

**"Be the change that you wish to see happen."**

Arleen Lorraine channelling Mahatma Gandhi

This notion at the very core of Our Harbour's mission sums up the stories that you will read in this edition of **Our Harbourviews**. Our community of residents, volunteers, friends, staff and stagiaires are **being the change** we want to see happen in the world of mental illness. We offer people a safe place to call home through our professional, friendly care and warm, compassionate support.

You can **be** part of the change. Volunteer. Donate. Spread the word. Join us!

We have much more information available through our website.

Visit [ourharbour.org](http://ourharbour.org) for details about volunteering or donations.

Contact us through  
[info@ourharbour.org](mailto:info@ourharbour.org)

Follow us on Facebook.

Our Harbour - Le Havre  
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St-Lambert, QC J4P 2K4  
Tel: (450) 671-9160

LE HAVRE À NOUS  
ASSEMBLÉE GÉNÉRALE ANNUELLE  
Mardi, le 19 juin 2018  
Église Saint-Barnabas, la salle Dart  
95, av Lorne, Saint-Lambert  
19h Bienvenue  
19h30 AGA  
Un léger gouter sera servi.  
Pour plus de renseignements :  
450-671-9160

OUR HARBOUR  
ANNUAL GENERAL MEETING  
Tuesday, June 19, 2018  
St. Barnabas Church, Dart Hall  
95 Lorne Avenue, Saint-Lambert  
7:00 pm Welcome  
7:30 pm AGM  
Light refreshments will be served.  
For more information - 450-671-9160

Editing: Lesley Régnier, Dolly Shinhat  
Editing and Layout: Peter Woodruff



### Volunteers, staff and residents assembled for the Volunteers Thank-you Party

Our Harbour's mission would simply not be possible without volunteers. Volunteers provide the caring, the community and the compassion that makes Our Harbour so much more than simply long-term housing for people with mental illness.

As a token of our appreciation, on Thursday, April 19, Our Harbour residents and staff threw a thank-you party. **Regine's** special punch, an array of savouries and sweets, including tea, coffee and resident **Jacqueline's** signature chocolate cake, accompanied an afternoon of meeting and greeting.

New volunteers **Dennis Armstrong**, **John Reid** and returning volunteer **Jocelyn Brace Saulnier** were introduced. Residents spoke warmly about how much they appreciate our volunteers and presented gifts of coffee mugs containing personal messages, painted during Open Art Studios with volunteer **Jess Gardner**. And the many Our Harbour residents who themselves volunteer (at Our Harbor events and activities, at local community organizations, as drivers, and for on-call repairs in apartments) were recognized and received a small gift in recognition of their service to the community.

Altogether a joyous and celebratory afternoon!

Special thanks to another volunteer, **Susan Gardner**, for always making us feel so welcome at St. Francis of Assisi church.

Director General  
Dolly Shinhat

### New Volunteers' Stories

**Dennis Armstrong** says, "I've been retired three years and try to keep busy which, at times, can be challenging. I spend as much time as I can with my five grandchildren and help friends on their projects. I'm glad I have volunteered for Our Harbour as it has turned out to be interesting and challenging but also rewarding when there are signs of progress."

**Lyn Scott** is a long-time St. Lambert resident. A recently retired business woman, she is now able to give more time to the community that she has been involved with for so long. Our Harbor was brought to her attention by some of the directors of the organization and she was attracted by the fact that it was a small "hands-on" organization which can really make a difference in the lives of its residents by providing a stable and friendly living environment for those affected by mental health issues. DS

A sincere thank you to all of YOU: our donors and supporters for your generosity - on behalf of the Residents, Staff, Volunteers and Board Members of Le Havre à nous / Our Harbour.  
 These donations were received between January 1, 2017 and March 31, 2018.

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| Aiken Sr., Ronald               | LeWarne, Kathleen                   |
| Atelier Picasso Encadreur       | Libby, Sandra                       |
| Barlow, Jane                    | Lion's Club of St. Lambert Inc.     |
| Barnes, Wendy                   | Ljutic, Anton                       |
| Beattie, Eleanor                | Lloyd, Megin                        |
| Beauregard, Melanie             | Louson, Andrew                      |
| Beck, Martha                    | Magher, Linda                       |
| Belisle, Michel                 | Malone, Michael                     |
| Belisle, Pierre                 | Maltais, Louise                     |
| Bilodeau, Jocelyne              | Malysh, Jamie                       |
| Borlace, Patricia               | Marchant, Anne Marie and Janice     |
| Boudens-Alexander, Bepie        | Martin, Gretchen                    |
| Bouzi, Reginie                  | McConnell, Jane                     |
| Bresba, Mary-Ann                | McCormack, Olga                     |
| Campbell, Harvey                | McCusker, Jane                      |
| Candiac Wednesday Group         | Estate of Mary McGovern             |
| Cantor, Hector                  | McKinnon, Ann                       |
| Carr, Marilyn                   | Ménard, Nicole                      |
| Carr, John                      | - Députée de Laporte                |
| Carrier, Paul                   | Mendès, Alexandra                   |
| Centraide of Greater Montreal   | - Member of Parliament              |
| Cherry, James                   | Montpetit, Haley                    |
| Cheung, Gretchen                | Munro, James                        |
| Cheung, Liam                    | Nine and Dine Golf Group            |
| Club de Curling St. Lambert     | Noble, Lorette and Christopher      |
| - Day Ladies                    | O'Malley, Mary                      |
| Collin, Gilles                  | O'Dwyer, Renée                      |
| Collins-Botros, Susan           | Onyszchuk, Mario                    |
| Comeau, Sylvia                  | Ouellette, Edna                     |
| Couser, George                  | Owens, Patricia                     |
| Coyle, Theresa                  | Perryman, Winnifred                 |
| Cruchet, Judy                   | Photo René                          |
| Cusiac, Ileana                  | Pincombe, Charlene                  |
| Cyr, Rosemary                   | Plouffe-Barbery, Colette            |
| Cyr, Mary                       | Potvin, Jeanne                      |
| de Grandpré, Ellen G.           | Pozer, Dale                         |
| Denny, Diane                    | Prendergast, Renée                  |
| Domachevsky, Ronald             | Prettie, Barbara                    |
| Dowling, Hilda                  | Psychedelia! A painting fundraiser! |
| Duguay, Jean-Pierre             | Ratzer, Gerald                      |
| Duguid, Barbara and Ernie       | Régnier, Lesley                     |
| Dupuis, Robert                  | Richards, Claire and Gordon         |
| Dupuis, Anne-Lise               | Roberts, Audrey                     |
| Dyson-St. Germain, Jennifer     | Rocke, Charles                      |
| Eastwood, Margaret              | Romanado, Sherry, MNA               |
| Ellison, Penny                  | Ross, Bob                           |
| Evdokias, John                  | Roy, Guy and Francine Grise         |
| Fednav Limitée / Fednav Limited | Sanderson, Jacqueline               |
| Fondation Jacques Francoeur     | Sankar, Priyamvada                  |
| Freedman, Vivien                | Schurman, Judith and Dave           |
| Fresco, James                   | Shinhat, Dolly                      |
| Gaudreau, Johanne               | Shufelt, Michael                    |
| Gardner, Susan                  | Smalridge, Brian and Beverly        |
| Gazzard-Desrosiers, Joan        | Smart, Gerald W.                    |
| Gillbert, Catherine             | Smith, Sylvia                       |
| Gillies Eileen                  | Smith, Josephine                    |
| Glysse, Francine                | Soares, Joan                        |
| Godley, John                    | Speiran, Penelope                   |
| Good Shepherd Lutheran Church   | Spencer, Marlene                    |
| Government of Canada            | St. Augustine Women's Guild         |
| Government of Quebec            | St. Barnabas Church Coffee Fund     |
| GowriSankarn, Kohur             | St. Gabriel's Breakfast Club        |
| Griss, Maryanne                 | St. Lambert United Church Women     |
| H.O.P.E., St Mary's Parish      | Stephenson, Kimberley               |
| Hay-Ellis, Ginette J.           | Stride Coté, Beverly                |
| Horvat, Stan                    | Stuart, Okill                       |
| Houda-Pepin, Fatima             | T. Ingram Interiors Inc             |
| Houlihan, Timothy               | Taddeo, Donat                       |
| Iacobacci, Mario                | Taylor, Beverley and Harry          |
| Ishayek, Rouben                 | Team Blue                           |
| Jackson, Margaret               | - Jaimie Malysh and Michael Shufelt |
| Jarmila, Philipp                | The Men's Club Holy Cross           |
| Jones, Elizabeth A.             | Thibeault, Yolande                  |
| Jones, Ronald                   | Thomson, Christopher                |
| Kerwin, Monica                  | Tisner, Marilyn                     |
| Kerwin-Borrelli, Honore         | Tremblay, Diana                     |
| Kerwin-Boudreau, Susan          | Vaillancourt, Céline                |
| Kerwin-Jones, Eileen            | Vilela, Claire                      |
| Khokhar, Perveen                | Volterra, Vito                      |
| Lacoursière, Jill               | Warden, Susan                       |
| Lacroix, Lucille                | Waters, Katherine                   |
| Lane, Midge                     | Watson, Jane                        |
| Lang, Jonathan and Jane Horvat  | Weynandt, Nicole                    |
| Languay, Heather                | Whyte, Elinor                       |
| Laroche, Linda                  | Wiebe, Paul                         |
| Lefebvre, Margaret              | Wigglesworth, David John            |
| Leigh, Constance                | Wojtowicz, Elisabeth                |
| Lepage, Anna                    | Woodruff, Peter & Susan             |
| Lepine, Carolle                 | Zaslousky, Marilyn                  |

We sincerely thank the Chartered Accounting firm of **Desautels Di Santo Inc.**, and particularly **Mr. Sam Del Giudice**, for their generosity in preparing Le Havre à Nous / Our Harbour's Financial Statements.

Every effort is made to publish an accurate list. If you notice any errors or omissions, please accept our apologies. Please call us at 450-671-9160.

## Milestone birthdays are a great chance to help Our Harbour

I can hardly believe I'm turning 70 in a few days. Knowing my friends and family, they'll want to express their love and friendship by giving me a gift and will want to celebrate the occasion.

Now, as anyone knows who has made it to this age, our main purpose in life seems to be downsizing and getting rid of stuff. So, this year I wrote to my close ones to let them know that their love and friendship is all I need. I also mentioned that if anyone felt they wanted to do something special, I would greatly appreciate a donation to Our Harbour and explained what Our Harbour does.

Dolly was kind enough to prepare a sheet which she entitled "I would like to honour Linda Magher on the occasion of her 70th birthday".

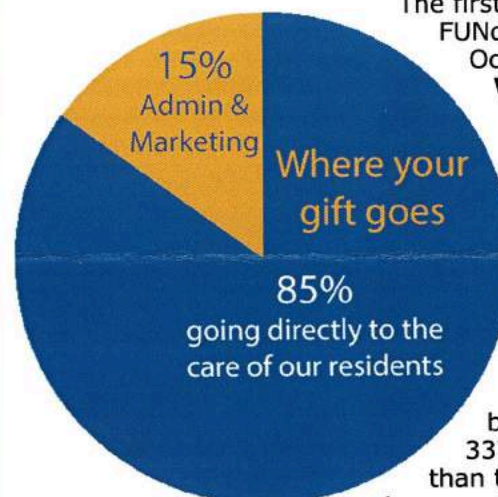
The donor can include all the usual information (address etc.) which can be placed in a pre-addressed envelope to Our Harbour.

Dolly, thank you so much for your help, Linda Magher, Our Harbour Volunteer



## 2017-18 INDIVIDUAL FUNdraising RESOUNDING SUCCESSES!!

Thanks to three major FUNdraising events and most importantly to the generosity of our donors, both loyal and new, Our Harbour's **Individual Fundraising Committee** is pleased to report a most successful 2017 fiscal year. In fact, we surpassed our goal of \$12,000 by 35%, raising a total of over \$16,200!



The first of our three official FUNdraising activities took place on October 15th, with the **Montreal Walks for Mental Health**.

More than 30 members of the Our Harbour community walked with others through the streets of Montreal raising close to \$1,700 and attracting 13 new donors.

Our **annual fall campaign** was launched in November and was also a huge success. We surpassed our initial goal by 23%, raising a total of \$15,337, including gifts from more than ten new donors. We saw an

increase in the number of **monthly**

**donors** as well as individuals who have pledged donations for future years.

After raising over \$1,600 at our fun-filled **Psychedelia!** painting event on March 4th, we plan to respond to the positive feedback with a similar FUNdraiser later this year. Stay tuned.

THANK YOU! We look forward with great anticipation to sharing another series of FUNdraising and FRIENDraising events with you in 2018-2019!

SKB