

**THE VOLUNTARY ACTION,
AN ADVENTURE TO BE
DISCOVERED...**



**Centre d'action bénévole
Saint-Siméon/Port-Daniel**

NEWSLETTER VOL.28 NO.APRIL 2016

www.cabst-simeon-port-daniel.com

***A very happy volunteer
week...***



Beautiful spring...

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DÉPÔT LÉGAL,
1^{er} trimestre 1988
Bibliothèque Nationale du Québec



The following people have been nominated for volunteers of the year...

The volunteers of the Year will be named on Friday, 8 April 2016 at 11 : 30 am
On radio CHNC-FM and also announced during « BRUNCH » recognition...

Month	Man volunteers	Women volunteers
April 2015	Raymond Assels, New Carlisle	Andréa R. Assels, Port-Daniel
May 2015	Lorenzo Aubut, Paspebiac	Claudette Ferlatte, St-Elzear
June 2015	Yvon Allain, Port-Daniel	Myra Arsenault, New Carlisle
July 2015	Roméo Delarosbil, Hope Town	Suzanne Sleighter, Bonaventure
August 2015	Gaétan Garnier, Paspebiac	Andréa Delarosbil, Bonaventure
September 2015	Firmin Cavanagh, St-Simeon	Lorna Duguay, Port-Daniel
October 2015	Gilles Lepage, St-Simeon	Francine Boudreau, Paspebiac
November 2015	Omer A. Delarosbil, Paspebiac	Alma Bourdages, New Carlisle
December 2015	Gilles Roy, St-Simeon	Évangéline Poirier, St-Simeon
January 2016	André (Andy) Déry, Shigawake	Lally MacKenzie, Bonaventure
February 2016	Gérard Cayouette, Bonaventure	Sharon Guignon, New Carlisle
March 2016	Jean-Marc Marcoux, St-Elzear	Yolande Corbet, Paspebiac

Your President...

Volunteer work is a personal journey; an open window on the world.



National volunteer week will be taking place this month, from April 10th to 16th. This is the week where we will be honouring you, our dear volunteers!

This year's theme is volunteering: a free gesture, a collective impact. Each and every volunteer is a symbol of solidarity. There are more than 2 millions volunteers in Quebec and together they create and strengthen the social fabric of the community.

Thank you for giving up your spare time to help us. We hope to have the honour of your continued support. Thank you for helping to improve the quality of life of your community, for the seniors and for the children.

On behalf of our Board of Director's, I would like to express our extreme gratitude for the time and the energy that you dedicate to supporting us!

During National volunteer week we hope to see many of you participating in the activities that will be taking place in each of your municipalities. These activities will be organized by volunteer committees, so please attend and please thank the volunteers. Congratulations to each and every member of our committee members.

Have a wonderful week full of joy, love and above all, gratitude.

See you soon at our annual brunch.

Sincerely,

Manon Bourdages, President



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Your Director...

Avril, April, a very busy month; I say April, but I should say that each of the twelve last months have been very busy. The plan of the volunteer center with its multiples services, adding to those new files, new focuses and a few unexpected events, have made up the past year, a very good year but we must say a bit overloaded at times.



Despite it all, memorable moments have been shared with people who are so generous with their time, their knowledge and their sharing of experiences. This is what nourishes me, and what motivates me daily to continue my work after all these years, and when we hear about the experiences our beneficiaries have had and that these experiences are positive due to a listening ear, a kind smile from a volunteer, a helping hand from a volunteer, a little meal that helps a caregiver and secure respite care for new parents, well, I am overwhelmed. Thank you truly to all of you who by your voluntary actions, have had an impact on our community. Who could ask more than that this humane warmth continues to grow.

A financial deficit impacts the adequate financing of our activities, and surely our ability to impact the community. We continue to work together on financing in order to achieve our mission.

Last January we had the pleasure of welcoming a new employee on the subventions salary program which will help us until next August. Welcome to Tracy Lapointe from New Carlisle. Tracy works with the whole team at the center, the little frozen meals, technical support, activities, etc.

On May 10th, in Gaspé the annual PRESAGE get together will take place for our region. Some volunteers from our center will participate. Soon we will pick some of those volunteers who work with the elderly. We wish them a great day of learning and resources as well as good luck, you all deserve it.

Finally, I wish the gathering of those who work in the community a wonderful volunteer week 2016. I invite municipalities, organizations and others to take the time to congratulate and thank the volunteers; they have a collective impact.

Happy spring,

Nathalie Bujold, director



The Boards of Director...

Good news! The foundation Good Start from Canadian Tire has accepted to give financial support for the acquiring of materials for two activities offered by the Volunteer Centre. Le P'tit Bonheur is able to access safe equipment for the children. Furthermore "the little frozen meals" in this area can access new cooking materials, great news for those involved in this service. The wonderful sum of \$3 000 worth of material and equipment has been designated to us, a big thank you to Mr. Jerome Bernard and his team at Canadian Tire in Paspepiac, as well as to the Canadian Tire Good Start Foundation of Quebec.



The Quebec week for Meals on Wheels took place March 13th to 19th, 2016. We take the opportunity to thank the mayor of St- Godefroi, Mr. Gerard Raymond Blais, and the mayor of Port- Daniel-Gascons, Mr. Henri Grenier, for having replied to our invitation to become volunteer for a day in delivering meals on wheels on March 17th. Your participation was appreciated by one and all.

Some good news, the center has as an objective the recruitment of 10 to 15 new volunteers each year. Our objective was met this year as we welcomed 12 new volunteers. Bravo! Welcome one and all. Good voluntary work.

The annual general meeting will be held at the beginning of June, on Wednesday, June 8th. Please mark this in your agenda. We sincerely hope to meet you there, as this meeting is an important event in the life of our organization. An invitation will be send in May.

The Quebec volunteer week is at our door and it is with pleasure that we welcome you to the brunches held in your honour to celebrate with you and above all to take the time to recognize your kind gestures that have a large collective impact.

It is our pleasure to wish everyone wonderful celebrations!

*Manon, Omer, Andrée, Gabrielle,
Raynelle & Irène*



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Home Care...

Dear volunteer

With spring already at our doorsteps, it's the return of milder weather and also of the volunteer week which will take place this year between April 10th and April 16th, under the theme VOLUNTEERING, GIVING FREELY FOR THE BENEFIT OF ALL. The whole team at the Centre d'Action Bénévole is expecting you all to come celebrate together this beautiful week. As you see in the program, each day of the week, there are different activities organized by our volunteer comities for elders.



As in the past years, our elders, alone or the sick have received for Valentine's Day, a poem for this day of love and friendship. There were 458 beneficiaries who, I think, much appreciated this small yet pleasant gesture.



The Centre d'Action Bénévole was happy once again this year to underline the Quebec National Meals on Wheels week from the 13th to the 19th of last March. The center sent out an invitation to the different mayors of our territory to become "volunteer for a day" for the free deliveries of meals on wheels of last March 17th. Thank you Mr. Gerard Raymond Blais, Mayor of St-Godefroi, and Mr. Henri Grenier, Mayor of Port-Daniel-Gascons, for your implication. This week aims at promoting the existence of the service of meals on wheels and underlines the work of many volunteers who work to enhance the quality of life and the well-being of elders or the sick.

Presently, the Center is in need of volunteers for the delivery of meals on wheels in Paspébiac. This service requires just a few hours of volunteer work per month. We are asking for your collaboration, if you know of someone who is thinking about committing themselves to doing volunteer work, please invite them to take an appointment with Mrs. Liza Garant at 418-752-5577. It will be a pleasure for her to welcome and guide them in the different choices of services.

In closing, THANK YOU in advance for your time in making a difference, perhaps even in making the difference. For those who can, please visit our web site at www.cabst-simeon-port-daniel.com

Have a great volunteer week!

Rita H. Maldemay, home support intervention worker.



New from the P'tit Bonheur...

Hello to everyone,

How wonderful it is to once again see the vigorous sun and the lengthening of the days. Soon, maple syrup time will be a sure confirmation that winter is far behind us.

On the P'tit Bonheur side of things, we have held another "dépannage" activity in February in which over thirty parents came to pick up clothing, knitting, books, toys and other articles for children. I also encouraged parents to bring their children along with them and gave each little visitor a new book from books that were offered by the Literacy Foundation. I wish to take this opportunity to thank all the volunteers who gave me a very big hand during these very busy yet pleasant days of "dépannage".



I was lucky to have been able to participate in a few training sessions since the holidays and I can't tell you how much these learning occasions, to become a better intervention worker, are precious to me. First of all, a training on the value of fatherhood (the dads!) and the space that is given to them in our services and interventions, which is becoming bigger, for the happiness of their children.

Next, a really interesting training on literacy development presented by the school board and finally, a pioneering training, that was touching offered by l'Agence de la Santé on Fetal alcohol spectrum disorder, meaning the problems that may result when a baby is exposed to alcohol during pregnancy. In the months to come, I will be working on organising workshops and activities with families of the P'tit Bonheur to transmit this newly acquired knowledge.

Many new families have joined the large family of P'tit Bonheur since the new year and it is always with much respect, openness and pleasure that I welcome them with their strengths, their challenges, their differences and especially with their love for their children. For many, what brings them to contact me is their need for respite, a service offered by volunteers and characterised by home visits in order to care for the newborn to permit the parents to take time for themselves. It's a service that makes a big difference in the day to day lives of these families and which also brings much joy to the volunteers who offer their help. I wish to thank the volunteers who have agreed to live this wonderful adventure reminding them how much these moments are appreciated by the families....A thousand times, thank you ! You feel like offering a few hours to a family? Contact me!

The P'tit Bonheur also wishes to thank the parishes of the Mgr. Matte sector, who have donated children's clothing following their January collection. Thank you for your abundant generosity, this clothing will be redistributed to families during our next "dépannage" activity.

Wishing ourselves a warm and early spring and a wonderful volunteer action week to all who make a difference for the children and families of the P'tit Bonheur, hoping to see you soon, Marie-Ève Poirier, animator and intervention worker for the P'tit Bonheur

Marie-Ève Poirier, intervenor and animator



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Volunteer management...

Because our actions always speak louder than words

Follow up from the Volunteer Management policy:

A training session for our accompaniment / transportation Volunteers is in the works. It will be given in small groups throughout the year. Following the recommendations of the Federation of Volunteer Centers in Quebec and the adoption of the Policy by the Board of Directors, all active volunteers who help with accompaniment / transportation will be asked to come to the CAB and sign a consent form to a criminal background check in order to work with vulnerable persons. A copy of their driving record will also be requested from the Society of Insurance Automobile du Québec (SAAQ). Thank you for your understanding and your cooperation.



12 REASONS TO VOLUNTEER

- ❧ help improve the quality of life and community health
- ❧ strengthen self-esteem
- ❧ develop new skills and abilities
- ❧ be part of those who work to improve things
- ❧ expand horizons
- ❧ new responsibilities
- ❧ help others and participate in the betterment of the community
- ❧ others can benefit from your skills and talents
- ❧ expand your network
- ❧ make a difference
- ❧ feel that you are part of a group
- ❧ develop team spirit and the ability to solve problems

There are also other reasons for choosing to get involved with volunteerism. Some people become volunteers because in helping others, they try at the same time to solve their own difficulties (guilt, gratitude, shame, poor self-image). Others, may have just lost a relative, been victim of an illness, and therefore wish to interact with others.



THANK YOU FOR YOUR TIME, YOUR WILLINGNESS, AND YOUR SMILE

Liza Garant, volunteer management coordinator

LITTLE FROZEN MEALS...

A Frozen Foods Service - healthy and practical!

The frozen foods service is going extremely well. Due to the plastic films that were used to seal the meals being discontinued by the manufacturer, the Centre d'Action Bénévole has had to purchase a new vacuum sealer. This new machine has a better production level, which helps to reduce the losses that come from vacuum sealing the containers. Furthermore, the new machine allows us to change the size of the seal and therefore offers a much nicer presentation. After changing the disposition of the food in the new containers, we decided to include mashed potatoes and turnips with the pork fillet and vegetables. Everything looks just as delicious as it tastes!



Last December the Centre applied for a contribution from La Fondation Bon départ de Canadian Tire du Québec (Canadian Tire Jumpstart) for the purchase of specialist material that will respond to the service's needs. The application was accepted and the Centre will receive more than \$1500 worth of kitchen equipment, in response to the 'wish list' that was submitted with the application. The team is delighted by this wonderful news!



We are extremely happy to have some new volunteers on board in our team of cooks, and we are still looking for even more volunteers to join us. If you are interested in giving your time, or if you have any questions about our frozen foods service, please get in touch!

Please contact:

MARIE-PIER BEAUDIN

Project manager for « Les P'tits Plats Givrés de la Baie »

Centre d'Action Bénévole St-Siméon/Port-Daniel, 418-752-5577



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Hello everyone,

Finally, some nicer weather and sunshine to energize us after the gloomy start to the year! Many areas are still covered in ice however, so be careful... a pair of ice cleats would be useful!



Since the beginning of 2016, the Carrefour d'information pour aînés (Senior's information centre) has been offering support to the seniors of our region. The requests for help that the centre has been receiving are mainly in relation to finances, taxes, pensions and the formalities surrounding a death or a separation.

The Carrefour d'information pour aînés is a service offering information on government programs and services for seniors. The service aims to improve seniors quality of life by increasing their understanding of the services available and facilitating their access to them. The information centre relies on the work of our volunteers, who have an excellent knowledge of the paperwork and procedures and who are incredibly discreet, competent and generous with their time. Once again, thank you to each and every one of you.

Recently the CIA volunteers and I held a meeting in order to prepare for the 2016 Tax Clinic, to welcome new members to our team and also to touch base on our 2015 activities.

New for the 2015 tax return: The R-L 31.

The RL-31 slip (available in French only) must be filed by rental property owners that leased a dwelling for which rent was paid during the year 2015. This document is given to the tenant, who must include it in their 2015 tax return. The document is obligatory for applications for Solidarity tax Credit, it will be used to calculate the amount you can claim, if that is the case. It is possible to request and/or provide an R-L 31 even if a lease was not signed. This document is necessary for anyone renting a dwelling, a house, a motel room, a mobile home or any dwelling of this sort.

Attention: Anyone living in low rent housing (HLM), a hotel room, a rooming house, a private residence, an intermediate resource or a long-term care centre (CHSLD) do not have to provide an R-L 31. If you have to provide/receive an R-L 31 and have any questions, you can contact us at 1-855-291-6467 (toll free).

I am available every Thursday from 8.30am – 4.30pm to answer your questions. You can contact me at the Centre d'Action Bénévole St-Siméon/Port-Daniel, 418-752-5577.



The Birthdays...

MAY

Coulombe, May	01
Aspirot, Jacinthe	03
Briand, Edna	04
Arbour, Monique	04
Henry, Jeannine	07
Thibeault, Rachel	10
Ars. Bélanger, Clémence	12
Bond, Mathilda	13
Arsenault, Jovette	14
Leblanc, Geneviève	17
Ferlatte, Claudette	19
Henry, Victor	20
Boissonneault, Gérard	20
Joseph, Arnold	21
Joseph, Loretta	21
Léonard, Annie	23
Arsenault, Fernand	27
Chicoine, Jean-Baptiste	27
Babin, Pierrette	31
Sleigher, Suzanne	31



AUGUST

Arsenault, Colette	04
Chapados, Céline	04
Arsenault, Édouard G.	06
Arsenault, Gérard C.	09
Denis, Jean-Marie	09
Bourdages, Manon	10
Whittom, Alfréda	13
Duguay, Dolores	13
Delarosbil C., Irène	15
Duguay, Lorna	15
Cayouette, Liette	15
MacWhirter, Gordon	16
Langlois, Blandine	17
Mace, Sandra	18
William, Lois	22
Huard, Edith	23
Paquet, Réal	27
Dion, Ginette	29
Arsenault, Mireille	29
Poirier, Nicole	30
Main, Donna	30

JUNE

Arsenault, Adrien	01
Langlois, Françoise	01
Henry P., Juliette	02
Arsenault, Marcelle	06
Coulombe, Guy	07
Thériault, Laurentienne	07
Boudreau, Francine	10
Larocque, Aurore	13
McInnis, Robert	14
Horth, Diane	15
Babin, Marie-Paule	18
Whittom, Liane	18
Arsenault, Andrée	18
Anez, Curtis	20
Joseph, Raymonde	21
Lepage, Andrée	21
Bélanger, Huguette	23
Leblanc, Rose-Marie	24
Marsh, Hilda	25
Poirier, Gemma	25
Leblanc, Hilda	25
Dery, André	26
Horth, Roger	27
Buttle, Lindsay	27

JULY

Poirier, Martha	02
Delarosbil, Andréa	02
Bouffard, Yannick	03
Maltais, Francine	05
Lacroix, Kathy-Edith	07
Poirier, Évangéline	07
Hall, Ann	08
Poirier, Denise	11
Paquet, Stéphane	11
Huard, Jean-Guy	13
Beebe, Gilker, Carol	14
Coulombe, Raynelle	14
Almond, Elaine	15
Delarosbil, Jeannine	17
Alain, Jeannine	21
Ouellet, Georgette	22
Delarosbil, Omer Al.	24
Craig, Betty	29
Corbet, Yolande	31
Horth, Géraldine	31
McDonald, Patricia	31
Delarosbil, Johanne	31

The little Thought...

We shall never know all the good
that a simple smile can do.



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Paspébiac, Qc
G0C 2K0
Tél.: 418-752-6635



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395 rte Bellevue,
Port-Daniel, Qc G0C 2N0
Tél. : 418-396-2866



Thank you..

Thank you...