



November 2011

www.thekeltyfoundation.org

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Message from the President



It's hard to believe that six months have gone by since our last newsletter. During this time the Kelty Patrick Dennehy Foundation has been extremely busy with a variety of projects and events. We launched our new website, a new logo, held a fund raising event and our board has grown to include Rory Moss, Mark von Marksfield and Jim Conrad from Vancouver and Sue Daniels, Britt Janyk and Randall Carpenter from Whistler. I encourage you to visit our website to read their profiles and find out more on why they joined our board to help make a difference for those young people suffering from depression.

This summer was tested with the unfortunate death of celebrated athlete Rick Ripen who

succumbed to the disease of depression. We applaud the Canuck's recent \$50,000 pledge to the MindYourMind website, a sister site to BC Children Hospital's "Kelty Mental Health Resource Centre" website. These websites provide information, resources and tool kits to help those struggling with depression. With Rick's death, the awareness of depression and suicide has reached a higher level and so much more is needed to remove the stigma of mental health illnesses. On that note, the Foundation is still hard at work raising the awareness and money for our cause.

This fall I had the opportunity to speak alongside Margaret Trudeau and share Kelty's story. As Margaret has suffered from depression most of her life, we both understand the inherent need to speak publicly about this disease that has no boundaries and can affect anyone at anytime.

Message from the president continued.....

During Mental Health Week, October 3rd through 9th, our Executive Director Deb Lacroix, was participating in the Sea-to-Sky Mental Health Awareness Week by attending forums at the high schools in the corridor. The same week, Kerry and I were on a media tour in the face of CKNW with Jon McComb of The World Today and Bill Good of the Bill Good Show, Randene Neil on Global Noon News, Franny Kiefer of Shaw TV, CBC The Early Edition with Rick Cuff and CTV 6pm Evening Show with Tamara and Mike. With our combined efforts we hope it encourages families to learn more and seek help where needed to ultimately save lives.

Where do we go from here? Our focus in the coming months is to build a strong, viable strategic plan to move to the next

phase to bring more resources, education, and care and reduce the stigma associated with mental health illnesses. The Kelty Mental Health Resource Centre has achieved more than we envisioned. We believe more of these centres are needed across the country and we are working to be apart of that vision. Depression related teenage suicide remains the second leading cause of death across country, yet it is the most underfunded disease today. Only together can we make a difference!

Happy Holidays,

Ginny Dennehy, President

The Kelty Patrick Dennehy Foundation

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Did You Know?

In the 1800s the color green was used to brand people who labeled "insane". The children's mental health community decided to continue using the color green, but with a completely different focus.

Green signifies new life, new growth, and new beginnings. Therefore, we wear green ribbons to raise public awareness, better the lives of children and youth with serious emotional disorders and show our support of these children and their families.



BREATHE FORE LIFE Scholarship

The Kelty Patrick Dennehy Foundation is honored to present a yearly \$1000.00 scholarship to a yoga teacher who wishes to further their training and has met and exceeded specific requirements set by a panel of certified yoga professionals at the Annual Whistler Yoga Conference in Whistler, BC. This scholarship is in memory of Riley Rae Dennehy, a passionate yoga instructor trained in Whistler whose young life sadly ended in 2009 while travelling through Thailand to further her

yoga studies. When Kelty took his life to depression related suicide, Riley not only lost her brother, she lost her best friend. When a family member suffers from depression, the entire family is affected and suffers along with them. Riley developed an eating disorder and faced challenges with alcohol as she fought the pain she carried within her. At 23, Riley had finally found peace and solace in yoga. The Kelty Patrick Dennehy Foundation 2011 scholarship represents the

opportunity for a gifted recipient to further their professional passion for yoga and to pass on its' beauty and soothing powers to others.

Riley Rae Dennehy



BREATHE FORE LIFE Recipient 2011 Liana Yip

Applicants for the first annual Breathe Fore Life Scholarship came from all across Canada, all of whom had inspirational ties to mental health, yoga and healing. Liana Yip is this year's winner. Liana is a yoga teacher in Vancouver who works with youth suffering from depression and integrates yoga in her practice.

"Once again, I thank you for awarding me the yoga scholarship and your encouragement and belief in me. It is because of everyone's belief in me that

I am pursuing my vision of setting up a holistic health organization that incorporates counseling, yoga outreach and other healing modalities geared towards at-risk youth, addictions, and mental health. "

Liana has further decided to take workshops geared towards yoga and mental health in addition to workshops at the Vancouver Yoga conference to enhance hers skills as a teacher. She will also be attending 3 weekend trainings with master teachers.



Liana Yip RYT MA Counseling Psychology

The KELTY CIRCLE Membership



Join our list of major donors, otherwise known as our Guardians of the Kelty Circle. These individuals and corporations have generously committed to a \$30,000 (\$10,000 over a 3 year period) towards

preventing depression related suicide. Guardians receive an exquisite personalized piece of artwork by Guui clan artist, Jeff Robinson, as shown here. All Guardians will receive a full tax receipt.

We invite you to visit www.thekeltyfoundation.org to view a list of past Kelty Circle Members or contact deb@thekeltyfoundation.org for more information.

Canadian Association for Suicide Prevention (CASP) Outstanding Leadership in Suicide Prevention

Ginny and Kerry Dennehy received the CASP Award of Merit for their vision, strong leadership and important 'on the ground funding' to many agencies working on suicide prevention, intervention and post-prevention.

In 2004, Kerry was a critical member of a delegation to the BC Hydro Employees Fund (HYDRECS) Board which contributed over \$125,000 for a BC Distress Line Network and a 1-800 SUICIDE Network in BC. There are

now 1-800 SUICIDE networks in Alberta with another being created in Ontario. Also in 2004, the Kelty Patrick Dennehy Foundation began funding two critical programs at the BC Crisis Centre, a Principal Youth Program funder.

1. YouthInBC.com (an on line website with a unique one-on-one chat) began operation four hours a day seven days a week. This website in 2011 has now grown to over 40,000 unique visitors a year, with over 4000 one-on-one chats and is open

13 hours a day, seven days a week.

2. Youth Suicide Prevention Program - Highly trained volunteers provide 400 interactive workshops to over 10,000 lower mainland (including Whistler, Squamish and Powell River) high school students. We invite you to visit their websites - www.crisiscentre.bc.ca, www.YouthInBC.com or www.Choices2.com

From DRIVE FORE LIFE to RIDE FORE LIFE



What started as a personal fitness challenge turned into another fundraising opportunity for the Kelty Patrick Dennehy Foundation, The Ride Fore Life. Kerry and Ginny put on their cycling helmets to ride the Sea-to-Sky in the Royal Bank GranFondo on September 10th, 2011. As the training weeks ticked by, registered riders of the GranFondo signed on to raise funds and awareness alongside the Dennehy's.

Thanks to volunteer and event coordinator, Cole Shuker, 40 riders rode through the finish line in Whistler proudly sporting the Ride Fore Life/ Kelty Patrick Dennehy Foundation team Jersey. The Ride for Life event partnered with the Whistler Questions and was sponsored by Jim Patterson and Custom Orthotics of London. Collectively, the team raised over \$43,000.00 to continue this long journey against depression and suicide prevention in youth.

Congratulations and thank you to Ride Fore Life participants. Only with your help can we continue to make a difference to those suffering with mental health illnesses

Kerry and a team of supporters from Manitoba are busy organizing a GranFondo for the summer of 2012. Stay tuned for more details.



Riders Susan Anton and Ginny



Rider Greg Diamond and daughter Lily



Riders Sue Danniels and Marcus Shell



Stephen Warnica Making a Difference!

The Foundation received this letter from Stephen Warnica, a Grade 12 student who plays baseball in the Calgary Babe Ruth Fall Ball league.

"First off I'd like to say that I think what you guys are doing with this foundation is amazing, and I'd like to say thank you. Depression has affected me on a personal level, because I've had to suffer through it over the last few years. And it's because of that that I found your foundation, because I believe that no one should have to suffer through depression, and the story of your son has deeply touched me. The main reason I decided to contact you was because I would like to set up a fundraiser to donate to your foundation. I am an avid baseball player and my fall season is starting in the next two weeks, so I would like to donate \$10 for every base hit and

stolen base I get throughout the season, as well as \$5 for every run scored. I believe this might be a



Stephan steals a base!

good way to raise awareness for depression in Calgary and to raise money for your foundation."

Stephen and his family decided to name his fundraising challenge, the "Hits Against Hurt" campaign and he kept us posted on his hits, runs and stolen bases.

"My season just finished and my team won the championship. In total I collected 14 hits, 6 stolen bases and 5 runs scored. The total is \$225 raised. Unfortunately I was unable to play in the last few games because I broke my wrist trying to steal a base in the playoffs."

EMAIL:

We encourage you to contact Deb Lacroix at deb@thekeltyfoundation.org with your email address so we can update our database and correspond with you by e-letter in the future with details of all the Foundation's activities.

Get Help

If you are feeling depressed or suicidal seek help with a trained professional now by dialing the Youth Distress Hotline:
1-800-SUICIDE

donate

Securely with Visa or Mastercard at keltyfoundation.org
or
Mail a cheque to the address below

The foundation is a fully recognized federal tax free charitable association.
Tax receipts are issued.



The Kelty Patrick Dennehy Foundation

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