

Our Harbour News

December 2004

Le Havre à Nous / Our Harbour, 95 Lorne Ave., St. Lambert, QC J4P 2G7 Tel. # (450) 671-9160 www.ourharbour.roccler.qc.ca

Special Thanks to:

- Our Volunteers
- Together 2000
- All our Supporters
- Sharon Duguid

Our Harbour Wish List:

- Storage space
- Storage space
- More Storage space

Greetings!

Last year **Our Harbour**, in its appeal for funds and volunteers, described itself as an "exciting new project ... to improve the life of those living with mental illness" in our South Shore community.

Thanks to your generosity of funds and time the project was partially realized. **Our Harbour** found the money and the people to rent an office, set up a website, hire a counselor and rent, furnish and place three persons in an apartment all within one year.

NOW! Our Harbour wants to go further and provide accommodations for more people with mental illness in our neighbourhood. This kind of initiative has proven successful in Montreal under the

aegis of *L'Abri en Ville*. Its residents have a lower rate of recidivism to hospitals among people of mental illness than other programs or institutions. **Our Harbour** fills a great need in our society, especially among the Anglophones who currently have only one residence of three people in such a large area as the South Shore.

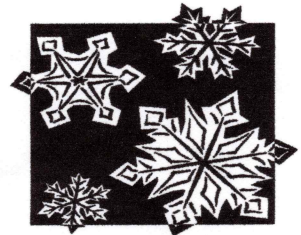
With the goal of providing accommodation for (at least another residence this year), **Our Harbour** aims to raise \$25,000.00 for the coming year. Once we have this money, we will also apply to government programs available for such concerns to continue with our work. At this time of year when many of us make charitable donations, we ask you to think of **Our**

Harbour and its works. **Our Harbour** is a registered charity and will issue a tax receipt for any donation for \$10 or more.

Many thanks for considering some form of support – even small amounts are most welcome. Please remember to check out our web site!

*By Jim Moran
on behalf of the Board*

Have a very happy holiday season!



Who wants Pizza?

Expect the unexpected with a visit to the Our Harbour apartment.

I recently arranged to make pizza with one of the residents. Plans for the visit had to be cancelled twice previously because of scheduling problems. However, one crisp fall day I arrived as planned to make the pizza. Unfortunately, the person with whom I'd expected to cook was not feeling well that day. Instead, he had arranged to have one of his roommates cook with me. I had had this rather elaborate plan to make pizza from scratch including the dough, sauce, and cheese

and veggie toppings. My cooking partner was enthusiastic but more realistic than me, and happy to hear pizza dough could be bought ready made.

When the two of us couldn't find the kitchen supplies we needed, Bobby, another resident, was always close at hand to find the salt, or a pot so we could continue on our task. As soon as we emptied a dirty pot Bobby, who obviously was very familiar with kitchen duty, quickly washed up and put things away. I felt a bit guilty as I realized I'm not the most orderly cook to be

showing a bunch of guys how to work in the kitchen. In my own home, my husband is the neater cook!

We had the sauce simmering and my partner was well stuck in the pizza dough when he received a phone call for a job interview by telephone. He carried out the conversation without missing a beat while picking wet flour out from between his fingers.

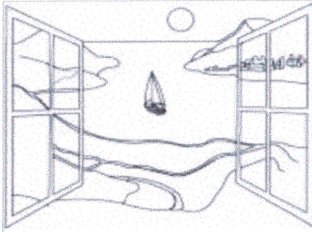
During the two-hour project a visitor came to help with repairs and errands, we had lively chats, and a pizza was

made. By noon, three of us were able to sit down to eat the freshly baked pizza.

The apartment may not be the most organized and activities don't unfold exactly as planned but there is companionship and the residents are working to make their household a home.

by Mary Ann Bresba





About our logo

to provide assistance for them as l'Abri en Ville was providing for such persons on the Island of Montreal .

It was decided that a two-folded 8 1/2 landscape sheet would produce a three panelled brochure which would have an English and a French side.

I experimented with logos given the following concerns: It needed to depict a place on the South Shore providing a safe house or apartment building, with freedom and support, with perhaps elements suggesting the river, boats or birds, a distant cityscape, and peaceful surroundings.

I produced variations on the themes of birds near the water, an enclosed harbour held in a globe (nice round shape for a logo) with either boats or lighthouse, a lighthouse with beacons, flags with the harbour and a solitary figure foreground, windows on the harbour,

(and here I was getting close). With subsequent meetings the logos were whittled down in committee to one which was easily and economically reproducible, recognisable as a welcoming dwelling with freedom as well, and clearly on the South Shore. Any extraneous lines were eliminated. Anything that could be misinterpreted such as the sad foreground figure, birds which looked alarming with sharp beaks, or lines which could be seen as disturbing shapes were also eliminated.

The window seemed to be a good symbol to represent enclosure which could be opened. I reduced it to lines and removed most of the detailing and found a lively font called "Space Toaster" for the Heading. Voila!

The laying out of the text was tricky given the difference between the quantity of English text and French text. I produced a set

of seagulls to finish off the text and balance the design.

I then designed a letterhead using elements from the flyer.

Further tweaking finally produced the version we have now.

I enjoyed the experience and I learned a lot.

Mary Fitzpatrick
Graphic Artist and Illustrator
Impressions
2000 Northcliffe #401
Montreal, QC H3A 3K5

marryinhaste1@hotmail.com

<http://princechameleon.com/Art/gallerymaryfitzpatrick.htm>



The Creation of Our Harbour Leaflet and Logo

By Mary Fitzpatrick

I was approached by Mary Ann Bresba in 2002 to put together a flyer with already created text; to create a logo; and to lay it out on a two sided flyer. The logo would describe the proposed provision of housing for persons with mental difficulties who were struggling with finding a means for autonomous living and



Introducing Susie, our Team Coordinator

Hello all! My name is Susan Theberge and in June 2004, I joined the Our Harbour team as coordinator. I came to Our Harbour with a background in psychology (B.A. from Concordia University), education (TEFL certificate from the University of Saskatchewan), and more recently, social work (B.S.W. from McGill University). I am now working towards my Masters degree in Social Work at McGill University.

Prior to coming to Our Harbour, I had been working in the Residential Resource department of the Douglas Hospital helping individuals with mental health problems find adequate housing. Having shelter is of extreme importance, and once this primary need is met, attaining other needs, wants, and goals are in my opinion, just as important. As coordinator at Our Harbour, my main purpose is to support the residents in attaining these goals. This is not a responsibility that can be accomplished on my own. Rather, there is a team of dedicated volunteers who assist me in creating a supportive living environment. Our Harbour is constantly searching for more individuals within the community to offer some of their time in lending support to the residents. If you would like to become involved with Our Harbour, please feel free to contact me for more information. In addition, if you know someone who could benefit from the support offered at Our Harbour, please contact me.

The past few months have been very interesting and

exciting with the opening of our first apartment. The Our Harbour housing model allows individuals with mental health problems achieve a quality of life that is not always easily achieved on their own. I truly hope that Our Harbour can continue expanding, and that as a community we can work together to make this happen.

I look forward to hearing from you, and I would like to wish everyone a very happy holiday season!

Sincerely,

Susan Theberge
Coordinator
Tel. # 450-671-9160
e-mail: ourharbour@ourharbour.rocler.qc.ca

