

# L'INTER COEURS

VOLUME 38, N° 9– October 2019



CENTRE d'ACTION BÉNÉVOLE  
LE HAUBAN

## FROM THE PRESIDENT

Even if during the whole year things move at the CAB, with the beginning of autumn, it moves even more and one feels a dynamism. The committees are setting up, the volunteers and the work team are working to prepare activities until next June.

### **And we need volunteers!**

I often talk about it, and yes, we need volunteers to meet the needs of the population and some areas of the city do not always receive the support-transportation service for a medical appointment. The CAB team will therefore meet people in their communities to make them aware of the needs and services offered by the CAB in order to meet the needs of the population.

Volunteers donate their time to many organizations in the city and they are generous. And often, they multiply their actions, being at the same time with young people, elders, families, in sports as well as in the cultural area.

Whether it's an hour or more, each moment is precious and I thank each volunteer for their generosity and involvement.

Dare to volunteer ... we need you. Roseline Adams  
President

## FROM THE GENERAL MANAGER

Good morning to you, dear readers of Inter Cœurs,

What a beautiful season autumn is. The landscape offered by Mother Nature is so beautiful and good for the eyes.

Summer is now behind us but there is still time to highlight the good things that have been done during this one. For a second year, we were able to count on the excellent work of Ashley Boulet, who spent eight weeks at the Center thanks to the Canada Summer Jobs program. Ashley has worked on the design, translation and distribution of promotional flyers for CAB services. Already, we can observe the positive impacts of this promotional activity on the territory. Congratulations Ashley and thank you again for your great work.

The traditional BBQ of the season was successful, and the temperature was again at the rendezvous. It's always good to welcome our members and celebrate with them.



The Center takes pride in another feature coming to realization we will soon invite you to visit our first website. The whole team got to work in order to offer you interesting content. It has been a long time since we expressed this wish and it will finally be realized. Stay tuned for the official launch date.

In short, we have the wind in our sails to move on with our mission and continue to improve the quality of life in our community. To all the team of employees, to the members of the board of directors, to the valuable partners and collaborators, not forgetting our invaluable wealth, the volunteers, I wish you a very beautiful autumn.

May life be good to you.

Monia Denis,  
General Manager

### THE BOARD OF DIRECTORS INFORM YOU

- Since the last edition of Inter Cœurs, the Board of Directors has held 3 regular meetings.
- A dinner for administrators and employees took place on September 9 in the form of pot-luck at la Petite Église. This annual event is an opportunity to welcome new members of the Board of Directors and to thank those departing from their position. We also took the opportunity to highlight the 5 years of employment at the CAB of Mrs. Linda Aspirault, Administrative Assistant.
- The various working committees were set up for the year 2019-2020 and the action plan was tabled.
- We have adopted our new Code of Ethics as well as the policy for Friendship Visits and Phone calls.
- We are planning a strategic planning meeting with board members and staff, expected to take place in the spring of 2020.
- We are developing a procedure for handling a complaint that will be adopted during the year.

***The board of directors is always open to receiving your comments and suggestions. Do not hesitate to contact us if necessary, we stay tuned.***

### REVIEW ON THE BBQ ACTIVITY

On September 13th the autumn BBQ was held. On this beautiful sunny day, we had the pleasure of welcoming several volunteers and representatives of organizations from the Community Organizations Multipurpose Center for a BBQ dinner. Thank you to the volunteers and sponsors who made this wonderful recognition event possible. Good autumn season to all!



**OUR SPONSORS :**

- MENU MER
- LES PÊCHERIES GASPÉSIENNES
- POISSONNERIE DE GASPÉ
- LA CREVETTE DU NORD ATLANTIQUE
- LES PRODUITS TAPP
- PROVIGO
- IGA
- KRAFT HEINZ
- MAPLE LEAF



**UNITED WAY ITS 30th ANNIVERSARY  
LAUNCHING ITS NEW CAMPAIGN**

On October 15, United Way GÎM launched its campaign at one of its major partners, LM Wind Power of Gaspé.

Like hundreds of organizations, LM Wind Power is proud to partner with the United Way, which supports some 30 community organizations in the region, including the Le Hauban Volunteer Center.

The organizations associated with supported by the United Way provide the most direct assistance to people in vulnerable situations in our community to improve their quality of life.

This year, the United Way is aiming to raise \$ 540,000. Thanks to donations raised last year, Centraide made social investments of nearly \$ 400,000.

**PIZZA CENTRAIDE**

United Way-supported organizations, including the Volunteer Center, are actively involved in the fundraising campaign. By buying a pizza for \$ 10, you support our organizations.

To reserve your PIZZA CENTRAIDE before November 8, you can contact us at 418 368-6634, or visit us at the office, between 8 am and 12 pm and 13 pm and 16 pm. It will be delivered to your home on November 16th.



**#JamaisIndifférents**

## DATES TO REMEMBER

<b>October 31st, 2019 :</b>	Activity « Gens Barque » under the theme Halloween
<b>November 5, 2019 :</b>	Resource day for caregivers « Parce que mon équilibre est important »
<b>November 8, 2019 :</b>	Deadline to buy your Pizza Centraide
<b>November 16, 2019 :</b>	Delivery of the Pizza Centraide
<b>December 1st, 2019 :</b>	The Guignolée in Gaspé, organized by the Accueil Blanche-Goulet
<b>December 5, 2019 :</b>	International volunteers day and Christmas dinner for volunteer members of the CAB
<b>From December 23, 2019</b>	
<b>To January 3<sup>rd</sup>, 2020 included:</b>	Office closed for the holidays
<b>April 19 to 25, 2020 :</b>	Week of Volunteer Action

## HAPPY BIRTHDAY!

### OCTOBER

5- Chantal Francoeur  
7- Josée Leclerc  
12- Sylvie Déraps  
15- Roseline Adams  
18- Denis Bernier  
21- Micheline Whalen



### NOVEMBER

5- Gloria Chicoine  
5- Pauline Fortin  
7- Jean-Paul Fournier  
9- Hélène Perry  
12- Nicole Saindon  
12- Colette Cotton  
13- Annie Brodeur  
15- Aristide Richard  
18- Carmel Babin  
18- Lorraine Thibault  
20- Marie Pouliot

### DECEMBER

5- Lise-Hélène Mainville  
6- Colleen Grant  
13- Gaétan Cloutier  
15- Pierre Caron  
24- Noël Bérubé  
27-Tanya Jalbert-Samson  
29- Ingrid Fleurant



## VOLUNTEERS OF THE MONTH

### Our finalists are for :

July 2019 :	Marie France Élement	&	Danièle Arsenault
August 2019 :	Gilbert Carbonneau	&	Louis Beaulieu
September 2019 :	Laurina Boulay	&	Romuald Cotton

**THANK YOU FOR YOUR GENEROUS INVOLVEMENT!**

### WELCOME TO OUR NEW VOLUNTEERS

With enthusiasm, we are proud to inform you that 5 new people have joined our wonderful team of volunteers. We wish them great fulfillment in their involvement.

**Jean-Yves Dupuis    Kara Syvret    Marie Fournier    Danielle Haché    Denis Bernier**

The Center is always attempting to increase the number of volunteers in its territory. Among other things, it counts on its members to share their experience with others, in order to give other people the taste of being actively involved in improving the quality of life of seniors in our community.

### TRAINING SESSIONS POSTPONED

In the newspaper edition of July 2019, we announced training sessions in transport accompaniment and one for accompaniment in palliative and end-of-life care. We regret to inform you that these two training sessions are postponed to later dates.

Rest assured that we will keep you informed of developments.

### ORGANIZATIONS SECTION

#### THE GUIGNOLÉE 2019

The Accueil Blanche-Goulet de Gaspé prepares the holding of the guignolée, which will take place on December 1st.

Of course, the success of this fundraiser to help people in need during the holiday season is based on the involvement of many volunteers to go door-to-door.

You can already register to offer a few hours of your time for this good cause.

**For more information or to register as a volunteer, Please call Yannick at 418 368-4700, ext 1**



POUVOIR DES MOTS GASPÉ

## SOIRÉES TRICOT-THÉ

*Do you wish to be entertain, exchange models, meet new people and create unique pieces for you and your loved ones in good company?*

*Beginners or experts, join us for a friendly knitting party*

*Every Thursday from September 19 from 6 pm to 8:30 pm at  
the Pouvoir des mots Gaspé (201, De la Reine street)*



**Registration or information please call : 418 368-7500**

## WHY DO VOLUNTEERING ?

There are many reasons why you can decide to volunteer. They can be personal, professional, community or social. But why then volunteer?

- to help others and participate in the well-being of the community
- to have pleasure
- to strengthen my self-esteem
- to meet new people
- to help fulfill myself and to have the feeling of my own worth
- share my skills and talents with others;
- by need of belonging to a group;
- to improve my social skills and communication skills;
- to learn more about my new company or community or my new country;
- to be part of a great team;
- to develop new skills and abilities;
- for the freedom in the duration of your engagement and the activities in which you wish to get involved.

**You are convinced? So you too, dare to volunteer! People from Rivière-au-Renard, Anse-au-Griffon, Petit-Cap and surroundings, we need you to help us meet the needs of seniors in YOUR community**

One number : 418 368-6634, ext 3



**WE WOULD LIKE TO THANK OUR GENEROUS DONORS WHO HAVE RESPONDED TO OUR FUNDING CAMPAIGN WITH \$ 100 AND MORE**

- DRE GISÈLE CHINIARA
- DRE MARIE DUCHARME
- VILLE DE GASPÉ
- DESJARDINS CAISSE DE LA POINTE DE LA GASPÉSIE
- CLINIQUE VÉTÉRINAIRE ÈVE WOODS-LAVOIE



- MOTEL-RESTAURANT ADAMS

- UNIPRIX GASPÉ

- ATELIER SOUDURE GILLES ASPIRAULT
- CENTRE DE SANTÉ RENAISSANCE
- CLINIQUE EN VUE
- MOTEL PLANTE
- DRE DOMINIQUE THOUIN
- DRE ISABELLE PLOURDE
- DR MICHEL POULIN
- ERSO INFORMATIQUE
- RONA LAURENT ROY GASPÉ LTÉE
- MANOIR ST-AUGUSTIN

- DRE GÉRALDINE LACHANCE-FORTIN
- CLINIQUE VÉTÉRINAIRE DE GASPÉ
- LES PRODUITS TAPP INC.
- DR CHRISTIAN MAINVILLE

- ÉGIDE DUPUIS & FILS
- BMR KEGA MATÉRIAUX DE CONSTRUCTION

**VISIBILITY PLAN SUGGESTED BY CONTRIBUTION**

**All donations.....** Thank you letter and receipt

**Donation over \$100....** Thank you letter and receipt, visibility in our newspaper Inter Cœur for 4 issues

**Donation over \$500....** Thank you letter and receipt, visibility in our newspaper Inter Cœur for 4 issues and on our Facebook page and also during media outings, activities and events.

