

# SO Out and About!

## Events

On October 12th, Lisa, Sandra and Tahlia had a great time on the volunteering stall in Rundle Mall through Volunteering SA/NT. The aim of the day was to inform people about Special Olympics SA and talk to them about what we do and how they can get involved. The day was a success with fun had by all.



The next day on October 13th the KYDX Expo was held at Price-line stadium. The KYDX Expo focusses on people under 25 with a disability and showcases the services, equipment and products offered to the disability sector. The day allowed us to showcase what Special Olympics SA is and what we provide for the community. With flyers and information available about us, the day was a success!

KYDX also this year hosted South Australia's first accessible music festival, Sound & Vibes! The festival was an all ages outdoor music festival for people living with disabilities, featuring a number of accessible features including elevated viewing platforms, AUSLAN interpreters, accessible pathways, chill-out zones, and more! A number of athletes and their families attended and had an amazing time! We hope to see this event continue to be hosted in the future!



On the 24th of November, our resident lovebirds Damien and Lisa tied the knot! The bride and groom looked absolutely stunning in the beautiful ceremony shared with friends and family. We wish the always smiling couple happiness in the future lives together!



We were lucky to be invited for morning tea at Government House with the Governor again this year! Though the day had some unpredictable weather, including bright sunny skies, heavy rain, and strong winds, it was a lovely afternoon. Special Olympics SA was represented by some of our wonderful volunteers!





## Lions Children of Courage Awards

### Government House

Invite to Government House for the Lions Children of Courage Award

Two Special Olympics Athletes Nominated and received their medal: Jarrod Blundell and Noah Shoumack.

They also present a Special award to One person from four different categories: Jarrod Blundell won the one for the way he has overcome adversity in his life and his love of sport



Congratulations gentleman you did a great job representing Special Olympics and your family



# Amechai Bawden

The second half of the year has held great success for one of our athletes, Mount Gambier runner Amechai Bawden. He has had great success in a number of competitions, and we're happy to showcase his work!

Firstly, Amechai entered a short film competition called Sit Down Shutup and Watch Film & New

Media Festival, and was a finalist in the documentary section for his short film, Long Distance Runner. At the Red Carpet Awards Ceremony for the event, he was awarded first place in the documentary category. You can find more information and a link to watch his short film at <https://sitdownshutupandwatch.com/>.

## Best Documentary

Winner: Long Distance Runner by Amechai Bawden

Amechai Bawden loves running. Through steady training he has built his fitness levels to achieve short and long distance running goals. Selected to represent South Australia internationally he would eventually like to compete in triathlons and marathons too.

Amechai also recently placed first in the 20-34 year old men's 5000m final at the Adelaide Invitational event held on the 28th of November. Finishing his 5km race in only 19:02:85, he's sure to be a shoe in to win his races when he competes in Abu Dhabi for the SO World Games!

Amechai was also recently featured in the Lifestyle Magazine, and we congratulate him on his feature.



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### AMECHAI HEADED FOR THE WORLD STAGE

Amechai Bawden started running at a four year old, joining his brother and sister at Little Athletics, but remembers his first foray into athletics as less than impressive. "I was terrible," Amechai, now 22, said. It took some time, seven years to be precise, but that did change and as an 11 year old Amechai competed at his first nationals. Amechai competes in Special Olympics and from those first tentative steps into the world of athletics, he is now set to represent Australia on the world stage.

Amechai is one of two South Australian based athletes chosen in the national team headed to Abu Dhabi in March next year. It was Amechai's stand out performances at the national championships in Adelaide in April that earned him the call up. He won the 1500m, 3000m and 5000m events. "Not all gold medal winners make the team as there is not enough spaces but because I won these events I was able to get a spot," Amechai said. In fact, Amechai was one of those gold medalists who missed out after the previous national championship but this time his performances left the selectors no choice.

As Amechai has worked his way through the ranks, it has meant a lot of traveling for parents Aimee and Robert Rowland. "There are no running tracks here so I'd need to go to Adelaide and sometimes Melbourne a lot to train and get used to the track," he said.

Of course, Amechai does his share of training locally as well. He is a member of Park Run and also has specialised training with well known local coach Sally Taylor, as well as working on strength and conditioning, with personal trainer Rob Dewley, and yoga with Megan Jenkins, at Blue Indigo.

Amechai also receives good support from Athletics SA, working with Kristy Turner, and his national coach a Debbie Knust.

Preparing for the World Special Olympics next year sees Amechai with a full schedule, including personal training and yoga on Monday, recovery or a long run on Tuesday, usually incorporating hills, Wednesday is another personal training session and physiotherapy with Ben Williams, Thursday is his track work, where he often trains alongside star runner Hannah Elliott, while Friday and the weekends are focused on going for those longer runs again.

Amechai also gets in as many fun runs as he can around the region and has found his way onto the podium for the past couple of Blue Lake Fun Runs and he is setting himself for a personal best time at the December 2 event this year. "It's just good to get used to competing," Amechai said.

He has also competed at a high level in Special Olympics soccer, in fact, that is how he came to be coached to be a long distance runner and he quickly returned to the track and started to build up for those Run and Skin events. The City to Bay in Adelaide is another

event always perched in on his running calendar and Amechai also completed a training camp at the Gold Coast in September.

Amechai even has a nutritionist on board as he looks to leave no stone unturned in producing his optimum performance in Abu Dhabi.

Of course, to get there is not cheap

and the 22 year old is hoping to hold a number of fundraisers and has set up a Go Fund Me page which is easily located by placing his name and 'go fund me' into a search engine.

A raffle is also set to be up and running soon to keep an eye out for tickets.

Amechai's fundraising has already been generously supported by Commodore on the Park, Reef 2 Ridge, Gambier West BP, Sains, Nelson River Cruise, Oatmill Cinema, Linkswear Bistros, Englebacht Caves, Blue Lake Aquifer Team, The Market Place BWS, Dan Murphy's, Thyme on the Lake's, Red Fox, Bryant's Bakery and Carter's Foodland, as well as generous individuals via the Go Fund Me campaign.

Amechai's running has also seen him share another award - Best Documentary at last month's Shut Up and Watch Film Festival in Angaston. It was a project created with his dad Robert.

Left - Amechai Bawden in action and with his gold medal haul at the nationals.

Above - Amechai Bawden at the Film Festival awards ceremony.

# Fundraising

## Bunnings

In the second half of the year we were lucky to be able to host two fundraisers at Bunnings. Firstly, we held a classic Bunnings BBQ fundraiser, and we'd like to thank all the volunteers who came out and helped on the day with cooking and serving.

Secondly, on the 16th of December, Bunnings were kind enough to allow us to hold a stall to sell goods to help fundraise for our World Games athletes. Sold on the day were an assortment of baked goods, including hot chocolate mixes with all the ingredients and a mug (yum!), and a few arts and crafts items. We'd just like to thank all the people who baked or created items to sell on the day, and a big thanks to those who helped run the stall on the day! In total we raised over \$600 for our athletes, so thanks again!



## Ladies day

Two of our wonderful volunteers held a Ladies Night to help fundraise for our World Games Athletes! The night was a resounding success, with bubbles and OJ on arrival, raffles, a silent auction, and an amazing cooking demonstration! Unfortunately the night didn't quite go to plan, with the cookware company that was used for the demonstration going into liquidation the day before, however, they persevered and still received a fabulous cooking demonstration and the opportunity to purchase some Kitchenaid appliances at discounted rates! We hope everyone enjoyed their night, and we were able to raise \$1200. Congratulations and thank you to all that were involved!



## Bake Stall at Mallala

Sheryn and her team had a cake stall at Mallala Street Market to help raise money for World Games Athletes. Great job everyone!



## 2018 TelethonSA Rivergum Home & Land Lottery

We'd like to thank everybody who sold or bought tickets for the TelethonSA Rivergum Home and Land Lottery! This fundraiser greatly benefits us and our athletes. The lottery will be drawn on Thursday the 20th of December, with all prize winners announced then and published in the Saturday edition of the Advertiser on the 22nd.



**TelethonSA Rivergum Home & Land Lottery at Playford Alive**

**FIRST PRIZE** A RIVERGUM HOME AT PLAYFORD ALIVE FURNISHED BY TASTE FURNITURE VALUED AT \$412,000 OR \$200,000 CASH **SECOND PRIZE** BRAND NEW KIA CERATO S FROM MAUGHAN THIEM VALUED AT \$26,890 **THIRD PRIZE** LG HOME THEATRE SYSTEM FROM HARVEY NORMAN VALUED AT \$10,297 **BOOK BUYERS/BOOK SELLERS PRIZE** \$5,000 CASH **EARLY BIRD PRIZE** BUNNIK TOURS 9 DAY VIETNAM TOUR VALUED AT \$9,000 PLUS \$5000 CASH (FOR TICKETS PURCHASED BY MIDNIGHT 26 OCTOBER 2018)

rivergum homes PLAYFORD ALIVE TelethonSA Taste Furniture Harvey Norman LG Bunnik TOURS

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## Special Olympics SA Annual Christmas Lottery

Special Olympics SA once again held their annual Christmas lottery, drawn on the 17th of December. With great prizes on offer such as a Mount Gambier weekend getaway, a homemade quilt, and a wheelbarrow filled with accessories, it was not a lottery to miss.

Thanks goes out to all our members who either sold tickets, or bought tickets themselves. Your contributions makes it possible us to run the programs we do, and to support all the athletes treasure our events. Thank you to all who donated prizes it is greatly appreciated.



for who

### Winners :

- 1st Prize : Raine K sold By Michelle
- 2nd Prize: Lesley Walker : Sold by Alex
- 3rd Prize: Win Nicolai Sold By Tryphena
- 4th Prize: Lois Smith Sold by Nathan
- 5th Prize: Paul Wanky Sold By Jamin
- 6th Prize: Robyn Bruce Sold By Tryphena



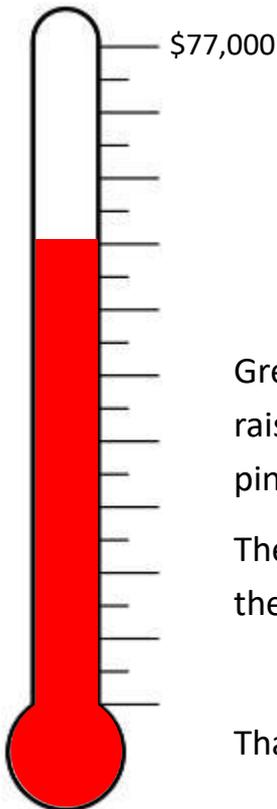
**We Raised \$4000.00**

**Prizes Donated by:**

# World Games Fundraising Update



SPECIAL OLYMPICS | الأولمبياد الخاص  
**WORLD GAMES** | الألعاب العالمية  
ABU DHABI 2019 | أبو ظبي 2019



Great work everyone who have supported events to raise money for our local athletes. We are slowly chipping away at the total for athletes to go to the Games.

The athletes have currently paid \$46,345.00 towards the total of \$77,000 . Only \$30,655.00 to go .

Thank you to all we have helped so far.

## World Games Dinner Dance

**Saturday 2nd February**

Venue: European Caterers 2b Chef Street, Hindmarsh

Cost : \$50.00 per person

Includes: 4 course meal, soft Drinks, red and White Wine and Beer

Music by KTD

Silent Auction

All money raised going to the athletes going to World Games

Come and have a fun night and see our athletes receive their uniforms

Booking details will come out in the New Year



## Message from Special Olympics Website

# 50 Years of Empowerment

Since 1968, Special Olympics has been changing attitudes about the talents of people with intellectual disabilities. Since 1968, Special Olympics has been changing the world!

Starting this July, we are celebrating 50 years of creating a more inclusive, welcoming world for all. Join us -- and launch an Inclusion Revolution!!

Join the inclusion revolution. Spread a message of inclusion, creating a world where all people are recognised for their diverse abilities and backgrounds!



## Statewide Super Sponsorship

Special Olympics South Australia is ecstatic with the continued sponsorship we are receiving from Statewide Super, supporting women in sport. Statewide have recently given us some information to help educate our members about Statewide and their involvement with us. If there is any feedback or questions, feel free to contact us and we can forward you onto a Statewide Member Services member if needed. For more information on how to join, follow the link below, these can also be found on Facebook. Disclaimers can be found on the website.



**Join the super team behind Special Olympics SA and receive exclusive member benefits**



1. Special Olympics SA
2. Making money for our members
3. Ensuring that our members live a super retirement.

These can also be found on our recent Facebook post or email.

[https://www.statewide.com.au/join/?utm\\_source=Email&utm\\_medium=Join&utm\\_campaign=Special Olympics&utm\\_term=Womens%20Sponsorship&utm\\_content=Join](https://www.statewide.com.au/join/?utm_source=Email&utm_medium=Join&utm_campaign=Special%20Olympics&utm_term=Womens%20Sponsorship&utm_content=Join)

[https://www.statewide.com.au/resources/learn/your-super-life/5-reasons-to-join-statewide-super/?utm\\_source=Email&utm\\_medium=Join&utm\\_campaign=Special Olympics&utm\\_term=Womens%20Sponsorship&utm\\_content=5%20reasons](https://www.statewide.com.au/resources/learn/your-super-life/5-reasons-to-join-statewide-super/?utm_source=Email&utm_medium=Join&utm_campaign=Special%20Olympics&utm_term=Womens%20Sponsorship&utm_content=5%20reasons)

**IF YOU LOVE THESE THINGS TOO**

**why not join South Australia's most successful\* super fund?**

As the super team behind Special Olympics SA, we boast outstanding\* investment performance, a list of awards\*\* as long as our arm, and exclusive member benefits including amazing discounts on your favourite brands!

Joining is easy and only takes a few minutes. So jump online, do it today - and make a great decision for your future!

**JOIN NOW**

# Sponsorship and Communications

Thank you to all our wonderful sponsors and supporters for 2017:



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variety  
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LAW ENFORCEMENT  
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FOR SPECIAL OLYMPICS  
SOUTH AUSTRALIA



New Email Address: [info.sa@specialolympics.com.au](mailto:info.sa@specialolympics.com.au)

We have recently updated our app and moved to a new provider! The app is available on the Apple Store and the Google Play store! Scan the QR code below and follow it to our new app! This code will work for both Apple and Android phones! When you first download the app it will ask you to make an account. We recommend that our members use this QR code to locate the app, as for some reason it does not always appear when you search for it.



Our new app will hopefully keep all athletes, parents, supporters, and volunteers up to date with events and results.

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