



Our Harbourviews

Fall Newsletter • Bulletin d'automne 2019

A Warm Welcome to a Safe Haven
Un accueil chaleureux dans un havre de paix

Your support makes a real difference

Votre appui fait toute une différence

A Christmas Story

"Think globally, act locally" is an expression we hear often these days.

The global problems reported on the news can give us a sense of feeling powerless. An encounter I had last Christmas, however, encouraged me. I was at the Our Harbour Christmas party chatting with a new resident and I asked him how he liked Our Harbour.

"This is the best place I have ever lived", he said. "Because here, I have my independence. I've lived in several other types of housing and this one suits me best". Providing people who live with a mental illness a place where they can regain their ability to make their own decisions is an important part of what our donations of time and money do.

Our Harbour has come a long way since it was founded sixteen years ago. Today, 24 people living with mental illness can count on having stable housing and a supportive network to help them become more and more independent.

Last Christmas my conversation with that new resident was the best Christmas gift I received. We can change lives in our community no matter how complicated the world becomes.

This holiday season, give yourself the gift of effecting positive change in the lives of people living with mental illness.

Please give to Our Harbour. Your support makes their support possible.

Gretchen Cheung

Member, Individual Fundraising Committee



Meet Our New Board Members

Neil Bonnema is an involved and resourceful member of the English community in Greenfield Park and Brossard. He is a member of the board of directors of the Greenfield Park Lions Club and on the Board of Greenfield Park United Church. He is also a long-time employee of Fednav Limited where he has served as a member of the Fednav Community Employees' Committee, which has been a generous and loyal supporter of Our Harbour.



Jocelyn Brace is a returning friend of Our Harbour, both a former Board member (2008-2009) and former Coordinator (June 2009 to February 2011), having stepped into that role when she was needed. She is now an educator working at the Canadian Forces Language School at the St. Jean Garrison. As well being an avid curler and dragon-boater, Jocelyn particularly enjoys travelling, reading and spending time with her new granddaughter. Welcome back, Jocelyn!



Giuseppina Greco has been in school literally since the age of 5. After university, she started work at O'Sullivan College. After 2 years, she moved over to Concordia University, where she occupied a series of challenging positions until her retirement. She promised herself that once she retired, she would find opportunities to give back to the community by volunteering her time. She currently volunteers with the Greenfield Park Players theatre group and with Our Harbour (as the current Board Secretary), two very different groups from which she gets great satisfaction!



The Our Harbour Cookbook Story

In July 2018, two Our Harbour apartment volunteers, Lyn Scott and Jody Ceccarelli, started a cooking program for the residents to teach them how to cook simple, nutritional meals. It was a time of sharing the time-old traditions of cooking together in the preparation of economical, healthy meals. The average attendance was about 6-8 members at each session. The Fednav Community Employees' Committee supported this project with a generous donation of \$1,000.

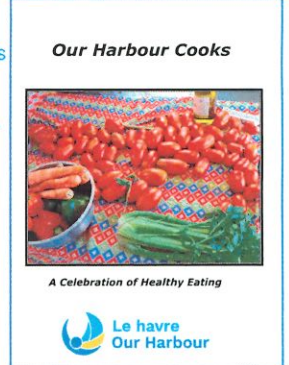
To encourage the group, Jody suggested that they have a goal: to put together a cookbook to showcase the successes in these cooking sessions and share ideas for easy, healthy, nutritional meals with the other residents. To the cooks' amazement – and delight – they received word in February 2019 that they had been awarded a grant of \$2,500 to publish their cookbook! This was the result of an initiative taken by the Assistance and Referral Centre (ARC) in association with Kevin Erskine-Henry and Executive Director, Chris Lapointe.

Jody promised this book would not be like other cookbooks. It was to comprise only recipes the group has cooked together and testimonies from the staff and residents as to what they obtained from the time spent together. It would also provide some of the nutritional background discussed in the sessions. In other words, it would reflect the value of friends spending time together, enjoying each other's company and cooking. The book was to contain about 60 recipes, pictures of the cooking sessions and other Our Harbour activities, testimonies from the staff, volunteers and residents, and topics shared in the kitchen.

Jody has kept her promises. The cookbook launch will take place at the upcoming Expressions of Gratitude Event on Thursday, November 28th from 5.00 pm to 7.00 pm, at 440 Notre Dame, St. Lambert.

Copies will be available at the event or through the Our Harbour office at 450-671-9160. Only \$10, cash or cheque.

As well as being an Our Harbour community project, this cookbook also commemorates our dear friend and fellow Our Harbour cook, Jacqueline.



Jody and Jacqueline in the ARC kitchen, setting up for Our Harbour cooking group classes

- Jody Ceccarelli

Every time we prepare the newsletter, we see a common theme emerging: Our Harbour's people make it work so well. Whether you are a resident, volunteer, staff, family or community member, thank you for supporting our vision.

Chaque fois que nous préparons le bulletin d'information, nous constatons l'émergence du même leitmotif : les membres de Le havre sont la raison même pour l'efficacité de notre organisme. Que vous soyez résident, bénévole, ou membre du personnel, de la famille ou de la communauté, merci de soutenir notre vision.

Peter Woodruff, Lesley Régnier, Dolly Shinhat



Le havre
Our Harbour

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visit our renewed website:
ourharbour.org

Friends Fur Ever

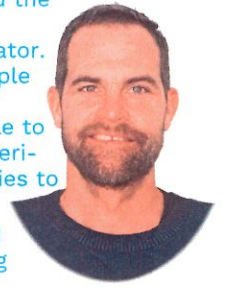
I love making new friends! You can imagine my excitement when, a few weeks ago, my owner introduced me to some Our Harbour residents and volunteers. They were really wrapped up in something called Origami — believe it or not — making little birds, boxes and balls by folding pieces of paper! After checking out the floor for spare crumbs, I moved from one person to the next — a pat here, a belly rub there — I got lucky and even managed to get a few kisses. After all that activity, I needed some time out for a nap. Next time around the planned activity is something called crocheting. Woo-hoo-can't wait! Regards, **Molly**

Amis pour toujours !

J'adore me faire de nouveaux amis ! Imaginez donc mon enthousiasme quand ma propriétaire m'a présenté des résidents et des bénévoles de Le havre il y a quelques semaines. Ils étaient plongés dans quelque chose qui s'appelle Origami- croyez-le ou non — en train de faire de petits oiseaux, des boîtes et des balles en pliant des morceaux de papier ! Après avoir fait le tour pour trouver des miettes qui y seraient tombées, je suis passée d'une personne à l'autre — pour une caresse ici, un massage du ventre par là — et j'ai eu de la chance et j'ai même réussi à obtenir quelques baisers. Après toute cette activité, il me fallait un peu de temps pour faire une petite sieste. La prochaine activité prévue s'appelle le crochet. Woof-woof-j'ai hâte ! Avec mes meilleurs sentiments, **Molly**



Phillip Otto recently joined the Our Harbour team as our second part-time Coordinator. A problem-solver and people person with a Masters in Social Work, he will be able to draw upon his diverse experiences across three countries to help our residents. He's also an accomplished marathoner, in for the long haul.



Phillip Otto, rejoint l'équipe de Le havre récemment en tant que deuxième coordonnateur à temps partiel. Solutionneur de problèmes et vraiment sociable, il offre de solides compétences académiques et sera tout à fait en mesure de tirer profit de ses expériences diverses dans trois pays pour aider nos résidents. Il est aussi un marathonien accompli.

Memories of a Summer Spent Outdoors

Summer students **Chloe Levesque** and **Ema Gonzalez-Thomas** worked with Coordinator **Regine Bouzi** to leaven the summer months with the fun outdoor activities our residents relish. They loved the exposure to sunshine, water, and the fruits of summer. With the help of volunteer **Natacha Sanson**, Our Harbour started a garden! We are extremely grateful to the **André Gauthier Foundation** for supporting many Our Harbour activities, workshops, and outings this year, including the wonderful summer memories captured here by our official photographer of summer, **Regine Bouzi**.



Francine, Chloe and Anna

Chloe, Renaud and Ronald

Emaline (front), Angele (behind)

Michael kayaking

Gardening Team:
Ronald, Anna, Regine, Michael, Natacha

Nos étudiantes d'été, **Chloé Levesque** et **Ema Gonzalez-Thomas**, ont travaillé avec la coordonnatrice **Regine Bouzi** pour passer les mois d'été aux activités amusantes en plein air que nos résidents apprécient. Ils ont adoré s'exposer au soleil, à l'eau et aux bénéfices de l'été. Avec l'aide de **Natacha Sanson**, une bénévole, Le havre a créé un jardin potager ! Nous sommes extrêmement reconnaissants à **la Fondation André Gauthier** d'avoir apporté son soutien au grand nombre d'activités, d'ateliers et de sorties, y compris les merveilleux souvenirs estivaux captés ici par notre photographe officiel cet été, **Regine Bouzi**.

Launch of the Our Harbour Walking Group

Thanks to a grant from the **Montreal Walks Foundation** in 2019, Our Harbour launched a regular, weekly walking group toward the end of the summer. **Chloé** led the project, ordering Our Harbour T-shirts, plotting walking routes of different lengths and destinations and finding free water bottles for everyone! The group kicked off with a hike on Mont Saint-Bruno in August, followed by weekly walks often ending at a coffee shop before heading back home. The Walking Group is a popular activity — helping residents become healthier by getting outdoors, exercising, and hanging out together for coffee and conversation.

If you'd like to volunteer with Our Harbour, please visit www.ourharbour.org and download or print a volunteer registration form. Return the completed form to dg@ourharbour.org or contact Dolly at 450-671-9160.

Si vous souhaitez faire du bénévolat auprès de Le havre, veuillez visiter le site www.ourharbour.org et téléchargez ou imprimez un formulaire d'inscription. Renvoyez le formulaire complété à dg@ourharbour.org ou contactez Dolly au 450-671-9160.



Coming soon to brighten your February!
Psychodelia 2020 with **Judy Csukly**
Bientôt disponible! Illuminez votre février!