

VEQ NEWSLETTER

MARCH 2023

ACTIVITIES ABOUND!

March is busy, busy, busy! Since the beginning of 2023, all our coordinators have been working on wrapping up their projects as well as prepping for new upcoming ones.

Newcomers enjoyed Québec's winter with Maria Castro, who took them on excursions to the Parc national de la Jacques-Cartier and Village Vacances Valcartier. They had cozy indoor activities as well, like sing-alongs and magic shows.

Podcasts have been blooming under the watchful eye of Susanna Tang who recently spearheaded an intergenerational initiative. We cannot wait for you to hear the episodes!

The 50+ community has yoga classes to look forward to (in the Northern Perimeter), as well as well-anticipated sugar shack outings.

March is also St. Patrick's month with Irish shows, parades, lunch galores and more. Don't forget! [Spring Fest 2023](#) is coming up on Wednesday, March 22—will we see you there?



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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!

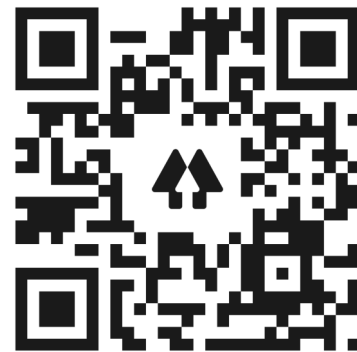
Here is how it works:

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

CALL FOR NOMINATIONS – BOARD OF DIRECTORS POSITIONS TO BE FILLED FOR A THREE-YEAR TERM (2023-2026) DEADLINE: MAY 12, 2023

The Nominations Committee of Voice of English-speaking Québec (VEQ) is seeking nominations to fill positions on their Board of Directors for a first three-year term.

The Board of Directors of VEQ is composed of a maximum of fifteen (15) members, all volunteers, and they meet at least eight (8) times a year.

The Board of Directors of VEQ ensures that the organization meets its objectives as set out in the strategic plan and oversees the operations.

The Nominations Committee is particularly interested in welcoming individuals 65 and older and individuals with knowledge and expertise in the field of law.

For more information about VEQ and its mission, please consult the website at www.veq.ca

To submit your candidacy, please contact the Executive Director at (418) 683-2366, extension 223.

Candidates must be a member of VEQ a minimum of 60 days before the AGM.

*****FORMS MUST BE FILLED OUT AND SUBMITTED BY MAY 12, 2023*****



WHEN:

Thursday, March 23 at 6:30 p.m.

WHERE:

Jeffery Hale Pavilion

DETAILS:

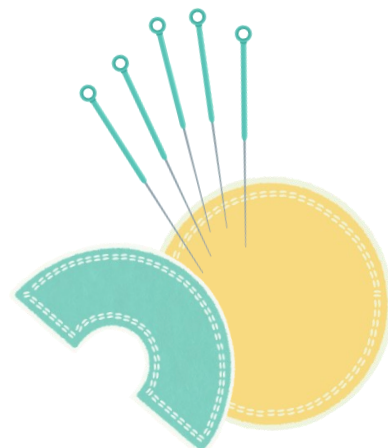
Free for everyone.

12 years and up.

Materials provided.

Learn a new craft—Make animals and objects by needle felting. It's an amazing opportunity to learn felting techniques and show off your creations!

[Details here](#)



CREATIVE SPACE

Art Workshops

Here is your license to get creative!
Join our Creative Space and come make art with us.

WHEN:
STARTING APRIL 4 TO MAY 23
TUESDAYS FROM 1PM TO 3PM

WHERE:
THE ART ROOM AT THE JEFFERY HALE PAVILION
ROOM 2109, 1270 CHEMIN STE-FOY, QUÉBEC

DETAILS:
\$10 PER WORKSHOP
FREE PARKING
MATERIALS PROVIDED AND REGISTRATION REQUIRED

SPACE IS LIMITED. PLEASE REGISTER WITH MARIA HOYT:



info@veq.ca
(418) 683-2366 ext. 221

Canada

Québec

VEQ
Voice of English-speaking Québec

COST OF LIVING CALCULATOR

Want to move to Québec City? Or, are you budgeting for the future and need help with the different costs you would need to plan for?

Did you know that we have a handy *Cost of Living Calculator* on our website just for that purpose?

Simply enter the amounts you

require, and it will tabulate the total for you.

There is even an *itemized average costs guide* to help you find out how much some common services would cost in the city.

If you know anyone who would like to move to Québec City and could use this, or are just curious, visit the link below:

www.veq.ca/resources-services/cost-of-living/

Community Bulletin Board

Looking for a babysitter or a handyman? Hosting a garage sale? Our Community Bulletin Board is your *free* resource for posting information and classifieds.

For more information, visit:

www.veq.ca/our-community/community-bulletin-board/

50+ Activities

SO FAR WITH OUT & ABOUT



Trip to the Museum of Civilization with Lifelong Learning.



Learning about the Age of Pharaohs at the Museum of Civilization.



The show that was enjoyed by all on March 11 in Shannon.

Spring is just around the corner, and Out & About is revving up in the months of March and April!

After a brief hiatus in January following the holidays, participants enjoyed some shopping and brunch at Place Laurier to beat the February cold. In early March, through a partnership with Lifelong Learning, 20 participants learned about the Age of the Pharaohs during a guided tour of the special exhibit at the Museum of Civilization.

The long-awaited return of the Shannon Irish Show hosted by the Catholic Women's League had over 30 Out & About

participants join the crowd of **about 200 people** dancing in their seats! VEQ provided transportation from Québec City to the afternoon show. This in-person tradition is one that many are thrilled is back!

On St. Patrick's Day, VEQ brought a bus of participants to Saint-Gabriel-de-Valcartier for the annual St. Patrick's Day Parade and community lunch.

Later in March, participants are gearing up for a wonderful brunch and a classic sugar shack experience complete with *tire sur la neige*, and a fun bowling excursion is planned for April.

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

Check out the VEQ webpage (www.veq.ca) for our **calendar of events and activities**, and stay up to date with us!

Prefer using the phone or email? Don't hesitate to contact **Maria Hoyt** to register or to offer ideas and suggestions.



(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

We have been busy organizing fun activities and outings, as well as keeping you informed and equipped for tax filing time. We still have a lot in store for you, so keep your eyes and ears peeled for announcements to our most popular outings of the year! Spring and summer are prime time activity season, can you guess where we will be taking you, and more importantly, will you be there?!

Are you new to the city or still learning how to adapt to life in Québec City? Join us for one of our Finding Your Niche for Newcomers (F.Y.N.N.) events! These events are a great way to connect with other newcomers while learning more about the Québec City!

Keeping Busy!

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

Museum of Civilization

Jan 21—This outing was a great time to connect with other newcomers, while visiting the museum. The guided visit of the Age of Pharaohs was an impressive exhibit that brought us back to that era.

Snowshoeing

Jan 28—The beautiful Parc national de la Jacques-Cartier was our stomping ground for the day! A group of 23 newcomers braved the cold and snow squalls—it was even the maiden snowshoeing voyage for some! After the activity, many warmed up by the fire and socialized, while others sought more thrills at the free toboggan slide at the park.

Remparts Hockey Game

Jan 29—Another successful hockey game for the books! We had lots of fun cheering for the home team, and it was a memorable experience for both international newcomers and Canadian newcomers, who had never had the chance to attend a game before!



French Sing-Along

Feb 4—We practiced our French in song, and learned new vocabulary in this partnership with Canadian Parents for French. Food for our brains, and music for our souls.



The Magic of Canada

Feb 15—In another partnership with Canadian Parents for French, we watched in awe and amazement as magician Marc Tardif performed magic tricks on-screen in this bilingual event.



CRA Info Session

Feb 22—Tax season is upon us! This means that it's time to inform newcomers about what their duties are, how to file their taxes and all the nitty-gritty of this fun time.

A CRA representative was there to answer all participants' questions and clear the fog on taxes.

Village Vacances Valcartier

Feb 25—A winter favourite amongst newcomers—a full day of tobogganing, sliding and playing in the cold! Close to 50 participants were present and ready for some fun, even in the -20°C temperatures!



Newcomers Art Workshops

Mar 9—The first workshop of this series for newcomers is finally here! We had a full-house on launch day, and spent the evening making art and connecting with each other and ourselves. Register now for future classes!

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.

Mar 25

Sugar Shack Brunch

10:00 a.m.—Time to indulge in a sweet Québécois tradition! We are going to brunch at a sugar shack on l'île d'Orléans, so bring your sweet tooth and your appetite.

Round-trip transportation will be offered from the Jeffery Hale Pavilion to the sugar shack.

Hurry—**tickets are almost sold out!**

Multiple Dates

Newcomer's Art Workshops

Art Workshops to learn a new craft or art technique are on the agenda this season! We are offering multiple classes, each with a different theme. Check our calendar of events to stay in the know, and don't forget to register.

Stay tuned for more exciting events!

Northern Perimeter

WHAT'S NEW?



Art Workshop in Shannon.

The VEQ Community Space continues to bubble with activities including In Stitches, the knitting and crocheting club, our Community and Coffee on every first Monday of the month, and the popular Chair Yoga—which has recently expanded to the neighboring municipality of Saint-Gabriel-de-Valcartier.

The last art class took place on March 8, and participants were grateful to use paint to express self-love and compassion. VEQ has offered five workshops since December 2022. We are looking to continue doing arts and crafts activities in our community space going forward, so be on the look out for updates.

In February, VEQ was excited to

work on an intergenerational initiative with Dollard-des-Ormeaux School (DDO) students and 50+ers who happily participated in the My Québec City Podcast project. Four leadership students interviewed and recorded four 50+ers (two from Shannon) who recounted stories of their lives. Both adults and students were thrilled to take part in this interview experience—many thanks to DDO School for helping this initiative take place. Stay tuned to listen to these podcast interviews on our **YouTube channel!**

February is a great time to celebrate winter and there is no better place to do it than Saint-Gabriel-de-Valcartier during their Family Skate Night which took place on February 22. Families and locals enjoyed this traditional winter festival, and skated in their grandiose rink and the enchanting, lit-up forested skating trails. VEQ was happy to be an official sponsor and gave away neon necklaces to the first 120 skaters. Hot chocolate, doughnuts and hot dogs were also at the rendez-vous.

On March 9, a social economy event was organized by SEEnet—along with the Regional Development Network (RDN)—and held at the Municipality of Saint-Gabriel-de-Valcartier. The

Get in touch with our Shannon team!

Contact Dominique Paddack

Email:

dominique.paddack@veq.ca

Tel:

(418) 683-2366 ext. 227

Contact Jeanne Nivischiuk

Email:

catherine.baboudjian@veq.ca

Tel:

(418) 683-2366 ext. 228

meeting attracted over 25 interested locals. Transportation and home services issues, and potential ideas for the Northern Perimeter community members were discussed, namely for Shannon and Saint-Gabriel-de-Valcartier residents. A panel of experts was invited to discuss non-profit and cooperative solutions—a seed has been planted, stay tuned!

Finally, we are happy to welcome Jeanne Nivischiuk at the VEQ satellite office in Shannon who will be replacing Catherine, now on maternity leave.

50+ Northern Perimeter

OUT & ABOUT

50+ members of the Northern Perimeter's Out & About group made a foray into the city on February 8, with a visit to the historic Monastère des Augustines in the heart of Vieux Québec for a glimpse into the past. The beauty of the residence was as inspiring as the guided tour we received.

Other outings included the opportunity to see the Shannon Irish Show, back in-person after

two years, and the St. Patrick's Day Supper put on by the Shannon Senior Citizens Group.

To Look Forward To

A joint trip to a sugar shack in St-Augustin-de-Desmaures as well as a journey to the Salon international du livre de Québec will be coming up late in March and into April.

Stay tuned for details.

If you (or someone you know) live in the Northern Perimeter (Saint-Gabriel-de-Valcartier, Shannon or Stoneham-et-Tewkesbury) and would like to participate in our outings, don't hesitate to contact Jeanne.

ENGAGING IN COMMUNITY

Chair Yoga




Our chair yoga sessions, which were taking place once a week in Shannon and Saint-Gabriel-de-Valcartier, have found a big audience and our winter session drew to a close on March 2 with over 50 participants.

A spring session began on March 14 in Shannon, and March 16 in Saint-Gabriel-de-Valcartier.

Space is limited and registration is required, so contact Jeanne for more details!

Jeanne Nivischiuk

 (418) 683-2366 EXT. 228

 CATHERINE.BABOUDJIAN@VEQ.CA

Walking Distance

The Walking Distance group began a new challenge on March 13, covering the distance of the Parc linéaire de la Rivière-Saint-Charles with its first hike starting at the Secteur Château d'eau. We will slowly follow the river as it makes its way toward the St. Lawrence in our upcoming April 17 and May 8 walks.

If you are interested in joining us and would like transportation to the park, contact Jeanne Nivischiuk as soon as possible to register!

Community Space

The Community and Coffee events, scheduled for every first Monday of the month continue to draw people that would like to have a pleasant exchange and relax in a comfortable environment. Our next meeting dates are April 3 and May 1.

The Shannon VEQ office hosted a “watch party” for the Wellness Centre’s presentation of Eating well to Age Well on March 8, and participated in the Intergenerational Podcast series where Dollard-des-Ormeaux School students spoke to 50+

community members living in the Northern Perimeter about their experiences.

The students who had a chance to participate have requested more opportunities to continue this podcast.

If you would like to lend your stories to a new audience, there are youth waiting to listen and record!

A NEW FACE IN TOWN!



Say hello to Jeanne!

Catherine has gone on maternity leave and her responsibilities have been taken over by Jeanne Nivischiuk, a former VEQ employee who couldn’t stay away!

She has already begun to learn to knit, participate in Chair Yoga and thoroughly enjoy the company of the participants in the 50+ activities in the Northern Perimeter.

Don’t hesitate to say hello if you see her out and about! Welcome (back) to the team, Jeanne—we are thrilled to have you with us!



IN STITCHES

a tightly knitted club

Drop in at the Shannon Community space at 438 *boul. Jacques Cartier*, Shannon every Monday from 2 p.m. to 3:30 p.m., and join up with other English-speakers for an afternoon of knitting or crocheting.

Please bring your own materials. Coffee, tea and light refreshments will be provided.

Questions?

Jeanne Nivischiuk



(418) 683-2366 EXT. 228



CATHERINE.BABOUDJIAN@VEQ.CA

Podcast Broadcasts and Employability

PODCAST NEWS



Pictured above: 1—student interviewing Bill Cox with Susanna looking on. 2—students testing the recording equipment.

February was a podcast heavy month as Susanna Tang was seemingly everywhere all at once!

For starters, Susanna had the pleasure of returning to CEGEP St. Lawrence to deliver two workshops with Professor Anne Laganière's communication classes. Together, they explored such topics as interview questions, storytelling, and editing basics. The students were then tasked to record and edit their own podcasts, many of which will be shared on VEQ's YouTube channel this spring.

On February 16, Susanna, and recent CEGEP St. Lawrence grad Victoire attended Y4Y's Youth Forum to record some podcasts

with the participants. Victoire interviewed two students from Quebec High School (QHS) and two students from St. Patrick's High School as well as Flora Janos, Y4Y Community Liaison. While we don't want to give it all away, we can tell you that the podcasts will highlight Y4Y's Human Library among other topics. Thank you Victoire for your perceptive interview questions and we can't wait to hear the episode!

But wait, that's not all! Susanna capped off a busy month with the help of her awesome colleague Dominique Paddock to pilot an intergenerational initiative whereby high school students from QHS, St. Patrick's and Dollard-des-Ormeaux (DDO) interviewed 50+ community members about their lives. Susanna worked with the students to help them prepare interview questions as well as orient them to the podcast equipment before they met and recorded with their guests. Guests have included so far: Bill Cox, Bob Lannin, Gail Turner, Hugh Fraser, Larry Hamilton, Lucie Le Blanc, Meb Reisner, Scott Kingsland, and Susan Kay. And, we asked Podcast Club members to help with the editing. Stay tuned to hear their stories in this new series of My Québec City

podcasts.

We also wish to thank Ed Sweeney (QHS), Gary Kenler (DDO) and Katherine Lefebvre (St. Pat's) for their help organizing the podcast recordings at their respective schools.

Finally, thank you to all of you who have subscribed to our YouTube channel so far!

Join in the fun by listening and subscribing to our podcast episodes here:



LOOKING TO USE ENGLISH AT WORK?

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

SCAN ME



EMPLOYABILITY

Employability Survey



Our **Employment Survey** is out, and we'd love to add your voice to it!

We want to fully capture the diverse experiences and perspectives of our English-speaking community. Whether you are a job seeker, self-employed, retired or working full-time or part-time, etc. we want to hear from you. Tell us what works and what could be better. You must be living or working in the Greater Québec City region to participate.

You can also enter for a chance to win a \$50 gift card. Thank you!




Événements Emploi Éclair

On March 15, we hosted the *first* ever English edition of les Événements emploi éclair with Libre Emploi and the FORT program. We were happy to feature these employers: Alex Coulombe, Béland Organic Foods, the Central Québec School Board, Laurentian Bank, and Ver-Mac. We'll tell you more about it in the next newsletter.

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

Susanna Tang

 (418) 683-2366 EXT. 222

 SUSANNA.TANG@VEQ.CA

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!


Mar 22-23

Apr 25-26

May 30-31

Jun 27-28

Contact María Castro for reservations:

 (418) 683-2366 EXT. 225

 NEWCOMERS@VEQ.CA



COACHING DATES

Community Happenings

COMMUNITY EVENTS
AND ACTIVITIES FOR YOU

The Morrin Centre

Imagination 2023



Readers of all horizons, the Morrin Centre is delighted to offer you the **IMAGINATION WRITERS' FESTIVAL 2023** LINEUP! Feast your eyes on our beautiful 2023 visuals and whet your appetite on our programming as we now eagerly wait for the festival to start...

www.morrin.org/imagination

Other Spring Events at the Morrin Centre

Mar 21—Pixels & Pages:
Cloud Cuckoo Land

Mar 23—Off-Imagination:
Playwriting Workshop

Mar 25—Storytime Launch

Mar 29—Annual General
Meeting

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

Email: info@morrin.org

Tel: (418) 694-9147

Y4Y

Intercultural Day

Join Y4Y and CEGEP Champlain St. Lawrence's Intercultural Club for a day of learning, fun activities, and delicious snacks from around the world!

Open to all, this event is a great way to celebrate the rich diversity of Champlain's student body, and to learn more about the lived experiences of those around you.

For more details:

www.join.y4yquebec.org/intercultural_day

All these events (and more!) here:

SCAN ME



... 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:

Mar 24—Travellin' Toddler
Time: Pirates

Mar 24—Café-au-lait: feeding

challenges

Mar 30—Investing over 50

Apr 4—Daycare system in QC

Apr 12—50+ Tools for
planning ahead

Apr 14—Travellin' Toddler
Time: Teddy bears

Apr 19—Get ready for
Kindergarten

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:

Mar 23, 30—Informal Chat
Sessions

Lifelong Learning

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

Visit their website here:
www.lifelonglearningquebec.org/

Upcoming events:

Mar 23—Women of
Impressionism

Mar 29—Women's Month

Trivia Challenge

Apr 11—Skincare with
SkinScience

Apr 12—Intro to Qi Gong

Apr 17—Craft Café #3

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
advertize your event:

editor@qctonline.com