

# JAEGERBOMB





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# WELCOME TO MY WORLD

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GROWING UP



WAS EASY FOR ME



I EXCELLED

WITH SOFTBALL



4 X STATE NSW SOFTBALL CHAMPION ✓

3 X NSW STATE SOFTBALL PLAYER ✓

3 X AUSTRALIAN SOFTBALL CHAMPION ✓

AUSTRALIAN PLAYER - ☹️

3 X PARRAMATTA EELS CHEERLEADER ✓

1 X BALMAIN TIGERS CHEERLEADER ✓

SHERATON MIRAGE PORT DOUGLAS ✓

GREAT KEPPEL ISLAND RESORT ✓

DAYDREAM ISLAND ✓

2 X NORTH SYDNEY BEARS CHEERLEADER ✓

AIRLIE BEACH ✓

JAPAN - FITNESS INSTRUCTOR ✓

KEGGER 4 LIFE ✓



CHEERLEADING



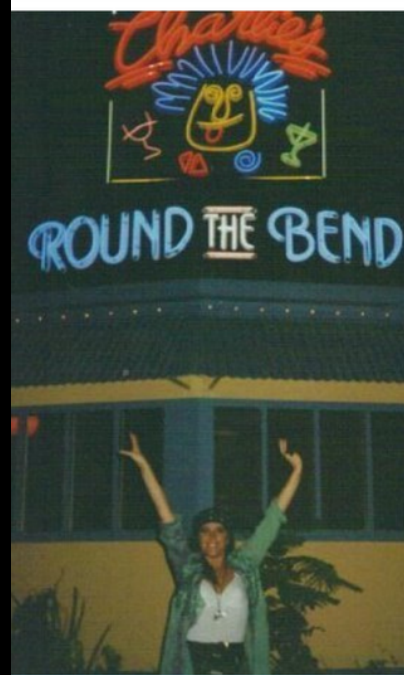
WAS MY DREAM



LIFE PRESENTED ME



WITH THE GREAT BARRIER REEF





AND BECAUSE  
I CREATED IT



IT HAPPENED



I was a very ambitious teenager and young adult. I wanted to get as much as possible out of life, however - I was not expecting an injury which would effect me for the next 25 years.





# THE BEGINNING

If someone told me 30 years ago - that I would have a Degree and Diploma - I would have laughed. I was a high school drop out. I left Year 11 due to Glandular Fever. I was so fit that my body broke down and I slept for weeks. Before then school was a means to fill up the day and I would often throw myself out of Science and Math just so I could do my homework - so I could train. I was determined to be the best softball player I could be - that was all that mattered to me. To represent Australia like my idol - Belinda Fox who I had seen when I played for Cumberland Nepean representative in Deniliquin. I was only ten years old and she was the most amazing short-stop. Red hair like my dad - we had that in common at least.

Dad and I met her the following year and she guided us by shaping a better softball future by suggesting to trial for a Killara team to play during the winter. Belinda was not only a North Shore player - Belinda played for Killara A-Grade - a team who had dominated the North Shore Comp for eight years before I made the team. My first team was Division School Girls team. The next year - Killara A- Reserve and the following season - I was playing along side Belinda. I had made it! I had made my first NSW State U/16's team as well - which was amazing but playing with my idol was bigger than any State team. I was amongst the finest NSW players. The Killara A Grade team were also State players - it was the most amazing experience led by Don Leddingham, his wife Pat and Rosalie Wray our Manager. The Greengate Hotel was our place to go to after the games.

My opportunity to play for Australia presented itself during the U/19's Australian Championships. By Wednesday I had batted .567 average and selectors ask Coach Leggo to put me on the field. If I had started playing softball at 1st base - I would have made the squad but - I was an outfielder and very weak. My arm was not as strong as others and I knew that. When Athur Summons told me on the night of our U/19's Championship Dinner that I missed out on the squad - I burst into tears and can remember my father asking what was wrong. I was shattered. I made the next team to go to Hobart but I had a different head coach who coached me differently and my love for softball died. I had talked my way out of any NSW State team and therefore - my dream died.

In 1988 medical records show that I had a bulging disc. I was 19 years old. Life was busy and the pain stayed away. I worked for SPORTSGIRL, played for NSW and I was a cheerleader for the mighty Parramatta Eels! Life was GOOD! In 1990 I quit Sydney, family, boyfriend, softball and my best friend and headed north 2473km's. I was now employed by the SHERATON MIRAGE PORT DOUGLAS and life was just about to soar!



# 1996



ATAMI - JAPAN

I left Sydney in the August - heading to Tsu City Nagoya to teach fitness to members of a gym. My role was for six months and then I was headed to California to be a Camp Softball Coach for six weeks. From there I was going to New York to meet up my friend and work at her parents business for a year.

BUT - due to Nakatake San stealing money from his previous employer to start the gym - instead of the police being involved - the Yakusa were involved and I was never paid for my employment which meant I did not get to the USA.

Heartbroken - I made my way to Atami on the Bullet train to meet up with a friend who was performing. It was here where I picked up my backpack and collapsed. I spent four days on the floor and headed back to Sydney fearing the worst.

Scans showed that I had a bulging L4/5 and my life as I knew it was over.

No work. No softball. No dancing.

I was 28 years old.

I was shattered.

I HAD LOST MY IDENTITY.  
I HAD NO IDEA WHO I WAS ANYMORE.  
I FELT LONELY. I FELT DISCONNECTED FROM LIFE.  
I WAS DROWNING IN A SEA OF CONFUSION.  
I DID NOT WANT TO LIVE ANYMORE



# DENIAL

In denial - hating life, I turned to partying hard with a very well known BROTHERHOOD. They rode bikes, I went to restaurants with the National President, worked behind their bar for their 10th Anniversary and often went to the western suburbs CHAPTER after night clubs had closed. For eight months it was a revolving door of snorting cocaine, dropping MDMA and sleeping until it started all over again. I lived in a house - known as THE WHITE HOUSE and it was a constant party place. I did not care as it stopped the heartache - but by 1998 I was back fighting the devil and wrapping my neck with rope. I needed to know how it would feel. With house mates out of the house I finally made me way to the tree. I never made it though.

I remember being at the back door sobbing. I crawled back inside and called my Dr and drove straight to his office for help. I cannot remember getting there - all I remember was the look on his face when I told him I was just about to hang myself when something stopped me at the back door. I explained it was a vision of Kelly finding me and my mother asking my housemates - why did you not help her? That was it. I did not want my housemates to feel that it was their fault. It was my second attempt and I had failed.

Dr Owen Roberts had been my Doctor since I was ten. I would send him postcards from the three states I had played in and he was a huge supporter and was certainly shocked to find me in this state.

I told my parents and they were very supportive and told me to come home - they had moved to a little seaside village and I thought that would be the perfect place to heal by the sea.

But first - I would head to ACT for a suicide prevention forum.





TUESDAY, AUGUST 11, 1998

# The Sydney Morning Herald

## 2,500 reasons to bring youth suicide out into the open



"Something just has to be done" . . . Michael Farrugia, 16, places a cross for a mate outside Parliament House, where a search for answers began yesterday.

Photograph by ANDREW MEARNS

By STEPHANIE PEATLING  
Each of these 2,500 crosses on

people who have killed them-  
selves in the past five years, a

ents, friends, teachers, doctors  
and social workers of those who

Forum on Youth Suicide, con-  
vened by Here for Life, a national

group. One of his closest friends  
killed himself last year and he

Another delegate, Ms Esta  
Bobbins, 20, said

MY PARENTS KNEW OF MY ATTEMPTS.  
THEY SAW AN ARTICLE IN THE PAPER  
FOR A FORUM AND SO THEY PAID MY  
WAY TO GO AND VOICE MY  
CONCERNS IN CANBERRA - OUR  
NATIONS CAPITAL.

2500 CROSSES CREATED ONE CROSS -  
A MESSAGE TO OUR GOVERNMENT IN  
1998.

PARLIAMENT HOUSE STAFF TOLD THE  
SUICIDE PREVENTION TEAM  
ORGANISERS TO TAKE THE CROSSES  
OUT OF THE LAWN AS THEY LOOKED  
UGLY!

THEY DIDN'T.



# Cheerleader's fight against suicide

By SARAH STUART

AT 24 Becky Jaegar had the world at her feet.

A Parramatta Eels cheerleader and former NSW softball rep, the vivacious Sydney woman was working at Queensland's top resort islands. She was ambitious, confident and life was a party.

Three years later she attempted suicide.

"I was the classic achiever," says Becky, now 29.

"I aimed really high for myself and I usually got what I wanted. I was having a great life."

But a back injury cost Becky her job and her love of dancing and sport.

By the age of 27 she was unemployed, broke and devising ways to kill herself.

Last week Becky Jaegar launched a book on her experiences, a collection of poetry which she says helped save her life.

"I put on a great face, no one knew how depressed I was," she says now. "My friends thought I was a bit down but no one realised I was trying to commit suicide."

For months over 1996 and 1997 Becky pondered how to do it. She swallowed pills, but not enough of them. She tried to plug up the exhaust pipe on her car then changed her mind. Becky's turning point came when she found herself with a sheet around her neck, a rope in her hand, and she was heading out the door to the garage.

"I suddenly pictured the whole thing. I could see my friend finding me hanging, I could see my funeral. And I could see my mother blaming my friends for not saving me. I knew I couldn't go through with this."

In desperation, Becky rang her family doctor who listened as no one else had.

"He understood somehow and he said things that really meant something to me," she says. "I'd tried a counsellor and a psychologist but they didn't work for me. It just felt like they were doing a job and that's all."

Anyone Listening is Becky's answer to the prob-



Desperate: Becky Jaegar

My friends thought I was a bit down but no one realised I was trying to kill myself

lems of youth suicide. She has combined 35 poems, written during her most troubling times, with questions and tasks allowing teenagers to ponder the issues raised by suicide. She has published the volume herself, using the little money she could scrape together from her medical benefits, and is hoping schools will use the book.

Friends from her days as a rugby league cheerleader, Parramatta players Jason Bell, Ben Kusto and legends David Liddiard and Eric Grothe, helped launch the book on Tuesday night.

"No one could have pictured what happened to my life, because of that back injury," says Becky. "Least of all me. I felt like a failure. I lost all my confidence. I couldn't tell anyone and I didn't feel like anyone wanted to know."

Communication, she says, is the key to suicide prevention.

"We need to get kids talking to someone — a parent, an older friend, just someone," she says.



Hidden anguish: Becky Jaegar as an Eels cheerleader

# THE FIGHT

It was draining. It was exhausting. Time gave me distance from that moment at the back door - and I was grateful for that. That back door - the scene of my housemates finding me and my mother blaming them, I could not let that happen. It felt like a huge force had taken over my body - an outer body experience, to stop me moving closer to the beautiful old tree that had no reason to hold the pain or my torment.

The fight to live started after I went to Parliament House in our capital - CANBERRA. In between the old and new Parliament were 2500 white crosses. A strong message. I spent 3 days working with professionals for solutions. I met and spoke to Jack Heath - the founder of ReachOut and I also met Paul - another survivor and there was comfort in that. A connection which would last forever. I liked that because he knew how it felt.

Moving north to Lake Cathie to heal was a wise move. My boyfriend and I shared the next 2 years living and breathing in the salt air. I wrote to politicians. I wrote to people who could help me create change by understanding my pain. I was not depressed. I was empty. I needed to know how to cope and no psychologist or counsellor guided me, directed me or told me how to build a new life. I found that quite disturbing and wondered what do they actually do then?

After two years I headed back to Sydney stronger and sort a Life Coach. It was inspiring. Productive, exciting and I felt alive. However - it was very expensive and so she suggested to go and study Life Coaching and so I did. The next 10 years I completed the course and received top marks 100% for my Diploma. I then enrolled into a college to study counselling. I loathed it but I needed something stronger and so I was patient and hated what I saw unfolding - how they taught young ones to be a psychologist. Unfortunately - my back did not like the sitting and I requested with my teachers that I could transfer to online and study Sports & Performance as I knew I could be more productive than any psychologist. I did not think that - I felt that.

From 2009 my back ruled my world. By 2014 I was basically totally bedridden due to nerve damage and pain called Arachnoiditis. By 2017 - 2 bulging discs in my neck stopped me completely. I wanted to die again. I could not raise my arms, I could not wash my hair, cook or use my computer for long. I was in immense pain and believed I was being punished.



# 'I was too proud to ask for help'

A YOUNG Lake Cathie woman who has twice attempted suicide has written a book to help save the lives of Australia's youth.

Becky Jaeger was brought up in a world of success.

She was dedicated, motivated and committed to her dreams.

But the former NSW softball representative and Parramatta Eels and North Sydney Bears cheerleader was soon bearing the brunt of frustration and confusion.

Entrenched in a career in one of the country's top resorts Becky Jaeger suffered a debilitating back injury which sent her on a spiral toward attempting to end her life.

She was alone and angry and resented everyone else for being happy.

"I was too proud to ask for help because at my age I felt I should have had my life together," she said.

"I did not want to burden anyone."

But, the burden facing Becky finally became too much.

"Depression can hit at any time," she said.

"I have conquered the depth of depression.

"I know that I was feeling peace when I decided to take my life. At that time I would rather have seen me bleed and felt the pain than be in pain and not have seen it at all.

"The emotional pain is unbearable. It cuts right through you. It crushes you and your soul.

hug for reassurance.

"He let me know that I have to learn to take my projects slowly.

"I learned to say no to people for different requests and I learned to understand that when things went wrong not to be so hard of myself."

From that day on Becky started to turn around her life.

It was also the impetus for what she hopes will help save young lives.

"My writing became my therapy," she said.

Anyone Listening uses poetry to educate and to create discussion points, directly targeted toward school students.

It brings students together to address their innermost concerns in a powerful, purposeful and positive way.

"Suicide is not taboo," she said.

"It is becoming an epidemic.

"Ten to 20 young Australians will take their life this week and 1000 will attempt suicide.

"Statistics show that suicide is Australia's biggest killer behind heart disease and cancer and it is five times more likely to happen in rural areas.

"Why is it that the number of deaths by motor vehicle accidents is on the decrease whereas the number of deaths by suicide is dramatically on the increase?

"One of the reasons is because of the huge promotion by the government and schools to educate young

"The government and schools are doing very little to educate young people about the risks of being depressed, lonely or insecure.

"There are no widespread programs on suicide awareness and certainly no media campaigns or other strategies in place to deal with associated behaviours.

"In schools teachers cover the broad topic of health.

"They define health as a complete state of physical, social and mental wellbeing.

"As individuals we place a huge emphasis on our physical health, our weight, our appearance.

"There are no strategies in place to deal with the times when mentally we aren't feeling so good."

Ms Jaeger said the personal development, health and physical education syllabus briefly addressed the issue of suicide.

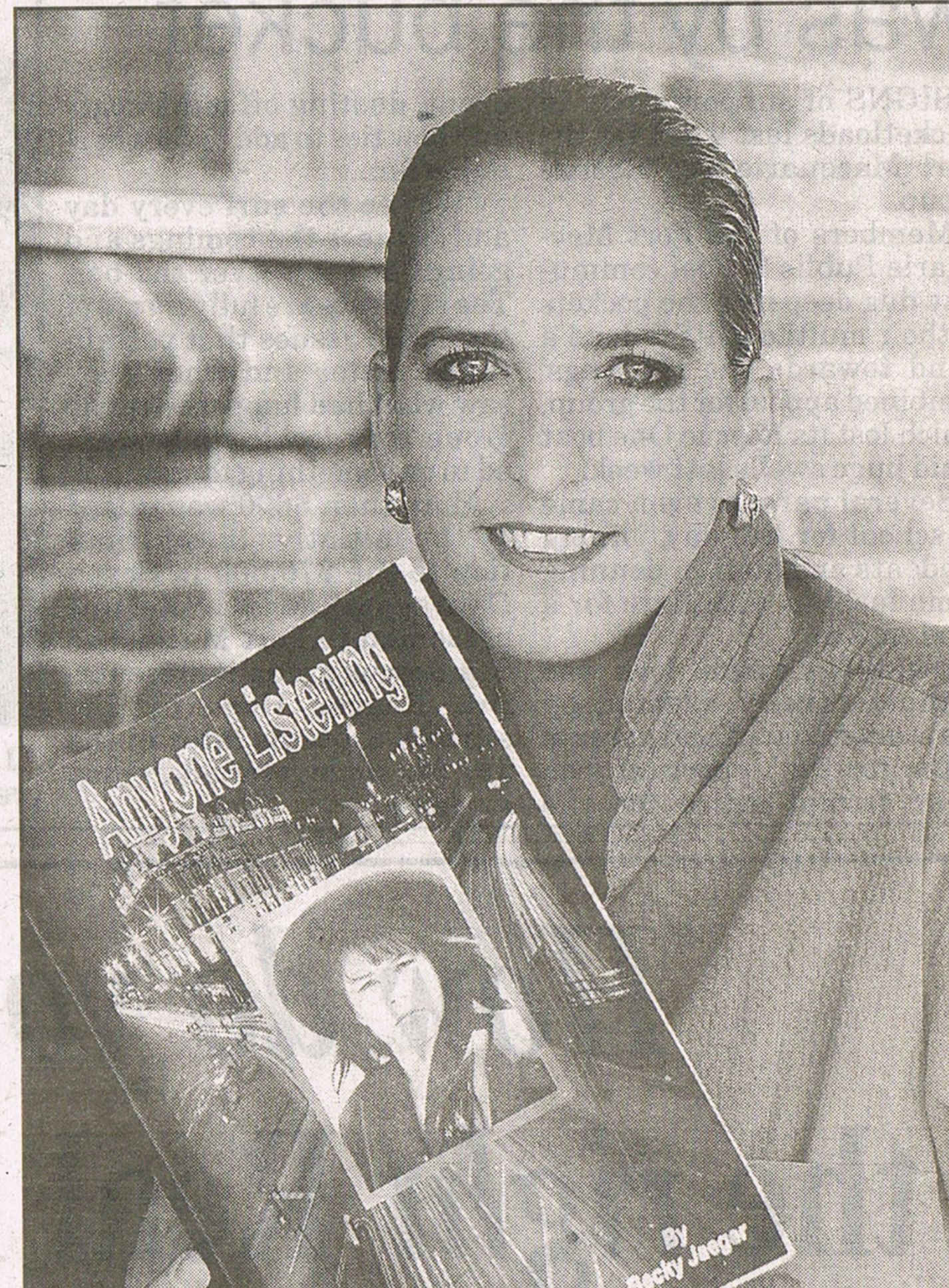
"Students receive a short overview of the statistics, the risk factors, the warning signs but not the life skills or methods of coping, the essential behavioural strategies to see them through the difficult and confusing times.

"In my fine state of spirit and mind I now feel only frustrated.

"I feel today's problems are just swept under the carpet.

"I am a survivor and I am now representing all of those who have taken their lives to bring out into the open the issue of suicide.

"Regardless of what I can or can





# TODAY

I have survived two attempts on my life. Two domestic violence attempts on my life, horrendous pain which left me crippled and bedridden. I have a Diploma in Life Coaching and a Degree in Sports & Performance specialising in Mental Toughness. I have experienced one L4/L5 Discectomy back on 2005 and December 7th 2020 - 2 discs were removed in my neck and 36 days later, I had a 2 level lower back reconstruction at my L4/L5 - S1. I have never screamed and cried so much. The pain in my left leg - caused trauma that carried on for months. By March 1st I was back home to recover. But my pain continued - emotionally. My father was hit by our beautiful QuarterHorse Bridie which collapsed his left lung. I cared for both parents whilst still recovering from my ops. I didn't have a choice. Dad died 6 months later on March 4th 2022 due to Pancreatic cancer. My mother died exactly 4 weeks later on April 4th 2022. It is now 2023 and I am just starting to see through the fog. Looking back now - I really do not know how I coped through this because there was no clarity - it was like I was stuck on cruise control and a robot telling me what I should do. I organised and delivered their double funeral April 11th 2022. Then I had the home to myself. That was weird. I had lived with them since 1999 with two years in New Zealand from 2004 to 2006.

What I do now know is this - trauma can either be a compass or a coffin. my trauma - all of it gave me purpose. It is my baggage, my substance. my baggage has given me the strength to survive. I have been stuck on survival for years - not knowing what to do with it. But I believe in my life's path, my moral compass, my true north - my place of happiness for it is not a postcode - it is a feeling!

As I pack up my parents home - I have started to plan what excites me. Life! My foundation! My business! Jaegerbomb has become a world where I can guide others to build their 'REAL SELF' through a stronger foundation. This is what we need to have a stronger 'PERFORMER SELF'. You can be the greatest sportsperson on the field, track or stage but - if your REAL SELF is hit with life defining moments - how are you going to react?

Today - I am stronger mentally, emotionally and spiritually. My body has lost all muscle due to being bedridden for so long - and so I have a training program to help the rebuild. I loved training so I am truly excited about my Chuck Norris Total Gym! Once I seel my parents home - my niece and I will be travelling around Australia to deliver free Mental Toughness workshops and promote my new app which is currently being developed. We will also have the opportunity to promote 2BuckTuesday - my National Campaign to find 5 million Aussies to pledge 2Bucks every Tuesday since the Government denied my request to be a DGR Not for Profit company. Apparently we do not fit the criteria of healing broken veterans, first responders and children! 2BuckTuesday.com - pledge away!

Mental Toughness is a way of life. It is a life with boundaries, core beliefs and wicked visualization with purpose. These are just some of the coping mechanisms which guided me to build a life far far away from my past. Reach out today if you would like to learn more about your SELF. It is not easy as you have to be very vulnerable and you need to ask yourself - 'Are you ready for change - a to create a stronger sense of self?'

Be kind to your SELF,

B