



Making a Difference for Mental Health

thekeltyfoundation.org



CROSS CANADA - 8,000 km May 12 - Aug 29

Come out and join us!

The Enough is Enough Ride Newsletter

Issue 6 | August 23, 2013



Like our photos?

See more from the ride on our regularly updated [Flickr page](#).

Media Highlights

Find out more about the Enough is Enough Team's journey via media coverage throughout the country during the ride.



The Highland Heart
[Cover Story about Ride](#)

Whistler Question
[Triathlon Training for Enough is Enough](#)

The Telegram
[Article about Cape Spear Rally](#)

Global Halifax
Interview with Ginny and Kerry

Metro Halifax
Article about Rally

Thank you to the following accommodations for hosting The Enough is Enough team:

KOA Borden-Carleton, PEI

Joyful Journeys Campground,
English Town, NS

Visited Communities:
August 3 - 23
Charlottetown
Antigonish

The Grand Finale - BC - We hope you'll join us!

Almost four months ago, Ginny & Kerry started on a brave, purpose-filled bike ride across Canada. The goal: to start a conversation on how the country could work together to de-stigmatize mental illness.

As they return to Vancouver for the homecoming celebration we need to help them continue this very important conversation.

You can do that by calling - yes, speaking to - 10 people in your circle of influence and inviting them to join us at one of the three events listed below.

Our agenda will include stories from people who lives have been impacted by mental illness; an update from Kerry & Ginny about the results of those hundreds of conversations they have had about de-stigmatizing mental illness; and the continuation of "open mic" for 10 minutes where audience members share their insights.

Thanks to everyone for your support!

Vancouver

Welcome Home
Wednesday, August 28
Noon - 1pm
Terry Fox Plaza, Vancouver

Squamish

Celebratory Community Rally & BBQ
Wednesday, August 28
6pm - 8pm
Squamish Youth Resource Centre, 1135 Carson Place

Whistler

Homecoming Celebration
Thursday, August 29
 Noon - 1pm
 Whistler Olympic Plaza

Ride With Us!

We've got a few spots left for those interested in riding with the Dennehy's from Vancouver to Squamish - Aug 28th or Squamish to Whistler Aug 29th. FYI You'll need to get yourself to and/or from the locations. If interested, send us an email at info@thekeltyfoundation.org

Thoughts from Ginny Dennehy

Our time in the Maritimes was very special for many reasons: the beautiful vistas, the friendly Maritime folk, and all those wonderful people who opened up their hearts to us to share their stories. It's when we share stories we start to remove the stigma of this disease. We met with some very influential people from not only the medical field but also in business and government who truly believe that ENOUGH is ENOUGH and it is time to make a difference for those who suffer from mental illness.

It was also a very special time for our team as our great friends Sue and Darrell Rea from Vancouver came to join us on our last leg of our trip from Nova Scotia to Cape Spear, Newfoundland. Not only were we honoured to have Sue and Darrell join us but we also had Ian Ross, from the BC Crisis Centre, join our crew as we had lost Keenan who had a previous commitment. Ian and his lovely wife Colleen were a definite asset on this final leg of the trip.



We had decided to take a diversion and bike the Cabot Trail in Cape Breton. The beauty of that ride will be with me forever. The roads were the steepest that we had biked so far but the team knew they had a job to do so we forged ahead. I have travelled across the country and now I realize that no matter what province you are in, the issues we deal with mental health are the same. The stigma needs to be removed, and easily accessible resources are needed through out the country. We need to look at what is being done across the country and use the best practices versus us all inventing our own programs. My mantra has always been that together we will make a difference for mental health and I truly believe when we start, share and reuse what is out there it will help all Canadians who suffer from mental health issues.

Event Highlights

Management
 Baddeck
 Pleasant Bay
 St. Anns
 North Sydney
 St. John's



We did it together

**IRONMAN Canada
 Whistler, BC**

On August 25, Whistler resident Christine Suter will complete the Ironman Canada Race in Whistler to raise money for The Kelty Patrick Dennehy Foundation.



In this gruelling competition, Christine will swim almost 4km and cycle 180km before running a full marathon: all to increase awareness for mental health in Canada and help provide funds required to do so.

We are extremely grateful to Christine for her commitment to the Foundation. To support her challenge, you can donate via The Kelty Patrick Dennehy Foundation [website](#) (just select "Christine" as a category).

During our Charlottetown rally in PEI, we had a perfect day for it in a beautiful park overlooking the harbour. We were honoured to have so many distinguished people from the community come out and listen to our story and support our cause.

We met some riders about 40km from Charlottetown to bike in with us which was great: as we went along we got to know and understand so much more about the history of this beautiful island of PEI.

I had the opportunity to ride along with this good-looking, almost Lance Armstrong-like rider who shared with me his story and journey of depression. He said he does not talk about it to many people as he is embarrassed. We talked about how important it is to try to remove the stigma of this disease as we need to treat like any other disease.

Once we arrived, a band played while the hot dogs cooked on the BBQ. It was a wonderful rally. When we hear from community leaders that they want to make a change for those affected by mental illness we know that there is hope. Sincere thanks to everyone at the **Canadian Mental Health Association - Prince Edward Island Branch** - for hosting us. A special thanks to **Reid Burke** and **John Horrlot**.



We were able to get a small crowd gathered at Cape Spear Lighthouse National Historic site thanks to **CMHA - Newfoundland Division** and in particular **Beverley Hiscock**. **George Skinner** - Executive Director of CMHA Newfoundland and City Councilor, **Sheilagh O'Leary** spoke of their commitment to mental health in Newfoundland. The fact that we'd reached the most easterly point in North America made this an especially emotional event! Thanks to all residents for their support.

Final Enough is Enough Thoughts from Quinn Dennehy

Well, we've crossed Canada.

We set out on May 12th with the ambitious goal of crossing Canada by bicycle. When we left I had no idea what to expect. I knew it was going to be a long trip and that we'd experience much, but I wasn't sure exactly what would happen. And I was worried. There was a deep dreading anxiety present at all times before we left. I knew the trip was dangerous, and that I was responsible for the safety of Gin,



ner and Keenan. I had doubts as to whether I could carry out all of the jobs that I'd been tasked with, if I could stay on top of things, or if I'd be overwhelmed.



But one day went by, and then another, and another. We learned quickly, and things went smoothly. There were some hiccups, but nothing that we couldn't handle. If the problem could be fixed, we fixed it, and if there was nothing that could be done, then it wasn't a problem. We took it one day at a time, one pedal at a time, and after three months we landed in Cape Spear: the easternmost point in Canada.

What a feeling it was to stand on the very edge of Canada, watching the deep blue waves crash against the rocks. I tried to think of all that had happened over the past three months but could only recall fragments and images of our trip. My speech at the rally was short and somewhat jumbled; I was overwhelmed by the full spectrum of emotions: joy and pride, but also sadness for it being over. Well, almost over.

Gins and I have begun the long trek home now. As I write this I'm sitting at the Spears' cabin on the Red River. After five consecutive eleven-hour days on the road I'm exhausted, and the rest has been good. But although the trip back is long and uneventful, I'm glad to have this time to meditate on what happened over the summer. I have time to think about what happened, what I've learned, and what I want to do now.

I know now that dreams happen if people try. That's what Terry Fox said. Climbing a mountain range can look impossible when you look at it from afar, but if you take it one pedal at a time, it can be done. Often I've felt that my dreams are impossible because I've been looking at them as though a mountain from the base: big and daunting, impossible to climb. But now I've learned to look at it differently, to take that first step and to keep moving, one step at a time.

I've also seen that mental illness affects a great majority of people in our country. So many people are debilitated by illnesses that we know little about. These people struggle to live a normal life; a life that I often take for granted. I hope that I can continue working to improve knowledge of mental illness and help those who suffer. At the very least, I'll work to be kinder and more understanding to all of the people I meet. That's something that we can all work towards.

Thank you to everyone who helped make this a successful journey. I want to especially thank the volunteers who continue to work selflessly and tirelessly to improve the lives of others. You are amazing; keep it up. And thank you to the family and friends, and friends-of friends who took us in, showed us a good time, and helped us spread the word, I hope to see you all again. And finally, to those who suffer from mental illness: don't give up hope; there are people out there who love you and want you to be happy. Find a way to express yourself, pain is something that needs to be expressed, and there is always someone who is willing to lend an ear.

I wish you all the best, thank you for some of the best times of my life.

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