



Le Havre
Our Harbour

Providing a haven for people
living with mental illness
Newsletter Winter 2014

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The Our
Harbour
family
extends
to you
our
warmest
wishes
for a
New Year
of good
health



Colette Plouffe-Barbery (left) and Linda McFetridge give "thumbs up" to all our generous fundraising sponsors.

Fundraising Dinner a Great Success

Our Harbour held its first fundraising dinner on October 5th at Scottyz Bar and Grill. The event was a HUGE success, raising over \$3500 for our organization. Over 100 tickets were sold for the event (a sell-out), which featured a delicious spaghetti dinner; drinks from the bar; and gourmet cupcakes for dessert, courtesy of IGA Louise Menard. Diners were treated to lively music during and after dinner from local musicians who donated their time and talent to the cause: *Mel and JP* – a singing duo; singer *Angie & her Ukulele*; and *We Run the Park* - a slick band that does covers from the 60's and 90's. Besides enjoying spaghetti and music, diners had the opportunity to participate in a variety of draws for prizes donated by generous local merchants and friends. The grand prize of the evening was two hockey tickets to an upcoming Bruins-Canadiens game. Other prizes included gift cards and specialty items. (See article on page 4.) Colette Plouffe-Barbery was the driving force behind this event, supported by members of the OH Individual Fundraising Committee.

A Roof over my Head – Interview with Teresa Lundy

Teresa has been a resident at Our Harbour for three years. *"I know it's my home,"* she confides, *"and I'm really happy about that."* For years she had never been sure that in the following month she would have a roof over her head. Stability always escaped her. Now she can dare to go away for a while knowing that home is there, on Place Richelieu, offering safety and continuity. She claims that the OH organization has saved her life. It has restored her dignity and has given her help -- mentally, emotionally and physically.

."I will be forever grateful to Catherine and the coordinators, Perveen and Jennifer, as well as all the wonderful volunteers. I will never forget them."

Teresa says she has lots of work still to do for it is an on-going process, and she is facing the challenge one day at a time. Her current challenge is to get back into shape by going to the downtown YMCA to take an exercise program.

Teresa has been the 2013-14 residents' representative on the Our Harbour Board and is happy to have the opportunity to see just how dedicated to the organization members are.

(by Lesley Régnier)



Teresa (left) with her apartment mate Krista

"Farewell Robert" - Longtime resident gives Our Harbour high praise for helping him move on



This past month, Our Harbour said a fond farewell to our long-time resident, Robert, with a mix of tears and pride. Robert was the second person to move into our first apartment almost eight years ago. Now, after a long stay. Robert feels confident and secure to move out and take up residence at a Municipal Housing unit in Saint Hubert. In November, over twenty residents and volunteers gathered at St Barnabas Church to wish Robert well and to let him know how much he will be missed. Robert thanked everyone for helping make the transit very easy. He had high praise for his time at Our Harbour, especially for the thoughtful staff and caring volunteers.

"I have made many good friends at Our Harbour," said Robert. *"I'm a much stronger and better person for being part of such a wonderful family of friends."*

Robert was a mentor for some of our younger male residents as they struggled with their own mental health issues. His roommate, Shawn, spoke openly about how much Robert has helped him with his words of wisdom and friendship. *"When I came to Our Harbour, I did not know what to expect. Robert helped make it so much easier and I'm very grateful,"* said Shawn, during Robert's good-bye party.

Even though Robert is no longer an official resident of Our Harbour, he will remain in close contact. Expect to keep seeing him at our various events as we welcome him as our newest volunteer.

(by Kevin Erskine-Henry)

"I HAVE MENTAL ILLNESS BUT MENTAL ILLNESS DOES NOT HAVE ME!"

Held by a man smiling ear to ear, with salt and pepper hair tucked neatly into a pony tail, this placard bobbed up and down de Maisonneuve Blvd., down Guy Street to Ste. Catherine, and made its way back to Phillip's Square in downtown Montreal as we **'Walked for Mental Health'**, on Sunday, October 20, 2013. The sun warmed things up as hundreds of us marched side by side, or arm in arm, to remind Montreal that we're done with the sting of stigma and discrimination toward people living with mental illness, and Montreal welcomed us! The streets were lined with on-lookers holding balloons, or juggling bowling pins (really!), tooting horns, and little kids waving and cheering as we passed by. The best part? Nobody was afraid of us!

Our Harbour residents, staff, and volunteers proudly donned sky blue t-shirts boasting OH's logo, and we took our place among our sister organizations, determined to dispel the fear and mystery surrounding folks who suffer from mental illness.

One more bonus to walking the 'walk' with Our Harbour? A fabulous brunch at Vichey's Restaurant on the South Shore with some pretty incredible people!

Walk on, Our Harbour!!

(by Linda McFetridge)



Our Harbour participated in the 4th Annual Mental Awareness Walk, bringing greater awareness of our South Shore organization.

Saint Lambert Merchants Respond Generously

Ideas for fundraising activities at our first spaghetti dinner kept popping up as the date for the dinner approached. What about asking local merchants for prizes for the draws we had planned? Our first thought when we had decided to sell tickets for draws had been to collect prize items from members of the OH board, but these seemed slow in coming. So with just a week left, two committee members, Colette and Susan, took to the streets to see what they could collect from local merchants. Expectations were not great as time was short. But what happened was "Miracle on Victoria Street." Almost every merchant or business that was approached in that short time, even those few off Victoria Street, responded positively by giving us gifts that ranged in value from \$10 to \$400 – groceries, restaurant meals, pharmaceuticals, services, gift baskets, etc.

Susan reported that merchants were quick to support our cause:

"When I informed local merchants about the work Our Harbour does in our community, most said 'yes' [to donating a prize] right away."

Colette's experience was similar: *"I was surprised by the generosity of everyone we approached. Everyone commented on what a great service we were doing."*



Our Harbour Residents at Camp

Five residents and I [the coordinator] packed ourselves into a rented van and headed up North to the annual autumn weekend camp at **Camp Weredale**, organized by **L'Abri en Ville**. Because of an over-turned cement truck just outside the camp, all traffic was stalled for several hours. After waiting about 40 minutes, we decided to head back and wait at a small Casse Croute we had passed. Here, we were met by everyone from **L'Abri** so started camp with a bang outside camp!! We were cleared to go into the camp a couple of hours later.

Everyone was thrilled to find their cabins and get settled in. Then began the official camp adventure: a late lunch, trekking, canoeing, and swimming, whatever your heart desired. Here are some comments from our campers.

"Camp was all good...haven't had fun like this in a long time with so many activities to choose from and so many good people at my level. I was glad to help out in the kitchen." JB

"The food was great, as usual, and the accommodations were comfortable... loved being away in the fresh air and country atmosphere. I enjoyed the full schedule of activities, only wish we had more time for canoeing. It was exciting to lead a few groups on long treks to the high lookout point." BD

"Everything was 'merveilleux' except the weather was cold at times. It was good to be in the country with the fresh air, lakes, trees etc. I really enjoyed meeting new people with whom I could talk freely about sickness; this was a big point for me. Of course we ate very well." HF

"When I arrived there I forgot about everything back home and enjoyed the beautiful surroundings; the sky was so blue, the lake so peaceful, it makes you relax and I need to relax...the activities and homemade food were great. Wish it was longer than one weekend." TL

Perveen Khokhar, Coordinator.

