

VEQ NEWSLETTER

MAY 2023



Spring Fest 2023 at 3 Brasseurs Laurier on March 22.

SPRING MAYHEM

Here comes a little May roundup on what we have been up to in the last couple of months in all our projects, and what we have in store for you next.

Did you make it to Spring Fest on March 22? It was a fun few hours chatting with attendees, and you can read about it on page 3. We are in the midst of an artistic season at the moment with lots of activities revolving around arts and crafts—some are wrapping up, but you can still catch the wave and ride with us!

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



VEQ

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!

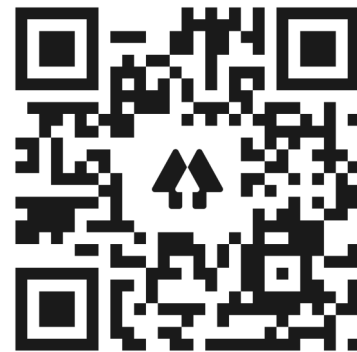
Here is how it works:

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 2023

Hurray for spring! We tried to kick winter to the curb on March 22, and we were rewarded with the warmth of all attendees' smiles and friendliness.

We enjoyed connecting with all of you at our 5@7 at 3 Brasseurs Laurier, and hope you had a good

time enjoying the company and the little nibbles available that evening.

Thank you for joining us and for continuing to support our events and activities. We look forward to seeing you again at our AGM in June!



Keep up with our events here!

SCAN ME



ART SMART

Felting Fun!



Felting Fun participants.

Photo courtesy of the Quebec Chronicle-Telegraph/Danielle Burns.

Participants had fun making little animals and objects come to life out of felt, under the watchful eye of Sotoudeh Mariji. Sotou will be guiding another art workshop at the end of May, make sure to catch her there!

Painting Workshop



Creative Space held on Tuesdays.

Workshops for painting enthusiasts are in session until May 23 with Elsa Moreau. All participants have been enjoying painting together every Tuesday.

Intergenerational Pottery Workshop

Thank you to Cégep Champlain St. Lawrence for organizing an intergenerational activity that allowed students and 50+ members of the community to make pottery, and take home the cute little bowls they created.



Pottery creations that workshop partakers took home. How lovely!

VEQ

06

/

28

/

23

SAVE THE DATE
DETAILS COMING SOON.
STAY TUNED!

AGM

50+ Activities

SPRING WITH OUT & ABOUT



We had so much fun at the bowling alley!

Out & About has had a busy spring so far, and continues to gear up for the warmer months with many fun excursions on the docket!

At the end of March, over 40 participants enjoyed our yearly tradition at a local sugar shack equipped with a full brunch and *tire sur la neige* to top off the experience. You can't miss this if you live in Québec!

On April 20, Out & About was invited to attend the dress rehearsal of Québec High School's original drama production of *The Murder Club* written by the students themselves. This hilarious murder comedy had us belly laughing and extremely impressed with the students' dedication and talent.

At the end of April, 25 participants got involved in some friendly competition and tried their hand at bowling. Whether they were first-timers or seasoned

bowlers, fun was had by all!

Another theater expedition brought us to Québec Art Company's *The Perfect Wedding* play on May 7. Attendees had a hoot at the Sunday matinee!

Looking forward into May and June, we have some lovely trips planned for our Out & About crew. A visit to the top of the Observatoire de la Capitale, a trip up north to Shannon for the annual Catholic Women's League community breakfast, an excursion to Lévis to visit la Maison Alphonse Desjardins in partnership with Lifelong Learning and the South Shore English Network, a prom hosted by students at Québec High School, and more!

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

Maria Hoyt



(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

Are we enjoying the non-snow yet?! We organised lots of indoor activities for you this winter, and are glad to finally be able to enjoy the outdoors without winter gear!

But first...

Have you participated in any of our newcomers' activities, or have an interest to join in the fun? We need your input! Please have a say in our survey so we can better adapt our events and activities to you. You could win a \$50 gift card in our raffle!

[TAKE THE SURVEY HERE](#)

Keeping Busy!

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

Sugar Shack

Mar 25—For many newcomers, it was their very first time visiting l'île d'Orléans and partaking in a *cabane à sucre* (sugar shack) experience.

It was nice to see everyone sitting at the table and chatting away while indulging in the maple goodies.



Art Workshops

Apr 3, 22/May 6—The Newcomers' Art Workshops with Sophie Lessard-Latendresse have been going well, and participants have been happily attending these free themed workshops to let their inner creative self out! The next theme is Your Summer Vision Board. See you there?



Mark Your Calendars

UPCOMING
NEWCOMERS EVENTS
YOU DO NOT WANT
TO MISS!

PLEASE CHECK OUR
CALENDAR OF
EVENTS FOR MORE
DETAILS ON HOW TO
REGISTER FOR THESE
EVENTS.

Never miss an event again.

Sign up for our emailing list:

SCAN ME



May 18/ Jun 28

Game Night

6:00 p.m.—We have plenty of board games for you to explore and enjoy. Parking is free, and light refreshments will be provided.

All ages welcome!



May 28/ Jun 17

Old Québec Walking Tours

New to Québec and keen on discovering this beautiful city? We've got you covered!

Sign up for a *free* guided walking tour around Old Québec. All you need is a bottle of water and your walking shoes!

Space is limited, so **reserve your spot soon!**

Morning Tour

From 9:30 to 11:30 AM

Afternoon Tour

From 1:00 to 3:00 PM



May 29

Art Workshop with Sotou

6:30 p.m.—We provide the materials and the space for you to unleash your inner creativity while socializing! This free art activity will be self-guided, but if you need help with a medium, Sotou will be there to help you out.

Free parking, and light refreshments provided!

Jun 7

Art Workshop with Sophie

6:30 p.m.—The final workshop with Sophie will be *Your Summer Vision Board*. Join us in the Art Room at the Jeffery Hale Pavilion for this fun activity.

Stay tuned for more exciting activities and events for newcomers!

Northern Perimeter

WHAT'S NEW?



Art Workshop in Shannon.



Planting herbs for Earth Day in Shannon.

VEQ is pleased to announce that as of March 2023, it has been recognized by the Municipality of Shannon as an official community organization. This will enable us to benefit from the different services and spaces they offer, and confirms the value of services VEQ has provided to the local community since our satellite office opened its doors in January 2020. We are pleased to continue our precious partnership with the municipality for activities, events, or initiatives, and look forward to the year ahead!

VEQ would like to thank Jennifer Patterson for volunteering her time and leading the well-

attended Chair Yoga activity, Pamala Hogan Laberge at the Saint-Gabriel-deValcartier Municipality, and the Valcartier Military Family Resource Centre. The latter lent VEQ a large room in their community center enabling more Chair Yoga participants to attend the classes. The collaboration with the Saint-Gabriel-de-Valcartier Municipality allowed 15-20 other 50+ members on that side of town to benefit from yoga.

For Earth Day, VEQ invited members of the community to plant seeds to grow, care for and enjoy this summer—we provided all the goods including seeds, pots, and planting soil.

Get in touch with our Shannon team!

Contact Dominique Paddock

Email:

dominique.paddock@veq.ca

Tel:

(418) 683-2366 ext. 227

Contact Jeanne Nivischiuk

Email:

catherine.baboudjian@veq.ca

Tel:

(418) 683-2366 ext. 228

Spring also brought about arts and crafts to Shannon! A series of arts and crafts sessions will be offered on Wednesday afternoons from 1:30 p.m. to 3:30 p.m. in our community space. These activities are free and intended for both the curious wanting to tap into their artistic spirits as they are for the seasoned artists—it's also a fun occasion to relax creatively and socialize.

A first painting session took place on April 26 and participants relished this free-flowing activity. The next session will take place on May 17 where clay will be used as the art medium. Participants, however,

Continued on the next page!



can continue painting or using other available materials as they please.

The *DDO's Got Talent* show took place on March 30 at Dollard-des-Ormeaux School, and was organized by its Leadership Class as a fundraiser for their graduation activity. VEQ was excited to be invited and to capture youthful, raw, inspiring and amazing talent as students performed dances, songs, and

rocked the house with a large rock band ensemble. VEQ was also happy to support DDO financially by contributing to their annual Pine River canoe and camping field trip.

Finally, please take note that on Thursday, May 18 from 6:00 p.m. to 8:00 p.m., VEQ will be hosting and organizing a community forum at the Shannon Community Center. The objective of the meeting will be

to discuss and gauge the needs and interests of the local English-speaking community in Québec's northern perimeter, including Shannon, Saint-Gabriel-de-Valcartier and other nearby localities.

Please contact Dominique Paddock for more information or to register for this free event. Light refreshments will be served!

ARTS AND CRAFTS IN SHANNON

Clay

WHETHER YOU ARE A SEASONED ARTIST OR JUST WANT TO TRY MOULDING CLAY CREATIVELY, EVERYONE IS WELCOME TO THIS FREE ACTIVITY. ALL MATERIALS PROVIDED.

**COME JOIN US ON
WEDNESDAY, MAY 17 FROM 1:30 P.M. TO 3:00 P.M.**

**AT
THE VEQ COMMUNITY SPACE
SUITE 109, 438 BOUL. JACQUES-CARTIER, SHANNON**

FOR REGISTRATIONS AND QUESTIONS:



Dominique Paddock
dominique.paddock@veq.ca
(418) 683-2366 ext. 227

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec



VEQ

Voice of English-speaking Québec

50+ Northern Perimeter

OUT & ABOUT

In a grand springtime tradition, members of the Northern Perimeter Out & About made trips to the Sugar Shack on March 24 and April 6. The trip to the Érablière le Chemin du Roy in Saint-Augustin-de-Desmaures was lively as we enjoyed good music, company and food!

On April 20, we had an opportunity to see the dress rehearsal of the QHS play *The*

Murder Club at St. Patrick's High School.

On May 6, an outing in partnership with Valcartier Elementary School brought us to la Maison Léon-Provancher, where we had an exciting opportunity to discover more about the St. Lawrence River and its ecosystem. This trip was enriching not only for the adults but also for the children with family members on deployment

that attended.

We enjoyed morning tea in the magnificent library at the Morrin Centre on May 12 before touring the historic location.

More outings are scheduled in July when we visit the lavender fields on l'île d'Orléans, and in September when we tour the Governor General's Residence at the Citadelle de Québec. Stay tuned!

ENGAGING IN COMMUNITY

Chair Yoga

With the long winter that never seemed to end, it was a relief to return to our Chair Yoga sessions. Thanks to the move to the Valcartier Military Family Resource Centre, our Shannon group was able to expand and allow more people to participate in a larger space. As the sessions ended, we made sure to have a small party to mark the end of this popular event with everyone contributing home-made goods.

A big thanks again to Pamela Hogan Laberge and the Valcartier Community Center, as well as the Valcartier Military Family Resource Centre for partnering with VEQ to make this activity such a success. A special thanks to our inspiring teacher, Jennifer Patterson, who

made all 16 yoga sessions possible. Yoga will return in the fall, after Labour Day.

You can contact Jeanne Nivischiuk at any time to be added to the information list to receive word about registration or class details.

In Stitches

In Stitches, our knitting group, has found a fun volunteer project to work on—using yarn provided by VEQ, we are making different articles of warm clothing to donate to a charity that offers them to sailors.

This has motivated and inspired creations from new patterns. The knitting group will continue until the end of May before

taking a summer break and returning in the fall.

Potlucks and more!

Plans are in the works for a spring potluck in late May! We will also be conducting a cooking series and a digital workshop series focused on making the most of our digital devices in partnership with the Valcartier Community Center that will run in late May through June. *Stay tuned for details.*

If you have any questions, please contact:

Jeanne Nivischiuk



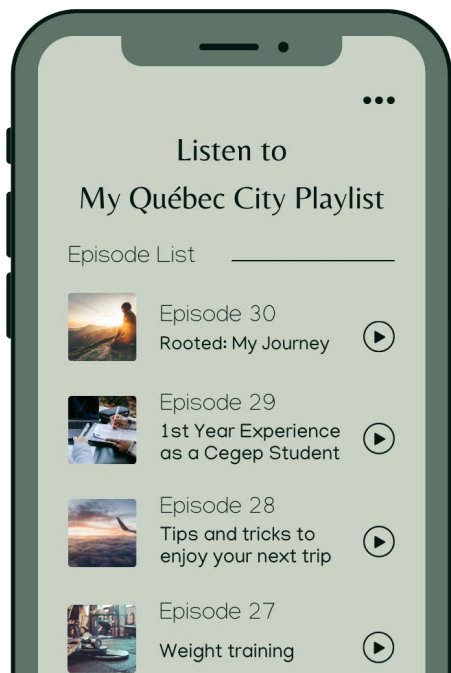
(418) 683-2366 EXT. 228



CATHERINE.BABOUDJIAN@VEQ.CA

Podcast Broadcasts and Employability

PODCAST NEWS



As mentioned in the last newsletter, Susanna worked with students at Cégep St. Lawrence to help them ace their podcast assignments for their business communications class. We are now inviting you to hear their amazing productions on **VEQ's YouTube channel**—enjoy their thoughts on topics as varied as friendship, stress, and cats. Learn new tips for travel, studying, strength training, *and* hear fresh stories about navigating young adulthood. There are episodes for every interest and every listener!

Moreover, by the end of this month, you're in for a special treat as we will be releasing the 50+ edition of My Québec City episodes. You'll enjoy hearing the stories and lessons of our 50+ English-speaking community members as captured by local high school students at Dollard-des-Ormeaux, St. Patrick's High School and Quebec High School.

Thank you for listening and keep showing your support to these podcasters as we continue to bring you episodes over the next few months.

EMPLOYABILITY

Événements Emploi Éclair

Thanks to all of you for participating in the first *ever* English edition of the Événements emploi éclair (EEE) back in March. EEE events are all about networking where job seekers connect with employers by phone for a conversation in a more relaxed format to see if there's a match. We even set a record as over 100 phone calls were made by employers that day!

When matches occur, candidates are then invited for a formal interview with the employer. It's a winning formula for both those looking for work and those looking to hire—just ask Béland Organic Foods who hired their

Administrative Assistant directly through this event.

CQSB Careers Info Session

The Central Québec School Board and VEQ have joined forces once again to bring a third edition of the popular CQSB Careers Info Session to the Jeffery Hale Pavilion. We're proud to say at least three people have landed full-time jobs with the board after first attending one of our information sessions.

Considering a career in education? Then, you won't want to miss this opportunity to talk with HR recruiters, hear testimonials from current employees and learn about job positions with the English language school board.

Potential jobs available include: teachers, school secretaries, special education technicians, daycare educators, social worker technician, office agent, janitors, and student supervisors.

Register today and see you **in person** on May 25!

Unlocking Potential

Lastly, on May 31 and June 1, Brigitte Wellens and Susanna Tang will be representing VEQ at the upcoming Unlocking Potential employment conference

Continued on the next page!




jointly hosted by the Provincial Employment Roundtable, the Regional Development Network, and the Consortium of English-Language CEGEPS, Colleges and Universities of Quebec. It's a conference that examines the employment barriers faced by Québec's English-speaking community and explores potential solutions to move Québec's economy forward.

To learn more or to participate, [visit their website](#).

For more information about VEQ podcasting or employment initiatives, contact:

Susanna Tang

 (418) 683-2366 EXT. 222

 SUSANNA.TANG@VEQ.CA

CQSB IS HIRING!

CQSB Careers Info Session

3rd edition

Thursday, May 25 6pm - 8pm

Jeffery Hale Pavilion
Multipurpose Room
1270 chemin Ste-Foy

To register:



Presented by:



LOOKING TO USE ENGLISH AT WORK?

Check out this list of employers who actively look for people with English skills!

SCAN ME



COACHING DATES

Are you an entrepreneur or have aspirations to start your own business? Sign-up for the next YES Business Coaching session!

Below are the dates for the upcoming months. Reserve your spot before they run out!

May 30-31

Jun 27-28


No sessions in July and August.

Sep 20-21

Oct 17-18

Nov 15-16

Contact María Castro for reservations:

 (418) 683-2366 EXT. 225

 NEWCOMERS@VEQ.CA

Community Happenings

COMMUNITY EVENTS
AND ACTIVITIES FOR YOU

The Morrin Centre

Screening of *The Blinding Sea*

On **May 15**, watch a special screening of the film *The Blinding Sea*, followed by a discussion with director George Tombs!

Yes, And...

In this improvisation series, presented by stage actor and director Michael Bourguignon, you will learn the A-to-Z of performance, how to think on (and off) your feet, and how to support your fellow performers by developing teamwork and trust.

May 17—Active Listening:
Acting Is Reacting

May 24—We're in this Together: Improv as a Team-Building Tool

Pixel Pages

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

May 16—*The Sleeping Car Porter* by Suzette Mayr

Jun 20—*Ducks* by Kate Beaton

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

Y4Y

Y4Y Québec is a non-profit organisation committed to addressing the issues facing English-speaking youth (ages 16-30) across Québec.

www.y4yquebec.org

Membership Meeting

Are you looking to get more involved with Y4Y?

Join the Y4Y Membership Meeting on Wednesday, **May 17** at 6 p.m. and stay until the end to be entered in a draw for a gift card!

More details here:

www.join.y4yquebec.org/may_membership_meeting

Local Vocals



The Singing Birds,
courtesy of Alexandra Saunders.

Calling all lead vocalists, shower singers, karaoke enthusiasts, and everyone in between!

Join the Local Vocals Singing Ensemble every Wednesday until **June 28** to sing at St Michael's Church at 1800 chemin Saint-Louis, Québec.

All levels and ages welcome.

Questions? Please email:

k.urbschat@gmail.com

All these events (and more!) here:

SCAN ME



... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

FORT Program

CV Clinic presented by FORT Program

On the afternoon of **May 23**, bring your resume in to be reviewed by the career experts from the FORT Program in person at:

2630 Boulevard Hochelaga, Quebec City (in the 35 Combat Engineer Regiment building).

Pre-registration required.

Contact (418) 844-6060 for more details!

Scouts Canada

Do you have some extra time?
Do you want to do some good in your community?

On **May 30** and **June 29**, find out what Scouts Canada, how you can volunteer your time and what training will be offered.

Register here!

Cégep Champain St. Lawrence

Several courses for 50+ English-speaking adults are now available at Cégep Champlain St. Lawrence.

Hurry to book your spot! Registrations for courses close on **May 19**.

For course details:

www.slc.qc.ca/future-students/continuing-education-formation-continue/college-for-50plus

COLLEGE FOR 50+
STAY SHARP AND CONNECT!

COURSES

- **ARTS: DRAWING AND PAINTING**
- **BUSINESS: MARKETING**
- **LANGUAGES: SPANISH**
- **TOURISM: EXPLORE QUEBEC CITY AND ITS SECRETS**

May 23rd to June 22nd
Cégep Champlain-St. Lawrence (Ste-Foy)

Continuing education
ST. LAWRENCE
CEGEP CHAMPLAIN

Shoot Hoops!

Join the **Men's Drop-In Basketball** every Tuesday at *Complexe Jean-Paul-Nolin*:
340 Chabot St, Québec City

This activity will be running from **May 10 to June 21**, from 7:30 p.m. to 8:30 p.m.

If you have a basketball, please bring it!

For more information:
1russkueber@gmail.com

Even More!

COMMUNITY EVENTS AND ACTIVITIES FOR YOU

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 16—Baby Massage workshop

May 16—Communication & Aging

May 17—Services for Healthy Aging in the Right Place

May 17—Caregivers' Circle

May 17—Preparing your child for school in a 2nd language

May 25—Art Therapy for Caregivers

May 30—Café au Lait Crew: Feeding tips for summer

Jun 1, 8—Prenatal Information Meetings

Jun 2—Stay Sharp Drop-in

Jun 6—Baby Chat Café

Jun 7—Transition to High School Workshop

Questions? Please email: info@jhpartners.net

EPIQ

EPIQ (English-speaking Parents in Quebec) events are organized by volunteer parents with support from the community Wellness Centre. Please check our Family Matters online newsletter or follow the EPIQ Facebook page for all the details:

www.facebook.com/groups/epiqevents

Upcoming events:

Jun 10—Outdoor family kick-off to summer

Lifelong Learning

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

Visit their website here: www.lifelonglearningquebec.org/

Upcoming events:

May 16—Communicating clearly across the years

May 17—The Joy of Creating: Needle, thread, and fabric with Kay Hawker

May 18—Life "Downunder" - a view from the bottom of our planet

May 23—Maguire Walk

May 30—South Shore Day Trip

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

info@lifelonglearningquebec.org

PLACE YOUR EVENT HERE

Would you like to see your event in this section?

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

Melissa Wan



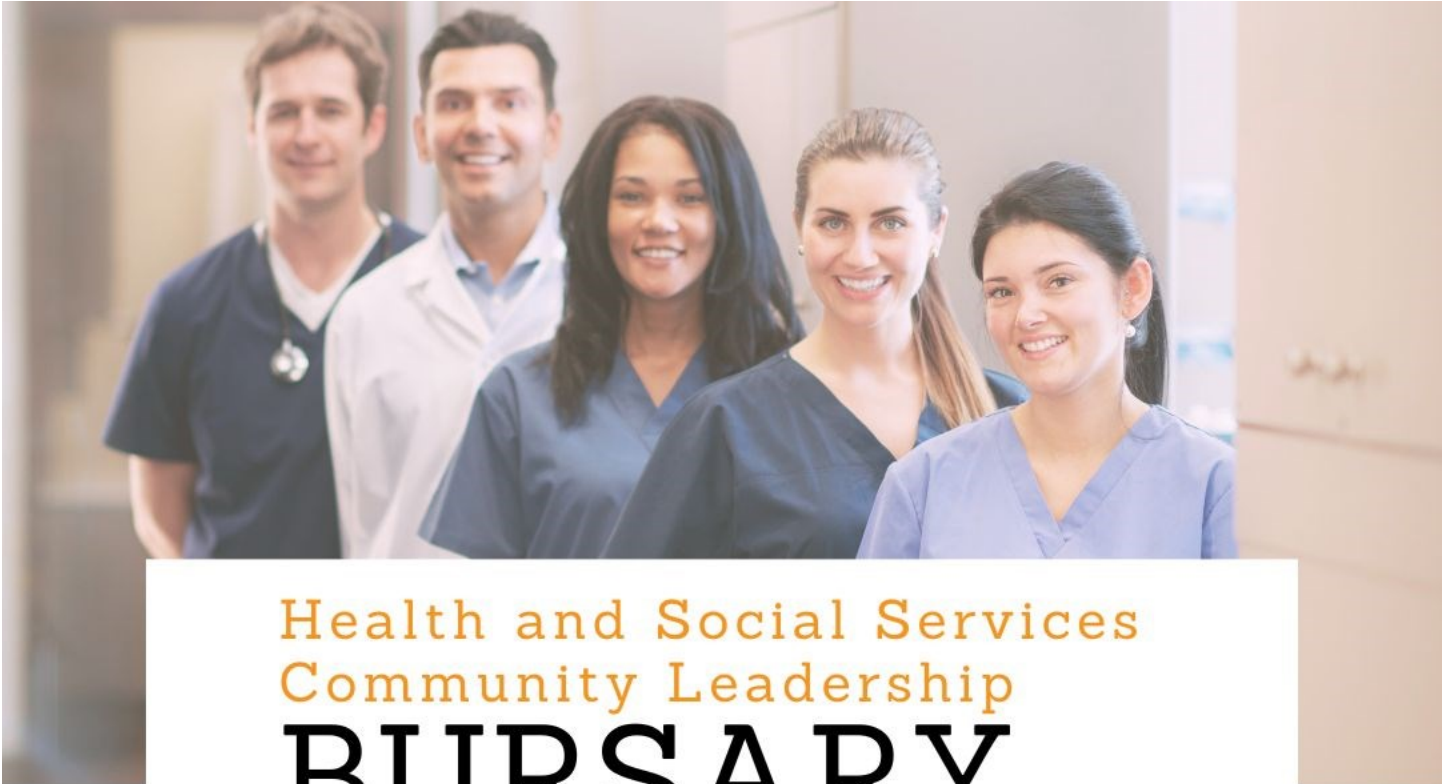
(418) 683-2366 EXT. 226



MELISSA.WAN@VEQ.CA

Don't forget to email the Québec Chronicle-Telegraph to advertise your event:

editor@qctonline.com



Health and Social Services
Community Leadership
BURSARY 2023-24

For Bilingual students pursuing full-time studies in the area of
Health and Social Services

APPLICATION DEADLINE: **MAY 24, 2023**

Details and Forms: wejh.ca/bursary
aayre@jhpartners.net



Dialogue McGill



Health
Canada

Santé
Canada