

# Ski for Life

## Newsletter

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### FROM THE CHAIR

Welcome to another newsletter from the Ski for Life Committee. As always, so much is happening behind the scenes and it has taken awhile to get the next newsletter out.

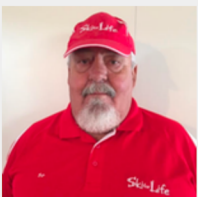
Over the past 5 months:

- We held our Annual General Meeting in May 2023
- Changes to the committee
- Preparations are well underway for the March 2024 event
- Up and coming projects
  - Mates On A Mission Limestone Coast
  - Merchandise Fire Sale

We also want to bring our Ski for Life community closer together by introducing you all to our committee members, our great teams, and our ambassadors.

We look forward to sharing all of our news with you over the coming months,

Mark Facy  
Chair

**Committee Member**

Name: B Dearlove

Role: Vice Chairperson

Quote: Being a member of the Ski for Life family gives me the opportunity to help remove the stigma attached to mental health, wellbeing, and suicide prevention by participating, fundraising, having conversations and supporting rural and remote communities.



# Ski for Life

## Newsletter

### Annual General Meeting 2023

Our Annual General Meeting was held online via Teams, on the 22nd of May. We are pleased to have a few additional faces join in as we went through our year that was and the year that will be.



The Ski for Life Committee consists of 10 voting members, four non-voting members and one paid position. We would like to warmly welcome Michelle Harvey to our Grants Sub-Committee.

Your Committee members are:

**Chair:** Mark Facy

**Vice Chair:** Bo Dearlove

**Treasurer:** Matt Barrett

Ash Dearlove

Justin Parker

Annie Facy

Brad Miller

Tom Wiseman

Ben Watson

Helen Lawton-French

**Ambassador:** Ben Pettingill

**Support Services:** Tracey Wanganeen

**Executive Officer:** Anita Boston

**Grants Sub-Committee:**

Dan Clifford

Michelle Harvey

### Exciting Announcement!

We would like to give a little shoutout to our Merchandise Queen Mariah, and her husband Aaron on the safe arrival of their two beautiful baby girls!

A huge congratulation to you all from your Ski for Life family 💙

# Ski for Life

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### Grants

A bit of work has gone into updating our grant criteria, to ensure that it aligns with our mission. The website has been updated with these guidelines ([www.skiforlife.com.au/grants](http://www.skiforlife.com.au/grants)). Over the last 12 months, Ski for Life has funded over \$52,000 in grants.

An example of the projects we have funded include:

- Community Youth Mentoring
- Educating the Community - Mental Health
- Chew the Fat - Men's Event
- Children's grief and loss program
- Aboriginal Mental Health First Aid training and participant placements
- Men's mental health podcast
- Mental health presentations in the community

### Testimonials from Grant Recipients



An enthusiastic group completed their Youth Mental Health First Aid training in Naracoorte. The training was funded thanks to a donation from the Women's Wellness Group and a Ski for Life grant. We hope that the training they received will assist them to be "first aiders" in their contact with young people.

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### Testimonials from Grant Recipients (continued)



#### **Outside The Locker Room**

Outside The Locker Room Charity LTD (OTLR) was fortunate to receive a grant through Ski for Life and their amazing donors. Through this funding, OTLR was able to support sporting communities throughout South Australia and New South Wales (NSW).

OTLR provides interactive mental well-being education programs and welfare support to sporting communities to change the game for mental health in sports. With the support from Ski for Life, OTLR was able to provide 5 programs to 5 sporting clubs, improving their mental skills and awareness of mental health. Ski for Life's support also allowed OTLR to gain awareness of our organisations through surrounding sporting communities.

The hard work and dedication provided by Ski for Life and it's members has a lasting impact on the community and together we can continue to change the game for mental health in sport.

#### **Quilt Encounter**

SA Quilters are holding their annual (31st) Quilt Encounter at the Stamford Grand Hotel in Glenelg from the 10th – 15th September.

Quilt Encounter 2023, part of the SA Quilters Organisation have decided to support Ski for Life by donating the proceeds from the Sale of the Raffle Quilt. The Raffle Quilt was made by the committee at a retreat weekend at the Berri Riverside Caravan Park.



Tickets can be purchased at Nay's Place Quilt Shop at Waikerie and Berri Riverside Caravan Park.

The winning ticket will be drawn on the 13th of September.



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### Team Spotlight! Greg's Groupies

#### *Who are we?*

A man by the name of Bill Stockman rang Greg Kellock and said he wanted to ski 500km over 5 days along the River Murray, to spread the word about mental health and suicide. Greg told Stocky he was nuts! An hour later, Greg rang Stocky back and said, 'we'll have a crack'. That year, about 20 people, in 2 boats set off on what would become the incredible event seen on the Mighty Murray River every March Long Weekend since.



Wife Jane spent most of her time working on the riverbank, while the others worked their way up the River from Murray Bridge to Renmark.

Greg had known Tim 'Watty' Watt (see Feb Newsletter) for about a year when the Watts' ski boat broke down. The Kellocks took the Watts out skiing for the day and asked them to join them on the epic trip. The Watts asked close friends, the Veales and so it grew.

Initially, everything was funded out of the pockets of the participants. Eventually, Sue (Watts) began fundraising and searching for grants to cover some of the costs of the event, like catering. Now the event raises enough money to give back to rural communities by way of the grants program.



#### *What does the event mean to us?*

Having been there from the start and seeing what it has grown to today, is fantastic. It's something we want to remain a part of, to continue to see how it helps so many people in different ways.

Some great relationships are made through the events, and you run into people everywhere when you wear the Ski for Life Shirts. We've run into people all over Australia. It even expands to the friendships with people like Ben Pettingill and Mike Rolls from Mates on a Mission.

The last 2 or 3 years, we've considered staying out of the water, but we always seem to get a team together. We taught our niece and nephew to ski, and they do most of it now. We'll continue as long as we have a team, but we are also happy to step aside to let a new team into benefit and maybe we can continue to help in different ways.

It is great to see people out there willing and wanting to help.



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### Mates on a Mission

Ski for Life is proud to be delivering our Mates on a Mission programs, delivered by Mike Rolls and Ben Pettingill affectionately known as Legless and Blind.. The Mates on a Mission programs consist of five days of school and community sessions funded by Ski for Life and supported by Ski for Life teams giving teams an opportunity to give back to their local community.

For a look into the most recent MOAM to the Limestone Coast checkout the wrap up video here - <https://youtu.be/PclQ4OV7Xmc>

How do I get MOAM

As a Ski for Life registered team, you can apply by completing a Ski for Life project application form to host a Mates on a Mission 5 day program in your area. It's easy to do and by providing support through community connections to the MOM team they will pull the project together with you.

### Talkin Tough Podcast

Developed and funded by Ski for Life in conjunction with granted funds from the Commonwealth Bank and delivered by our Mates on a Mission Ben Pettingill and Mike Rolls. Talkin Tough is a series of conversations with everyday Aussies who have realised that the tough is in the talkin.

A circular logo with the words 'TALKIN TOUGH' in a bold, white, distressed font on a dark blue background.

**TALKIN  
TOUGH**

The first few episodes are now live so if you haven't already make sure you go and check them out! Spotify, Apple Podcast or watch the podcast on Youtube. - Scan the QR codes below to listen now



Spotify - Episode 1



Apple Podcasts - Episode 1



YouTube - Episode 1



# Ski for Life

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### Dates to remember:

- Ski for Life 'Talkin Tough' Podcast - New episodes on their way!
- October 1st - Celebrating the 2023/24 Ski Season



### Community Shoutouts

This month, we would like to send a shout-out to the following communities and businesses for their continued support of our annual Ski For Life events:

- **Berri North Meat Store** - Discounted supply of meat for Sunday lunch every year
- **Christ Church Lutheran Murray Bridge** - Donation towards Thursday night meal

### Merchandise

#### SALE!

Our Ski for Life Merchandise is getting a facelift so in order to make room for the new items we have put our **WHOLE** merchandise range is now on sale! So now is the best time to stock up on all your favourite pieces (or maybe even complete your set)

Purchase via the Ski for Life shop on our [website](https://www.skiforlife.com.au)

