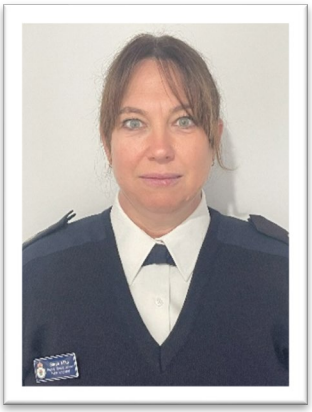
NSW Rural Fire Service



Nominee's name: Sarah Mika

Current Role: Deputy Group Officer, New England

Sarah Mika serves as Deputy Group Officer with the NSW Rural Fire Service (RFS) in the New England Zone, bringing over 16 years of dedicated volunteer service. Based at the Diggings Brigade in Uralla, Sarah is a respected fireground commander, trainer, and mentor, recognised for her unwavering commitment to excellence and service above self.

In her role, Sarah trains, assesses, and develops RFS volunteers across the North Eastern Area Command. She is also the RFSA New England Branch President and a key member of the Northern Exercise Organising Committee. Her leadership during major incidents—such as the 2024 Kookabookra fire and a tragic cyclist fatality response—demonstrated her operational strength, emotional intelligence, and compassionate care for team wellbeing.

Beyond the RFS, Sarah is a Senior Lecturer in Aquatic Ecology at the University of New England, Vice President of the Australian Freshwater Sciences Society, and a Fellow of the Peter Cullen Trust. Her community impact extends through her mentoring of students and young RFS members, particularly women, and the development of leadership training programs.

Sarah’s selfless service, integrity, and inspiring leadership make her a deserving nominee for these awards.