



THE Kelty Patrick Dennehy FOUNDATION

Preventing Depression Related Suicide in Young People



February 2013

Message from the President

It has been an extremely busy 2012 summer and fall for the Kelty Patrick Dennehy Foundation. Carol Becker has joined the team as our new Executive Assistant. In her first few months with the Foundation she is already in high gear planning events and helping our Foundation run as smoothly and efficiently as possible.

We are also very pleased to announce that John Upton, an investment advisor with RBC, has recently joined our board. John's experience and enthusiasm will be a definite asset to the Kelty Patrick Dennehy Foundation. The key to our success will be to continue to grow and expand our team with significant players like Carol and John.



Last summer we were selected by Scotia Bank to participate in their Scotia Charity Challenge. The Kelty "Run FORE Life Team" was well represented by runners and walkers from Whistler and Vancouver. Soon after the Scotia Event, we were pleased to be involved with Tina Moore and her JOG4JOY fundraiser sponsored by Wells Fargo. Tina's vision for this event was to raise awareness for mental and emotional awareness. We are honoured that Tina chose our foundation as the recipient of this inaugural event.

The new Lions Gate Hospital HOpe Centre is well underway and ahead of schedule so we hope to see its' doors open in early 2014. The foundation is very pleased with our contribution of \$500,000 to the Kelty Dennehy Mental Resource Centre which will be located on the ground floor of the facility.

On Mother's Day this year, Kerry and I plan to leave from Cape Spear in Newfoundland and bike across Canada. Our hope is that by riding across Canada, we can help alleviate the stigma associated with mental illness as well as raise enough funds to leave a legacy of a Kelty Mental Health Centre in every province and territory. We aspire to have all Canadians receive the opportunity we have in this province with the Kelty Mental Health Centre at BC Children's Hospital.

This is a very large undertaking as we work to gather corporate and government sponsorships. We believe in our goal and want to raise awareness and bring mental health to the forefront so we can help other families not travel the journey we have travelled. Together we can make a difference.

Ginny Dennehy, President

The Kelty Patrick Dennehy Foundation



Teaming up to race against depression!

The Kelty Patrick Dennehy Foundation was honoured to be one of the charities in the Scotia Charity Challenge that took place on Sunday, June 24, 2012. The charity involved a 1/2 marathon run from UBC to Stanley Park or a 5K run/walk in Stanley Park.

This was an environmentally conscious event so all were encouraged to car pool or take transit to the event. Our team rallied together and raised \$13,000 to help further fund the foundation's support programs.

Two of our team members, Bill and Sandra Diston connected with the Foundation through the BC Crisis

Centre and ran for the cause as they lost their precious son Michael to depression related suicide.

"It has been a little over 1 ½ years since our son Michael has been gone - suicide. We still find it hard to believe. Michael took his own life in Japan. We weren't there to help him". The BC Crisis Centre is a lifeline for anyone and everyone. We are so supportive in the Foundation's ability to help people. We miss our son so much. We don't know what else to say! Please keep helping people - such a good cause!" - Bill and Sandra Diston.



Bill & Sandra Diston

Executive Assistant - Carol Becker

Carol grew up and worked in Vancouver until 2010, when she moved to Whistler to live the dream. Her passion for health, wellness and community brought her to Whistler and the Foundation. Carol has been involved and worked with various nonprofit organizations including Tourism Whistler as Senior Manager, Conference Sales, a Program Director with the Vancouver Society of Children's Centre, and Business Advisor with YMCA's New Ventures program. In 2012 she was on the Board of the Whistler Children's Centre.



Having a personal connection with depression, Carol is thrilled to be part of the team, helping to raise the awareness of depression and combat mental illness by increasing the quality of care, education and resources. Carol knows what a devastating effect mental illness can have on the person affected and family members. Carol applies tireless energy and devotion to our foundation as she strongly believes the stigmatization of mental health has to be addressed, lessened and eventually alleviated.

Carol loves to be active, enjoying the outdoors backpacking, skiing, cycling, running and hiking. The travel bug in her has taken her to some pretty special places such as Bhutan, Galapagos Islands, Jordan and Bostwana.

Ginny Dennehy working for the community

Ginny Dennehy was the winner of the 2012 YWCA Woman of Distinction award for Community Building. Her passion and dedication comes through as she drives the foundation forward, making a difference in the mental health forum and focused on youth suffering with depression and depression related illnesses.



Victoria Yoga Conference

In memory of Riley Rae Dennehy, the Foundation will present a scholarship to a maximum of \$1000 Cdn at the Victoria Yoga Conference. This scholarship is to be used for education and training to a yoga teacher who wishes to further their knowledge and make a difference for people through their teaching.

The successful applicant will demonstrate how, through the receipt of this scholarship, they can make a difference in people's lives who may be dealing with grief or devastation of dreams. The recipient will show how they can begin to bring healing through the practice of yoga.

Location: Victoria, BC

Time: February 1-3, 2013

<http://victoriayogaconference.com/>



Ride FORE Life

Thank you to all our sponsors, riders and supports who made the 2nd Annual Kelty Ride Fore Life Team Ride in the RBC Whistler GranFondo such a success.

Twenty-five riders joined founders Ginny and Kerry Dennehy in the event, raising over \$35,000. We are looking to recruit additional riders for this year's team.

If you want to set the goal of riding the GranFondo in 2013, and ride with a team that rides for a great cause, come join as we train this winter with TaG. Email us at info@thekeltyfoundation.org.



JOG 4 JOY

On October 14th, 2012, JOG 4 JOY held their first annual 5k walk/run to raise awareness for mental and emotional wellness in Stanley Park, Vancouver. Despite the rain, the positive energy, loving spirit and warmth of the participants and volunteers made for a very uplifting, fun, and inspirational day.

The Kelty Patrick Dennehy Foundation was the fortunate beneficiary of the event. Thanks to Tina Moore, Wells Fargo and numerous other sponsors and volunteers, \$7,500 was raised for the Foundation.



Ali Milner - Helping the cause!

The wonderful and talented Ali Milner wrote another song for the Kelty Patrick Dennehy Foundation called "For the Light" in the hope of raising awareness and funds for the Foundation!

She's been such a strong supporter of ours since day one, when at the age of 14, she wrote and recorded "Beautiful Boy". In less than perfect conditions (wind and rain), she and her band voluntarily came out and sang at the JOG4JOY, helping to keep everyone's spirits high. "For the Light" has raised \$400 to date.

We are so unbelievably thankful for her support. Ali's video has had over 3000 views and continues to grow - watch and listen on youtube.

<http://www.youtube.com/watch?v=NM1BbEpLigs>



John Upton MBA, CFA



John was born and raised in Vancouver, where he currently resides with his lovely wife, Gogo. John began his career at a Vancouver-based Investment firm in 2001 after completing a Bachelor of Commerce degree in Quebec.

During his five years with the firm, John completed the CFA (Chartered Financial Analyst) designation and rose to the level of Vice-President - Investments. In order to continue developing his financial knowledge, skills and abilities, John pursued an MBA (Masters of Business Administration) at the University of Western Ontario. After graduating the program with honours, John took a position with RBC. He currently works in their Wealth Management division dealing with High Net Worth Families and Foundations.

John's life has been affected by depression-related suicide and as such he would like to help in spreading awareness of and aiding in the prevention of Depression Related Suicide. The KPDY does incredible work in these areas and John is honoured to be a part of the Board of Directors with incredible people working selflessly towards a very important cause.

The UBC Faculty of Medicine & Dentistry is making a difference in their community!

The Foundation recently received this letter and is honoured to be selected as the charity for this event.

I am emailing to introduce myself (Emily Dong) and my co-publicity director, Josephine Lee. We, along with the rest of the UBC Med/Dent Spring Gala committee, are excited to inform you that your organization was nominated by one of our colleagues to be among the considered charities for our event this year. Your charity was then selected following a student body survey. We want to recognize your work in supporting youth and mental health.

FOR MORE INFORMATION CONTACT KERRY or GINNY DENNEHY
The Kelty Patrick Dennehy Foundation | info@thekeltyfoundation.org | <http://www.thekeltyfoundation.org>

Donations are gratefully accepted. Tax receipts are issued.
Cheques should be made out to "The Kelty Patrick Dennehy Foundation".

Make a donation on-line.

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