

our Harbourviews

Spring Newsletter 2019 Bulletin de printemps

Your support makes a real difference Votre appui fait toute une différence



Aspiring artist, former engineer and dedicated volunteer **Tom Haslam-Jones** carefully applies pink paint during Psychedelia 2019.

Pink Paint – Psychedelia! 2019

“Slosh that bright pink paint over the top two-thirds of the paper,” she said, “bold strokes.” Her artists-for-the-afternoon stared at her, somewhat querulously. She had informed them that they were going to paint trees that session and she showed them her own original on the easel behind her: five slender birch trees with their white trunks and delicate green leaves against a forest background. Pink? Nobody questioned her. She was **Judy Csukly** after all, St. Lambert’s artist in residence and you don’t quibble with her! “Next, same brush strokes with the purple paint.” And on to the canvas it went. Most students copied Judy’s style, but some decided they would paint the canvas as if it were the sitting room walls and carefully applied the paint like professional house painters. But they pressed on.

“Now,” Judy went on, “with your smaller brushes dipped in black paint draw five tree trunks. Like this.” And thus, the painting took form. Trees appeared, leaves were dabs of dark green over the pink and purple background which disappeared to form a warm haze as the shape of the trees became prominent and the eye focused more and more on them. And by 4 o’clock there were 43 satisfied amateur artists admiring each others’ interpretation of the same imagined reality, 43 very different paintings of the same five birch trees! It was magic. The Fund-Eventz people and the wizardry of Judy Csukly had made this possible.

Our Harbour President **Catherine Gillbert** and DG **Dolly Shinhat** expressed their thanks to all those who attended and half-promised that next year would see a third version of Psychedelia! Yippee!

Lesley Régnier



Celebrating the launch of the Navigator Program on January 16, 2019, with our major funding partner, **Bell Let’s Talk Community Fund**. L-R: **Nicole Ménard**, Députée de Laporte, **Stacey Hoirch**, VP, Deputy Controller & Planning, from Bell’s Finance team, **Catherine Gillbert**, President of Our Harbour, **Pierre Brodeur**, Mayor of St. Lambert, **Dolly Shinhat**, Our Harbour Director General. We are also grateful to the **Fednav Community Employees’ Committee (FCEC)**, **Greenfield Park United Church** and the **Greenfield Park Lions’ Club** for their generous support for this program. <https://letstalk.bell.ca/en/community-fund>



Our Harbour is grateful to the **Mosaic/que Quilters Guild** for creating and donating a gorgeous quilt to us. Every guild member contributed one or more squares. The deceptively simple pattern allows the colours to glow! Guild members **Carolyn Dellah** (centre) and **Francine Weston** (right) brought the creation to the Our Harbour office to present it to **Catherine**. The quilt will be auctioned off to raise money for Our Harbour at an event later this year. Stay tuned!

Our Harbour ANNUAL GENERAL MEETING Thursday, June 20, 2019 St. Lambert United Church, room 20 440 Notre Dame, St. Lambert 7:00 pm Welcome 7:30 pm AGM Light refreshments will be served. For more information:	Le havre à nous ASSEMBLÉE GÉNÉRALE ANNUELLE Jeudi, le 20 juin 2019 Église Saint-Lambert United, salle 20 440, rue Notre-Dame, Saint-Lambert 19h Bienvenue 19h 30 AGA Un léger gouter sera servi. Pour plus de renseignements :
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Our Harbour Volunteers Recognized by Lieutenant Governor of Quebec

On April 27, our founder and president Catherine Gillbert received an award in the seniors' category for her contributions to Québec society. The Lieutenant Governor himself made the presentation at a ceremony at the University of Sherbrooke, Longueuil campus.

We know that, without Catherine, Our Harbour would not exist. What better way to inform the broader community than in front of an assembly of 500 provincial and civic dignitaries? Lesley R. and Linda M., both Our Harbour volunteers, were honored to share Catherine's day and wished only that all members of Our Harbour could have been there too. "He was very impressed by my smile," said an elated Catherine as she emerged from the auditorium. "He thought it was because I am a happy person that I could improve the life of others." No doubt about it!

In that same ceremony, the Lieutenant Governor was also awarding his Youth Medal to another Our Harbour volunteer, Nic Bergeron. While his award highlighted his volunteer work at Champlain Regional College and his defence of the LGBTQ community, this young man's socially responsible efforts deserve a closer look.

"Nic who?" Somebody at Our Harbour asked that question the other day. "People around the office keep talking about "Nic" but who is he and what does he do?" The audience at the Lieutenant Governor of Québec's award ceremony were privy to the impressive answer.

Overcoming his own fears, **Nicolas Bergeron (Nic)** became an active member and eventually President of the student group Born This Way. He played a strong role in the promotion of Gender Studies at Champlain and Dawson, culminating in the organization of a Conference on Gender Issues. Very aware of the importance of mental health today, he became involved in the Soliya Connect Program, which gives students the opportunity to engage in dialogue, and build meaningful relationships across national, cultural, religious, and ideological boundaries. Nic even took Soliya's year-long facilitator training program and has already facilitated one group over one semester (and, with his Egyptian co-facilitator, won the Rookie of the Year Award!).

Then, as part of his final project for his NewsActivist class last winter, he decided to volunteer at Our Harbour. It was just at the time Our Harbour was about to embark on a new initiative called the Navigator Program. Computers have been installed in each apartment in order to provide our residents with the opportunity to develop the computer skills vital to life today. Residents then set up 1-3-5-year goals. Trainers, including Nic, help each resident accomplish these goals.

Nic is now combining all that he has gleaned from his active involvement in different activities by pursuing a research project on the influence of colonization on LGBTQ+ acceptance in Canada. He seeks to link Canadian history to modern social issues in order to understand the ongoing challenges faced by the LGBTQ+ community. We will be hearing more from young Nic!

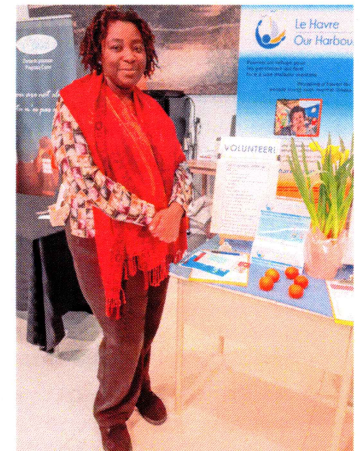
Congratulations Catherine and Nic!



Our Harbour President Catherine Gillbert's smile dominates as the Honourable J. Michel Doyon, Lieutenant Governor of Québec, presents her with the Seniors' Medal on April 27, 2019.



Nic, here wearing a Bell Let's Talk tuque, with Kathy Jahudka, Manager, Community Investment Bell Let's Talk Community Fund.



Our Harbour participated in the highly successful Building Community Together expo last October. Hosted by the Assistance and Referral Centre (ARC), over 40 kiosks provided information about English-language community services and programs, welcoming more than 300 people to the expo. Coordinator Regine Bouzi (above) and Director General Dolly Shinhat shared brochures and information about admission, volunteering and the Our Harbour community.

Caring people make the difference.

Contact us through

info@ourharbour.org

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Our Harbour - Le havre

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Lifting up Our Harbour in 2018-19: Our Donors

A sincere thank-you to all who supported Our Harbour financially during 2018-2019, ensuring that we could achieve our mission. Churches, businesses, foundations, associations, socio-cultural and community groups donated over \$55,000!

Nos remerciements sincères à tous ceux qui ont contribué financièrement à Le Havre en 2018-2019, nous permettant ainsi à atteindre notre mission. Grâce aux églises, aux associations, aux commerces, aux groupes socio-culturels et communautaires, nous avons amassé plus de 55 000 \$!

Thank you to all of our individual donors. Special thanks to our Board of Directors, ALL of whom donated to Our Harbour in addition to contributing countless hours to governance and guidance. Their names are **bolded** below. Our Harbour surpassed our individual-giving-goal for the year, raising more than \$24,000 from over 250 people including event participants!

We are extremely grateful for continued funding to our government partners: Employment and Social Development Canada, the Government of Québec's Programme de soutien organisme communautaire and the Canada Summer Jobs Program.

Tremendous thanks are offered to all of our dedicated and generous volunteers, without whom Our Harbour could not survive.

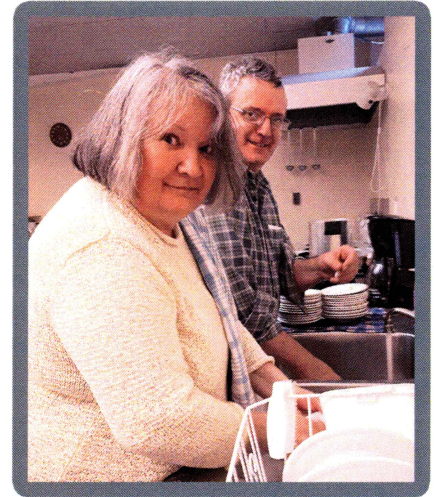
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We are extremely grateful to the **Chartered Accounting Firm Desautels Di Santo Inc. and Mr. Sam Del Giudice** for preparing Our Harbour's Financial Statements.

Donations listed were received between April 1, 2018 and March 31, 2019. We strive to publish a complete and accurate list. For any errors or omissions, please accept our sincere apologies and contact Dolly Shinhat, Director General, at 450-671-9160.



The Our Harbour cooking group has taken off this year, thanks to funding from the Fdnv Community Employees' Comitte and leadership from volunteers Jody Ceccarelli and Lyn Scott. Cooking up a storm in Jody's summer kitchen, from L-R: Jean-Sebastien, volunteers David Gobby and Vincent Ceccarelli and Jacqueline. The group's success has attracted additional support from the Assistance and Referral Centre (ARC) in the form of kitchen space and a grant to produce a book of Our Harbour recipes, tips and kitchen lore. Publication later in 2019!



Team work! Jacqueline was always ready to pitch in and help, whether it be to bake her famous chocolate cake or washing up, here with fellow-resident, Mario after Christmas Dinner.

Au revoir, Jacqueline

I have such fond memories of Jacqueline Belisle. She was a kind-hearted soul who was always willing to help. Despite her naturally quiet, reserved nature, her attentive ear provided solace for fellow residents.

She liked playing games on social days, swimming on Monday mornings and attending meditation sessions. She also liked to walk. She said that when she walked and viewed nature in all its beauty, she could best commune with God.

Though she had been with Our Harbour for seven years, I only met her when I began volunteering three years ago. Our friendship began over our shared love for food. She was a very good baker and we bonded while setting up the monthly cooking program for Our Harbour. Her ideas were instrumental in providing excellent nutritional meal ideas which we could cook together with the group.

Je garderai de bons souvenirs de Jacqueline Bélisle. Elle était une bonne âme bienveillante qui était toujours prête à aider de toutes les manières possibles. Que ce soit pour parler à un autre résident qui avait besoin d'écoute ou pour préparer la salle ou tout remettre en place lors d'un souper à Our Harbour.

Elle aimait jouer à des jeux lors de journées sociales, nager le lundi matin et participer à des séances de méditation. Elle sentait qu'en marchant, elle voyait la nature dans toute sa beauté et elle pouvait mieux communiquer avec Dieu.

Elle était avec Our Harbour depuis sept ans, mais je ne l'ai rencontrée que lorsque j'y ai commencé à faire du bénévolat il y a trois ans. Notre amitié est née d'un amour mutuel pour la nourriture. Elle était une très bonne boulangère et nous nous sommes liées pour mettre en place le programme de cuisine mensuel de Le Havre. Ses idées ont été déterminantes pour proposer d'excellentes idées de repas nutritifs que nous pouvions préparer avec le groupe.

*Au revoir ma chère amie.
Jody Ceccarelli*

Our Harbour: On Solid Ground

Thanks to the generosity of over 250 donors, 2018-2019 has been a bumper year for Our Harbour's Individual Fundraising Committee. We met and surpassed our initial goal of \$15,000 with our final total ringing in at \$24,100. Participation was strong during our three major fundraising events: Montreal Walks for Mental Health in October, our annual end-of-year campaign in December and our increasingly popular Psychedelia art event in March. We have also seen an uptick in our "in honour of" and "in memory of" donations.

We are most grateful for your loyal support and we look forward to an even more successful 2019-2020. Stay tuned for our upcoming FUNdraising events!

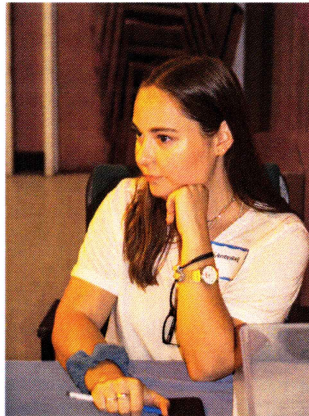
Susan Kerwin-Boudreau for the Individual Fundraising Committee

Helping Others, Finding Oneself

Before becoming part of Our Harbour, mental illness was not a topic I thought about often. I was aware of a few mental illnesses, but they did not affect me personally. I've always been a person who takes care of her mental health. I like to take time for and work on myself. It's very important to me. I didn't realize just how much mental illness is present in our daily lives until I was given the opportunity to learn more through Our Harbour.

Answering phone calls from individuals in desperate need of assistance and spending time with current residents allowed me to grow professionally and personally. In fact, working for Our Harbour helped further my career path. Being able to manage a project was extremely stimulating, revealing capabilities I didn't know I had, and the results kept me motivated. Through this experience, I was able to develop skills in administration, web page design, and email and social media marketing. In addition, I had the opportunity to develop my soft skills, including teamwork, communication, time management and problem solving.

Now, I see the world differently. Our Harbour opened my eyes to mental health and understand that we do not know others' battles and should not judge people by what we see. A big thanks to the OH team for giving me this opportunity.



Hired out of Champlain College through the Canada Summer Jobs Program, Genevieve Caya made herself quite indispensable.

Genevieve Caya

Le havre : sur une base saine

Grâce à la générosité de plus de 250 donateurs, 2018-2019 s'est avéré une année fructueuse pour Le Havre. Le Comité de financement a non seulement atteint son but initial de 15 000 \$ mais il l'a dépassé pour atteindre le beau montant de 24 100 \$. Nous avons vu une forte participation à nos trois grands événements : Montréal Marche pour la Santé mentale en octobre, notre campagne annuelle à la fin d'année en décembre et notre événement artistique qui gagne de plus en plus de popularité, Psychedelia, en mars. Notée aussi, une augmentation de nos dons « En l'honneur de » et « À la mémoire de ».

Nous vous sommes fort reconnaissants pour votre appui loyal et nous espérons que l'année 2019-2020 connaîtra encore plus de succès. Restez à l'écoute pour d'autres événements à venir !

Susan Kerwin-Boudreau au nom du Comité de financement