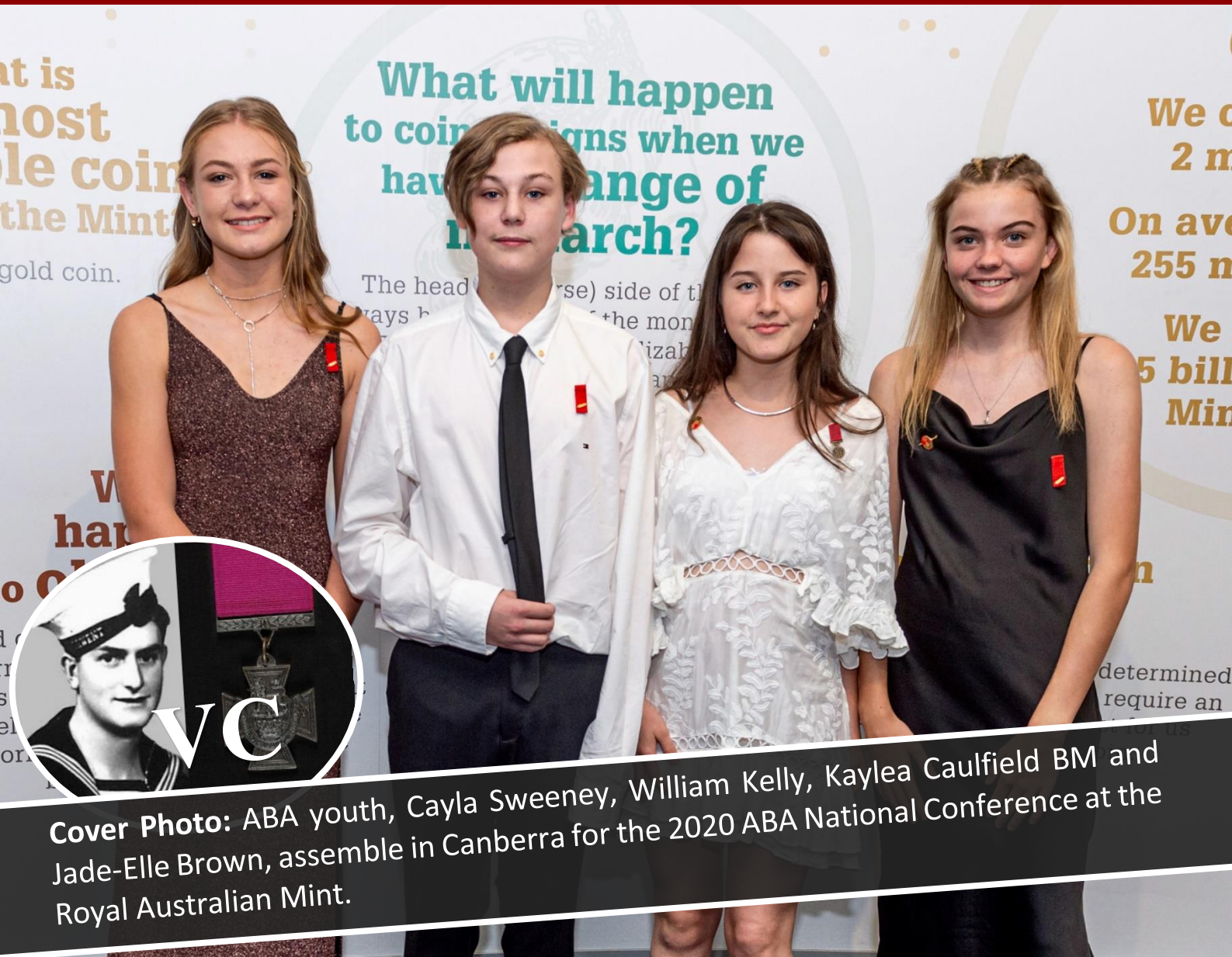


# FOR BRAVERY



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



**Cover Photo:** ABA youth, Cayla Sweeney, William Kelly, Kaylea Caulfield BM and Jade-Elle Brown, assemble in Canberra for the 2020 ABA National Conference at the Royal Australian Mint.

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## AUSTRALIAN BRAVERY ASSOCIATION PATRON

The Patron of the Australian Bravery Association is His Excellency General the Honourable David Hurley AC DSC (Ret'd), Governor-General of the Commonwealth of Australia. Our Vice-Patrons are Darrell Tree CV, Victor Boscoe CV, Allan Sparkes CV, OAM, Tim Britten CV, Richard Joyes CV, and Doug Baird OAM, the 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,

I hope all are well and coping during these difficult times across Australia and the world. Whilst the Australian Bravery Association is restricted in the events we can host and attend, we are committed to remaining in touch and supporting our members, and reaching out to those Bravery award recipients and their families who need help and companionship. Recently we have had several announcements of Bravery awards for outstanding acts of Bravery.

On 12 August 2020 the Governor-General, His Excellency General the Honourable David Hurley AC DSC (Retd), announced that Her Majesty The Queen had approved the posthumous awarding of the Victoria Cross for Australia to Ordinary Seaman Edward 'Teddy' Sheean. Teddy becomes the 101<sup>st</sup> Australian recipient of the Victoria Cross, and his story of Gallantry is told in the pages that follow. On 25 August 2020, the Governor-General announced 29 recipients of the latest Australian Bravery Awards. All are worthy recipients, and their courage is commended. Their stories are ones of selflessness and service. I would like to highlight two of those stories. One is of a Brave youth, the other of dual Bravery.

Teenager Ruth Dhurrkay SC was awarded the Star of Courage for putting her life on the line to save a friend from a savage machete attack. Aged just 13 at the time, Ruth confronted danger when her friend was attacked by a youth who had been abusing solvents and chased the girl with the weapon after becoming agitated. On reaching the girl, the offender struck Ruth's friend with the machete before hitting her several times and inflicting numerous injuries. Ruth sprang into action, running to her friends' assistance, grabbing the offender's arms and torso to stop him from further hitting her friend, and without any thought for her own safety. As well as wrestling the attacker, Ruth, who was injured, calmed him down and eventually stopped the attack. In the words of the Governor-General, "There was no time for thought. She was brave. She was selfless."

Steven Morrow BM was awarded the Bravery Medal and a Bar to the Bravery Medal that is, two awards of the Bravery Medal for two incidents in very similar circumstances. He stared down armed robbers at his Toorak store on two occasions, protecting his staff and seeing off the masked intruders. His jewellery store on Melbourne was targeted twice, in October 2016 and January 2017!

In the first armed holdup, three men wearing balaclavas and carrying hammers, machetes and a firearm stormed the shop. One of the men threatened an employee with a gun while the others smashed the glass counters to snatch jewellery. Mr Morrow pulled his two female employees behind him, standing between them and the gunman who pointed the weapon at the manager at close range. Mr Morrow managed to get the offenders out, pushing the last one out the door. The second raid was similar, but this time Mr Morrow was struck with a gun over the head as he tried to see off four masked men.

These stories remind us of the danger and sacrifice that awardees make. Most often, in circumstances where they don't expect to be rushing to someone's aid, and where they are not necessarily trained to deal with the danger involved during an incident, and when they may not have the support they need after the incident.

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The Australian Bravery Association is here to help provide that support. Our members and professional colleagues understand the challenges that awardees and their families may face in the aftermath of an incident. I am proud of our ABA members who are always willing to extend a helping hand to those in need. So, if you need support, please contact us. We are here to help.

I would also like to welcome Suzanne Kennedy onboard as the ABA Fundraising Coordinator. Suzanne participated in our 'ABA Kids vs Codgers Challenge' and really enjoys being part of the ABA family. She has held a diverse range of roles in the private, non-profit and government sectors and is a Project Advisor in the NSW SES.

Finally, I would like to thank everyone for the incredible response we have had to our request for contributions to this issue, including a big thank you to the Queensland Police Service team. They gave us special permission to reprint photos relating to the story by Dave Raymond BM, OIC Cairns Dog Squad. It was quite an undertaking to get all the appropriate approvals.

Take care,

**Andrew Kendall**

**National President**

Australian Bravery Association

Email: [AustralianBraveryAssociation@gmail.com](mailto:AustralianBraveryAssociation@gmail.com)

### Update from the ABA *Zoom Room*:

On 26 August 2020, Cate Tregellas participated in our very first 'Members Mingle' and shared her family's experience during the Mallacoota Bushfires.

"What a great opportunity to get an insight not only into the Mallacoota fires but into how our great friends the Tregellas' managed the incident and how they are doing today. Everyone was enthralled! You could have heard a pin drop as Cate took us through each hour of her family's incredible ordeal! When the going gets tough... the tough get going!" - **ABA Deputy National President Mike Pearson BM APM**

### Let's Meet Online... "Members Mingle"



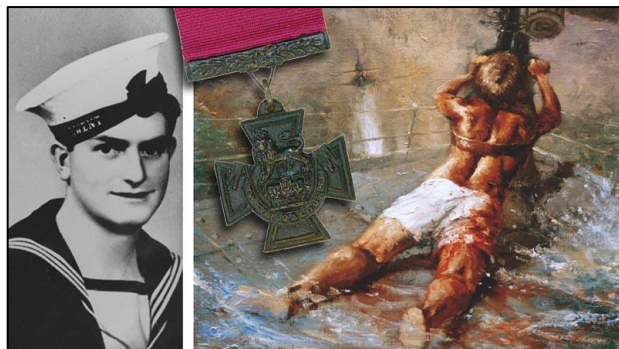
**Visit our ABA *Zoom Room* at 7 pm on the last Wednesday of every month to hear some of the most amazing true stories of bravery.**

**Join us:** <https://us02web.zoom.us/j/84551737878>

(See Page 10 for more details)

# Australia's Newest VC Recipient

**FOR BRAVERY ED**



On 1 December 1942, a young sailor in the Royal Australian Navy, **Edward 'Teddy' Sheean** was killed on board the HMAS Armidale. The ship came under aerial bombardment and torpedo attack from Japanese aircraft, off the coast of what is now known as Timor-Leste. Eighteen-year-old Teddy was unwounded when he ignored orders to abandon the sinking ship, rejecting the potential safety of an escaping motorboat, and strapped himself to an anti-aircraft gun to fire in defence of his shipmates. Teddy's extraordinary actions were credited with damaging two enemy aircraft and helping save the lives of 49 crew. He continued to fire until the ship sank and took him to his death. Now, 78 years later, this farm labourer-turned-war hero has finally been awarded a VC posthumously. ABA Vice-Patron, **Doug Baird, OAM**, the father of the late Corporal Cameron Baird VC MG, a soldier in the Australian Army who was posthumously awarded a VC (2014), shares his insights on this award.

**FOR BRAVERY ED:** What did you think upon first learning of the announcement regarding Teddy Sheean, particularly as a family member of someone who was also awarded a VC posthumously?

**DOUG BAIRD, OAM:** Teddy Sheean's story is one worth telling. It was a very Brave act, and I am happy for his family. Receiving the VC posthumously, was for our family, an acknowledgement of Cameron's bravery and selflessness for others. But the price of such sacrifice is too high a price for any family to pay. We can't turn back time, so we move forward, working to promote the VC and Cameron's legacy: Cam's Cause. This is a charity that we created to raise much-needed awareness and financial support for those still serving, and our Veterans who need both mental and physical support.

Link to: [The Governor-General's official announcement of Her Majesty's approval of a Victoria Cross to Teddy Sheean.](#)

<https://www.facebook.com/watch/?v=379640776352634>

**FOR BRAVERY ED:** When did you go to England to meet The Queen and were you nervous?



Our Aussie royalty meet The Royals! ☺

**DOUG BAIRD, OAM:** We were invited to Buckingham Palace to meet The Queen in early 2014. That was an eye-opener. I was very surprised that she knew so much about Cameron and our family in general. It was an extraordinary day, to say the least. We have met her 4 or 5 times since. As the day approached, and when the car arrived to pick us up, the nerves did kick in. We were advised that The Queen would see us in her private flat inside the Palace. On our way to her rooms, we encountered all her corgi dogs. They were just lazing about, and it was then the nerves subsided. It was as if we were just visiting a friend. It seemed so natural to bend down and greet the dogs.

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**FOR BRAVERY ED:** Was the tea any good? And what do you think Cameron would have thought about all the fuss?

**DOUG BAIRD, OAM:** Before meeting The Queen, you are taken into a room where they tell you about the protocol that is expected when you are in Her Majesty's presence. To tell you the truth, I can't remember having any tea, *or a Bundy and Coke!* I have no doubt Cameron would have been very humbled by the gravity of the award. He would have been most respectful, and I think engaging. He likely would have said that he was only doing his duty. Cameron served to make the world a safer place.



The Bairds present Prince Harry with a Cam's Cause shirt. Photo: Paul Edwards/The Sun/PA

**FOR BRAVERY ED:** How has Cameron's award impacted yours and Kaye's life?

**DOUG BAIRD, OAM:** From day one, we were told by the Chief of Army that accepting the VC on Cam's behalf would change our lives forever. In the 24 to 36 hours that followed, a car picked us up from home (Cam's brother Brendan and his two sons as well). We were driven under escort to a hanger at Coolangatta Airport. The door opened, and we drove through and out the other side where the Prime Minister's Private Jet sat on the tarmac with its engine running. Within a few short minutes, we were on our way to Canberra. The Prime Minister had called a halt to Parliament at 10.00am to announce, on the floor of Parliament, that Australia's 100<sup>th</sup> VC would be awarded to Corporal Cameron Baird MG posthumously. One hour later, we faced a Press conference in the PM's courtyard. There were 50 or so media, TV, radio and print media and about 15 cameras on us. Our lives have never been the same since. Kaye and I toured everywhere by invitation to; Gallipoli, Turkey, Israel, the UK, New Zealand, and all the Australian States and Territories. We've made a serious commitment to raising awareness of Cam's Cause Charity ([www.camscause.org](http://www.camscause.org)), the VC and supporting Veterans welfare. We've also been busy helping continue to keep the ANZAC spirit alive and well in our younger generation by visiting schools and sporting clubs. So it has been hectic, but it has also been gratifying, especially in what we have achieved through the charity for Veterans.

**FOR BRAVERY ED:** In fact, in 2019, you were awarded an OAM for the valuable work you do for Veterans. Can you describe how you felt about that, and if it has changed you in any way?



Doug Baird receives an OAM and uses the occasion to talk about the VC, Cam's Cause, and Veterans.

**DOUG BAIRD, OAM:** We often hear the word "humble" when people receive awards. I can honestly say that I had never really understood what or how that felt until I was awarded the Order of Australia Medal. I was genuinely humbled by the experience, which is indeed an honour. But it hasn't changed me in any way. I am still a proud Dad, and see myself as the same old plumber I once was, and I hope, a good and loving husband.

**FOR BRAVERY ED:** Both you and Kaye have done a lot for the community, and we thank you for that. What message could you personally impart to ordinary Australians who may be struggling (mentally) as a result of the COVID pandemic? *Continued next page...*

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**DOUG BAIRD, OAM:** Well, like no other time in my 70 years of life have we ever been in such a vulnerable state. But thankfully we have good health and our family continue to thrive. I would simply ask that all Australians, please just follow the safety steps set out by the Federal and State Governments. This really is a time to think of others. So stay home. Wear a mask if required. Wash your hands and practice social-distancing between people when in the general public space. Together we must be selfless. If you feel that things are getting on top of you, due to any anxiety, then reach out to a friend or someone you trust. We don't have to carry life's burdens alone.

**FOR BRAVERY ED:** Thank you so much for your insights, Doug. We are honoured that you are part of our ABA family. Finally, how can people learn more about the VC award and its recipients?

**DOUG BAIRD, OAM:** Our Australian VC recipients range from the Boer War in 1900 and go through to Afghanistan presently. That's over 100 years of incredible history. An excellent place to start learning about the VC and its recipients is to Google 'Australian VC List' or when we are able to travel again, post-COVID, I encourage everyone to visit the Australian War Memorial in Canberra.



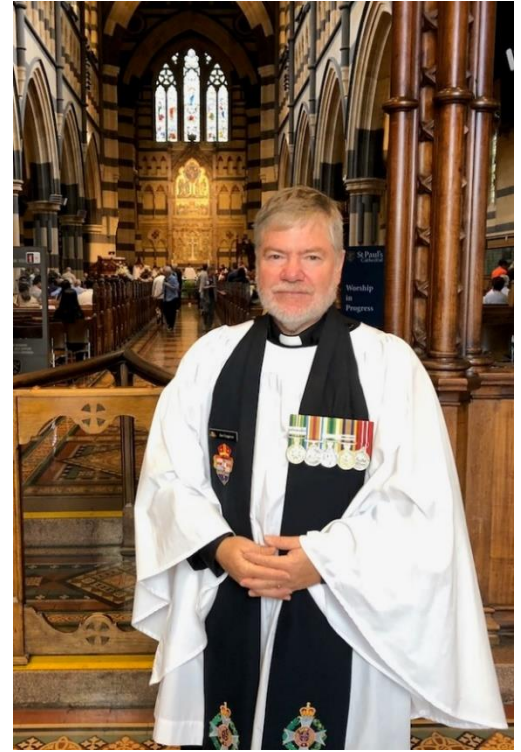
Doug and Kaye Baird, Mark Donaldson, Ben Roberts-Smith, Daniel Keighran, Keith Payne with the Australian Governor General David Hurley – Canberra

| Annual Australian Bravery Association Membership Fees   |  |
|---|--|
| <b>Ordinary</b>   | Membership: \$30.00<br>Renewal of Ordinary Membership: \$30.00 per year or 5 years \$90.00   |
| <b>Associate</b>  | Membership: \$20.00<br>Renewal of Associate Membership: \$20.00 per year or 5 years \$60.00  |
|   | Life Subscription: \$300.00 (Available to the two categories above) as a once only fee. A maximum number of one hundred subscribers are allowed.<br>Honorary membership (Gratis) is offered to Australian recipients and non-Level 1 recipients. |
| <b>Financial</b>  | A concession is available upon request in writing to the 'National President' for consideration by the 'National Executive'.   |
| <b>The ABA Incorporated (ABN 69 283 023 920) is a Registered Charity and Donations over \$2 are Tax Deductible.</b> |  |

# Reflection on Failure

CHAPLAIN JIM COSGROVE

Amid the COVID 19 pandemic, we are confronted with change all around us. Our normal way of doing things has been turned upside down. In some places, changes are a bit of a nuisance because the pandemic seems a long way away. But in other areas, like Melbourne, and many similar locations across the globe, life may never get back to what we were used to only six months ago. We have had much chaos, through drought, floods, fire and now invisible but deadly bugs. People have experienced much loss, for many reasons and most outside of their control; loss of the farm, the home, employment, income, the ability to provide for loved ones. With this loss can often come a sense of failure. A big part of life is dealing with failure, with defeat, with losing. Sometimes we see members of a sporting team in tears because they have lost a game that was so important to them. But it is one of life's great learnings to deal with disappointment as well as with success. I would like to share with you a reflection on failure.



Chaplain Jim Cosgrove

**Failure doesn't mean you are a failure. It does mean you haven't yet succeeded.** It is often very hard to separate what we have failed to achieve from the sense of ourselves being a failure. I remember a line in an American movie whose name I can't recall. The young beautifully muscled, and successful sports star said: "Winning isn't everything – It's the Only Thing". If that is your philosophy in life, then you will come crashing down sooner or later. The poem *Desiderata* tells us there will always be greater and lesser persons than ourselves. At one stage we might be the best, but quite often that won't last for long. It is nice to achieve, to win the medal, to achieve the ambition, the goal, but soon there will be someone better, stronger, faster, more clever and we will be relegated to the also-rans. The rooster becomes the feather duster! So our time will come, and we can enjoy it while we are there, but it is important to be able to let go and share the joy of others successes.

**Failure doesn't mean you have accomplished nothing. It does mean you have learned something.** One of the great pains of failure is that we have put so much effort into achieving our goal. When we fail, we then think that it has all been a waste of time. But that is not so. We have learned so much, we have changed, we have grown, we have a better understanding of our subject matter, of our talent, of our skill, of our endeavour. We may not have got the desired final result, but we are stronger and wiser and perhaps even more human because of the experience. Really we have achieved so much, and it is so important to build on these achievements, to build on the learnings, and to take it to the next level, using everything we have learned, and being stronger and wiser through the experience.

**Failure doesn't mean that you have been a fool. It does mean you have a lot of faith.** I think it is a human response to be hard on ourselves when we fail. We can put ourselves down, deride ourselves, think that we have been a fool, think that we have wasted so much time and energy. But if in life, we learn by our mistakes, then failure is an inevitable and necessary part of the learning. There is nothing foolish in failing. The only foolish part is thinking that we will never fail – because that just doesn't happen. **Continued next page...**



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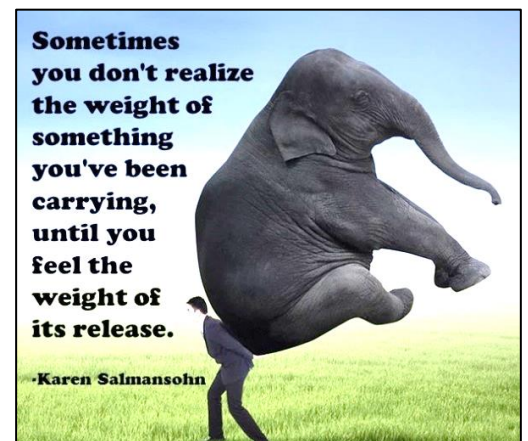
**Failure doesn't mean you have been disgraced. It does mean you were willing to try.** How many people are paralysed into inactivity at the thought of failure? How many people think it is too hard and never give it a try. How many people just don't have the energy to take on a cause, a quest, an aim, a goal because they think negatively, because they believe they will never achieve this goal? So they don't even try or they give up before they begin. The willingness to try is behind the Aussie Anzac TRADITION. Great things have been done by people because they were willing to try. Even Anzac itself was not a victory in any way, shape or form, but an event that shaped our Nation; its pride, tradition and self-awareness. We never know what might happen if we are willing to give something a go – even against all the odds.

**Failure doesn't mean you don't have it. It does mean you have to do something differently.** The medical and scientific breakthroughs of our time typically come about after many failed attempts. In 1953, a fledgling company called Rocket Chemical Company, and its staff of three, set out to create a line of rust-prevention solvents and degreasers for use in the aerospace industry. It took them 40 attempts to get the water displacing formula right. They must have been mentally strong to persist because the original secret recipe for WD-40 (WD- Water Displacement) was perfected on the 40th try – and is still in use today. So WD 1-39 didn't work. What if they had given up at 39?

**Failure doesn't mean you are inferior. It does mean you are not perfect.** There are a lot of pressures all around us these days, tempting to make us feel inadequate. Australia has its tall poppy syndrome, but you don't have to be very tall to get cut down to size. It is hard to go through life with a good self-image, a good feeling about ourselves, there always seems to be people around who are happy to cut people down rather than build people up. Once again, the poem Desiderata says that we should not compare ourselves with others because there will always be greater and lesser persons than ourselves. Its message is just to be happy with who you are. Enjoy your achievements as well as your plans, and if you strive for perfection, then remember that the journey is more important than the destination. Perfection – the perfect human, is one who learns from their mistakes – not one who never makes mistakes.

**Failure doesn't mean you've wasted your life. It does mean you have a reason to start afresh.** To start afresh, to be born again is a beautiful Christian concept. Yes, it is hard to start afresh, but we build on everything that has gone before us. Those experiences are never a waste. We have grown and matured because of them. To start afresh means we can leave some of the baggage behind. Words of forgiveness can take great loads off our shoulders. New friendships can bring untold richness and pleasure into our lives. A new job can take our lives in different directions.

**Failure doesn't mean you should give up. It does mean you must try harder.** It is a very human feeling to want to give up. Sometimes the effort just doesn't seem worth it. Then other times maybe it is, and there are times we should never give up! Trying harder is a great lesson in life. How many of us were amazed and humbled when we watched some of the paralympic events. These incredible people have not only struggled with a disability but have mastered it and grown because of it. They have taken on the world in a great quest for life, never allowing life's tragedies and accidents to control their lives, their aims, their dreams, their self-image, their abilities. *Continued next page....*



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We are all disabled in some way or another. No one is perfect. Some disabilities are more noticeable than others. Each of us has to deal with our own demons, but we have great examples all around us of people who have tried harder and have achieved greatness.

**Failure doesn't mean you will never make it. It does mean it will take a little longer.** God, please grant me the gift of patience but please hurry! Part of life's happiness is being able to wait for things. Waiting has its rewards. Waiting can enrich the sense of anticipation, which makes joy and pleasure so much greater. Looking forward to the event, getting nervous, feeling excited – it all adds to the enjoyment when it finally arrives. It puts us in a correct relationship with what is happening around us. We are not masters of life. We are part of the great mystery of life over which we do not have complete control. Happiness in life is learning to deal with life's unexpected challenges. To remain calm and peaceful when things just don't go quite right. That's the way life is. We can rail against it, or we can work in partnership with it.

**Failure doesn't mean God has abandoned you. It does mean God has a better way.** God's ways are not our ways. We can think we know what God wants of us. We can be sure that one way of service is how God wants us to respond. We can think we know God's mind and can guess his next move. But most of the time we will get it wrong. The old saying – "How do you make God Smile – tell God your plans!" God has a better way. Gen 28.16 has Jacob saying "Truly God was in this place, and I never knew." Isn't that the case? So often, we think God is absent, uncaring, unhearing, and we feel abandoned. But then when we look back on things we can see God's hand at work, making things happen that we could only recognise afterwards. That is our humanness. That is when we just hang on, even when it is dark and scary and painful, and believe God is with us. Even when we can't see him or when we feel abandoned. God has promised to be with us always. **END**



Join the ABA **Zoom Room:** <https://us02web.zoom.us/j/84551737878>

(See Page 22 about creating an account)

Meeting ID: 845 5173 7878

One tap mobile:

+61 861193900,  
84551737878# Australia

Find your landline number:

<https://us02web.zoom.us/u/kqlqFkLDq>



Let's Meet Online...  
**"Members Mingle"**

Visit our ABA **Zoom Room** at 7 pm on the **last Wednesday of every month** to hear some of the most amazing true stories of bravery.



## William 'Bill' Dodson

### ABA MEMBER IN THE SPOTLIGHT

**William 'Bill' Dodson** was born in Sydney, New South Wales, and grew up in its western suburbs. After leaving Granville South High School, he spent the next six years working as a Boilermaker/Welder. With the metal industry in recession in the early eighties, it was time for Bill to find a new trade, one that offered up a lot more excitement and adventure than the previous one.

In 1983 aged 24, Bill joined the NSW Corrective Services and worked as a Prison Officer in maximum security at Long Bay Gaol. Within a year, Bill accepted an invitation to trial with the elite Malabar Emergency Unit (MEU) and Hostage Response Group (HRG). He was successful and became a permanent member of both units, dealing with many of the country's most dangerous criminals daily. In 1987, Bill then joined the NSW Police Force and continued to serve for 12 years in elite tactical units, including the Tactical Response Group (TRG), Tactical Operations Unit (TOU) and the Police Assault Group (PAG). As a PAG assaulter, Bill underwent Counter-Terrorist training with the Special Air Service Regiment's Counter-Terrorist Wing.

In 2000, Bill left the NSW Police Force and worked in the security sector for ten years, before joining Shell QGC as a Health, Safety, Security and Environment (HSSE) advisor. To his list of remarkable achievements, Bill was contacted by one of Australia's leading publishing houses, Pan MacMillan, to write his *True Crime* autobiography: '[The Sharp End](#)' (published throughout Australia in 2001 and 2002). The Sharp End is the adrenaline-charged account of Bill's life at the cutting edge of crime-fighting. It is packed with plenty of action to give an insider view of the training and tactics employed by the best of Australia's tactical police units. It details first-hand accounts of Bill's own personal experiences in responding to some of Australia's most significant sieges, hostage situations, prison riots, armed robberies, drug deals, murders and Counter-Terrorism. Reflecting on those times, Bill says: "For seventeen years I lived a dangerous and exciting life, doing the types of things that a lot of people dream of and love to watch in the movies". If you would like to order an autographed copy of this book, contact Bill on his email: [sharpend7wd@gmail.com](mailto:sharpend7wd@gmail.com)

*Post Script:* On 31 March 2020, Bill and his colleagues from the Malabar Emergency Unit were awarded a Group Bravery Citation for their heroic actions in 1986 during a prison riot at Long Bay Gaol, NSW. We honour their service: Mr Wayne Francis CARMADY, Mr Alan Gary CLARKE, Mr William DODSON, Mr Anthony Stefan D'SILVA, Mr David Shane FARRELL, Mr David John GOLLEDGE, Mr Garry William LOCKHART, Mr Kenneth Michael NEWBERRY, Mr Domenic PEZZANO, and the late Mr Mark Anthony RUSSO and Mr Stephen John WRIGHT.

[www.thesharpend.com.au](http://www.thesharpend.com.au)

# Brave Youth Talk

**JADE-ELLE BROWN**

In 2013, Jade-Elle Brown became one of the youngest Queenslanders to be awarded a Commendation for Brave Conduct when she crawled through the wreckage of her mother's car to help pull sister Molly to safety. Now at 15, Jade-Elle shares some insights with FOR BRAVERY.



Jade-Elle and Molly get a hug from ABA James Preston – Canberra

## Jade-Elle's commendation reads:

On the morning of 2 October 2013, Miss Jade-Elle Brown rescued her younger sister trapped in a crushed vehicle cabin near Torbanlea in Queensland. A mobile motor home, travelling along the Bruce Highway near Torbanlea, collided with a dual-cab utility. On impact the motor home flipped, landed on top of the utility, and crushed the roof down to door level. Miss Brown, who was aged eight years at the time, together with her two sisters and the driver, were inside the cabin of the crushed dual-cab. Several passers-by rushed to the scene to assist, with one man immediately going to the rear of the overturned motor home and turning off the external gas bottles to prevent an explosion. As Miss Brown and the male driver were pulled from the crushed vehicle, the occupants of the motor home also exited their vehicle. Miss Brown's twin sister was also pulled out of the wreck by others who had stopped to assist. At this point Miss Brown heard her other younger sister screaming that she was still trapped in the crushed cab and couldn't get out. She immediately crawled back into the ute and undid her sister's seatbelt, releasing her, and allowing others to pull the young girl outside. Miss Brown then managed to crawl out of the vehicle. For her actions, Miss Brown is commended for brave conduct.



Photos: Simon Smith and John McCarthy.  
[Daily Mail Australia  
 https://www.dailymail.co.uk/news/article-3508797/Queensland-schoolgirl-Jade-Elle-Brown-saved-younger-sister-car-wreckage.html](https://www.dailymail.co.uk/news/article-3508797/Queensland-schoolgirl-Jade-Elle-Brown-saved-younger-sister-car-wreckage.html)

**FOR BRAVERY ED:** Jade-Elle, can you tell us what you were thinking and feeling when you crawled back into the wreckage to save your sister?

**JADE-ELLE:** To be honest, I don't recall thinking or feeling anything. Everything was happening too fast. I can't really remember much about it. But obviously, I was filled with fear and was very scared at the time, but put that fear aside to help.

**FOR BRAVERY ED:** Did you have a difficult time recovering from the trauma of those events?

**JADE-ELLE:** Yes, I have had a terrible time. After the event, I had anything from bad dreams to zoning out and instantly seeing everything over again. *Continued next page...*

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**FOR BRAVERY ED:** What helped you through those moments of your life?

**JADE-ELLE:** Following the accident, the thing that really helped me through it was the support of my family and friends.

**FOR BRAVERY ED:** If you could give any advice to other trauma survivors, what would you say?

**JADE-ELLE:** Stay positive! Even though it seems like things will never get better, they will. Although the trauma will never leave you, it will take a back seat sooner or later. Sometimes you just have to breathe. This can allow you to take back some control and breathing can also help to calm you down too.

**FOR BRAVERY ED:** When you were awarded a Commendation for Brave Conduct, how did that make you feel?

**JADE-ELLE:** This honestly was, and will be the most fulfilling thing ever, because my act of bravery was able to be recognised. I can't even express how good that made me feel.

**FOR BRAVERY ED:** What was it like meeting the Governor-General of Australia, and what will you remember most about your Canberra experience?

**JADE-ELLE:** I didn't really think much of it at first just because I was so young, and I'm not going to lie, but I didn't really know who he was. But later on, and finding out who he was, I was able to look back on it and realise how lucky I was to meet such an important man. I will honestly remember everything about my Canberra experiences. The best part of it would have to be the gala dinners. They are always so much fun and have such amazing food. It is good to be able to talk to other survivors as well.



Jade-Elle with the Governor General of Australia, the Honourable David Hurley and Her Excellency Mrs Hurley.

**FOR BRAVERY ED:** How is your life now, and what do you see yourself doing in the next five years?

**JADE-ELLE:** Well, I hope to finish high school! After that, I am looking forward to studying something in medicine and work in a hospital because I want to help people.

**FOR BRAVERY ED:** What do you think is the coolest thing about being an ABA member?

**JADE-ELLE:** The ABA has become like a second family, and I love every part of it. But the coolest thing is that each person inside the ABA family can relate to me, and that is something I didn't have after the accident. I can talk to them about my experience, and *they get it!*

**Postscript:** Not forgetting Jade-Elle's beautiful sister Molly, now 13 years old and is also quite the achiever with a talent for art. Earlier this year, Molly received 2 out of 4 awards for her artwork submitted in the St. Mary's College Virtual Art Competition called twenty20. Painting is Molly's passion and she may well be one of this country's next Archibald prize winners—watch this space! **END**

# Coping in These Unfamiliar Times

**PAM DAVIDSON BM**

Let's be honest, living in 2020 hasn't been smooth sailing. This year has been punctuated by bushfires that ravaged many states, a global pandemic, economic distress and uncertainty, and the list goes on.



Pamela Davidson BM is a qualified professional counsellor and the ABA's Honorary Psychologist.

In times like these, it's natural to be feeling a mixture of exhaustion, rage, disgust, despair, desperation, hyper-vigilance, anxiety and grief. Depending on your personal proximity to one or more of these tragedies, you may be experiencing signs of moral injury and/or symptoms of post-traumatic stress (PTS). If you have experienced any life-threatening event previously in your life, (as many of us have as ABA members) then these feelings even if resolved, can come back at these times.

Moral injury and PTS are closely connected to one another. Both involve an event, series of events or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening. This experience creates lasting adverse effects on your physical, emotional or spiritual well-being. In essence, the experience changes you and causes you to question sometimes long-held beliefs about human nature, right and wrong, fairness and justice, big-picture meaning and the role that they "coulda/shoulda/woulda" had in preventing bad things from happening.

While a diagnosis of PTS involves the additional presence of specific symptoms related to experiencing a traumatic event, moral injury can be just as distressing. When stressors accumulate and layer on top of one another, as they have been this year, many people are left to grapple with both concrete and existential questions related to "why" and "what if?"

*Why me? Why my community? Why was this allowed to happen? Why hasn't anyone intervened by now? What if things continue to spiral out of control? What if it doesn't get better?*

Such questions are natural to consider during times of adversity, but the emotional real estate that they occupy can leave you feeling drained, irritable, on edge and hopeless. This "crisis fatigue" can impact our relationships, as well as our motivation to work toward the changes we'd like to see in the world. It's not all bad news, though. There are some things we can do to mitigate and minimise the effects of crisis fatigue.

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**Be intentional about how you're spending your energy.** Many of us are feeling stretched too thin lately. To cope, choose one or two priorities that you really want to have an impact around. Focus on things you can control or influence (whether it's with your voice, your wallet or your personal effort).

**Choose your battles (and how you'll go about fighting them).** Many of us are engaging in some important (and sometimes uncomfortable) conversations. While you can't control how others will behave during these exchanges, you can decide how you'll approach them. You can also choose when it's time to disengage from a conversation that isn't healthy or productive. Just remember though with others that you live with - in order to maintain goodwill - see if you can agree on a time when you can return to further *nut out* the problem.

**Focus on the things that bring joy and hope too.** We hardly need to be reminded of the things that aren't going well in the world, but we could use a little refresher on the things that make life worthwhile. Take notice of the things (however big or small) that bring some levity or joy to your day. Humour is a great circuit breaker for anxiety as well as movement or exercise (any sort), dancing and distraction.

**Take time for self-care.** Notice when you're feeling tired or when you've had enough (for now). Give yourself permission to take breaks from the stress to engage in a healthy distraction or an activity that you find enriching or soothing. Self-care isn't selfish—it's necessary maintenance and self-preservation.

**Access support.** It's easy to become isolated when you're feeling overwhelmed. Talking with someone that you trust about the way all this stress is impacting on you, can help you stay connected and discredit the notion that you're alone in how you're feeling. Experiencing an adverse reaction to intense and prolonged stress doesn't make you mentally ill. In fact, it makes you human. There's no need to consider your crisis fatigue as something abnormal. However, if you're noticing persistent anxiety, trouble sleeping, hyper-vigilance, apathy and numbness, or overwhelming emotional responses that are impacting your relationships or daily functioning, there's no need to suffer in silence. Consider seeking assistance from a mental health professional who can help you unpack what's happening, help you move through your feelings and introduce additional strategies for how to cope. You can access this type of support through your GP. I'd recommend you book a long appointment so you can adequately discuss what you are experiencing. If you meet certain criteria such as what is described above, then you are entitled to have a plan that enables you to have up to 10 sessions with a registered allied health professional, and you can claim back a portion or the full fee through Medicare. If you are reluctant to do face to face, you can still access help over the phone or using the internet with platforms like Zoom, FaceTime, Whats App video or Skype. All these modes have now been accepted by Medicare, and special COVID telehealth item numbers have been established for your support.



All the best to you all.

**Pamela Davidson**

I acknowledge that parts of this article have been taken from the work of Arianna Galliher of Wexner Medical Trauma and Recovery Centre at the Ohio State University. **END**

# Remembering the Fallen

CHRIS HARDING



In Memory of ANZAC Volunteer Troops who after action at Gallipoli in 1915 passed through hospitals and training camps in Dorset.



ABA UK Member Chris Harding

Strolling along the seafront of Weymouth Dorset UK, I came across a war memorial dedicated to the ANZAC soldiers of WW1, one of many located throughout the UK. Looking closely at this one it told a story, unlike any other ANZAC memorial I'd seen. Weymouth became the home of tens of thousands of wounded Australian and New Zealand Army Corps (ANZACs) who suffered some of the worst losses during WW1 and were sent to Weymouth to recuperate. Many of them were young men who had just started their journey into Europe and with a sense of adventure and a belief that the war would be over in months. They thought they would see minimal fighting. But instead, they were witness to horrors that only this war could bring. They left as boys and returned with a maturity beyond their years.

Following the disastrous campaign of the Gallipoli landings, thousands of wounded ANZACs were evacuated to England. The influx of the ANZACs had an enduring impact of the local Weymouth population which was affectionately dubbed 'Wey-Aussie.' The first camp identified and set up was at Montevideo Chickerell, whose facilities included a cookhouse, gymnasium, shower blocks and orthopaedic recovery centre. Weymouth was chosen because of its existing military camps, which were emptied as British soldiers embarked to the trenches of France. The seaside climate was also ideal for rest and recuperation. Consequently, it became a familiar sight to see soldiers in their light blue uniforms, pushed by fellow compatriots, along the seafront. Warm breezes and hills lined with purple heather fragrancd the air.

The first soldiers arrived in June 1916 after initially being treated in Egypt. The local public of 40,000 soon welcomed the visitors with strawberries and cream teas, concerts and dances. More casualties were to arrive from future campaigns, including Passchendaele and The Somme. These were housed in camps at Westham, Littlemoor and Verne Barracks in Portland. Local church choirs often sang for those soldiers in those camps who were too severely injured to move about. Fishing trips were organised out of the famous Chesil beach, and in return, the ANZACs performed at the Pavilion and Alexandra Gardens. However, many did not get the chance to enjoy the resort's pleasures for long. The priority was to get the men fit enough to fight again. By October 1916, having survived the horrors of Gallipoli, hundreds of men were transferred from Weymouth train station to begin their journey to the French battlefronts. Those who were too severely injured to fight were sent back to Australia. Many of those young soldiers sent to the front were sons, grandsons, nephews, and siblings of British descendants. Being in the Mother country, gave them an opportunity to visit families they had not seen since migrating to Australia and New Zealand. Over fifty soldiers ended up marrying local Weymouth girls. But for others, it would be the last time they would feel the loving embrace of family. Sadly eighty-six soldiers didn't make it back home to Australia and New Zealand. They died of their injuries while in Dorset and there they remain buried in Weymouth and Melcombe Regis cemeteries. Lest We Forget. **END**



# A Tribute to the Brave

**DAVID GOLLEDGE**

"We sent ten men in, eventually, to face nearly a hundred prisoners, violent offenders, the worst in the State, to rescue three of our colleagues. Now I don't know, in anyone's language, that that's not bravery." – David Golledge.

In our JUNE issue of **FOR BRAVERY** we learned a little about the Long Bay Riot of 1986 from David 'Emu' Farrell's account. Those brave men who put their lives on the line for their colleagues who had been taken hostage by the Nation's most violent offenders, among them, Comanchero bikies who had been involved in the Milperra bikie massacre. After 30 years of silence, we think this story deserves a little more attention and appreciate the efforts of ABA member, David Golledge, who provides these insights.

**FOR BRAVERY ED:** Could you have imagined yourself in that situation, and can you recall what was going through your mind at the time?

**DAVID:** As an operator in a high-risk environment, you always want to do the hard jobs, those that extend you mentally and physically. As an operator, you realistically expect, at some stage, to be confronted with that level of danger. You put yourself there because it is inherently in you, that's your life. You expect nothing less than the worst. During the incident, the only thing that crossed my mind was getting in there and rescuing those officers. It was our job to get them out and home safe to their families. Injury to us was not an option. Those officers didn't expect to be taken hostage, or be in fear of their lives when they signed on for duty that day. But such is the nature of working with violent offenders.

**FOR BRAVERY ED:** How soon after that extraordinary experience were you back on the job? Did you undertake any special counselling?

**DAVID:** When you join an elite unit, and bearing in mind it is a vastly different landscape now, we were back at work the next day doing what we were trained to do, and prepared to do it all again. We weren't given time off, and neither did we ask for any. Trauma or grief counselling was never offered. The only resolve a few of the more tight-knit guys had was to go have a drink and listen to music to unwind, with someone you trusted and didn't have to talk about the incident. They were my brothers in arms, they had my back and vice versa, and at that time that's all I needed to know.

**FOR BRAVERY ED:** How did that ordeal impact on the way prison officers went about their business?

**DAVID:** Certainly, things changed in the prisons in so far as security went. For our unit, it was business as usual. Not a day went by where we were not in a physical confrontation with a violent inmate. In fact, my unit mate, Bill Dodson and I, were involved in the most number of regulation 100c. This regulation governs the use of force when a prisoner refuses to comply with a direct order. *Continued next page....*



David and drug detection dog Ben at the Dog Unit HQ at Long Bay Gaol, prior to doing security patrols of the complex.

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The extent of force used can be from physical to the use of restraints and batons, to tear gas, depending on the violence perpetrated by the prisoner. We had in excess of 35 instances in a 20-day working month.

**FOR BRAVERY ED:** What impact did your work and facing those situations have on your families?

**DAVID:** Our families were domiciled away from day-to-day violence. We rarely spoke of anything operational. We shielded our loved ones from the violent aspects of our job. If they had of been privy to the violent nature of our job then I'm sure they would have been very concerned, and rightly so.

**FOR BRAVERY ED:** Why did it take nearly three decades to recognise such bravery?

**DAVID:** Unfortunately, there were people within the department that didn't want our unit to receive too much credit. During that time, our unit was the elite of the elite in law enforcement, outside of the SAS. Our unit was training with other law enforcement agencies around Australia and overseas to such an extent that our unit was the predecessor of most of what you see now at the elite policing level. Not only were our guys trained to deal with riots, but we were also highly trained in hostage rescue in other urban environments. Hence our unit was aptly named the 'Hostage Response Group', and most of the guys involved in the 13 Wing Riot and Hostage situation were in the HRG.

**FOR BRAVERY ED:** Mr Dominic Pezzano also received the Unit Bravery Citation. He said that *'The recognition is important as it shows that work in the prisons, though it's very rewarding is very dangerous, especially if you're working on the front line with inmates in maximum security.'* In recognising the trauma that you and your colleagues were exposed to, is there any advice you would give to someone recovering from trauma?

**DAVID:** People recover from trauma in many and varied ways. We sought solace in each other, listened to our favourite music to tune out, and enjoyed our own company, or worked after hours in other security operations in the private sector. There were some, however, who didn't recover as well or at all. I don't know if there is any specific rule that can be applied to recovery. My commanding officer personally picked our unit guys because they had no fear. They were courageous and would not back down before, during, or after an exercise. I guess that may have meant he picked us because of our mental strength, as well as our physical attributes. I am immensely proud to have been a member of such an elite group. They are my brothers and always will be. I am only a phone call away if my brothers ever need help, in whatever capacity, and I know they are there for me as well. It's a bond that can never be broken and is the reason I have my commanding officer, my best mate in the unit, and mine and their call sign numbers tattooed on my arm. This reminds me of the strength and ability of those men, what they mean to me, and keeps them close at all times. *Continued next page....*



Photo (left): David's tattoo that reminds him of the strength and ability of his 'Brothers In Arms.'

Photo (right): David and Unit member Bill Dodson after they had been inside The Metropolitan Reception Prison after a series of weapons searches in 1985.



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'Ten Minutes of Courage' was penned by well-known poet and ballad writer, Murray Hartin. It typifies the courage and resolve in which these men put their lives at risk to rescue their colleagues.

### Ten Minutes of Courage

23 October 1986

Long Bay Gaol descended into hell,  
Broken broomsticks, boiling water, hardened criminals gone wild,  
Three guards barricaded in a cell.

Pool cues, metal bed-ends, makeshift weapons everywhere  
There was murder in the air in 13 Wing,  
Paddles took a final drag on his cigarette,  
And gave the Green Light for the crew to do their thing.

The MEU were called. They could hear the screams for help,  
Emu yelled, "Boys we're going in!"  
Eleven against a hundred-plus, hand-to-hand,  
Fair chance it was a fight they couldn't win.

Ten long minutes of madness staring death right in the face,  
No promise they would make it out alive.  
Ten long minutes of courage, no thought of a backward step,  
And somehow they all managed to survive.

The Assault Team quelled the riot. The hostages were saved.  
That night lives on in nightmares for a few,  
And Emu and his men don't talk about it much,  
They just did the things they'd been trained to do

Are they heroes? Are they legends?  
Those who know will say they're both.  
The prison guards they saved, they have no doubt.  
The Eleven-Man team called Alpha 1,  
The bravest in the land.  
They put their lives at risk to get 'em out.

And while these men go down in folklore in Corrective Services  
books,  
Some of the toughest to have ever served their State,  
There were no Bravery Medals back in 1986,  
But you can't tell me we can't set the record straight.

Three of the team have passed but don't dare say it can't be done,  
In this State of Mates we always praise the best,  
So go and tell their story to the folk of New South Wales,  
They'll queue up to pin those medals on their chests.

### WE SALUTE THEIR COURAGE

One of the most brutal hostage situations in NSW Corrective Services history took place on the evening of 23 October 1986.

The incident involved over 100 of the most dangerous inmates in NSW, including Comanchero outlaw motorcycle gang members from the infamous Milperra Massacre. They staged a riot and took 3 Prison Officers hostage. Dominic Pezzano, Robert Menzies and Kenneth Newberry were in fear of being killed. They were at the mercy of criminals who wished them dead. Eleven members of the Elite Malabar Emergency Unit, under the command of David 'Emu' Farrell, assaulted 13 Wing, subdued the inmates, and safely rescued the hostages after a violent hand-to-hand combat assault. There was no intelligence available on what weapons the inmates had armed themselves with. This was a most courageous assault and some members carried injuries as a result. 30+ years later, their heroism is finally recognised.



David and dog Ben in 1987 at the Emergency Unit attached to the Parramatta Gaol.



# Never underestimate your impact on others

**DAVE RAYMOND BM OIC Cairns Dog Squad**



© Dave Raymond OIC Cairns Police Dog Squad © Queensland Police Service

It was quiet for a Saturday night in Cairns in November 2015, and apart from the odd disturbance and noise complaint, not too much else was happening on the streets. The radio was eerily quiet as I made my patrols around some inner-city suburbs on the lookout for anything unusual. At about 1.30am, the radio sprang to life; “We have a male person who has left his residence with a crossbow and tomahawk and has threatened to harm himself and other members of the community.”

I immediately responded and was given a priority code 2 meaning lights and sirens were permitted to get to the job. I was about five minutes away from the job location, and I knew the street well. Upon approach, I could see another police vehicle blocking the street. Its doors were open. A police officer was on either side of the vehicle, taking cover with their weapons drawn in the direction towards the end of the street. I pulled up along-side and looked to where they were pointing. I could see a large male figure standing motionless in the middle of the street. In his right hand, held against the side of his body, was a large crossbow. A small tomahawk protruded from a sheath on his back for easy access. He was staring straight ahead. His large figure illuminated by the lights from our police cars.

As the senior officer at the scene and with my firearm drawn and pointed in his direction, I commenced negotiations. At first, I got no response at all, but after about 30 minutes, he started to open up. He began pleading for me to shoot him and said he was at the end of his tether due to personal issues. He said he had no reason to live. I continued to appeal to him to put his weapons down, and after an hour, he did. I was able to safely approach and administer first aid. He was then immediately taken to hospital, and that was the last I saw of him.

*Continued next page....*



**QUEENSLAND POLICE LEGACY**  
*in our care*

<http://policelegacyqld.org.au/>

QLD Police Legacy aims to provide ongoing assistance to the eligible dependent families of deceased Queensland Police Officers.

*Continued from the previous page....*

Fast forward to October 2018, I was conducting a search of bushland in one of Cairns' outer suburbs when I was bitten on the shin by a snake. I was transported to hospital by ambulance where I was kept overnight under observation. At 6am the next morning, I lay in my hospital bed, sipping my first cup of tea for the day. While watching the news on TV, I heard a man extend a cheery hello as he walked past. There was nothing particularly unusual about the way he had stared at me, so without another thought, I went back to my TV and tea. About five minutes later, the same man returned and sat down next to me to ask "You're Dave, aren't you?"

"Yes I am" I replied, and he immediately teared up and said, "You probably don't remember me ... but I owe my life to you. I was the man with the crossbow and tomahawk a few years ago... and wanted to kill myself. But your compassion and empathy on that night pulled me through... I really just want to thank you."

Members of the ABA do extraordinary things for other people, and I suppose they often don't give it another thought. However, it's important to never ever underestimate the impact you have on others. The slightest act of kindness can have positive results for years to come, and you may just save someone's life. **END**



📷 Dave Raymond preparing for a patrol © Queensland Police Service

**FOR BRAVERY ED:** Sgt David Raymond is currently the Officer-In-Charge of the Cairns Police Dog Squad and has spent his entire service of over 30 years in Far North Queensland. This article was not what he was awarded his bravery medal for but we do sincerely appreciate his inspiring contribution. In 2007, Dave Raymond was awarded the Australian Bravery Medal and the QPS Valour Award for his actions in rescuing a child trapped in floodwaters in North Queensland in 2006.

### Quick Update from QLD ABA President Sally Gregory

Thanks to **Andrew Kendall** and **James Preston** for finding a way to get a laptop each for these two little champions, Samantha & Zane (photo right). They are the youngest of Rachael Moore's five little heroes. COVID has meant the kids had to home school with only mum's computer. Zane is Australia's youngest bravery award recipient, being only 4yo at the time of his rescue event, in which he hid his baby sister, Samantha, to protect her from a deadly intruder. Thanks Rachael for this lovely photo.





## Moomba Pump Station Explosion

**CRAIG HARRIS**

I felt it was time to stretch the legs. A short walk to the kitchen would take me to a freshly brewed pot of coffee. But as I stood and grabbed the empty cup from my desk, my pager suddenly alerted me to a hydrocarbon release [gas leak] in the Pump Station area of the Process Plant. At the time, I was employed as the Senior Emergency Coordinator at the Moomba oil and gas fields, located in the far north-eastern corner of South Australia. We were all FIFO [Fly-In-Fly-Out] workers with a two week on-two week-off roster. My role consisted mostly of developing emergency plans of various types and conducting large scale emergency exercises. I would fill in as an emergency officer for call-outs as required.

It was one of those days where Murphy was at his best. Within the Emergency Services group, we had a day of low manning. We had two officers at home with illness, and one emergency officer on limitations, due to an injury. He was on clerical duties; updating procedures and records. One of the technicians was about 100km away in the field, repairing a fire alarm system. This left the Duty Officer (Incident Controller) and myself, as the only experienced firefighters available at the time. We had the assistance of two safety officers with minimal experience. The incident occurred during maintenance when a large motorised valve opened, allowing a highly flammable hydrocarbon mix, under high pressure, to escape. It took a few minutes before the liquid erupted in a massive explosion. Earlier in the day, I had been nominated to drive and operate the first attack fire appliance. This vehicle has a pump role capability design for running fuel and aircraft fires. It requires accurate driving to compliment the operator, who, in the passenger seat, manages the firefighting. The pump, water and foam systems are engaged using a clunky joystick as the monitor (water cannon) is aimed at the fire. When I arrived, I was directed to an area where a large running crude oil fire was developing.

*Continued next page....*

### The citation for Craig Tilney Harris reads:

On the afternoon of 16 June 2001, Mr Harris helped locate and move to safety an injured man following an industrial fire in Moomba, South Australia. Mr Harris was working as a senior emergency coordinator at the Santos gas plant in Moomba when he responded to an alarm following an explosion. Arriving at the site, he helped extinguish the fire. Assisted by another inari, he equipped himself with breathing apparatus and entered the building to search for a missing process operator. Despite poor visibility, they were able to locate the man who was wedged between two pipes and had suffered extensive burns to his body. Mr Harris left the shed on two occasions to seek additional help and, despite a further explosion, re-entered to assist the injured man. With the help of three other men, Mr Harris freed the process operator and carried him from the building to a waiting ambulance. Mr Harris later drove the ambulance from the medical centre to Moomba Aerodrome and assisted in lifting the man onto an aircraft. Tragically, the man died from his injuries.

By his actions, Mr Harris is commended for brave conduct.

Presented by the then Governor-General of Australia His Excellency, Michael Jeffery, on 29 August 2005.

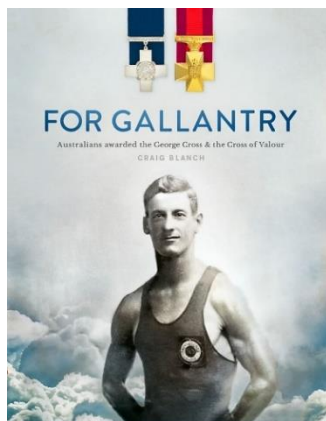
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As I was driving the truck alone, it was extremely challenging to operate. I had to lean into the passenger side to operate some of the controls. I also found I was “unco”, – it was difficult to steer the appliance to the left and direct the monitor to the right. I was able to direct a stream of foam and was successful in extinguishing this section of the fire. I proceeded to the other affected area and finalised the setting up of the aerial appliance, operated by one of the safety officers. The Duty Officer ordered me to don breathing apparatus and enter the Pump station building to search for a missing person. The fire had activated the deluge system, so I entered into torrential rain and low visibility. Just after I entered the building, there was another small explosion. It was determined later that the cause was from over pressurised can of paint. This was good for the heart-rate and adrenaline flows. I located the person who had become trapped in some pipes from the blast. I immediately knew I could not rescue him by myself. It took three others to help extricate the severely burned process operator. I later assisted the nurses in the medical centre and drove the ambulance to the airport where the patient was loaded onto a Royal Flying Doctor Service aircraft.



Craig's medals proudly reflect his outstanding service.

Next morning, I entered my office to see my faithful coffee cup begging for a refill. Sadly, later in the day, we received the news that our patient had died from 100% burns to his body. Several years later, our small group was awarded a *Commendation for Brave Conduct*. This, along with many other horrific fires, tragic industrial and road incidents, has affected my life but retirement, after a lifelong career, has eased some of the discomfit when remembering such events. **END**



## For Gallantry: Australians awarded the George Cross and the Cross of Valour by Craig Blanch

Release date: December 2020

[www.newsouthbooks.com.au/books/gallantry/](http://www.newsouthbooks.com.au/books/gallantry/)

Link to: [Dan Keighran VC shares insights on the definition of courage.](https://www.youtube.com/watch?v=g9LXTNsCuvc)

<https://www.youtube.com/watch?v=g9LXTNsCuvc>

From the frozen wastes of Antarctica to the burning ruins of the Bali bombings, *For Gallantry* tells the stories of the 28 Australians awarded the Nation's highest non-combat awards for bravery: the Imperial George Cross and its Australian Honours and Awards replacement, the Cross of Valour. Created to mark extraordinary deeds away from the field of battle, the awards are the non-combat equivalent of the coveted Victoria Cross. More than a quarter of the recipients were awarded posthumously — testimony to the selflessness recognised by the decorations. They came from all walks of life. From teachers and farmers to defence force members and firefighters, theirs are stories of incredible physical and moral courage. Some were recognised for single heroic acts, others for their conduct over many months of terrible adversity.

**'Courageous behaviour comes in many forms. *For Gallantry* tells the remarkable true stories of some of Australia's most selfless people. A beautifully illustrated work that keeps you captivated from the first page.' — Dan Keighran VC**

## ABA connects members with **Zoom**

Join the ABA for a **Member's Mingle at 7pm on the last Wednesday of every month** via **Zoom**, a video-conferencing platform we are using to catch up socially online. Experience inspiring presentations on bravery, as told by members of the ABA family.

**CREATE A FREE ZOOM ACCOUNT** (Do this before you attempt to join a Meeting)

1. Download the FREE **Zoom** app at <https://zoom.us/> onto the device you will use for the meeting (PC, MAC, iPhone, Tablet, Android...). Click on the link - **SIGN UP, IT'S FREE**
2. Type in your email address and fill out the information that you should receive at your email in confirmation of this process.
3. Skip the "invite colleagues" step and go straight to "go to my account."

**Now that you have created your Zoom Account, you can join a Meeting!**

Copy and paste or type this link into your web browser:

<https://us02web.zoom.us/j/84551737878>

Click '**Join with Video**' - wait for the host to authorise your entry into the **Zoom room**.

Make sure you turn on your Web camera and Microphone (or use a headset).  
You will see a screen like the one below at the bottom of your device.



Click "Unmute" to speak or mute to remain silent. • Click "Start Video" to activate your Web camera (so people can see you) • "Chat" allows you to chat with the group during a meeting. At the top right of your screen, you should see a group of little buttons that will allow you to toggle between "Speaker" and "Gallery" view. "Speaker view" shows the active speaker. "Gallery view" tiles all meeting participants.

Alternatively, you can join a meeting by going to <https://zoom.us/join> on any browser and enter the ABA Meeting ID: 845 5173 7878.

One tap mobile: +61 861193900, 84551737878# Australia  
Or find your landline number: <https://us02web.zoom.us/j/84551737878>

**Zoom** tutorials are Available [online](#)



## Letters to the EDITOR and other NOTICES

Keeping in touch with our ABA members is important, and your feedback is appreciated. Recently we received an email from **David 'Emu' Farrell** who suggested that our members could use a good belly laugh during COVID. So we invite you to share a short, humorous experience to reflect on a life experience in a positive way. Below is an example of one that Emu prepared earlier.



As a young bloke growing up in Bourke NSW, I worked with an old plumber, Burt Gale, a great man, boss and character. One of the most direct communicators I had ever come across. He was not a good bloke to upset or get on the wrong side of. Well, Burt was suffering a real bad dose of the flu. It took a lot for him to go to a Doctor. But one day, he just couldn't handle it anymore, so off he goes to the surgery. The Doc checks him over and in a very dismissive manner tells him "It's just a dose of the flu... go home, take a couple of aspros, and if you're no better in a couple of days... give me a call."

Burt came out of the surgery in a foul mood. Clearly not impressed with the Doctor's advice. He complained to whoever would listen. About a week later, the Doctor calls Burt to tell him the toilet in the surgery is blocked. He needs Burt to come in urgently and fix it. Well ol' Burt arrives at the surgery, examines the blocked toilet, and turns to the Doctor and says;

*"Drop a couple of aspros in the bowl... if it doesn't clear up give me a call".*

The Doctor was less than impressed but ol' Burt was happy and told everybody how he paid the Doctor back for not taking his illness serious enough. After that episode, Burt's future visits to the Doctor were always treated most seriously!

Like I said, the old Aussie humour can take away boredom. Keep well everyone!

Regards  
David 'Emu' Farrell

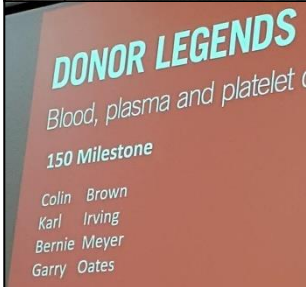


### Cumberland RSL Sub Branch offer ABA access to COVID-19 Care Packages

Greg Read SC has very kindly made the offer on behalf of the Cumberland RSL Sub Branch to provide COVID-19 Care Packages (mail-out) to ABA members who might be in necessitous circumstances.

If you would like further details, please contact:

**Greg Read SC, President of the Cumberland RSL Sub Branch** - Email [gregoryread1949@hotmail.com](mailto:gregoryread1949@hotmail.com)



## ABA Members are Donor Legends

People of all walks of life need blood products. Some need it to get them through a severe 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 (pictured below) who continue to give life-saving blood and plasma donations. Among them, **Colin Brown**, who is now up to 185 blood and plasma donations. His partner **Patricia Tanzer** also has 100 donations and says she and Colin go every fortnight to donate plasma because they can do that more often than donating blood. I would say that makes them both **DONOR LEGENDS!**

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

## One-third of blood donations help treat people with cancer

Blood is surprisingly versatile. The blood you donate can be made into 22 different medical treatments.

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

## SUBMISSIONS **FOR BRAVERY** NEWSLETTER

We welcome submissions of your rescue event (max 500 words), or bravery-related (real-life) content with a focus on resilience, courage, and bravery.

Please email: [ABANewsEditor@gmail.com](mailto:ABANewsEditor@gmail.com)

Submissions after these deadlines will be held over to the next issue if suitable.

Next Deadline: 25 Nov 2020

Next Issue: 01 Dec 2020



Disclaimer: Every effort is made to provide accurate and complete information in the ABA's *FOR BRAVERY* newsletters. However, the ABA and Editorial staff make no claims, promises or guarantees about the accuracy, completeness, or adequacy of the contents of its newsletters and expressly disclaim liability for errors and omissions of any material contained therein. We reserve the right to edit content submitted. Some of the images in this newsletter may be subject to copyright. Please contact us if you wish to reproduce any of the images contained herein.



# AUSTRALIAN BRAVERY ASSOCIATION OFFICIAL SONG

## Chorus:

*So sing a song of Bravery, Sing a song with friends  
Sing loud, sing with passion, resolve that never ends  
Rejoicing in our unity no one can take away*

*We sing with pride because we cared and gave a hand that day.*

[Click here](#) to download full lyrics. [Click here](#) to play song or visit our website (below).

[www.forbravery.org.au](http://www.forbravery.org.au)

Written by Chaplain Jim Cosgrove.

Lyrics and song are copyright to the Australian Bravery Association 2015

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Search for **@australianbraveryassociation** on Facebook or in Messenger, or visit our **Australian Bravery Awardees** page which is a closed group for private and discreet discussion <https://www.facebook.com/groups/AustBraveryAssoc/>

Donate Now



**ABA MERCHANDISE:** Please visit our website:

<http://www.forbravery.org.au/merchandise/>

ABA PAYPAL: - [www.paypal.me/AustralianBraveryAss](http://www.paypal.me/AustralianBraveryAss)