

VOLUNTEER PROFILE

Campbell Stuart: great guy, precious resource

By NANCY GRAYSON

WHAT A LUCKY DAY for L'Abri back in 2000, when former coordinator **Maureen Ramsay** suggested we contact **Campbell Stuart** for advice on a legal issue. His generously-given counsel led to a warm friendship and invaluable relationship that continues to enrich L'Abri in many ways.



NASUNA STUART-ULIN

**FORMER BOARD PRESIDENT
KEY EXECUTIVE MEMBER
VALUED ADVISER
FUN APARTMENT VOLUNTEER**

We are delighted that Campbell has been named this year's recipient of the Laurie Normand-Starr Humanitarian Award, given each year to an individual showing "exceptional leadership and commitment in the development, maintenance and growth of programs which improve lives by fighting hunger and poverty."

Campbell's work contributing to the community began soon after his graduation from McGill University law school in 1982. He spent two years in Uganda, where he was responsible for the construction of a medical clinic, a school, and an agricultural centre—now all owned and operated by local people.

After being admitted to the Bar in 1986, while already employed at a local law firm, Campbell sought out opportunities to help Montrealers by providing solid legal advice and representation—pro bono. These included serving as mayor of Montreal West, and successfully fighting the rezoning of Meadowbrook Golf Club to build 6,000 residences, a threat to ecological integrity and wildlife. Since 2001, Campbell has served in various capacities on the boards of Santropol Roulant and The Yellow Door.



Campbell was president of L'Abri's board of directors from 2012 to 2014, and remains active on the board and executive committee. He has for years advised on dealing with government grant requests and a variety of legal matters, and played a key role in our move to Duvernay Street, ensuring our compliance with legal requirements.

A dedicated apartment team member at the Jolicoeur (formerly Wellington) apartment for a dozen years, Campbell regularly accompanies **Bronko**, **Michel** and **Pierre** to the Dollar Cinema, and once treated them to a hockey game at the Bell Centre. "We had such good seats! He's a great guy," they say. Clearly, Campbell gets L'Abri's philosophy which puts the residents at the centre of the organization.

But how does he balance his work as a law partner with all the time he gives others? "It is a bit of a juggling act, but somehow it works out," he says. "I love making things work."

Congratulations, Campbell, on receiving this well-deserved award! 🍷



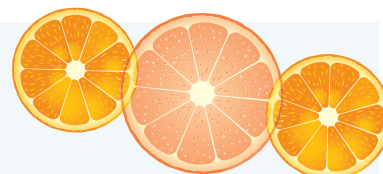
SUSAN PURCELL

CAMPBELL (CENTRE) ENJOYS A LIGHTEARTED MOMENT AT THE 2013 OPENING OF THE JOLICOEUR APARTMENT WITH RESIDENTS **BRONKO** (LEFT) AND **PIERRE** (RIGHT), AND FORMER RESIDENT **STEFAN** (AT REAR).

NANCY SERVED AS PRESIDENT OF L'ABRI EN VILLE'S BOARD OF DIRECTORS 2001–03.

**SAVE
THESE
DATES!**

CITRUS FUNDRAISER DISTRIBUTION 4-5 DECEMBER 2017, 2-8 PM
HOLIDAY PARTY FOR THE L'ABRI COMMUNITY 11 DECEMBER 2017
ANNUAL GENERAL MEETING 12 MARCH 2018



2017 LOW-BEER MEMORIAL LECTURE

Addiction MENDING THE DIVIDE Mental illness

By ERIC WIDDICOMBE


Dr Nora Volkow seeks to understand and mend the traditional divide between addiction and mental illness. She views addiction as an illness that is often concurrent with other mental illnesses.

Dr Volkow spoke eloquently at this year's Low-Beer Memorial Lecture, hosted by AMI-Quebec, and held at Concordia University. A well-known psychiatrist and head of the American National Institute on Drug Abuse, she came across as passionate and empathetic, delivering a talk informed by decades of research.

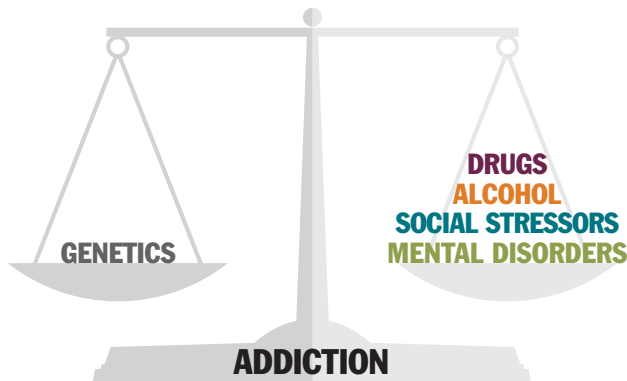
While genetics are believed to account for fifty per cent of an individual's predisposition to addiction, Dr Volkow has a particular interest in the environmental influences that increase

a vulnerability to addiction. Social stressors such as abuse and neglect, and early childhood trauma are important. Exposure to mood-altering substances as a form of relief or self-medication can exacerbate, accelerate and sometimes trigger mental illness. She spoke of disorders (e.g., *attention deficit disorder*, *oppositional defiant disorder*) that could prime an individual who may already be genetically predisposed for addiction.

In adolescence, the brain goes through a major phase of development, when drugs and alcohol can alter its structure and neurobiology. Dr Volkow is interested in resilience and neuroplasticity as buffers and protective factors for both addiction and mental illness, and she advocates for a personalized care model that would treat these conditions simultaneously.

Previously, individuals had been shunted from one type of specialized care to another, and told that due to a mental illness such as depression they could not receive treatment for their addiction until the depression had been treated. Dr Volkow is at the forefront in seeking to narrow this divide. Rather than conceptualize addiction as a type of moral failure, Dr Volkow views it as a disease that is treatable. 

ERIC, CO PRESIDENT OF L'ABRI EN VILLE, IS AN EXPERIENCED ADDICTIONS COUNSELLOR.



RICK'S QUIPS!

Q Are those shoes Italian?

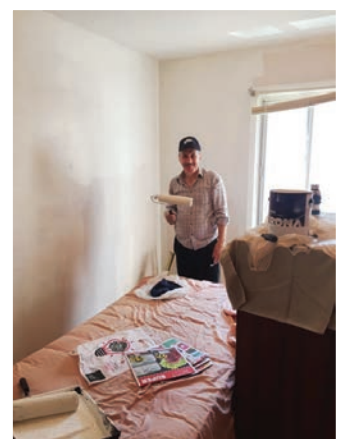
A I don't know, I've never heard them speak!

Rick observes, "I don't have anything to worry about. It's starting to make me anxious."

Q What's another term for "psychiatrist"?

A Head coach!

RICK LIVES AT THE BENNY APARTMENT, AND LIKES TO MAKE PEOPLE LAUGH.



CATHY DECHAMBEAU

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Collaboration opens the door to a home of their own



By SANDRA BAINES

In July, L'Abri welcomed three new residents into the LaSalle apartment from Nazareth House, a downtown residential and social support service for recently homeless men.

Gary, Glenn and Grant already knew each other, thanks to the communal living approach at Nazareth House. All three were ready to take a big step toward a more independent living situation, with the support of L'Abri volunteers and coordinators.


Of course the notion of transition from less autonomous settings was not a new idea for L'Abri. We have had long-term residents from the Old

Brewery Mission apartments and various group homes. But this time was different: three residents arriving together and becoming roommates in a recently-vacated apartment, with newly-minted

3 NEW RESIDENTS 2 NEW VOLUNTEERS

volunteers to help them adjust. **Peter Reynolds**—a young father who lives in the complex housing our office on Duvernay Street—offered his time and talent after attending our Open House in May; and **Maxene Rodrigues**, a recently-retired high school teacher, joined our team after hearing about L'Abri at an aquafitness class at the Westmount YMCA. (Some of us are known to do recruiting there!)

The collaboration with Nazareth House began after its director, **Sheila Woodhouse**, joined L'Abri's board a year ago. Sheila and **Cheryl Lafferty**, our own executive director, have been able to network on many fronts, and from their conversations emerged the idea of an opportunity for certain Nazareth clients to transition to L'Abri en Ville.

Gary, Glenn and Grant are managing their new responsibilities well. Glenn notes, "I have more free time, and I can have my meals whenever I want." Grant has a full-time job as a chef that keeps him busy, and both Gary and Glenn are involved in volunteer activities. The latter two enjoyed the summer get-away at Île Saint-Bernard, and hit the streets for Montreal Walks for Mental Health. We are all eager to get to know them better as they settle into the L'Abri community. Next chance may be when many of us help out on our December citrus pick-up days! 

GREAT START FOR OUR TRIO

WELCOME

Another candle for Glenn's cake



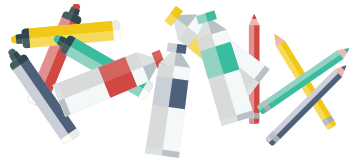
Glenn (*far left*), one of the LaSalle apartment's three new residents, and new volunteers **Peter Reynolds** and **Maxene Rodrigues**, pause for a quick photo at a nearby park before heading off for a birthday lunch in Glenn's honour.

SANDRA BAINES

SANDRA SERVES ON THE EXECUTIVE OF L'ABRI AND IS A LONG-TIME APARTMENT VOLUNTEER.

FAMILY ALBUM

ARTISTS AT WORK



CHERYL LAFFERTY

IN MAY, residents got together to design new images for our iconic hasty notes—blank greeting cards sold at the citrus pick-up and at Montreal churches to raise money for the residents' activity fund. Lending their considerable talents to the operation were artist volunteers **Mary Martha Guy** (*standing, centre*) and **Gael Eakin** (*right*), along with a Duvernay Street neighbour, **Jennifer** (*far left*), who joined in to help out.



SAM BEITEL

C'EST PAR une belle journée de mai que nous avons visité Ottawa, la capitale du Canada. Nous avons vu la Tour de la Paix ainsi que la Flamme du centenaire. Nous avons fait une visite guidée d'une partie de la Chambre des communes, et de la Bibliothèque du Parlement, qui est particulièrement imposante. En nous arrêtant pour dîner, nous avons contemplé les magnifiques tulipes, fidèles au rendez-vous chaque année. On a pu visiter Rideau Hall, la résidence officielle du Gouverneur général du Canada, où se tiennent diverses cérémonies, dont l'assermentation du premier ministre. Là nous avons visité plusieurs salles où nous avons contemplé les portraits des différents Gouverneurs généraux depuis la Confédération. Avant notre retour, nous nous sommes arrêtés dans un café du centre-ville. | *Par Luc Belleau*

LUC EST UN NOUVEAU RÉSIDENT DE L'APPARTEMENT BESSBOROUGH.

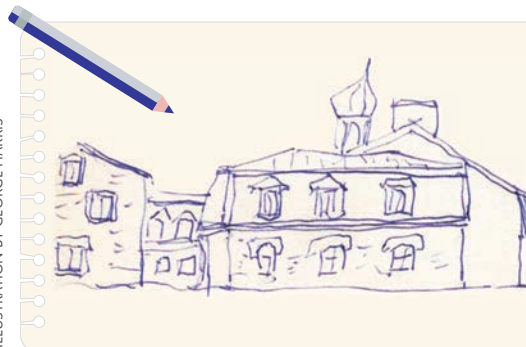


ILLUSTRATION BY GEORGE HARRIS

GOOD COMPANY, GOOD FOOD

OUR TRIP TO ÎLE SAINT-BERNARD this year was a big success, as residents and volunteers took part in many activities, including swimming and aquafitness, a pontoon ride, and nature walks where we sighted several deer.

Indoors, some of us watched movies, while others played Scrabble or created art. For some, it was enough just to chill on the beautiful grounds. On the first night there, many of us strolled to volunteer **Joan Esar's** nearby cottage to view the spectacular sunset, now an annual event. As usual, everyone enjoyed good company and good food at the Manoir d'Youville residence (*above*). It was nice to meet new residents and volunteers. We look forward to returning next year to create more happy memories. | *By Eileen Kelly*

EILEEN, WHEN NOT SNUG AT HOME IN THE PARK APARTMENT OR BUSY AROUND TOWN, ENJOYS COUNTRY GETAWAYS.



CHERYL LAFFERTY

FAMILY ALBUM

Glorious grill-time

THE AROMA of hot dogs on the BBQ wafted through the crisp air on an early October afternoon, as we gathered for

our annual Angrignon Park picnic. New residents and volunteers joined veterans for our last regular outing before winter sets in. Welcome additions to the group were McGill University social work student **Joe Ferracuti** (pictured at left, manning the grill), and **Veronica Bellissimo** (below, centre), an occupational therapy student from Université de Montréal.



CHERYL LAFFERTY

PUMPKIN TOSS

HALLOWE'EN was loads of fun this year, as residents dressed up and met at our office activity centre for games and goodies. A lively bowling challenge (below) was created by our student **Joe Ferracuti**. The idea was to hurl tiny pumpkins down the hall to try and knock over a stack of paper rolls! Rumour has it that the sleek feline (at top) was actually coordinator **Star Gale**.



CHERYL LAFFERTY

MONTRÉAL WALKS for mental health

New placards enliven annual walk

THIS OCTOBER, the 9TH annual Montreal Walks for Mental Health event kicked off with speeches and song. The master of ceremonies, L'Abri en Ville's very own **Campbell Stuart**, "ordered" the rain to hold off—and it obeyed! Turnout was sizeable and everyone was in good spirits. I made two new signs which were carried by several residents and myself (at left with my roommate **Luc**). From time to time, we were relieved by **Cheryl Lafferty** and various volunteers. Many other groups took part, including Revivre, AMI-Québec and Forward House. The purpose of the walk is to raise public awareness about mental health, and to collect funds for the participating organizations. | By **Jerome Kierans**



CHERYL LAFFERTY



NAZARETH HOUSE

JEROME IS A BESSBOROUGH APARTMENT RESIDENT WHO IS ALWAYS READY TO HELP OUT.

NOTES FROM THE OFFICE



What a difference a year makes! Summer this year was very different from the summer of 2016, when we were preparing, packing and sorting for the move in the fall to L'Abri's new office and activity centre.



Summer staffers abound with energy & enthusiasm

By CHERYL LAFFERTY

JULY AND AUGUST, while busy still, saw us enjoying outings to Atwater Market and the Lachine Canal with the help of two summer staff members.




Barbora Macikova, now a social work graduate, was L'Abri's stagiaire in 2015, and came back to work for us

for six weeks. We were delighted that Barbora was available to replace **Cathy DeChambeau** who was glad to have time off work to reconnect with family and friends. How perfect it was that Barbora could step right back into her role as coordinator. The many residents who knew her as a student were delighted to see and work with her again!



Also for six weeks, stagiaire **Samantha Costello** brought new life and perspective into office and resident life. Samantha attends Dawson

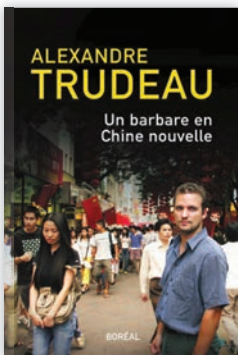
College, and was hired through the Federal Student Work Experience Program. This wonderful initiative enables students who are looking for a chance to develop valuable job skills, to learn the ropes in a community organization. L'Abri not only received funding to cover her salary, but benefitted from the energy and enthusiasm that Samantha brought to our summer office.

ALL IN ALL, it was a fun, fast-moving time, both in the office and out at the resident apartments, with our two dynamic summer staffers often working together to support the residents in their daily lives. 

CHERYL IS L'ABRI EN VILLE'S EXECUTIVE DIRECTOR.

CRITIQUE DE LIVRE

UN BARBARE
EN CHINE NOUVELLE



Par Alexandre Trudeau
Traduit de l'anglais
par Daniel Poliquin
328 pp.
Éditions Boréal, 2016

Un voyage qui ne prendra jamais fin


Par MARIE-JOSÉE PICHÉ

ALEXANDRE (SACHA) TRUDEAU, journaliste et cinéaste, petit frère du premier ministre Justin Trudeau et fils de Pierre Elliott Trudeau, amoureux de voyages, nous livre ici dans un premier ouvrage sa passionnante conquête du territoire de la Chine. Pourquoi barbare ? En souvenir de son père qui demandait à lui et Justin quand il les a emmenés en Chine comme adolescents, de ne pas se comporter comme des barbares, tels que nous étions vus par les Chinois.

Accompagné cette fois-ci d'une jeune guide chinoise, Vivien, il rencontre des gens (villageois, artistes, hommes d'affaire, employés) et nous dépeint avec nombreux détails les régions visitées, y compris ce que l'on y mange : thé au lait de coco et au tapioca garni d'ovaires de grenouille, langue de canard, et (à un mariage) crevettes pochées dans du vin. Ainsi, on voyage à Beijing pour saisir les problèmes de pollution corrigés mais entraînant la sécheresse, puis à Qingdao, à Chongqing, à Guangzhou et à Shenzhen.

Quoi qu'il en soit, la richesse de la Chine nouvelle repose sur son industrie urbaine. Les jeunes peinent dans les manufactures (pour 220 \$ par mois), les vieux travaillent la terre. Les fermiers qui ont perdu leurs terres sont obligés, sous peine d'amende, d'obtenir une autorisation écrite du gouvernement pour pouvoir venir vivre en ville. En revanche, à Hong-Kong, un oasis de douceur : le luxe et les droits y sont avancés.

En résumé, la Chine a changé mais la corruption est omniprésente, la démocratie inexistante. Pourtant, certains avocats dans l'opposition s'occupent de cas de suicides dûs à un travail inhumain. L'état, lui, ne s'intéresse qu'au profit.

Trudeau croit que son voyage ne prendra jamais fin : la Chine continue de le hanter. Vivien, quant à elle, s'en va vivre en Europe avec son mari ingénieur en informatique. 

MARIE-JOSÉE, QUI HABITE L'APPARTEMENT BRASILIA, AIME PASSER SES JOURS À LIRE ET À SUIVRE DES COURS.




URBAN & MENTAL LANDSCAPES & HEALTH

By ALYSSA HAMILTON

LAST SPRING, L'Abri residents David, George and Rick roamed the Montreal area with their cameras. Roommates at the Benny apartment, the three men—and five others from L'Abri—were participating in a research project called “Psychosis and Urban Landscapes: Understanding Environmental Triggers of Paranoid Delusions.”



COURTESY OF THE CITY OF POINTE-CLAIRE

RESEARCHERS across the disciplines of psychiatry, psychology and urban planning hope to deepen our understanding of how urban environments impact mental illness. They use a technique called photovoice, an approach that brings visual cues and first-hand narratives together with analysis.

All three Benny men have an interest in the arts, and George has the added advantage of a professional background in architecture. “I already was thinking about that kind of thing for years—the effect of environment on health,” he notes. Rather than categorize his photos into negative and positive, he explained that he sees all buildings as valid, and that he wants to understand why. He gave the example of a “fiendish-looking black building. I find it spooky, but I think that might be nice for someone, you know?”

Which elements of urban landscapes risk triggering psychotic episodes? Which have the opposite effect?

For David, the majestic Stewart Hall Cultural Centre in Pointe-Claire (*pictured above*) stood out. “That was the most impressive. I don’t know if I picture the building as much as the grounds [which were] very nice... the trees and grass.” In contrast, he described the intersection of Saint-Jacques and Cavendish as “desolate... all this grey concrete.”

Is a particular place conducive to social activities? What memories (individual or collective) might be attached to it?

In addition to physical attributes, the researchers point to the social and symbolic or emotional attributes of a built environment. They call for further research, but believe that specific elements of an urban environment can be shown to play a role in triggering psychotic episodes.

George’s favourite building is his parent’s cottage in the Laurentians, but he also feels good in the apartment building in Notre-Dame-de-Grâce where he lives. “Oh, I like it here. It’s very clean.” As for his experience sharing a home, “It works very well. It’s nearly perfect. Physically and emotionally and spiritually, everything is here.” 🏡

REMEMBERING & HONOURING

GIFTS TO
L'ABRI EN VILLE
IN RECOGNITION
OF LOVED ONES

In memory of...

LAURETTE GARGANO

Nicolas Chiacchiarello

MY SISTER JUDY HAMELIN

Susan Purcell

HILARY HARRISON

Fiona Clark

KEVIN WALSH

Kathleen & Richard Harris

In honour of...

ALL L'ABRI'S HELPERS

Joyce Hyndman

SANDRA BAINES

Donna R. Thomson

ELEANOR BEATTIE

Harriet deWit

MARIANNE METRAKOS

Ruth & Uwe Natho

SAINT RAPHAEL

Anonymous

PATRICIA TRUMP

Guy Bougie

Diane Cousineau

Bob reaches
10th decade!

Bob Bassett has been on the Lafayette apartment team since the '90s, and served for many years as treasurer on our board of directors. Always ready with a smile, he has long been the master ham carver at our annual Holiday party. On his landmark birthday, we wish Bob all the very best!



L'ABRI EN VILLE ARCHIVES

Our new
GAEL EAKIN BOARDROOM

BY SUSAN PURCELL

CO-PRESIDENT Gael Eakin was the recipient of special thanks this fall for her many contributions to L'Abri en Ville. The boardroom at our Duvernay Street office was named in her honour in recognition of the time, treasure and talent she has bestowed on L'Abri.

Outstanding among Gael's gifts was a generous donation she

made last year during our search for real estate.

At a ceremony to unveil a plaque officially naming the ground-floor space in her honour, personnel chair **Sandra Baines** mentioned how Gael opens her home for games nights and special board meetings, shares her great talent as a painter, and oversees residents' creation of art for hasty notes.

Over the years, Gael has been an active board member, hard-working fundraiser and, as Sandra said, "a holder of furniture in her basement, a schlepper of items, and a roaster of holiday turkeys!" 🍗



SAM BEITEL



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L'Abri."*

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