

# Our Harbour/Havre à Nous News

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## INSIDE THIS ISSUE

- 1 Our Harbour AGM Report 2005-2006**
- 2 Together 2000**  
Resident's outlook
- 3 Hiking to new heights**  
Volunteer orientation
- 4 Our Harbour sends our many thanks to....**  
AMI Québec  
Teleconferencing

**HAPPY HOLIDAYS  
EVERYONE!**

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## Our Harbour Board of Directors 2006-2007

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Catherine Gillbert, President  
Jim Moran, Secretary  
Judy Cruchet, Treasurer  
Gayle Fitkin, Resident  
Representative  
Pat Bassilios  
Kevin Erskine-Henry  
Linda Magher  
Hélène Bujold  
Me. Michèle Milos

## Highlights of Our Harbour's Annual Meeting 2005-2006

**Our Harbour** held its Annual General Meeting on September 18, 2006 at *St. Francis of Assisi Church St-Lambert*; our best attended meeting to date. Catherine Gillbert, **Our Harbour's** President, welcomed everyone and expressed our thanks to coordinator, Perveen Khokhar, for her dedication and good work.

Catherine presented the 2005-2006 annual report. She noted that \$10,000 has been received from the *Agence Montérégie (SOC)*. Our other major funding sources *EJLB FOUNDATION* has agreed to support **Our Harbour** for three years and *JW McConnell Foundation* offered their support for only one year throughout the applied dissemination project. Despite these substantial donations our funds were below expenditures this year.

Judy Cruchet, our treasurer, presented the financial statements with much thanks to Jane Lawrence for providing the *Notice to Reader*. Judy underlined that these are not audited statements. We approved the budget for 2006-2007.

We elected the Board of Directors. Among the returning board members three new Board members were added. As a result, we have acquired legal and planning expertise. Gayle Fitkin has been added to the list as a resident representative replacing Daniel Cornett.

We discussed the opening of a fourth apartment during the presentations of our priorities for the coming year. Catherine believes funding needs to be stabilized before we can commit to a fourth apartment. However, we were informed that recurring *SOC* funding is for three years providing we apply for it each year. We were also informed that the amount (\$10,000) will be increased. This information served as an encouragement for us to perhaps go ahead with a fourth apartment in the next year.

As always, we appealed for more volunteers: this involves about three hours a week with volunteers having the option of working in the apartment with residents or on the *Outreach Committee* in communications. If you are interested please contact our office: **450-671-9160**

The meeting formally concluded with a motion thanking Catherine Gillbert for all her hard work.

*Linda Magher*, Acting Secretary

## Stripping Away the Mask of Mental Illness



*TOGETHER 2000* once again showed its support for **Our Harbour** and promoted understanding of mental illness. On October 30th, at St. Barnabas Anglican Church, *Together 2000* hosted an ecumenical celebration promoting inclusion and understanding. The service was inspired by the words of Pope Benedict XVI on the occasion of the World Day of the Sick when he encouraged all Christians to recognize and promote the dignity of those suffering from mental illness.

The service was a beautiful blend of music, scripture and liturgical dance that addressed the danger of exclusion and promoted a spirit of welcome, healing and dignity. The young dancers in black began their performance holding large sad-faced masks. At the climax of the dance, they stripped away their masks to reveal their true faces in a joyful symbol of acceptance of one's true self.

Three individuals shared their stories of struggle with mental illness, its effect on the family and their road to well-ness. Their stories awakened the congregation to a greater understanding of this very misunderstood illness. It also highlighted the fact that mental illness is present in our communities and families and those affected by it should not be marginalized.

Following the liturgy, everyone was invited to share in a potluck supper and to become better acquainted with one another. The donations collected raised three hundred dollars for **Our Harbour**.

A great big thanks to **TOGETHER 2000** for its work!

*Mary Ann Bresba*

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**TOGETHER 2000**  
 Sharing the  
 stories, promoting  
 dignity...  
 removing the  
 masks

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## Our Resident's Have a Few Words to Say About Our Harbour

I have been living at one of the shared apartments of **Our Harbour** for two months and my very life is worth living. I was staying with my parents but it was hell on earth for me.

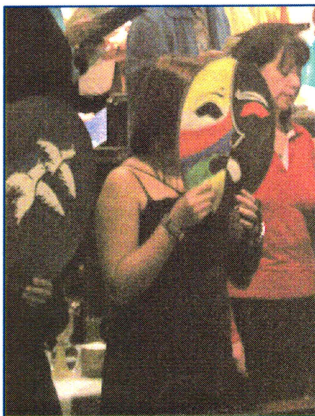
My parents, especially my mother had enough of doing everything for me. Therefore, this is the best opportunity for me, to be more independent and simply grow up. I feel that I am in more control of my life, which makes me feel very happy.

*Sabina Henein*, Resident

On October 23, I attended my first board of directors meeting as the new Resident Representative for **Our Harbour**. (Daniel Cornette having been the previous one) I was impressed by the board members' diligence regarding the different issues and concerns of the residents; compatibility, finances, autonomous issues, volunteers availability to name a few.

By the end of the evening, I had learned how much care, thought and hard work goes into keeping **Our Harbour** running smoothly. I am looking forward to learning more.

*Gayle Fitkin*, Resident Representative





## We Can See Clearly Now...

Ever since our picnic/walk last fall, it was evident that some of **Our Harbour** residents wanted a repeat outing this year. On several occasions Robert mentioned to us that he'd love to get out for a walk in the woods when the leaves were in the process of changing. Robert took things in hand and basically coordinated the outing to St-Hilaire early in October.

Nine persons piled into two cars and headed out at 10:00 a.m. When we arrived at the centre, we knew we had selected the perfect day - startlingly blue cloud-free skies, 20 degrees Celsius, and the trees gloriously resplendent in their splash of fall colours! Initially, there was a little concern among the participants as to whether they'd be able to complete the 3.6km trail to the Dieppe peak. But mutual encouragement put that worry to rest. As we walked up the "not too steep" incline of the trail everyone "oohed!" and "aahed!" about the beauty of their surroundings. It seemed that the air was much cleaner and more refreshing and exhilarating than the air in town. Robert's long legs and obvious enthusiasm held him in good stead so he and I went ahead and reached the summit 20 minutes ahead of the rest of the group. Gayle seemed to be a seasoned hiker and probably could have accompanied Robert and me but she chose to remain with and encourage the more talkative members of the group. **Everyone reached the top.** We made ourselves comfortable on the flat rock surfaces while we ate our lunches and rested. We lingered a while at the summit and explored several vantage points **where we could see clearly now** the Richelieu River, the towns of Otterburn Park and MacMasterville, the Olympic Stadium in Montreal East, Mont Royal, and the city of Montreal, truly a colourful, panoramic view.

As we began our descent, it was obvious from the many comments that everyone had enjoyed the outing. It seems that the fall hike will most definitely become an **Our Harbour** tradition!

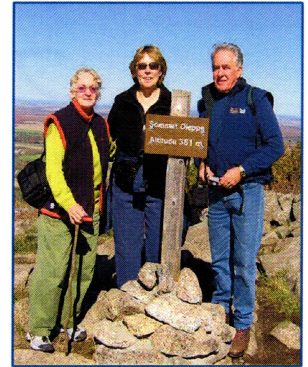
*Jim Denny, Our Harbour Volunteer*

## Volunteers' orientation ...a good investment

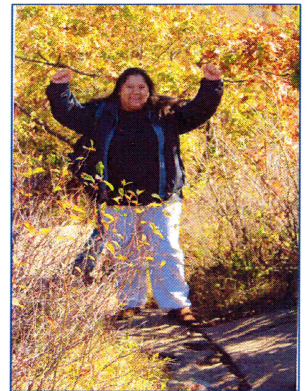
This summer was particularly exciting for me as **Our Harbour** held its first orientation session. Their coordinator, Perveen Khokhar, had developed a new volunteer orientation manual and this provided a great opportunity for me, having recently started my job as dissemination project coordinator at **L'Abri en Ville**, to see **Our Harbour** in action and to meet some of its members. I was interested to see the way in which the organization would be introduced to the new volunteers.

I arrived at the session early and Perveen and I were soon joined by both new and experienced **Our Harbour** apartment volunteers. An ice-breaking exercise and brainstorming activity helped everybody to relax and participate. Experienced apartment volunteers were able to share their insights and to demonstrate the hands-on way in which volunteers are involved in **Our Harbour**. While new members of the group also contributed their own ideas. I found having both old and new volunteers attend the first orientation session for a new apartment team an effective way of instilling in newcomers the sense of community and shared purpose that are such a wonderful part of **Our Harbour**.

*Bridget Glassco, Dissemination Project Coordinator, L'Abri en Ville*



*Our Harbour,  
Celebrates reaching  
new heights ....*



**Want to hear more  
about Our Harbour?**

**Outreach committee  
members are  
available to visit  
with at your Church,  
community group,  
social event...  
Please contact us at  
450-671-9160**

## Our Harbour says .....



**Our Harbour** sends our thanks to all our friends for it is through your personal and financial gifts that together we are making a difference ...

**Our Harbour** Would like to express its sincere thanks to outgoing board members **Ann Reid** and **Daniel Carnett**. Ann, who has serviced faithful for the last three years, has been a vital link with **L'ABRI Ville Montreal** and valued source of experience. **Daniel** has been our first board residents' representative over the last year; both these two friends will be missed at our meetings

**Our Harbour** board members and apartment residents would like to express our deep appreciation to **Annamarie Greven** who has been our apartment treasurer since the very beginning ... Your wisdom and strength will be surely be missed.

**Our Harbour** gratefully acknowledges the generous financial support from our main benefactors:

- **Anglican Diocese of Montreal**
- **The EJLB Foundation**
- **Québec Health and Social Service Ministry (Montréal)**

**Our Harbour** extends its thanks to all those who provided input into the production and delivery of our newsletters: Our good friends at *St. Francis of Assisi Church* for allowing us the use of meeting space ....Your support is most welcome.

**Our Harbour** thanks the **SSCPN** for preparing our newsletter and to the **South Shore CEDEC** (Community Economic Development & Employability Committee) for their help with the final production and printing.



**Our Harbour Outreach Committee members extend our best wishes for a healthy New Year**

**Mary Ann Bresba (Chair), Jim Moran, Ruth Roach, Susan Gardner, Beppie Bouden, and Kevin Erskine-Henry**

*Our Harbour Board & Committee members along with our residents and staff extend to you and your families our warmness wishes for a Happy Holiday season with lots of good health and joy in 2007*



### AMI QUEBEC: Teleconferencing

Ami Quebec has been experimenting with a new program that will offer education and information by the way of **teleconferencing**. The main target is families who live in outlying areas where services may be scarce and / or access is difficult. Teleconferencing is aimed at bringing education and information to these people via telephone.

January 24, 2007 from 7- 8 pm

**I'm caring for a mentally ill relative, but who is looking after me?**

Guest speaker: Moira Edwards, Nurse

Call to register for free:

**1-866-396-AIDE / 514-485-7374**

**South Shore Support Group**

Meets on every other Wednesday of the month at 6:30 pm. at 2499 St-George, # 200, Lemoyne



Alliance pour les maladies mentales inc.  
Alliance for the Mentally Ill Inc.

[www.amiquebec.org](http://www.amiquebec.org)