

VEQ NEWSLETTER

MAY 2024

Welcome to our May roundup, where we'll catch you up on all the exciting happenings from the past few months and share what we have in store for you next.

Did you have a chance to join us at Spring Fest on March 21? It was a fantastic event! For a recap of the festivities, check out [page 3](#).

Whether you're passionate about cooking, getting creative with arts and crafts, or diving into fun games, we've got something special planned for you! Look inside for updates on upcoming events and activities.

Are you on the lookout for new career opportunities? Don't miss out on our latest employability news, where we'll share insights and resources to help navigate your professional journey.

All this and more awaits you in this issue of the VEQ Newsletter.



SPRING INSPIRATION



Voice of English-speaking Québec

Connect with the
English-speaking community

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MADE POSSIBLE THANKS TO



SCAN ME

ALL OUR LINKS IN ONE PLACE!

We have made it easier for you to connect with us!

Here is how it works:

If you receive the newsletter by mail:

- Simply point your smartphone's camera towards the QR Code, and tap on the pop-up link that appears.

If you receive our newsletter by email:

- Simply click/tap on the QR Code.



Subscription

To help us promote a greener future with fewer print copies, please take a moment to contact us at (418) 683-2366 ext. 221, or at info@veq.ca, and tell us you would like to receive the newsletter electronically.

Connect
with
us

Contact us

T: (418) 683-2366
F: (418) 683-3273
E: info@veq.ca
W: www.veq.ca

Our locations

QUÉBEC

1270, chemin Sainte-Foy, Suite 2141
Québec, QC G1S 2M4

SHANNON

438, boul. Jacques-Cartier, Suite 206
Shannon, QC G3S 1N5

The VEQ Column

SPRING FEST 2024

To celebrate the arrival of spring on March 21, we invited our community members to a 5@7.

Throughout the event, we were happy to connect with each and every one of you, sharing stories and fond memories. As we enjoyed the great company, delicious nibbles added to the festive atmosphere, complementing the lively conversations.

Thank you for being a part of our

journey, and we can't wait to welcome you again at the next gathering!

Looking ahead, we anticipate the upcoming Annual General Meeting (AGM) on May 30, where we will once again come together to reflect on our accomplishments, share our visions for the future, and strengthen the bonds that unite us. *See you there!*



VEQ

05

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30

/

24

VEQ'S ANNUAL GENERAL MEETING

THURSDAY, MAY 30

5:30PM - 7:30PM

COIN SOLEIL, 2ND FLOOR

JEFFERY HALE HOSPITAL

1250, CHEMIN STE-FOY

PLEASE RSVP TO MARIA HOYT:



info@veq.ca

(418) 683-2366 ext. 221

AGM

50+ Activities

SPRING WITH *OUT & ABOUT*

Spring has arrived, and that means outings will start picking up for late spring and summer! March and April have been busy months already, with a total of seven outings and over 100 participants.

On Wednesday, March 13, over 10 participants joined us at the Morrin Centre for their "*Building our Community*" historical talk series focused on Health & Social Services. The talk was led by the Executive Director of the Jeffery Hale Foundation, Michael Boden, and the Executive Director of Jeffery Hale Community Partners, Richard Walling.

On March 15, we celebrated St. Patrick's Day by attending the Valcartier Elementary School Parade and community lunch. Participants savored Irish Stew and enjoyed festive music together.

On March 16, 22 Québec City residents, along with Susanna (VEQ) and our volunteer Risna, grabbed the bus to Shannon for the *55th annual Shannon Irish Show*. This edition celebrated both the past and present, echoing songs, costumes, and dance steps from previous years with new and returning cast members on stage. The talented performers danced and sang their way into the hearts of many. Bravo to the cast and organizers, and we look forward to the next one!

April started off with a collaborative outing with Lifelong Learning to the "This is Our Story" exhibition at the Civilisation Museum. Twenty participants enjoyed a guided tour highlighting the rich history of Québec's First Nations and Inuit peoples and the roots of the Indigenous Nations in Québec.

On April 17, the beloved *Sugar Shack* outing brought 22 participants to enjoy traditional Québécois fare and music. Some participants have been coming to the cabane à sucre for years, while for others, it was their first experience tasting *tire sur la neige* (maple taffy).

On April 21, 14 participants enjoyed the final stunning performance of *Cabaret* by the Québec Art Company.

We were also lucky enough to be invited to Québec High School's Spring musical, *Shrek!* On April 26, we laughed as we were entertained by talented students in this hilarious and extremely well-executed musical



Out & About participants at cabane à sucre

about an ogre and his donkey friend.

In May and June, we have more activities to look forward to. We will be going on our popular bowling outing again and are looking for new suggestions for fun activities in the Québec City area.

**Are you
interested in
participating in
our 50+ activities
or know someone
who would like
to join us?**

Contact **Maria Hoyt** to register and receive updates on Out & About 50+ activities. You can also visit the Events Calendar on our [website](#). It would be a pleasure to have you join us!



(418) 683-2366 EXT. 221



MARIA.HOYT@VEQ.CA

Newcomers' Corner

NEW TO THE CITY? WANT MORE INFORMATION?

Get in touch with María Castro at
(418) 683-2366 ext. 225 or newcomers@veq.ca

On March 14, we offered an immigration information session. With the participation of an immigration consultant, attendees learned about the different vocabulary and streams to immigrate to Canada, and more specifically to the province of Québec, as well as its requirements. If you missed it, you still can see the presentation, [click here](#).

There's a chance that we'll make it available again in the fall. If you're interested, please assist us in determining which month would be the optimal time to host. [Click on the link](#) to fill out the survey!

TAKE THE SURVEY HERE



Keeping Busy!

RECENTLY HELD F.Y.N.N. EVENTS
YOU MAY HAVE MISSED



Newcomers at the CRA Info Session last January

On March 27, we were pleased to host an informative session with a representative from the Canada Revenue Agency (CRA). The virtual event allowed our members to gain valuable insights into tax-related topics and ask questions directly to the CRA expert. Attendees had the opportunity to learn about important updates and changes in tax laws, ensuring they are up-to-date on their fiscal responsibilities and/or maximizing the benefits they are entitled to.

On April 26, we were glad to host another game night event! It was a fantastic evening where members of the community came together to have fun, make new connections, and expand their social and professional networks. We look forward to seeing you at our next event!

Old Québec Walking Tours Mark Your Calendars

UPCOMING NEWCOMERS EVENTS
YOU DO NOT WANT TO MISS!

We are thrilled to announce the return of our Old Québec Walking Tours! Join us for a unique and enriching experience as we explore the historical and cultural treasures of our beautiful city. Led by a professional tour guide, you will have the opportunity to learn about the fascinating stories and



architecture that make Old Québec so special. This activity is free of charge and *open to all* residents who want to deepen their connection with their new home. Come join us for a fun and educational outing and meet fellow community members who share your passion for discovery and exploration.

Don't miss out on this wonderful opportunity to immerse yourself in the charm and history of Old Québec! Dates to be determined.

Stay tuned for more exciting activities and events!

Podcast Broadcasts and Employability

PODCAST NEWS

March was all about podcast creation featuring two workshops and one unforgettable podcast listening party!



March 19

Eleven audience members listened intently as Kevin Bottaro shared tips and insights about social media in his talk, Audio Visuals: Getting Your Podcast to Ears via Eyes. We thank the Community Digital Arts Hub in the Regions and Kevin for this workshop presented as part of the Podcast Mentorship Circle.

March 22

Susanna enthusiastically delivered a second podcast workshop to the fashion marketing students at the Campus Notre-Dame-de-Foy (CNDF) in St-Augustin-de-Desmaures. They are now at the editing stage, and we look forward to hearing the results on VEQ's YouTube channel in the future.

March 25

Friends, family & podcast fans spent the evening with us celebrating the release of eight podcast episodes hosted and produced by members of the CDAH – VEQ Podcast Mentorship Circle. Congratulations to Alexandra, Anne-Marie, Chris, Elizabeth, Hazel, Marilyn, Tingting, and Yali for their podcast achievements!

We also wish to thank CDAH, ELAN and YES Employability and Entrepreneurship for hosting this event at the Morrin Centre with us. Couldn't have done it without you!



From L to R: Tingting's children, Tingting, Marilyn, Hazel, Alexandra, Chris, Anne-Marie, Yali

See workshop pictures on the next page



Your VEQ Newsletter, now prepared with care by the participants of the R.I.S.E. Program!



The Voice of English-speaking Québec has just started a new collaborative project with the R.I.S.E. Program to help assemble your bi-monthly newsletters. The R.I.S.E. program, which is an initiative of the Jeffery Hale Community Partners, is a full-time program for English-speaking adults with special needs. The program strives to enhance the potential of each person and provide them with a sense of purpose and community through activities that help develop life and social skills. Projects like this are extremely positive for all partners involved.

EMPLOYABILITY

Read on to see how VEQ and our partners supported job seekers in March.

LOOKING TO USE ENGLISH AT WORK?

SCAN ME



EEE (Événements emploi éclair)

March 13

Wow! 84 people registered and 104 phone interviews were held!

Led by the team at Libre Emploi in collaboration with Programme FORT and VEQ, the 2nd edition of the English-speaking/bilingual Événements emploi éclair speed jobbing event was a resounding success once again! Thanks to our partner organizations, the participants, as well as the six employers who agreed to conduct these phone calls in either English or French.

And keep an eye on the [Événements emploi éclair calendar](#) for upcoming speed jobbing events.

Mastering Interview Questions workshop

March 20

Nine participants practised answering common and quirky job interview questions in this hands-on workshop. They also learned the questions employers shouldn't ask as well as how to keep their answers succinct and effective. VEQ wishes to thank Carole Hautcoeur from the FORT program for facilitating and creating this exceptional workshop.

Be sure to return to this column in our next newsletter to hear about April's employment-related events such as an Information session with Centre R.I.R.E. 2000 and Eastern Québec Learning



Kevin Bottaro sharing tips and insights about social media



Workshop—Audio Visuals: Getting Your Podcast to Ears via Eyes

Centre as well as our first ever webinar with Qualifications Québec!

KICKSTART YOUR BUSINESS IDEA BY WINNING \$500

BUSINESS BOOTCAMP: Kickstart Your Entrepreneurial Journey

In this series, you'll gain insights into what a business model is and discover strategies to stand out in a competitive landscape. You'll learn effective methods to test your ideas, create a visual map of your business, and communicate its unique value proposition.

Here's the kicker! In the last session of the series, you'll have the opportunity to pitch your idea and compete for a chance to win \$500!

Next sessions online schedule:

FREE* | June 6, 13, 20 & 27 | 1:00–3:30PM
July 4, 11, 18 & 25 | 1:00–3:30PM



Contact us today to get started!
438-812-0175 | jjpatel@yesmontreal.ca

Please note, participants must have an active file at YES to register. For \$30, you'll have access to specialized services including coaching, Business Bootcamp, legal information, and accounting clinics for a full year.

Funded by: Canada Economic Development for Québec Regions / Développement économique Canada pour les régions du Québec

For more information about VEQ podcasting and employment initiatives

Contact Susanna Tang:

(418) 683-2366 EXT. 222

SUSANNA.TANG@VEQ.CA

Northern Perimeter

WHAT'S NEW?



Participants learned how to cook Indian Cuisine at the Community Kitchen workshop in April

VEQ's Storytime and Arts & Crafts volunteer initiatives at Dollard-des-Ormeaux School (DDO), a result of a partnership between VEQ, community volunteers, and DDO, have continued throughout the spring during the months of March and April, with final sessions scheduled for May. Volunteers have been joyfully reading children's stories and leading arts and crafts activities for the benefit of three kindergarten classes – hundreds of paper "spring daffodils" adorned class windows in April!

Both teachers and VEQ would like to express their gratitude to all the wonderful volunteers who have participated in these initiatives: Jennifer Patterson,



St. Patrick's celebration in Saint-Gabriel-de-Valcartier

Gloria Hamilton, Susan Dery, Charmila Ireland, Mead Simon, Christina Gauvin, and Jeanne Nivischuk. Thank you! If you are interested in volunteering in May or for the next school year, please contact Dominique Paddack at the VEQ Shannon office.

On March 20, VEQ began its Spring "Arts & Crafts in Shannon" sessions by painting



Participants preparing for the St. Patrick's celebration parade

spring scenes with lively watercolours in our community space. Air-dry clay workshops were also offered in April for both adults and children, with one final workshop planned for May 16 (for elementary students/families).

In other news, VEQ was pleased to have participated in

Continued on the next page!



Get in touch
with our
Shannon team!

Contact Dominique Paddack

Email:

dominique.paddack@veq.ca

Tel:

(418) 683-2366 ext. 227

two contests organized by Intergénérations Québec (a non-profit organization based in Montreal) and the MRC de la Jacques-Cartier for their Prix du Patrimoine. The MRC's "Heritage Prize" recognizes and awards individuals or groups who play a key role in passing on and transmitting traditional customs and know-how in their community. VEQ nominated the "Organizers of the Shannon Irish Show" (Catholic Woman's League of Shannon) for their role, over the years, in celebrating Irish culture through music, singing, and dancing.

The Shannon Irish Show marked its 55th performance on March 16! Contest winners will be announced on May 16. For the *Intergénérations Québec* contest, VEQ nominated and highlighted

our "My Québec City Podcast" project, featuring local residents aged 50+ and DDO secondary students in podcast interviews. Stay tuned to our YouTube channel to listen to these podcast interviews featuring fascinating people with captivating stories!

Finally, VEQ is excited to announce that through a partnership with Jeffery Hale Community Partners, under the Wellness activities, a new 50+ activity, "Brain Power-Drop-In," will be launched for Northern Perimeter residents at the VEQ community space in Shannon in 2024-2025! The first introductory "Brain Power" activity will take place on Wednesday, May 15 (10:00 a.m.-noon). Participants will have the opportunity to engage in fun board games to keep minds active and healthy. A tasty bonus:



healthy snacks will be provided. Connecting with others and having fun together is also the idea! For registration or more information, please contact Dominique.

NORTHERN PERIMETER
Community Kitchen

Cinco de Mayo

Join VEQ, in partnership with the municipality of Saint-Gabriel-de-Valcartier for Cinco de Mayo cooking workshop. The event is FREE, all you need is to bring part of the ingredients list or other supplies.

May 10, 9:30 A.M. to 1:00 P.M.

2215, Boul. Valcartier, Saint-Gabriel-de-Valcartier

SPACE IS LIMITED

REGISTRATION IS REQUIRED :
Dominique Paddack
 dominique.paddack@veq.ca
 (418) 683-2366 ext. 227



50+ Northern Perimeter

ENGAGING IN COMMUNITY

On April 5, we welcomed Karine and Danny from the Day Centre. They presented information on the importance of staying active as we age and the different ways to do so, as well as the programs already in place in the region. We then had the opportunity to try a workout! Participants did not attempt handstands, but we were fortunate enough to have Danny demonstrate his impressive handstand walking skills.



March's Community Kitchen celebrated Irish cooking. We learned to make colcannon, a traditional Irish recipe, beer bread, and a delicious Guinness cake. We were even visited by CBC's Julia Page! Special thanks to Gisele and Rita for sharing their home recipes.

Community Kitchen

On April 12, a group of participants gathered to learn how to make easy Indian cuisine. We enjoyed dishes like dal, samosas, and naan bread.

The next Community Kitchen will be on May 10.

We will be hosting Jeanne Nivischiuk as our featured chef,

who will guide us through some *Cinco de Mayo* recipes! Registration is ongoing.

Out and About:

Come join us for a walking Tour of Old Québec with Joe Lonergan to soak up some local history on Tuesday, May 28 from 10 a.m. to 12 p.m.

Québec Intergenerational Week: May 19-24, 2024

We have TWO events lined up for this week! A board games session with the Day Centre and Valcartier Elementary School students on May 20.

On Thursday, May 23, a tea and poetry reading event will take place at the Historical Committee offices in Saint-Gabriel-de-Valcartier. Come and support our student poets as they share their poetry! The activity starts at 1 p.m.



Chair Yoga:

Our final classes will take place on May 14 in Shannon and May 16 in Saint-Gabriel-de-Valcartier. A big thank you to Jennifer for her time and dedication in planning and conducting these classes!

In Stiches:

Our last knitting meetup before the summer is scheduled for May 27!

Tablet Lending Library:

VEQ is providing tablets on loan, complete with data plans, for seniors in the Northern Perimeter who may need them for electronic communications or other tasks. Please reach out to Dominique for more details or to sign one out.

Dominique Paddock



(418) 683-2366 EXT. 227



DOMINIQUE.PADDACKN@VEQ.CA

Community Happenings

COMMUNITY EVENTS
AND ACTIVITIES FOR YOU

The Morrin Centre

The Morrin Centre is a nationally recognized heritage site and leading English-language cultural centre located in the heart of historic Old Québec City.

Upcoming events:

My Morrin

May 5—Imagining Hopeful Futures – Author Event with Jean-Louis Trudel

Symposium

May 11—The History of Emily Montague

Atelier

May 15—Getting Started with Libby

Pixel Pages

Join *Pixels & Pages*, the Morrin Centre's book club!

May 21—*Horse* by Geraldine Brooks

To learn more, please email library@morrin.org

Visit www.morrin.org to learn more about the Morrin Centre.

Email: info@morrin.org

Tel: (418) 694-9147

The Wellness Centre

The Wellness Centre at the Jeffery Hale Pavilion promotes the personal and shared well-being of English-speakers in the Québec City region. Visit www.wejh.ca for more information about activities and volunteering.

Upcoming events:

May 3—Parents and Petits Get-together

May 6—Meditation and Mini Facial with LLL

May 6—Talk for Youth by Youth with Jack.org

May 7, 21—Brain Power Drop-in

May 7, 14, 21, 28—Pilates

May 8, 9, 10, 11, 12—Reading and Mental Health with Morrin Centre

May 8—Park Chill-out with Voice of English-speaking Québec

May 9—Mindfulness

May 10—TTT at St. Brigid's Home

May 11—WE Dads activity: Make a masterpiece for mother's day

May 12—Buddy Up: Basketball

May 15—Understanding Hearing Loss

May 22—Understanding Age-Related Speech Changes

May 25—Park Meet-up

May 30—Prenatal Information Meeting

Questions? Please email: info@jhpartners.net



COACHING
DATES

Apr 17-18

May 15-16

June 12, 19-20

Contact María Castro for reservations:



(418) 683-2366 EXT. 225



NEWCOMERS@VEQ.CA

... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

SHANNON BRAIN POWER Drop-in

Are you an English-speaking adult and want to keep your mind strong and healthy?

Join us to play fun and challenging games to strengthen your mind and connect with others.



Train your brain



Enjoy a healthy snack



Connect with others

To register, please contact:

Dominique Paddack
dominique.paddack@veq.ca
(418) 683-2366 ext. 227



10 AM - NOON
Wednesday, May 15

**AT THE VEQ
COMMUNITY SPACE**

438, Boul. Jacques-Cartier
Suite 206
Shannon, G3S 1N5

PLACE YOUR EVENT HERE

Get in touch with Viktoria about promoting your upcoming events in our next issue!

Viktoria Poulin Gareau



(418) 683-2366 EXT. 226



MELISSA.WAN@VEQ.CA

Don't forget to email the Québec Chronicle-Telegraph to add your event to their calendar:

editor@qctonline.com

Lifelong Learning

Lifelong Learning provides opportunities for growth and intellectual stimulation for mature learners.

Visit their website here:
www.lifelonglearningquebec.org/

Upcoming events:

May 14—Express Lunch with A&S

May 16—Origami

May 23—The Pine Tree State: A History of Maine

May 27—Chair Yoga

May 29—Home Exchange, anyone?

For more information, contact them at (418) 681-1258, or email:

info@lifelonglearningquebec.org

All these events (and more!) here:

SCAN ME

