

# our Harbourviews

November Newsletter 2023 Bulletin de novembre

Your support makes a real difference Votre soutien fait une réelle différence

## And What of Building the Future?

From furniture moving vans to event rentals, decluttering to packing, from Galas to gardening, from saying goodbye to welcoming a brand-new baby ... these last few months at Our Harbour have been hectic, exciting, hard work ... and magical. We are grateful for every moment, safe as we are from the chaos of wars and strife around the world.

And what of building the future? As you look through this **20th Anniversary issue of OurHarbourviews**, you will read about the good people that make up the Our Harbour community. Most recently, we came together to make the **20th Anniversary Gala** a resounding success. We thank you for your steadfast support of our mission, activities and the people we serve. We thank you for giving us the confidence and encouragement to embark upon the next decades. We thank you for ensuring that Our Harbour can continue to provide a safe haven for people living with mental illness, facing up to their own chaos yet seeking stability and hope within the embrace of the community we build together.

**THANK YOU!! Dolly Shinhat, Director-General**

## Making Headway in 2023: Ahoy!

Summer 2023 was a period of making way for new apartments, and while most change is positive, it was not without some challenges. We moved a total of five apartments! The residents were excited and welcomed the change, but also admitted that moving is a difficult transition. From the planning and packing, moving day, and then unpacking, settling in brought significant change to their environments. For at least two of our residents, relocation depression, which is triggered by a disruption of routine, was successfully managed through self-care strategies offered through the support and guidance of the Resident Care Coordinators (**Sabine Bulow** and **Vanessa Hunt-Ladouceur**). As well, summer student **Amélie Gauthier-Gilbert** organized and led "Picnic in the Park" to get residents out in nature, improve mood, and foster peer support. All residents are now fully adjusted and love their new apartments!

**Sabine Bulow, Lead Coordinator**

## Bâtir l'avenir à Our Harbour/Le havre

Des fourgons de déménagement de mobilier à la location d'événements, du désencombrement à l'emballage, des galas au jardinage, du départ d'anciens à l'accueil d'un tout nouveau bébé ... ces derniers mois à Our Harbour/Le Havre ont été mouvementés, excitants et éreintants ... et magiques. Nous sommes reconnaissants pour chaque moment, conscients de la sécurité dont nous jouissons loin du tumulte des guerres et des conflits à travers le monde.

Et qu'en est-il de l'avenir que nous bâtissons? En parcourant **ce numéro du 20<sup>e</sup> anniversaire de OurHarbourviews**, vous découvrirez les personnes engagées qui composent la communauté de Our Harbour/Le Havre. Plus récemment, nous nous sommes réunis pour faire du **Gala du 20<sup>e</sup> anniversaire** un succès retentissant. Nous vous remercions pour votre soutien indéfectible à notre mission, à nos activités et aux personnes que nous accompagnons. Nous vous remercions de nous donner la confiance et l'encouragement pour nous lancer dans les prochaines décennies pour entreprendre à nouveau. Nous vous remercions de veiller à ce que Our Harbour/Le Havre puisse continuer à offrir un refuge sûr aux personnes vivant avec une maladie mentale qui sont confrontées à leur propre situation chaotique tout en cherchant stabilité et espoir entourées par la communauté que nous bâtissons ensemble.

**MERCI ! Dolly Shinhat, Directrice Générale**



**Director-General Dolly Shinhat talks about all things Our Harbour on Brian Peddar's TVRS show *South Shore Vibe*, September 2023**

[tvrs.ca/emissions/south-shore-vibe/e23/episode-16](https://tvrs.ca/emissions/south-shore-vibe/e23/episode-16)



**Le havre  
Our Harbour**  
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# 20th Anniversary Special Events ... Ready, Set, Go!

Our Harbour's Annual General Meeting, held on June 14, 2023, kicked off our 20th Anniversary celebrations with a well-attended meeting, and an afternoon tea featuring 20th Anniversary cupcakes.



Along with many friends, supporters and residents, we were honoured to welcome partners **Hélène Bordeleau** from *Table Itinerance Rive Sud*, **Annie Gaudreault**, Community Organizer for the *CISSS – Monteregie Centre* and **David Dietze-Hermosa**, Constituency Assistant from MP **Alexandra Mendés'** office. I/ Harbour with a certificate of recognition for our 20th Anniversary signed by Alexandra Mendés, Federal Member of Parliament for Brossard – Saint-Lambert. He also presented a letter of greeting and congratulation from **The Right Honourable Justin Trudeau**, Prime Minister of Canada.



L-R: Board Members Catherine Gillbert, Jocelyn Brace, Marie Muldowney (President), Cristina Maula (Resident Representative), Petra Dando, Antonio Almeida, Dolly Shinhat (Director General), Susan Kerwin-Boudreau

## Coming Soon:

### February 2024: Volunteers Rock our Hearts!

- Our 20th Anniversary homage to our volunteers, past and present. By invitation. If you are a former volunteer, we'd like to hear from you!

Please contact Dolly Shinhat at **450-671-9160** or at [dg@ourharbour.org](mailto:dg@ourharbour.org)

**March 2024: Express your inner soul through abstract art**, a guided introduction to self-expression. Details to come!



## Le Manoir d'Youville: un séjour mémorable

Cet été, Our Harbour nous a permis de passer deux nuits et une journée au **Manoir d'Youville** à Châteauguay. C'était un site enchanteur. Il y avait un lac pour faire du kayak, des pédalos, et une piscine pour la baignade. Les résidents du Havre et de l'Abri en ville ont eu comme repas, des buffets à volonté pour le petit-déjeuner, dîner, et le souper. Cette escapade a donné la chance de tisser et resserrer les liens entre les résidents, tout en jouant aux cartes, en faisant des marches dans la nature, et en discutant de tout et de rien. Nous avons été logés dans de belles chambres comme à l'hôtel. Nous espérons y retourner l'année prochaine si c'est possible. Finalement, ce seront de beaux souvenirs à garder non loin de Montréal, dans cette magnifique retraite.

**Alyss Norah Chassagne**, résidente de Our Harbour

On Saturday June 14, residents were front and centre at **Our Harbour's 20th Anniversary Art, Talent and Design Exhibition and Sale**, led by volunteer **Carol Bulow**. It took place on a gorgeous Saturday, St. Lambert's annual garage sale day, which assured lots of traffic, much of it attracted by the accordion playing of **Viktor Kyrychok** (shown at right). Victor's talented playing drew even more people to our event making contributing to its success. People learned about Our Harbour's mission and had fun shopping.



Along with their original art, residents sold homemade baked goods and costume jewelry which had been donated to Our Harbour following a jewelry collection drive in the previous months.

Thank you to **Carol** and **Viktor**, Lead Coordinator **Sabine Bulow** and all the residents who exhibited and sold their work, and staffed the jewelry and baked goods stalls.

Susan Kerwin-Boudreau, Eric Godin, Peter Woodruff and Dolly Shinhat made this Newsletter possible.

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**Le havre**  
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# Wowza!! What a night!

Our 20th Anniversary Gala raises \$19,300 and change!!!

Dolly Shinhat, Director-General

**Magical! Exciting! Glamourous! Well-organized! Joyous! Cool!**

These are just some of the words used to describe Our Harbour's 20th Anniversary Gala.

**It was the cat's pajamas!**



★★★★★ to all the  
volunteers that brought  
this evening to life:

**Nancy Cousins-Viau** for chairing our very first Gala and donating a beautiful painting for the event.

**Carol Bulow** for setting the perfect stage for the evening. Her vision for the transformation of Memorial Hall was nothing short of magical.

**Susan Kerwin-Boudreau** and **Linda Magher** for their excellent and efficient assistance to the auctioneer!

**Peter Woodruff** for the gorgeous art deco design and branding of the Gala, signage and posters!

**IFC / GALA Committee members- Susan Kerwin-Boudreau, Peter Woodruff, Ileana Cusiatic, Lyn Scott, Linda Magher and Carol Bulow** for the creativity, imagination, dedication and hard work that made this event possible, from planning to rolling up the carpets at the end of the evening.

Oh, what a **Board!** Every single Our Harbour Board member supported this event by buying tickets as well as raffle tickets, bidding AND volunteering at the event. The leadership and encouragement of our Board is the best!

**Eric Godin, Cory Robinson and Christina Maula**, Resident Representative on the Board, manned the hectic front of house and payment station all evening, and managed the pickup of raffle items and prizes.

**We are thrilled with all the fundraising, friend-raising and community participation in our cause. THANK YOU and BRAVO TO ALL.**

The **Gala Committee** brought in a marvelous selection of desirable and very attractive experiences, high end restaurants, services and products, beautiful artwork, including four original paintings and a gorgeous queen-sized quilt - there was something for everyone ... and everything ended up in the hands of excited participants, often for close to or higher than the face value!

A silent auction, live auction and Grand Raffle offered fun options suited to everyone's pocketbook and personality.

**The Grand Raffle prize winners were:**

**Honore Kerwin-Borrelli:** Queen-sized quilt made by the **Chateaugay Valley Quilters' Guild**

**Nancy Horvat:** Lenovo Thinkpad X1 Carbon from **Clé en main Informatique**

**Peter MacMillan:** Weekend for two at **Manoir d'Youville**

**Heather Borrelli:** **WestJet** Gift of Flight

**Costume prizes** were won by **Pat Darlington, Nicole Lemire, Albert Coccia and Gregory Regan.**

Guests came out in their best glad rags, bow ties, tuxedos, flapper dresses, fringe and feathers, rhinestones and pearls! It was a glamorous affair! At right, **Karen Young** arrives ready to Charleston!



**At the Bar:** United Church Women, Jennifer Fallon and Pat Booth, along with Bob Ross and the Boudreau Brood, Justin, Vanessa and Brigitte, kept the juice flowing in the juice joint!

**David Dalgleish** was our go-to guy at **St. Lambert United Church** from pre-event, through to the cleanup and lights out. David also took on a dramatic role at the end of the evening, in a trench coat and fedora – an arrest was made!! You had to be there!



**Spencer Boudreau**, at right, was the bee's knees, with a silver-tongued performance and brilliant auction style.

**Petra Dando** put together the tunes that got the joint jumping, assisted by the wonderful trio of **Ben Boardman** on bass, **Olivier Malette** on drums and **Nick Semenykhin** on guitar.

**Francine Weston** donated the gorgeous quilt, one of the four spectacular Grand Raffle items won that evening.

**Tanya Angelo** of partner **Espace PIVOT** volunteered her time and talent as our official photographer.

**Marie Muldowney**, our President, was everywhere all at once, meeting and greeting special guests with her usual flair!

**THANK YOU to the small but mighty Our Harbour staff team:** Sabine Bulow, Eric Godin, Daniela Spinelli and Vanessa Hunt Ladouceur (who brought in several raffle prizes before delivering baby Layla, the night of the Gala!)



A family affair: L-R **Dolly Shinhat**, DG, with husband / OH volunteer **Bob Ross** and their daughters **Neelam** and **Kiran**.

Photos courtesy of **Tanya Angelo** from **Espace Pivot**

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IGA – LE MARCHÉ EMILY & PHILLIP

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SALON JEAN MALARD

TAYLOR'S

THÉÂTRE ST-BRUNO PLAYERS



## Cette saison dans le jardin du Havre

Une équipe de jardiniers a commencé au printemps en transplantant une énorme pivoine « ancienne » du côté Mercille de l'église dans un parterre de fleurs près de l'entrée du côté Notre-Dame. Le bonheur de remarquer, de voir puis de toucher des vers de terre a été notre récompense, signe de la présence du vivant dans le sol.

En mai, nous avons trouvé plusieurs « Smart pots » dans notre remise et les avons remplis de plantes annuelles achetées à La Prairie et de nombreux géraniums entretenus pendant les mois d'hiver au Clubhouse. Quelques collaborateurs ont apporté des plantes vivaces que nous avons eu plaisir à ajouter aux différents parterres de fleurs. Nous avons placé plusieurs « Smart pots » près de l'entrée pour créer des compositions florales accueillantes.

Au mois de juin, nous avons remarqué que le champ de fraises produisait une grande quantité de beaux fruits. Un soir, nous avons combiné récolte et plaisir, et nous avons réalisé des mini shortcakes aux fraises pour fêter les anniversaires de juin. Avant l'arrivée de l'été, nous avons également planté du basilic, des plants de tomates, de l'ail, de la rhubarbe, des asperges, du chou, du concombre, de la citrouille et des cerises de terre dans diverses plates-bandes. Lors de la dernière réunion à l'école du dimanche de l'église, les enfants ont planté des plants de tournesol qu'ils avaient fait germer à partir de graines. Vous remarquerez peut-être que de nombreux partenaires de l'église et de Our Harbour ont contribué à la variété des plantes qui poussent dans le jardin.

L'été a été humide et chaud, et le jardin a poussé, tout comme la vigne envahissante de la gloire du matin et de nombreuses mauvaises herbes. Nous nous sommes rencontrés à plusieurs reprises et avons eu la chance d'observer ce qui poussait ainsi que les insectes et petites bestioles qui s'affairaient parmi nous. Lors de notre rendez-vous de jardinage fin août, nous avons récolté 10 à 12 tomates et 1 concombre. Nous avons également eu la chance de goûter des cerises de terre qui ont été une découverte pour plusieurs résidents. Nous avons également remarqué une citrouille « surprise » qui pourrait continuer à pousser jusqu'à l'Halloween. J'ai hâte de vivre de nombreuses autres surprises agréables. Merci à tous ceux qui ont contribué. Il était important pour moi de nouer des liens avec chacun des partenaires qui ont fait preuve d'enthousiasme : les résidents, le personnel du Havre, les bénévoles. J'aime partager les joies de la connexion entre nous ainsi qu'avec le monde naturel.

Natacha Sanson, bénévole,  
Our Harbour/Le havre

## Welcoming New Volunteers

Here are the profiles of three people who recently joined the Our Harbour family as volunteers. We are fortunate that Our Harbour can offer satisfying, impactful experiences for such a wide variety of accomplished individuals. If you would like more information about volunteering with Our Harbour, please contact Director-General Dolly Shinhat at 450 671-9160.

**Kent Gibbons'** background really predisposed him to volunteer with Our Harbour. After growing up in Manitoba, he was eventually drawn to the ministry, completing studies in pastoral care at the University of Winnipeg and graduating in educational ministry, pastoral care and social service from the Centre for Christian Studies, then in Toronto. In his final year, his placement activity taught him a lot about the horrors of homelessness and poverty.



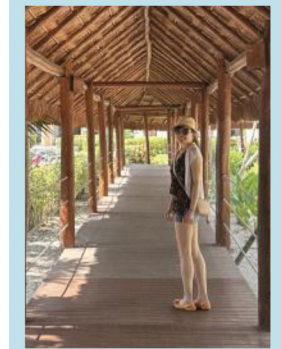
Throughout his professional life in Manitoba, Northern Ontario and New Brunswick, he often worked with the disadvantaged, providing pastoral care. Recently he and his wife, Sylvie, retired to the South Shore. He heard about Our Harbour at his local church and sees it as a good match for his desire to do volunteer work.

His concern for those living with mental illness, built on a lifetime of caring service, is manifest in some of the ideas he brings to the table. He would like to help with a men's group, go walking with residents and share in their lives through his love of music, cooking and sports. **He knows that people living with mental illness deserve support, understanding and a path out of homelessness.**

After her law degree, **Rachel Wang** spent more than two decades in the legal industry, most of it in marketing and business development. She is known for helping clients identify and tackle a full range of hurdles and issues. Her broad training, varied experience and dynamic personality, coupled with her enormous patience, all contribute to her work efficiency.

As a first-generation immigrant from China, she has lived both cultures. Her first-hand experiences with the complexities of multicultural communities in Canada have sensitized her to the ongoing needs and challenges of cultural minorities.

Recently she decided to devote more of herself to the community. Her search for an organization that could help her fulfill her goals led her to Our Harbour. The professional staff, friendly residents and enthusiastic volunteers all gave her a sweet sense of belonging. **She expects to be an active volunteer and member of such a wonderful team, so that she can use her skillset to support the residents and contribute to Our Harbour's worthy cause.**



In addition to a professional career in pharmaceutical marketing (now mostly behind him), **Peter MacMillan's** past also includes helping to found and grow a local non-profit organization for special needs children and young adults. After taking a breather, he began thinking about new ways to get involved once again in the community.

When the opportunity came up, Peter was keen to join Our Harbour as a volunteer – and to set about working with residents. “I want to continue growing as a person, and for me, that means helping and advocating for members of our community who need a little boost up in life,” he said. “At the moment, I am just getting to know three residents and figuring out how I can best be of service to them. Together, we will plan outings that suit their interests and abilities.”



**“Helping others is rewarding on a personal level, and I know Our Harbour is filling an important unmet need in our community. I am happy to have joined,”** said Peter.



## Our Harbour's 20th Anniversary DEFI 5K

The Our Harbour DEFI 5K was created during COVID to encourage our community to embrace the benefits of physical exercise on mental health.

Our third annual DEFI 5k had a 20th anniversary flair! On September 23rd, in collaboration with **Espace PIVOT** and **Tanya Angelo**, *intervenante psychosociale*, the 5k walk welcomed the community at large. We had over 100 registrations, all sporting the bright event t-shirts, created and supplied by **Espace PIVOT**.

The Our Harbour residents trained weekly alongside coordinators **Vanessa Hunt-Ladouceur** and **Amélie Gauthier-Gilbert** to get ready for this year's circuit in the streets of Saint-Lambert.

Thank you to the amazing volunteers who assisted us as first responders, **Robert Gobby**, retired EMT, and **Joan Eveleigh**, a retired pediatric nurse. Thanks also to the police workers of **RÉSO** (*réseau d'entraide sociale et organisationnel*) who helped with security at busy intersections, and to our favourite BBQ grill master **David Dalgleish** who flipped burgers for all to enjoy after the event.

Thank you to **Isabelle Poulet**, CAQ deputy of Laporte, for sponsoring our event with a generous contribution of \$500.

Thank you to **Tanya Angelo** and **Espace PIVOT** for their partnership.

Thank you to all the participants of our 20th Anniversary 5K DEFI. You helped to raise over \$2,835, all of which goes directly to supporting Our Harbour's mission. Stay tuned ...

**Eric Godin**, Assistant to the DG



## « Peu importe la distance parcourue, on emporte toujours avec soi sa propre personne. »

- **Elizabeth Stirling, PhD, LLC**, psychologue de Santa Fe, N.-M., spécialisée dans l'accompagnement des personnes en quête de changements dans leur vie

Depuis mai, seize résidents de Our Harbour/Le Havre ont trié, lavé les vêtements et le linge de maison et rempli des sacs et des boîtes, aidé à démonter des meubles et vécu avec le stress, la détresse, le sentiment de bouleversement et de désorganisation, des sentiments qui vont de pair avec le fait de déménager.

Ces déménagements ont découlé d'une décision du conseil de ne pas renouveler les baux de certains de nos appartements les plus anciens. La citation ci-dessus a résonné en moi dans le contexte de ces déménagements. Le soutien de nos résidents face aux défis de ces changements a été, comme toujours, au cœur de ce projet.

Après l'anxiété et la peur, les appartements plus récents, plus lumineux, plus frais, et le processus de réorganisation de l'espace personnel et commun ont été une bouffée d'air frais et l'occasion de nouveaux départs. Des emplacements plus verts et plus centraux ont offert l'opportunité de découvrir de nouveaux endroits et activités, de rencontrer de nouvelles personnes, de mettre en place de nouvelles routines et d'explorer un espace différent.

### Nouvel espoir.

Bien sûr, ce projet qui dure depuis des mois (et toujours pas terminé !) n'a pas été sans poser certaines difficultés, vécus directement par l'infatigable équipe de soins de Our Harbour/Le Havre, **Sabine Bulow**, coordinatrice principale, et **Vanessa**, coordinatrice des soins aux résidents et, pour cette dernière, pendant sa grossesse!

**Cristina Maula**, représentante du Conseil des résidents, a interrogé les résidents récemment installés pour recueillir leurs impressions.

Le consensus parmi les onze résidents interrogés sur ce qu'ils apprécient dans leur nouveau foyer réside dans le fait que les appartements sont plus grands et plus lumineux, que l'ambiance est joyeuse et que les commerces de proximité, les banques, les pharmacies, la bibliothèque et les arrêts de bus sont à deux pas. Les résidents apprécient aussi la plus grande intimité de leur nouveau logement et l'atmosphère calme et agréable, les balcons plus spacieux et le fait qu'il n'y ait pas trop d'escaliers à monter!

Mention spéciale à **Edward Plaskett**, service complet de déménagement et ramassage des encombrants (Tél. : 438-877-8201) dont l'ardeur au travail et la gentillesse ont contribué à faire du déménagement un moment agréable!

**Dolly Shinhat**, Directrice Générale



Our Harbour was the 2023 recipient of the **Saint-Lambert Lawn Bowling Club's Wrong Bias Piggy** donation. Here presenting their generous cheque for \$550 to Director-General **Dolly Shinhat** are President **Anne Morissette** and Treasurer **Maurice Beauchamp**. Board member **Peter Woodruff**, left, and go-between **Susan Woodruff**, right, flank the group.

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