

National ride for awareness

Jemillah Bickerton

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THE Black Dog Ride 1 Dayer is here again on March 23 as hundreds of riders descend on our roads to raise awareness of depression and suicide prevention.

The South West ride will start at Bridgetown at 8.30am and make its way via an 11am stop in Nannup to the finish in Busselton around 1pm.

There are 30 other 1 Dayers across the state and the rest of Australia to start the conversation around our mental health.

Busselton resident Steve Andrews began the cause in 2009 when he rode around Australia solo in 26 days.

On his journey he talked to anyone and everyone about mental illness and how important it was to be aware of who might be suffering around them and encourage them to seek help.

Since then Steve's army has grown with thousands taking on the Ride to the Red Centre as well as the 1 Dayer Rides and the Black Dog Ride around Australia.

The local 1 Dayer on Sunday will end with a barbecue at Sir Stewart Bovell Oval.

Money raised from the events goes to Lifeline to support their suicide prevention services.

For more details or to donate visit the BDR website blackdogride.com.au.



Brave staff: Brenton Lynam, hairdresser Meg Hutchinson, Shane Bradshaw, activities co-ordinator Athie Chambers, Ben Scott, hairdresser Chloe Green, Derek Chester and Rob Yoxall.

Busselton Bunnings braves the shave

Tasha Campbell

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MORE than \$500 was raised for the Leukaemia Foundation World's Greatest Shave by the staff at Bunnings Busselton.

Five staff members bravely volunteered to shave their heads for the cause, with others colouring their hair to support people with

leukaemia, lymphoma, myeloma and related blood disorders and also to fund blood cancer research.

Bunnings activities organiser Athie Chambers said the store participated in the event as a bit of fun for a worthy cause.

For more information visit worldsgreatestshave.com.

A priceless experience for local

AFTER a turbulent first few months in India, Busselton woman Julie Rainey has found her calling.

In September, the *Mail* published a story about Ms Rainey selling all her possessions to help fund an orphanage in India.

Ms Rainey sold her home, furniture and pets to go into partnership with two others to run the orphanage.

While Ms Rainey was able to sell her belongings quickly, her adventure in India did not start as well.

She spent five weeks at Gudjyattam, a traditional place not used to foreigners, she said.

"The director of the home was paranoid about my safety and made life extremely difficult for me," she said.

After having a falling out with the director Ms Rainey was forced to reassess her options.

In January she found Seb's Projects India, located just 30 kilometres from Gudjyattam.

Seb's Projects India aims to help the poorest and most vulnerable people in India by creating schools, community health and livelihood programs.

Ms Rainey now works at an education centre with nearly 200 underprivileged and orphaned children.

She loves her adventure and plans on staying at the centre until her return to Busselton in May.

"It is a privilege to be welcomed and made a part of their family," she said. "What I have to share seems so little, but it is so welcomed."

She teaches the children and adults English.

"My lessons for the junior children are very interactive and play-based, such as we do in Australia," she said.

"For little children, and teachers, who are used to sitting at desks and writing, it is new and interesting."

Ms Rainey said sponsorship was always welcome and encouraged anyone looking to help to visit.

For more information on Seb's Projects India visit sebsprojectsindia.org.

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