

Providing a support program for persons  
living with mental health problems

## Our Harbour/Le Havre à nous

Newsletter Spring-Summer 2012

95 Lorne Avenue, Saint-Lambert, J4P 2G7 Tel. (450) 671-9160

### AN IMPORTANT MESSAGE FROM OUR FUNDRAISING COMMITTEE:

*Our Harbour* is facing a serious challenge this coming year, and thus we are appealing to your generosity to support our continued operation.

One of our major sponsors has decided to change its focus such that it will no longer support organizations off the island of Montreal. The implications for us on the South Shore in the Montréalie are serious: We will need to close a \$7,500 gap in our funding for the coming year and \$15,000 annually thereafter.

**Please help us bridge the gap by making a donation. All amounts are gratefully accepted.**

Want more news about *Our Harbour*? Visit our web site

<http://ourharbour.org/>

Soon you can donate to O-H through our website:



Residents have been taking weekly art classes over the winter months and have produced some veritable masterpieces. David Jonathan shows off some of his paintings that will be displayed at ***the Residents' Vernissage*** on June 18<sup>th</sup>, prior to the Annual General Meeting. **Come early (6:00-7:00 pm) to view these creative pieces of art**

### LE HAVRE À NOUS ASSEMBLÉE GÉNÉRALE ANNUELLE

**Lundi le 18 juin 2012, 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

Avis de modification (page 4)

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

Courriel : [our.harbour@rocler.qc.ca](mailto:our.harbour@rocler.qc.ca)

### OUR HARBOUR ANNUAL GENERAL MEETING

**Monday, June 18, 2012  
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.

Notice of amendments (page 4)

For information call  
**450-671-9160**

Email: [our.harbour@rocler.qc.ca](mailto:our.harbour@rocler.qc.ca)

## A Sad Loss in the Family



**Almut**, Our Harbour resident and dear friend to all who knew her, passed away suddenly at 58 years of age on March 7<sup>th</sup>, 2012. Of East German origin, her family came to Canada when she was 5 years old.

She lived at Our Harbour for five very happy years. The family stated that after years of chaos, pain, hardship and homelessness, Almut blossomed at OH, and these years with us were the happiest and most stable of her life.

Her brother, Horst, and sister-in-law, Margaret, were her favorite relatives, and she had a standing date with Horst for Kentucky Fried chicken every Tuesday.

Almut's quiet dignity and very sweet manner endeared her to all who knew her. She was never in conflict with anyone. This little "wilted bud" began to blossom at OH, and once she got her hair cut (courtesy of an OH volunteer), there was no stopping her. She went on shopping sprees for clothes and makeup etc. and never stopped her self improvement.

Almut loved life; she baked, cooked and made the best potato salad. She happily participated in activities, be they the museum or the theatre. Recently, Almut had started painting classes at OH and then she joined the Latino dance group.

Almut went happily, laughing and dancing. Keep it up wherever you are, Almut. We love and miss you.

## What's for supper?

A group of residents is learning to prepare some pretty fancy answers to this inevitable question. For the past three months, Billy, Bob and David Jonathan have been taking cooking lessons from Melissa, an Our Harbour volunteer *stagiaire*. Every other Tuesday, they meet to prepare and enjoy a meal together in one of the apartments. There are always left-overs to take away for the next day as well as printed copies of the recipes so they can make more delicious meals on their own. So far, favorites include chicken wings, vegetable and cheese quiche, and stuffed cabbage rolls – an enviable repertoire for any family cook!



In the photo, (clockwise from left) Bob, teacher Melissa, Billy and David Jonathan enjoy the fruits of their labour: steak with sauce, baked potatoes with sour cream and chives, and Greek salad.

The cooking class is an all-men's group, but women residents take part as well as men in the two other classes offered this winter and spring: Art and Latin-American dancing. These very popular and beneficial courses are in part thanks to a generous grant from Canada Post. And we appreciate permission from St Barnabas Church for use of their Memorial Hall for the dancing classes.

*"Nothing better could have ever happened to Almut than being accepted to be part of Our Harbour."*

*Almut's Family*

## Coordinator's corner: An insider's Viewpoint

### *"I see..."*

These days, it is a long drive home due to the tie ups on Champlain Bridge and it leaves me much time for reflection. Often my thoughts turn to OH as we are moving ahead to a more sustainable future where ...

***I see opportunity...*** We have all seen delightful changes in the lives of the residents (and ours), but, ahead lie so many prospects to impact lives and make meaningful changes, such as lifting stigmas, forming interactive relationships with other agencies and building more fulfilling community life, specially with the residents' families.

***I see transformation...*** volunteers and residents alike experiencing this as we work together to impact our community, shedding things that don't work and embracing new ideas and ways of doing things.

***I see a growing priority on health...*** emotionally, physically, spiritually, relationally and financially. Expanding the number of apartments and thereby residents is the easy part, but developing health in every way in us and our residents is what really counts.

***I see challenge...*** Nothing comes easy; many obstacles have to be overcome such as finding appropriate residents, achieving financial stability and making meaningful inroads into the francophone community

***I see a marathon not a sprint...*** We are in it for the long haul and this requires determination, commitment and endurance of the marathon runners, but together we can do it.

***I see...*** we are Still Growing and up to the tasks at hand.

**Perveen Khokhar, Coordinator.**

## What a tremendous experience!

As a first year social service student at Dawson College, I was granted the wish of working with the mentally ill for my first *stage* at the agency, Our Harbour, established in St-Lambert on the South Shore. It has been a tremendous hands-on first experience working with the clientele at Our Harbour. Our Harbour has taught me a lot concerning the needs of their clientele and the resources in the community available to provide for them. Our Harbour has been a great highlight in my life as a student and has provided me a first learning experience I will never forget.

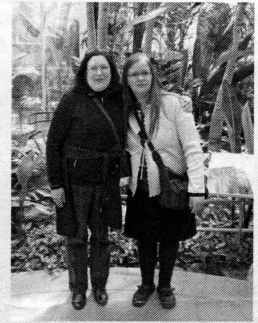
**Melissa Hanley (Dawson student)**

## "Our Harbour, a place of heartfelt dedication to work and call home"

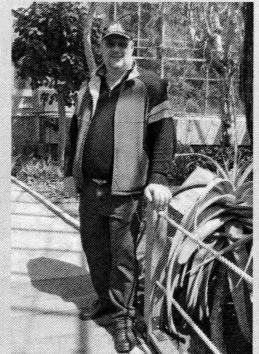
It is just over a year now that I have been a part of the Our Harbour family, and I can honestly say the residents, volunteers, stagiaires and my magnificent colleague, Perveen, make this a place of such heartfelt dedication to work in. Our Harbour has a true sense of community and offers such a commendable service that I have even recruited some friends and family members to join the team of fabulous volunteers and participate in different functions. As always, being involved in the lives of the residents is truly a blessing. Thank you.

**Jennifer Gilkes, Assistant Coordinator**

## Our Harbour is about making new friendships



Botanical Gardens Outing



*You are invited to join the Our Harbour family of volunteers & supporters. For information on various tasks you can help with, contact (450) 671-9160*

*Ami Québec offers a South Shore support group for caregivers of people with a mental illness. The bi-monthly support group will now meet on Wednesday evenings at a larger space at the Greenfield Park Baptist Church, 598 Bellevue N. in GFP.*

*For information call 514-486-1448*

## Our Harbour is grateful to all our supporters for their generous donations 2011-2012

Ann Reid	Aud Arsenault
Audrey Bean	Barbara G Alfonse
Barbara Dugid	Beppie Boudens
Catherine Gillbert	Cathy Sauve
Christopher Noble	Anthony Hayden
Colette Barbery	Dale & Phyllis Pozer
Diana Sanderson	Eleanor Beattie
Eleanor Whyte	Elsie Patterson
G. Taylor	George Couser
Harry & Beverly Taylor	Irene Frail
Hilda Alexander	Sylvia Smith
Stan Horvat	Shoukry Henein
Sandra Libby	Jim Moran
S. Jennifer St. Germain	Janet Jones
Richard Janik	Raymond Ferguson
Paul Carrier	Olga McCormack
Okill Stuert	Nina Pesner
Michael Malone	Margaret Collins
Lise Bluteau	Linda Magher
Kat Stewart	Judy Cruchet
Jane Lawrence	Robert Lanctot
John and Sandra McDonaugh	

Together 2000

Royal Canadian Legion (94) GFPark

VKI Technologies

Saint Lambert Lions Club

EJLB Foundation

Fondation Jacques Francoeur

St. Andrew Church

St. Augustine Women's Guild

St. Barnabas Church Coffee Fund

Dedmar Ltd

FEDNAV Community Committee

### Canada Post Foundation Grant

A grant from the Canada Post Foundation allowed OH to hire an art teacher to provide art classes to interested residents over the past few months. Money from this Foundation also paid for a most valuable OH Board training session with Gavin Perryman, one of Canada's best known Not-for-Profit Board Consultants.

We truly appreciate the generosity of



Canada Post  
Foundation  
for Mental Health

## Our Harbour Mission and Priorities 2012-2013

### Mission Statement

The purpose of *Our Harbour* is to provide a supportive long-term housing program on Montreal's South Shore for people living with mental illness who choose to receive services in English. This includes life-management support, links with resources in the surrounding community and individual assistance in integrating with society. *Our Harbour* also educates the wider community about mental illness.

### Priorities 2012-2013

- **Visibility:** Develop a communications strategy that will increase the visibility of Our Harbour within the donor community and among the Health and Social Services of the South Shore that serve people living with mental illness.
- **Volunteers:** Ensure the long-term supply of volunteers by establishing a volunteer committee that will be responsible for recruiting, integrating and maintaining liaison with volunteers.
- **Fundraising:** Find recurrent funding from one or more foundations that support mental illness and increase donations from individuals. This will necessitate finding new members for the Fundraising Committee.

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### Name correction and bylaw amendments at our Annual General Meeting, June 18, 2012,

After a close review with Francophone supporters of Our Harbour, it is our understanding that the French version of our name, "Le Havre à nous," is not correct usage. Therefore, the Board proposes to change the French name to "Notre Havre" such that on future documents our official name will appear as follows: **Notre Havre -Our Harbour**

### Notice of amendment: By-Law (2009) change

: The following amendment to the Our Harbour by-laws (2009) will be presented at our June 18, 2012, AGM, increasing possible Board membership from 10 to 12. For a full copy of the by-laws, visit our website or contact the Our Harbour office.

**Board Composition:** The Board of Directors shall consist of twelve members. This number shall include one (1) resident and ensure the rotation of our resident representative on the board

The number of board members needed for a quorum, will be half of the number of elected members at the time of a meeting or vote. Final