



OUR HARBOUR - LE HAVRE

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Spring 2013 Issue

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Harbour?***

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"Dragonflies" by Krista Hutt -Read Krista's story inside this issue

LE HAVRE À NOUS ASSEMBLÉE GÉNÉRALE ANNUELLE

Lundi le 10 juin 2013, à 19h30

à la salle de l'église
Saint-François d'Assise
844, rue Notre-Dame, Saint-Lambert

La réunion sera précédée par une
période de questions et un léger
goûter à 19h00

Pour des renseignements, appelez
au **450-671-9160**

OUR HARBOUR ANNUAL GENERAL MEETING

**Monday, June 10, 2013
At 7:30 pm**

St. Francis of Assisi Church Hall
844 Notre-Dame, Saint-Lambert

The meeting will be preceded by a
question period and refreshments
starting at 7.00 p.m.

For information call
450-671-9160

An Interview with Krista Hutt,

by Linda McFetridge, Apartment Volunteer



Lovely, charming, intelligent, quick to smile, and on top of that, hugely talented, Krista Hutt, B.A. History and English Literature, a resident of Our Harbour, greeted me this week at her apartment on the South Shore.

Friday afternoon, I walked into an oasis of tranquility and calm as I stepped over the threshold of this tastefully decorated (“...is the couch herringbone or hounds tooth?”) apartment that is the shared abode of Krista and her two delightful roommates, Sabina and Theresa. On every wall of this lovely home hang several vibrant and bold original paintings created by Krista herself. Flashback to the sixties for me! *“I like the psychedelic aspect of that period. It’s a perceptual shift; it enlightens and cheers.”* says Krista. *“I love the flatness, there’s no need for perspective.”* For Krista, what motivates her to paint is the therapeutic aspect and need to create. *“There’s a discipline involved and I need that challenge. It’s my brush, my colours, my safe place. I need to be inspired. When I lose the inspiration, I have to walk away for a while. You can’t do that from an ivory tower. Art is edgy. I’d rather be on the fringe, not mainstream.”* Krista works in acrylic because *“it’s a plastic world. That’s part of the statement I’m trying to make with my art.”*

Recently through the support and encouragement of her Cousin Mathew, Krista was invited to display some of her work at the Cornwall Art Gallery in Cornwall Ontario. The Gallery chose three pieces: *9 Cats*, *Dragonflies II*, and *Strawberries*.” Krista attended the opening with her family, her Our Harbour roommates and

volunteers. Those who view her paintings describe them as “a breath of fresh air” that makes them want to hear more about her art, about her life.

I asked her why she chose to live as a resident of Our Harbour. *“It was more for economic reasons in the beginning,”* says Krista *“I wanted to get better, stabilize my life in practical ways. Not worry about losing my apartment.”* Krista goes on to say, *“I ultimately found the space I need to get well.”* At Our Harbour, Krista has the support when she needs it and the space she needs when feeling a little more introspective. She can step back, but not out of this community she fondly refers to as her “family.” Perveen and her room mates, Sabina and Theresa, are names she mentions affectionately. *“We all need to feel part of a community. We just have to find the one that fits, and lets you be who you are, who you are becoming.”*

Looking at Krista’s art just makes me feel happy, bringing me back to a simpler time in my life when things were uncomplicated. “What do you want your art to bring to people, Krista?” I asked.

“For me it’s a spiritual sanctuary; a process of finding balance... life is tension and contrast. I want to share that.”

-Mission accomplished, Krista!



“Neighbourhood” by Krista Hutt



OH President takes on the Camino in new fundraising effort

Having conquered Mount Kilimanjaro last summer and raised about \$5000 for Our Harbour, our energetic president, Catherine Gillbert, is off on another adventure. This May she is walking an 800 kilometre section of the Camino of Santiago de Compostela across northern Spain. Perhaps you caught the recent article on her in the Montreal Gazette or saw her featured as “Montrealer of the week” on the CBC news, Friday, April 19th. As this newsletter reaches you, Catherine is on the trail and recounting her experience in a blog, which you can read by going to our web site <http://ourharbour.org/>

Support Catherine's efforts

When you click on “Donations,”

You will find out more about Catherine's Camino Campaign and how you can support her fundraising effort.

ourharbour.org/donate



OUR HARBOUR RESIDENTS ON THE GO AGAIN

We have always encouraged our residents to participate in social activities and with that in mind have held bi -annual meetings with all the residents to plan their activities. I believe that as adults, the residents are capable of presenting ideas of what they would like to do and are mature enough to organise these activities on their own with a little guidance and overseeing from the coordinators.

In the past at the bi-annual meeting, residents came up with ideas regarding what they would like to do; these were noted and then voted on. The ideas with the most votes were considered high interest activities, and were then given priority.

Throughout last year , the Residents did a number of different things such as going to Centaur and Imax theatres; doing picnics and hikes to Mt Royal, Mt St Hilaire, and Mt St Bruno; visiting the museum of fine Arts, the Botanical Gardens and Iles Boucherville; picking apples; and of course feasting' at the Cabane à Sucre.

This year a different format was implemented. At the planning meeting, residents decided that Tuesday nights would be designated as 'Activity Night' and every Tuesday they would do one of the following things: play pool, go bowling ,go to the movies or organize a board games night.

This format has worked out well and the residents have been excited about participating in many of these activities. Other activities such as Cabane à Sucre, visits to view the Samurai exhibit and a special visit to the theatre have also taken place. Picnics and treks will also take place as the year progresses.

Way to go OH residents. We are very proud of you all !!

Perveen Khokhar, Our Harbour Coordinator

**The Our Harbour family extends its appreciation to all friends and supporters
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Thank you

My experience as an intern at Our Harbour

Doing my second field placement at Our Harbour has been a wonderful experience for me, and I gained a lot from it. Since my very first day, I felt welcomed and appreciated amongst every member of Our Harbour. I am thankful for all the generous time they have taken with me to show and teach me various things about working with a mentally ill clientele. All the precious knowledge that they have given me has made me grow and improve as a social service student. The staff have also been extremely supportive and encouraging and, for me, this was a great motivation to try harder and do new things. Our Harbour is an amazing agency and I feel extremely fortunate to have been given the chance to work with a clientele with whom one can create good and strong relationships of trust and happiness. I would like to thank my coordinators, volunteers, board members and the residents who have welcomed me for one whole year into their family, and for giving me such a wonderful learning experience and a lot of knowledge. I will miss being part of this precious family.

Audrey-Ann Truchon, Stagiaire

