

Subject: FW: Ride Invitation

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Ride Invitation to Ulysses Members

To the Branch President.

Black Dog Ride to the Red Centre. September 2010.
Raising Awareness of Depression and funds for the Black Dog Institute

On 20th August 2009 Ulyssian Steve Andrews from Busselton, Western Australia, completed a solo 26 day motorcycle ride around the country raising awareness of depression and funds for the Suicide Call Back Service. Steve's life has been tragically impacted by depression having lost his mother and a dear friend to suicide and watched his brother and daughter struggle with depression for many years. The latest information regarding depression is quite staggering. Of your closest friends, family or colleagues, about 1 in 5 will suffer mental ill health this year – but most won't discuss it, and more than 50% won't seek treatment. Mental ill health is the leading killer of Australians under 45, and the leading cause of disability in Australia.

Steve's awesome event was the inaugural [Black Dog Ride](#) . Thanks to the support of many fellow Ulyssians and Lions Clubs, mainly those along his route on Highway 1, Steve raised \$23,000 and created an increased level of awareness amongst the thousands of people he met and communicated with via social media during this epic journey.

A highlight of the ride for Steve was the many Ulyssians who joined him on his mission and he really appreciated their company on some sections of what was, at times, a long and lonely road. It got him thinking that with around 130 Ulysses Branches there was huge potential to take the awareness and fund raising to another level by harnessing support from this wonderful organization to a greater extent.

For 2010 Steve has created [Black Dog Ride to the Red Centre](#) and is inviting riders from all over our vast country to join him on the ride to [Glen Helen Resort](#) (120km West of Alice Springs) where they will all meet on September 11th to celebrate the ride.

Money raised from this Ride will go towards the [Black Dog Institute](#) , a not-for-profit, educational research clinical and community-oriented facility offering expertise in depression

their soon to be announced national initiative "Exercise Your Mood Week", Steve was informed that Black Dog Ride was the first registered event for this exciting Australia wide campaign. BDR has partnered with Everyday Hero so all participants in the ride can have their own [fundraising page](#).

Steve invites your Branch members to participate in Black Dog Ride to the Red Centre. Whether they ride the first 50kms, join in for a day or two, or go the whole distance to the Red Centre, they will become a Black Dog Rider and help to draw attention to this debilitating illness which touches us all in some way in our lifetime.

To register for this awesome event or if you require more information please visit the [website](#) or contact Steve by email steve@blackdogride.com.au or phone 0408 868 500.

We are making a difference.

An email we received from a fellow Ulyssian.

" Hey Steve

Just received my May edition of 'Riding On' and am so appreciative of your article. I've been a 'Junior' member of the Ulysses Club for about 2 year now (sad to say I've not been on a ride yet) but am crossing over to full membership this week as I reach the 50 year old mark.

Your article struck a chord with me at this time, as I have been 'challenged' with a number of issues relating to depression and the struggle to see past the here and now. I just wanted to say that I really appreciate the effort you have put into the ride to raise both money and awareness of this disorder. It is an insidious illness which can sneak up on the unsuspecting and cause unnecessary harm to both the inflicted and those around. Your article has prompted me to seek professional care and have reassured me that it's not an issue to take lightly nor feel ashamed of. I work in a 'white collar' environment and always tend to be guarded about how others see this debilitating illness and your efforts are a significant step towards unvailing the stigma that is associated with this illness.

Once again, thankyou and I hope that I might get the opportunity to get along to Glen Helen....
Regards
Gordon "

Thank you.

Could you please help promote our ride to raise awareness of depression by forwarding this invitation to your members.

Thank you.....**Black Dog Ride**

Help spread the word - [forward this newsletter to a friend!](#)

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