

our Harbourviews

Spring Newsletter 2025 Bulletin du printemps

Your support makes a real difference | Votre appui fait toute une différence



Honouring Excellence: Dolly Shinhat Awarded the King Charles III Coronation Medal *Marie Muldowney - President, Board of Directors*

It is with great pride that Our Harbour announces that on January 25, 2025, Dolly Shinhat, Director General, was awarded the King Charles III Coronation Medal. She was recognized for her work with Our Harbour, making available an integrated living environment for people with mental health challenges and providing housing, care and support.

The King Charles III Coronation Medal is an honorary distinction created to commemorate the ascension of Charles III to the throne and his coronation. It is awarded to individuals who have rendered distinguished service to the Crown, the armed forces, community organizations or charitable endeavors. In Canada, this medal is presented to Canadians who have made outstanding contributions to their communities, public service or national institutions.

Our heartfelt congratulations, Dolly, for this great honour.

Volunteers Make Waves at Our Harbour

Keeping our programs moving



Volunteers are one of the pillars of a nonprofit organization, without whom our foundation would crumble. This year, we've made it our goal to review and grow our volunteer program as we pass our 20th anniversary and sail into the future.

Welcoming our Volunteers through a new onboarding process is on the horizon! We've drafted an updated onboarding package to better inform and integrate our volunteers.

Volunteer Voices in 2025, we're exploring different ways of gathering volunteer feedback. Keep an eye out!

Volunteer Appreciation. On May 1st, 2025, we recognize the efforts and contributions of our volunteers.

Staff and residents collaborated to offer some gifts to our volunteers; a thank-you video, baked goods from the residents and some genuine words of thanks. Guests enjoyed tile painting (for our upcoming mosaic mural), refreshments, and spending time together as a community.

*Our Harbour is grateful to the **Royal Canadian Legion of Greenfield Park** for their ongoing support and partnership in many of our events.*

View photos from the event on our facebook page at: <https://www.facebook.com/media/set/?set=a.655893163910083&type=3>

Introducing Savannah!

Hi there! My name is Savannah Zavitz. I started at Our Harbour in June 2024 as part of the Canada Summer Jobs program—just before the Annual General Meeting—and came on board as Administrative and Resident Care Assistant that September.

I'm originally from Niagara Falls, Ontario, and moved to Ottawa for my Honours Bachelor in Health Sciences, through the French Immersion stream. After graduating, I moved to Montreal looking for a fresh start—and a chance to improve my French!

I've always loved volunteering. My first role was as baby Jesus in a church play, and I've been involved ever since! I've led volunteer teams with [Kiwanis](#), [Premed Peers](#), [the University of Ottawa's Crisis Response Team](#), and more. Right now, I also volunteer as a Regional Reviewer for [Canada's Volunteer Awards](#).



Working with Our Harbour has shown me the incredible impact our volunteers, programs, and services have on residents and our wider community. I'm excited for what's next!

Feel free to reach me at the office (450-671-9160), on my work cell (438-373-6897), or by email at savannah.zavitz@ourharbour.org.

*A special thank you to **MP Alexandra Mendès** for supporting OH's Canada Summer Jobs applications!*

Updating our Clubhouse, office and bathrooms
Savannah Zavitz - Administrative and Resident Care Assistant

One of our goals for the 2024-2025 year was to update our working spaces...and boy, have we done just that!

A New Coat of Paint

In October 2024, the clubhouse was painted - the first step in our remodeling.

New Clubhouse

In November 2024, the Resident Care Team made the big move across the hall. We now have a designated work space, a sitting area and a coffee and tea stand.

The office was rearranged and updated.



Selling the Pool Table

In January 2025, we finally sold the pool table! Make way for a new table in the office.

New furniture

In January 2025, Taylor’s on Victoria Avenue was preparing to close. We purchased some of their furniture, including a large oak conference table, a glass table and a shelf.

Archive display

Take a walk through Our Harbour’s history by visiting our archival display, containing pictures, materials and memories from our past.

One final coat

In March 2025, [Saint-Lambert United Church](#) and Our Harbour enlisted professional painter [Nick Leduc](#) to finish painting - two bathrooms and the hall outside our office.

Looking Ahead

We have a few more changes we’d like to roll out before the year is up - keep an eye out for any updates on our social media pages as we grow our workspace!

Calandar of upcoming Events
Mark your Calendar

<div><div>JUN</div><div>18</div><div>4 PM - 6 PM</div><div>Our Harbour AGM</div></div>	<div><div>JUL</div><div>9</div><div>1 PM - 4 PM</div><div>Our Harbour 22nd birthday celebration</div></div>	<div><div>SEP</div><div>27</div><div>10 AM - 1 PM</div><div>Le Defi 5KM</div></div>	<div><div>OCT</div><div>18</div><div>TBD</div><div>Annual Fundraiser</div></div>
--	--	---	--

* Dates are subject to change. Stay up to date at our [harbour.org](#) or via our Facebook Page

Psychedelia! 2025: A Mural Mosaic in the making

On March 8, 50 creative souls (and people who claimed not to be!), had FUN creating over 100 tiny masterpieces. The results are spectacular! The lunch provided by the Greenfield Park [Legion94 Ladies' Auxiliary](#) was delightful. (the date squares!) A true sense of community was evident.

People returned a second and third time to grab another tile to paint. Our 8 foot x 8 foot Mural Mosaic is well on its way to completion and eventual installation.

By the numbers:

- Amount raised from ticket sales: **\$2,500**
- Amount collected in the half-and-half raffle: **\$604** (Brenda Snair won \$302)
- Number of tiles painted: **105**, with approximately 100 left to be painted
- Additional kits distributed to teachers, volunteers, our neighbours in the art therapy organization [Les Impatiens](#), and reserved for the Legion Ladies Auxiliary: **94**
- Number of Psychedelia! events with Our Harbour since 2018: **5**
- Number of sisters who have attended all 5 previous events: **2** (Sylvia and Angela)



Thank you for joining us for a great cause - and for all the fun:

- Our Harbour residents, volunteers and supporters
- Individual Fundraising Committee Members: Susan, Ileana, Lyn, Carol, Francine, Neil, Peter
- Volunteer art facilitators: Dale, Diana, Carol, Lyn, Sandra
- Greenfield Park Legion94 President, Cheryl Cantwell and Ladies' Auxiliary President, Patricia Wallace and the Ladies Auxiliary.

My journey from supposed thief to Super Clerk!

François R-M, Our Harbour resident

After five years of [PAAS Action](#) (*Programme d'aide et d'accompagnement social*) at the [Société historique et culturelle du Marigot](#) in Longueuil, I found myself facing a void, as my sheltered employment was coming to an end. I was looking for another job.

I found a surprising solution. At Pharmaprix, near the IGA in St-Lambert, a five-minute walk from my home, I was doing some shopping. As I was leaving, an employee called out to me, asking me to open my bag, thinking I'd stolen something. I was surprised to be called a thief.

The next day, my mother and I went to meet the manager. He told us about the many thefts that take place every day. At the entrance to the pharmacy, there was an ad for "Employees wanted". I told him about the poster. He replied, "Are you looking for a job? I'll hire you!" With the [SEMO](#) counsellor (*Services de formation, d'intégration et de maintien en emploi pour personnes handicapées*), I did a five-month internship. After that, I was officially hired.

And so began my adventure at Pharmaprix. Even bad experiences can turn into something positive. In September 2025, I will have been employed for three years. I work as a Floor Clerk. I place the products when we receive the order, I put away products that have been moved or misplaced, and I answer and direct customers. I like my job, I feel appreciated and the manager introduces me as a Super Clerk. I work 25 hours a week.

In memory of Mary Ann Bresba, 1943 - 2025

Our Harbour volunteer since 2003

Diana H., Our Harbour Resident

O my dear friend Mary Ann,

I miss you terribly and know God has taken you with him. I always said you my dear were an Angel on earth. Your kindness and compassion was a beautiful thing. Remember Maryanne when we always went shopping for my dresses?

You helped me choose. Thank you. And one day we were shopping and you told the server "I'm her Aunt". Afterwards, Mary Anne told me, "I feel like your Auntie." We shared laughter and even sorrow but you stood by me always ready to help.

Our coffee stops and sewing days were the best. So know that I love you and let God take you. Amen

Anna U., Our Harbour Resident

My own personal experience was a very pleasant one: Mary Ann picked me up to do grocery shopping, as well as other special errands. Her kind acts ... are also affectionately remembered with the Easter egg activity we joyfully participated in at ARC ... the delicious cookies we baked together during Christmas time.

She will live forever in my heart, with deep gratitude for all the good she has done. We love you Mary Ann. You were a great blessing to us all.



In memory of Beppie Boudens, 1932 – 2024

Founding Member of Our Harbour

Susan Kerwin-Boudreau, Board Member

Our Harbour was saddened to hear of the passing in October 2024 of our loyal supporter and friend, Beppie Boudens. Beppie was a founding member of Our Harbour and she believed staunchly in our mission. She worked tirelessly over many years, advocating for resources for anglophone families and their loved ones who lived with mental illness, on Montreal's south shore. Our past president, Catherine Gillbert credits Beppie as being her inspiration to launch Our Harbour in 2003.

Beppie continued to support Our Harbour's mission when she moved to Oshawa at the age of 81, to be closer to her family. Over the past several years I have had the pleasure of chatting with Beppie when I would call to thank her for her annual donation. We shared common friends in the Dutch community as well as a commitment to improving the lives of those living with mental illness, a commitment that never wavered.

She was a formidable woman with a keen mind who remained socially active with her many interests and talents. In short, she was a model of successful aging - with grace and style. I shall miss our conversations. RIP Beppie.



In memory of Edna M. Stevens Ouellette, 1941 - 2024

Our Harbour volunteer and Board member since 2008

Catherine Gillbert, Board member and Judy Cruchet, former Our Harbour volunteer

Edna was a good friend and one of Our Harbour's most reliable and hard-working Board members. She was involved from the beginning being inspired by the visit of residents from [L'Abri en ville](#) to the [South Shore University Women's Club](#).

Edna was Our Harbour's treasurer for many years: she managed the payroll, collected program fees from residents and did all the banking. She also helped with fundraising. Edna knew the residents well and was often the first to realize if one of them needed extra help.

I (Catherine) vacationed with her in some fun places; we hiked the mountains of Patagonia together, wading across the rivers, and drank gin at the Blue Lagoon on a hiking trip to Iceland. Every spring we hiked, with a group of her friends, along the ridge of the White Mountains in New Hampshire staying in the huts. Edna took hoards of black flies, freezing temperatures and howling winds in her stride - I never remember her complaining.

She loved many other sports: she was an avid golfer and curler. The [Saint Lambert Curling Club](#) where she served as president for two years was her favourite place during the winter months, the more bonspiels the better!

The list of her volunteer work is impressive. She was a board member of [Pavilion Marguerite de Champlain](#) for many years and an active member of the South Shore University Women's Club where she served as president for two years, editor of the newsletter and the Quebec Regional Director for the [Canadian Federation of University Women](#).

Edna was an active sports woman and a tireless volunteer. She is much missed.



Our Harbour 2025 Annual General Meeting - Join Us

Date: Wednesday, June 18, 2025

Location: Saint Lambert United Church

Address: 440 Notre Dame, St. Lambert, Quebec J4P 2K4

Time: 3:45 pm Question Period.

Meeting starts: 4.00 pm

Light refreshments will be served.

Registration is requested in order to receive documents.
Documents will be emailed beforehand to people who register.

Agendas and the Annual Activity Report only will be available at the meeting.

Register now at: <https://www.zeffy.com/ticketing/our-harbour-2025-annual-general-meeting>

Our Harbour's Communications: Passing the baton

By Matthew Bertrand and Dolly Shinhat

Over the past several months before **Peter Woodruff** passed away, Our Harbour's Webmaster and Chair of the Communications Committee, began to work closely with **Matthew Bertrand Communications** and **Director General Dolly Shinhat** to enhance our communication strategies and digital presence. Matthew has proved to be a worthy successor to Peter's legacy.

The revamp of our website, which Peter oversaw, was a priority. Rebuilt from scratch, the website is user-friendly, allowing visitors to easily learn about our programs, volunteer opportunities, and ways to donate as well as to apply to become an Our Harbour resident.

Previous editions of *OurHarbourviews* and key documents are easily available. The "back end" was re-structured, hosting was simplified and access to all other social media platforms (LinkedIn, Instagram, FaceBook, YouTube, CanadaHelps) linked clearly to our website.

To date, Matthew has created visuals, captured photos at our events, designed new brochures, established branding for our events and more. He is managing our sales platform, Zeffy, which allows us to fundraise without service charges.

We invite you to discover all of these platforms and discover how you can use social media to spread the word about Our Harbour and our mission to your friends, family and beyond - to reach the people who desperately need our help.

*QR codes below take you right to the relevant information. You can use the camera in your phone to scan the codes.



Google Profile: Just Google it!

Your review helps our audience grow and builds community trust in the programs we offer, ensuring that Our Harbour pops up in relevant Google searches.

Scan this QR code to leave a review on our Google Business Profile.

Get *OurHarbourviews* in your email box!

We write engaging, informative email newsletters to keep you updated on events, stories from residents, and ways to get involved. If you haven't already, we'd love for you to join our e-mailing list.

Scan this QR code to go right to the sign up form.



Connect with us on social media! One QR code for all ...

Follow us on Facebook, LinkedIn, Instagram and YouTube to stay up-to-date and help spread the word about our mission.

For the most impact, like our posts and follow our pages.

If you would like to know more about the communications services offered by Matthew, contact him at MatthewBertrandComms@gmail.com



Le havre
Our Harbour
DEPUIS • SINCE 2003

BAKE THE WORLD A BETTER PLACE

What's a birthday without cake?



Celebrate Our Harbour's 22nd birthday at a fun party where
YOU BRING THE CAKE!

Wednesday, July 9, 2025
Royal Canadian Legion 94. Greenfield Park

Details and ticket information to come.