A red flag is considered a symbol of hardiness, bravery, strength & valour. Accordingly, the ABA Flag is predominantly red in colour. Thanks to the ABA's ACT President, Mr Peter White, MBE MCS for his leadership in the design and production of the Flag and to Australian Federal Police Sergeant Dale Cooper for his advice. The ABA Flag was officially launched at the Mildura Reunion on 7 June 2019 and carried proudly by the Australian Lighthouse Association during the parade at the Ballina Gathering in August 2019.






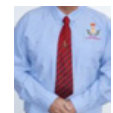
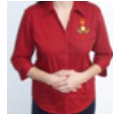





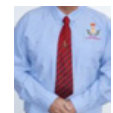
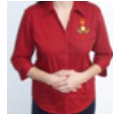





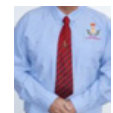
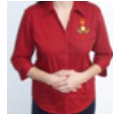





ABA AND THE ROYAL AUSTRALIAN MINT

We are currently discussing the details of the nature of our ongoing relationship with the Royal Australian Mint, however, we envisage that the relationship will involve the Mint continuing to host the annual black-tie dinner each year and we hope that the Mint will be able to display the stories of our bravery award recipients. Watch this space as discussions progress.



 Aspen Medical is the sponsor of the Darrell Tree CV Prize, the ABA Schools Competition	<p style="text-align: center;">THANK YOU TO OUR SPONSORS</p>	<p style="text-align: center;">Supporting our Brave Youth Award</p> <p style="text-align: center;">Rotary </p> <p style="text-align: center;">E-Club of Global Trekkers</p>
 BOOK ONLINE OR CALL (07) 5539 9299 Wyndham Cruises are proud supporters of the Australian Bravery Association.	<p>The Medal Shop is a major sponsor of the Australian Bravery Association</p> 	<p style="text-align: center;">SHOW YOUR SUPPORT AND BECOME A SPONSOR</p> <p style="text-align: center;">Contact: AustralianBraveryAssociation@gmail.com</p>

WE WELCOME YOUR SUPPORT

<p>ABA ON FACEBOOK</p>  <p>We have two Facebook pages that our members can access.</p>	<p>Australian Bravery Association: This is an open community page (open to the public) which provides information about the Association, including upcoming events, and matters relating to Bravery awards and recipients and the Australians honours and awards system. Search for @australianbraveryassociation on Facebook or in Messenger.</p> <p>Australian Bravery Awardees: This page is the original Australian Bravery Association Facebook page. It is a closed group, a private and discreet discussion portal for rescuers and their families. https://www.facebook.com/groups/AustBraveryAssoc/</p>																																				
<p>ABA MERCHANDISE</p> 	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 45%;">Description</th> <th style="width: 15%;"></th> <th style="width: 20%;">Price</th> <th style="width: 20%;">+Postage</th> </tr> </thead> <tbody> <tr> <td>Tie Bars/lapel pins/brooches</td> <td></td> <td>\$10 each</td> <td>+\$8</td> </tr> <tr> <td>Men's embroidered shirt</td> <td></td> <td>\$35 each</td> <td>+\$8</td> </tr> <tr> <td>Ladies embroidered shirt</td> <td></td> <td>\$35 each</td> <td>+\$8</td> </tr> <tr> <td>Embroidered baseball cap</td> <td></td> <td>\$20 each</td> <td>+\$8</td> </tr> <tr> <td>Cuff links</td> <td></td> <td>\$15 pair</td> <td>+\$8</td> </tr> <tr> <td>Association neck tie</td> <td></td> <td>\$25 each</td> <td>+\$8</td> </tr> <tr> <td>Name badge</td> <td></td> <td>\$20 each</td> <td>+\$8</td> </tr> <tr> <td>Mark Whittaker's book – BRAVE</td> <td></td> <td>\$20 per copy</td> <td>+\$10</td> </tr> </tbody> </table> <p>To purchase ABA merchandise please visit our website: http://www.forbravery.org.au/merchandise/</p> <p style="text-align: center;">All Order forms to: Brenda Cochrane, ABA National Treasurer PO Box 127, Bundaberg QLD 4670 or Email: ABANationalTreasurer@gmail.com</p>	Description		Price	+Postage	Tie Bars/lapel pins/brooches		\$10 each	+\$8	Men's embroidered shirt		\$35 each	+\$8	Ladies embroidered shirt		\$35 each	+\$8	Embroidered baseball cap		\$20 each	+\$8	Cuff links		\$15 pair	+\$8	Association neck tie		\$25 each	+\$8	Name badge		\$20 each	+\$8	Mark Whittaker's book – BRAVE		\$20 per copy	+\$10
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<p>ABA PAYPAL</p> 	<p>The Australian Bravery Association National Executive Incorporated are able to receive donations through PayPal. To make a donation:</p> <p>Option 1: Go to the ABA website and click on the big "Donate" button on the homepage or the <i>Donate Now</i> page.</p> <p>Option 2: Click on the following URL - https://www.paypal.me/AustralianBraveryAss You can also send others this link for donations.</p>																																				

AUSTRALIAN BRAVERY ASSOCIATION

Patron:

His Excellency General the Honourable David Hurley AC DSC (Retd)
The Governor-General of the Commonwealth of Australia

Vice-Patrons:

Darrell Tree CV; Victor Boscoe CV; Allan Sparkes CV, OAM;
Tim Britten CV; Richard Joyes CV; and Doug Baird OAM, father of
Corporal Cameron Baird VC, MG



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