

NEWSLETTER

VOL. 36 NUMBER 1 — DECEMBER 2023



**CENTRE D'ACTION
BÉNÉVOLE**
SAINT-SIMÉON ♦ PORT-DANIEL



TABLE OF CONTENTS

Why make a donation?	2
Word from the President	3
Word from the Director	4
International day of volunteers	5
Guignolée 2023	6
Securicab	6
Little frozen meals	7
News from P'tit Bonheur	8
Tax credit and informations for caregivers	9
Our needs of volunteers	10
Bonabus	10
Birthdays	11
Our sponsors	12



WHY MAKE A DONATION?

By making a donation to your Saint-Siméon/Port-Daniel Volunteer Centre, you support various services in the community, and you support your center in its mission.

For example, every year we are on the lookout for funding for the P'tit Bonheur emergency fund, which provides emergency food and hygiene products for young children. Every year, we need to raise nearly \$3,000 to support local families.

Another project that is close to our hearts and for which we need to find additional funds is the Little frozen meals. Food is more expensive, so we try to keep the cost down for those who need this service, which is quite a challenge at times.

If you'd like to support your volunteer center, you can make your donation online at

<https://www.cabst-simeon-port-daniel.com/donner>

Your tax receipt will be sent to you as soon as your donation is made. You can also drop by to make your donation, and we'll be glad to show you around to learn more about our various services and activities.

Making a donation to your Volunteer Centre means supporting local people!

WORD FROM THE PRESIDENT



Christmas will soon be here with us. Families, friends, acquaintances, all of us, will be preparing for this event so great that almost every nation celebrates it.

This time of year, which brings people of all origins together, brings us all, I believe, a wind of love, generosity and sharing.

Let's prepare ourselves to be ready to give, to exchange and to share with our loved ones and also with those most in need. Let's look around us, we will discover that we can help, love and share our human riches with other people, our values, our knowledge and much more.

Let us not forget that material goods, even if they are useful and have value, do not exceed the quality of the human being which is worth much more than all the treasures of this world.

Let's be receptive, let's be generous, let's be attentive and open to others. Let's continue our voluntary actions with love and generosity, so that everyone can benefit as much as possible.

I wish you all a Merry Christmas, full of love, serenity and peace!

Raymond Marcoux



WORD FROM DIRECTOR



December is here, everyone is preparing for the holiday season.

A fairly busy time of year where you still find time to volunteer despite all your busy occupations and we are grateful to you.

An autumn as usual where we participated in consultations with the community, a great meeting of the group of volunteer centers, exchanges which allow us to move forward, sharing of ideas and knowledge.

December 5, is the International Volunteer Day, day of celebration for you, with the theme: **TOGETHER, make a real difference**. You should have already received your invitation for a lunch that we hope is friendly and shared. We hope to see you there, important to your reservation at 418 752-5577 ext. 2. Some draws will also take place during the day among all active volunteers within our organization. We would like to take this opportunity to thank Ms. Catherine Blouin, Member of Parliament for Bonaventure, for her financial support for making this day possible!

December 7, is the media food drive! In our territory, the food drive orchestrated by CASA, in partnership with the Collectif Aliment-Terre, Family Ties and the Volunteer Center, will be present in a few places to ask for your generosity. We invite you to be supportive of people who are experiencing more difficult situations. **Eating adequately should not be a luxury and yet, unfortunately, it seems to have become one.**

For the holiday period, the Volunteer Center will close its offices on December 22 at 4 p.m., the team will return on Thursday, January 4, 2024, from 8 a.m. to resume activities and services. We thank you for your understanding.

Finally, I take advantage of this newsletter to wish you all a happy holiday season with your loved ones and friends, especially moments of pleasure, surrounded by people who bring you joy, people with whom your happiness is easy.

A healthy and gentle year 2024 for everyone !

Nathalie Bujold



INTERNATIONAL DAY OF VOLUNTEERS



This year, it's with the theme :

TOGETHER, making a real difference that the RABQ (Réseau de l'action bénévole du Québec) is highlighting the International Volunteer Day, on the 5th of December 2023.

The RABQ has put in place many initiatives to mark this day. Among these initiatives, we can mention this one :



LIGHTING OF TOWN HALLS ACROSS QUEBEC



In collaboration with the Union of Quebec Municipalities (UMQ), town halls of Quebec will be lit up with the RABQ colours, which are green, blue and white, on December 5th, starting at 7:30 in the evening. The Montreal Tower (of the Olympic Stadium) as well as the Niagara Falls will be lit up as well.

Take a moment to thank the volunteers all around you, thanks to them, your Centre d'action bénévole St-Siméon/Port-Daniel can offer you many services, and these good folks are involved in many parts of the community. You'll find them in flea markets, libraries, community organizations and social clubs, around children and seniors, these amazing people are everywhere and always ready to help others.

Thanks to all these men and women who make a difference in our daily lives!

GUIGNOLÉE 2023



Guignolée 2023



IN-PERSON COLLECTION DAY
DECEMBER 7, 2023
IGA PASPÉBIAC
IRVING BONAVENTURE
ESSO PORT-DANIEL



SÉCURICAB

SécuriCAB is a free automated call service offered by the Centre d'Action Bénévole (CAB) St-Siméon/Port-Daniel. The main objectives of this service are to ensure the safety and well-being of independent seniors and people living alone and to give some peace of mind to the family members and caregivers. For that, the beneficiary will receive an automated call that he must respond at predetermined hours.

For more informations

Communicate with the responsible Mrs. Julie Huard at 418-752-5577 extension 2 or visit the website of Centre d'Action Bénévole St-Siméon/Port-Daniel : <https://www.cabst-simeon-port-daniel.com/our-services>

Jean-Simon Barrette, pharmacy intern



LITTLE FROZEN MEALS



Little frozen meals, still unknown to some in our community, is a service offered by the Centre d'action bénévole, yet so popular with those who use the service.

Little frozen meals are appreciated not only by our beneficiaries, but also by the caregivers who support them. Last October, at the Cap aux Aînés meeting, I went along to do a little food tasting. A lot of people present didn't know about this service, so we are still talking about it to reach as many people as possible.

I work in collaboration with our cook and volunteers, who take it in turns to donate their time in the kitchen. I would like to take this opportunity to thank the team of volunteers in the kitchen, as well as the delivery volunteers, you are indispensable! These dishes, cooked directly in our kitchen and immediately put in the freezer, are just like freshly made.



As the festive season approaches, let's not forget those individuals who are isolated or live alone, and for many, their families live outside the region. A phone call can make all the difference, a smile, a visit! Reaching out to others, what a blessing!

I wish you all a wonderful holiday season!

Merry Christmas and Happy New Year!

Diane Horth
Little frozen meals coordinator



NEWS FROM P'TIT BONHEUR



The P'tit Bonheur's main goal is to enable parents to experience parenthood in a natural and harmonious way, while maintaining good physical and mental health.

Target clientele

Families with children aged 0 to 6 between Saint-Siméon to Port-Daniel.



Who attends the P'tit Bonheur?

- ♥ A pregnant mother or one who has just given birth;
- ♥ Parents who lack sleep, because their baby has decided to keep them awake or because they have an ear infection;
- ♥ A dad who supports his partner as best he can, because it's their first child;
- ♥ A family of 3 children, who must purchase 3 snowsuits, 3 pairs of mittens, 3 pairs of boots, etc.;
- ♥ All answers are correct.

When can they take advantage of P'tit bonheur's services?

- ♥ When it takes \$20 to buy milk and bread when her wage is \$15.25 an hour;
- ♥ When unemployment is late because of an administrative issue;
- ♥ When Mom can't remember when she had a moment to relax in the bath;
- ♥ When your couch has become the place where you put the clothes you took out of the dryer a few days ago;
- ♥ When you envy the tiredness of people who say they're tired, even though they don't have children;
- ♥ When parents feel isolated because their families live 3 hours away.
- ♥ When you feel the need. Don't wait too long.

In short, the examples are endless. Now there's no reason to deprive yourself of the P'tit Bonheur's services.



Did you know that a car seat for a baby up to 20 pounds costs between \$100 and \$400? At Le P'tit Bonheur, you can rent one for a small fee. There's plenty of other equipment to rent, too. Services are free.

Pauline Landry,
Intervener and accompanist

418-752-5577 extension 4

TAX CREDIT AND INFORMATIONS FOR CAREGIVERS



Did you know you can receive a tax credit if you are a caregiver living with a person 70 or over, without an impairment and who is not your spouse?

You may be able to claim a \$1,299 tax credit if you meet the following conditions:

- ⇒ You lived with a care receiver (not your spouse) 70 or over without an impairment.
- ⇒ You lived with the care receiver in a dwelling of which you, your spouse (if he or she also lived with you), the care receiver or the care receiver's spouse (if he or she also lived with you) was an owner, tenant or subtenant.
- ⇒ You lived with the care receiver for at least 365 consecutive days, including at least 183 days in 2022.
- ⇒ The care receiver lived in Canada the entire time you lived with them.

Mention this information to the person who make your income tax. For more informations, go to this Website:

<https://www.revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-caregivers/caregiver-living-with-a-person-70-or-over/>

If you are a caregiver and have a job, probably it's not easy on your professional et personal life. To know more about conciliation measures and help available, visit the website www.procheaidancetravail.ca

The employer can find a lot of interesting informations on this website because did you know ...

- ⇒ 1 of 3 staff member is a caregiver;
- ⇒ 1 of 2 staff member will have to take a leave of absence 8 at 9 days each year to take care of someone close;
- ⇒ 56% of the caregivers are workers;
- ⇒ You can ask the caregiver working for you for a medical paper by a professional.

Source : www.procheaidance.quebec et www.revenuquebec.ca

OUR NEEDS FOR VOLUNTEERS



This autumn, we welcomed a number of new volunteers. Their goal: to help those in need. What a wonderful gesture!

We still have a great need for accompaniment -transport volunteers throughout the territory, particularly in the municipalities of Bonaventure, New Carlisle, St-Godefroi and Port-Daniel! To be part of this service, you must provide your driving record and a criminal record check will be performed. Please note that we reimburse fixed mileage from one municipality to another, at \$0.52 per kilometer.

December 5 is International Volunteer Day! I would like to take this opportunity to thank each and every one of you for your involvement, a thousand thanks! A special day just for you, dedicated to you. We can't tell you enough, you're very important and appreciated!

On December 6, I'll be attending the Volunteer Fair at the Carleton-sur-Mer Campus of the Cégep de la Gaspésie et des Îles. We will be showcasing the various volunteer positions we offer, and who knows, maybe we will be able to recruit these young students and give them a taste for volunteering on our territory?

I will end by telling you how much our work team appreciates seeing you get involved in our different services and seeing that you love what you do!

Merry Christmas and Happy New Year!

We wish you HEALTH!

Diane Horth

Volunteer management responsible

BONABUS

New options for getting around Bonaventure RCM for your social needs!



The RÉGÎM and the Bonaventure RCM are collaborating on a new pilot project. This project aims to develop new transport options allowing residents to participate in services, training and activities, particularly for residents of the RCM who have less access to public transportation.

We want your opinion!

We are planning the next trips, but we need your help! Fill out our anonymous survey and tell us: where would you like to go, and when?

Go to this Web address: <https://regim.info/en/bonabus/>

BIRTHDAYS



JANUARY

Arsenault, Marie	01
Delarosbil, Gaétan	03
Whittom, Lina	06
Desroches, Dolorès	21
Bujold, Diane	21
Fortin, Lynn	21
Arsenault, Alice	27
Noël, Loretta	28

MARCH

Bélanger, Murielle	01
Appleby, Lorraine	02
Fulham, Fernande	02
Blanchet, Gérald	05
Bujold, Thérèse	12
Arsenault, Juliette	12
Moreau, Vilmont	18
Parisé, Pierrette	19
Larocque, Gabrielle W.	21
Charron, Daniel	22
Marsh, Roger	22
Langlois, Marie-Claire	24
Allain, Lise	26
Delarosbil, Christiane	28
Delarosbil, Roméo	29

APRIL

Horth, Lyne	01
Lelièvre, Colette	04
Joseph, Léonie	05
Aubut, Conrad	07
Babin, Monette	07
Roussy, Johanne	08
Blais, Paule	10
Briggs, Bethany	11
Delarosbil, Gisèle	17
Arsenault, Charles-Omer	17
Chatterton, Louella	21
Cayouette, Marie-Rose	22
Bigaouette, Elsa	25
Babin, Paul	28
Corbet, Normande	30

FEBRUARY

Anez, Gina	01
Maldemay, Rita H.	03
Arsenault, Claire	05
Roussy, Simon	09
Delarosbil, Marjolaine	09
Delarosbil, Cindy	11
Royal, David	12
Babin, Céline	15
Lévesque, Marthe	16
Pouliot, Nathalie	18
Arsenault, Julie	18
Gauthier, Micheline	21
Proulx, Nicole	22
Poirier, Suzette	23
Tanguay, Sandra	23
Lapointe, Tracy	24
Henry, Nicole	24

Merry Christmas and
Happy New Year 2024
Peace, Happiness and Health...



OUR SPONSORS



Municipalité de New Carlisle
138, Boul. Gérard-D-Levesque
New Carlisle (Qc) G0C 1Z0
Tél. : 418 752-3141



5, boul. Gérard-D.-Levesque Est
Paspébiac (Qc) G0C 2K0
Tél.: 418-752-2277
Télééc. : 418-752-6566

RESTAURANT

La Maison du M' Burger

124, boul. Gérard-D.-Levesque Ouest
Paspébiac (Qc) G0C 2K0
Tél.: 418-752-6121



Marc Assels, propriétaire
395, route Bellevue
Port-Daniel (Qc) G0C 2N0
Tél.: 418-396-2866



À votre service depuis plus de 30 ans...

339, avenue Port-Royal
Bonaventure (Qc) G0C 1E0
Tél.: 418-534-2191



300, rue Alexis-Poirier
Saint-Siméon (Qc) G0C 3A0
Tél.: 418-534-2155
Télééc. : 418-534-3830



Pharmacie Marc-Étienne Babin
86, boul. Gérard-D.-Levesque Ouest
Paspébiac (Qc) G0C 2K0
Tél.: 418-752-6635

