

# Harbourviews

November 2017

see how your support makes a difference



## Montréal walks for mental health

The grey skies of mid-October did nothing to dampen the spirits of the 30-strong Our Harbour contingent collecting in Phillips Square. Unified in purpose and sporting burgundy caps and umbrellas provided by the organizers, we merged with the like-minded and -attired members of other mental health organizations to enjoy a short concert.



### Assembling the Our Harbour team in Phillips Square

By the time we left with the blocks-long March for Mental Health, everyone was more than ready to raise awareness of the stigma of living with mental illness. Most of our residents, volunteers and many family members joined our DG **Dolly Shinhat**, our Coordinator **Regine Bouzi** and *stagiaire* **Elina Pojar** for the 3-kilometer stroll through central Montreal.

After the walk, we all met at the Brossard Bagel in Greenfield Part for a well-deserved lunch. This activity allowed me to meet with the new residents as well as renew acquaintance with our existing residents and volunteers. CPB

## GIVING TUESDAY

November 28<sup>th</sup> is "Giving Tuesday" and it marks the official opening of Our Harbour's 2017 fall campaign. This is our major yearly fundraiser. We really appreciate how loyal donors like you have helped us expand to 24 residents this year. Now we must ask for your continued help to sustain them.

Here are a few good reasons to include Our Harbour on your list of favourite charities this year:

- ◇ For fourteen years, Our Harbour has proved its staying power and caring power.
- ◇ Our Harbour changes lives: "the best thing about Our Harbour is the peace and serenity" - a resident.
- ◇ With 60% more residents this year, your gift is more important than ever. SKB

### Donations

To make a secure one-time or monthly donation online, please visit [ourharbour.org](http://ourharbour.org) and click on the [CanadaHelps.org](http://CanadaHelps.org) Donate Now button OR send us your cheque payable to Our Harbour.

## The girl on the bicycle

**Anna** in apartment 3 knows all about balance and is as happy as a clam when she's on two wheels. She was so thrilled when Our Harbour summer student Hayley gave her a bike.

For two months this summer, she would go off cycling to work or for pleasure almost every day. Horror of horrors, recently she went to

the fence behind the apartment where she had locked her vehicle only to find it had been stolen! So, for a while she had to resort to walking, which she enjoys and actually practices for at least an hour every day.

But then she learned that an antique dealer in Ville Lemoyne (Joey Vine of Quinn Antiques. Many thanks, Mr. Vine!!) sold second-hand bikes for a reasonable price. She was lucky enough to pick one that actually looks brand new. It now goes upstairs with her after an outing and she keeps it locked even inside her room. She isn't taking any more chances!



Speaking of balance, this is what characterizes Anna's current lifestyle. She has put her training in office administration to good use and found part-time work at a local call centre. To offset the sedentary nature of her job she cycles or walks to work "for my health", she emphasizes. But not content with that, she has also found a niche as volunteer in a shelter for women and children who have experienced conjugal violence. It is mostly office work, but she does see the women occasionally and hears snippets of their experiences.

Anna says that she is very happy at Our Harbour. She appreciates the peacefulness, never feels lonely, and gets on well with the other residents. The Our Harbour community has given Anna a new family, a sense of belonging and a profound feeling of gratitude. For Anna is totally alone in life, with no family members apart from a lost sister 15 years older, who is evidently living with her own problems.

"Please encourage them," she asked me, "please encourage the volunteers and all the residents to go on doing all that they do!"

For sure, we will keep up the good work of helping Anna and all our other residents, but we need all the support you, dear reader, can offer in the form of a donation or as a volunteer.

**This year, our Board has set an ambitious goal: to raise \$12,000 by the end of the 2017 fiscal year.**

**So far we have raised \$3,000. Please help us attain our objective.** LR

**Breaking News!** Welcome back to our newest staff member! Audrey Ann Truchon, a former Our Harbour *stagiaire*, has rejoined us as Coordinator, Programmes and Services. (Audrey Ann is replacing Jennifer Gilkes who is on maternity leave.)

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Susan, Colette, Sylvia, Edna, and Regine setting up apartment 7

## Bigger numbers, more responsibility

At the beginning of July, and again in October, Our Harbour opened new doors to homes for even more residents. **With our seventh and eighth apartments up and running, six newcomers with diverse backgrounds joined our community, bringing the total to 24!** One of them is a former resident, warmly welcomed back to Our Harbour after some time away. Others have been referred to us through social workers, family, or on their own initiative.

What all have in common is the need for a warm and compassionate community. Our Harbour's support helps them weave a safe and stable environment where they can fill out their lives. **At Our Harbour, mental illness is understood and embraced; it does not define the people who come here seeking friends, acceptance and security.**

We are grateful for the many contributions that allowed us to furnish and equip these two apartments. We must thank the **Jacques Francoeur Foundation** and **Mary McGovern**. A big thank you to Coordinator **Regine Bouzi** and summer students **Hayley Montpetit** and **Ameer Nizami** for their able assistance in setting up these apartments.

Your gifts make a life worth living for our residents. Beyond providing a caring and cost-effective home, **your donations fund professional supervision, practical workshops, creative activities, cultural outings, and social visits for all 24 residents.** Together, these activities encourage them to build or regain the self-confidence, independence, money-management skills, personal care habits, good nutrition and health-care routines that inspire their efforts toward volunteering, resuming education or exploring working opportunities. SKB

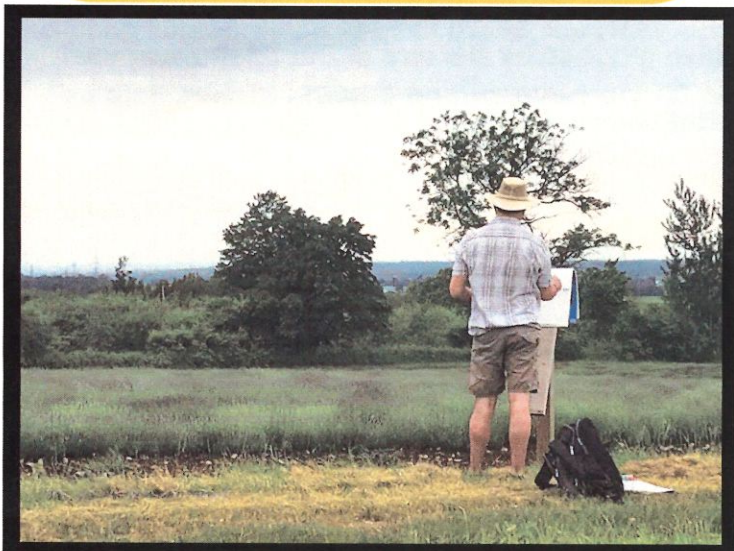
**With 60% more residents at Our Harbour this year, your gift is more important than ever.** Please be generous.

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OR send us your cheque payable to **Our Harbour**.

Tax receipts for donations of \$20 or more.



Billy: finding peace through painting at the Lavender Farm photo: Hayley

## Team Blue Ultra Generous

Through their GoFundMe® campaign, in 8 weeks, Jamie and Michael raised \$900 for Our Harbour, well above their \$750 goal.

*Thoughts from the trail: 40 km into a 55-km trail ultramarathon, one invariably asks "why am I doing this?". Our legs were tired, the sun was beating down, we had been running for 7 hours and fatigue was setting in. Mentally, we were exhausted and the last 15 km to the finish line seemed never-ending. We had to dig deep. We began reminding each other why we were doing this, joking that we paid to enter this race and put ourselves through this, telling each other how great the beer will taste once we cross the finish line. More than that, we weren't just running a 55-km trail to say we can do it, we were running it for a cause, Our Harbour. A cause that lies close to Jamie's heart.*



Michael and Jamie

Jamie has been dealing with panic and anxiety for many years. Some days are good and on others it is enough just to climb out of bed. Michael helped her to get into running, which they both found very therapeutic. Running has been an amazing outlet for Jamie, helping her to manage her anxiety and panic better.

Jamie and Michael have been running for 3 years and they call themselves TEAM BLUE. The name came to them one day when they happened to be running with the same color shirt and it just kind of stuck. After completing races ranging from 10-km to full marathons, they decided it was time to do a 50-km ultra trail marathon and do it for a cause.

The race, [Ultra Trail du Bout du Monde](#), took place in the third week of September at National Park Forillon in the Gaspé along the Appalachian Trail. After 18 weeks of training, they could not believe the race was upon them. It was a perfect day. The fall colors were in full effect, the air was crisp, and the sun was shining. The race was wonderful. They ran through the mountains, along the cliff edges and beside the ocean. They saw seals and whales and even encountered a porcupine. They completed the race in 9 hours and 15 minutes, with Jamie finishing among the top ten women.

Finishing the race was an incredible accomplishment for Jamie and Michael and it was made even better knowing they could do it for Our Harbour. CG

## Billy Douthwright

February 13, 1971 - November 8, 2017

Billy was a long time resident of Our Harbour. He was of Oneida heritage and he had spent the last year finding out more about his roots. He was a talented artist and his later work was much influenced by his ancestry. Unfortunately, his untimely death from a rare form of cancer prevented him from reaching his dream of becoming an architect for Canada's indigenous peoples.

Billy was a wonderful resident who will be greatly missed by staff, volunteers and the other residents. He was caring of his roommates, was always willing to help out, was a spokesperson for Our Harbour and took a leadership role within our community - making suggestions, organizing outings and participating in activities with enthusiasm.

In his last days he said how much Our Harbour had meant to him; he had found friendship, community and had been given the opportunity to find out who he really was. He spoke enthusiastically about the outings in the countryside; he mentioned one glorious autumn day when many of us climbed *Mont Saint-Hilaire* and had a picnic on the summit.

**Billy, you will be missed so much.**

Catherine Gillbert, President of Our Harbour