

# VEQ NEWSLETTER

APRIL 2022



*Family Skate Night at Valcartier Family Centre.*



*What a ride—Newcomers Sugar Shack Outing.*

## SPRING IS IN THE AIR

We are so ready for more green, and everything that comes with it! We have set a date for our Annual General Meeting, so if you would like to know

more about what we have done and achieved this year, don't forget to register to receive a link to the meeting.

Some of our projects are coming to a close, but new ones are budding and we cannot wait to share them with you. Our 50+ coordinators continue to be busy with fun activities, like visits to Château Frontenac, this past month—page 4 for more details! Maria Castro, our Newcomers Coordinator, is carrying out a survey that will result in even better services for newcomers this year! If you know anyone who has newly arrived in Québec City, let them know about it. In youth world, Susanna Tang's podcast project is ramping up numbers—read on page 9 to find out how many students have already participated in her workshops.

*Stay tuned for our Spring/Summer programming.*



Voice of English-speaking Québec

Connect with the  
English-speaking community

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SCAN ME

## ALL OUR LINKS IN ONE PLACE!

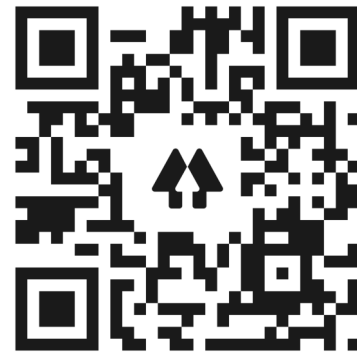
We have made it easier for you to connect with us!  
Here is how it works:

*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 less print copies, please take a moment to contact us by phone at (418) 683-2366 ext. 221, or by email at [info@veq.ca](mailto: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  
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W: [www.veq.ca](http://www.veq.ca)

## Our locations

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Suite 206  
Shannon, QC G3S 1N5

# The VEQ Column

YOU ARE CORDIALLY  
INVITED TO ATTEND

06  
/  
16  
/  
22

## VEQ'S ANNUAL GENERAL MEETING

THURSDAY, JUNE 16TH  
6:30 - 8:30PM  
VIRTUAL AGM VIA ZOOM

PLEASE RSVP TO  
418 683-2366 EXT. 221  
OR [INFO@VEQ.CA](mailto:INFO@VEQ.CA)

A ZOOM LINK WILL BE SENT  
TO PEOPLE WHO RSVP

YOUR HEALTH AND SAFETY ARE IMPORTANT TO US

*Save the date*—Our Annual General Meeting will take place virtually on Thursday, June 16th from 6:30 p.m. to 8:30 p.m.

Learn about what we have accomplished this past year, and see some familiar faces at the same time!

### To RSVP:



(418) 683-2366 EXT. 221



[INFO@VEQ.CA](mailto:INFO@VEQ.CA)

## Career Resources

### VEQ'S JOB BANK

#### *Looking for employment?*

Our Job Bank is constantly updated with new opportunities requiring English.

#### Visit:

[www.veq.ca/employment/job-bank](http://www.veq.ca/employment/job-bank)

Don't forget to sign up for the *Job Notifier* to receive a notice each time VEQ has a new job posting.

#### *Recruiting new talent?*

The bilingual community is filled with educated and talented individuals.

To advertise your employment postings on the VEQ Job Bank, visit:

[www.veq.ca/employment/employers/post-job](http://www.veq.ca/employment/employers/post-job)

Call (418) 683-2366 ext. 221, or email [info@veq.ca](mailto:info@veq.ca)

### LOOKING TO USE ENGLISH AT WORK?

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

SCAN ME



# 50+ Services

## KICKING OFF OUT & ABOUT!



A most wonderful visit to the majestic Château Frontenac.

*Out & About* started off its outings again to kick off the 2022 season!

VEQ will continue offering monthly outings throughout spring to places of interest, so be on the lookout on our *Calendar of Events and Activities* to know what's up next!

In early February, a group of 15 motivated shoppers were happy to hop back on a bus and head to the Laurier Québec mall for a much anticipated shopping spree, as well as an enjoyable lunch break at the food court. Everyone was thrilled to meet up and gather again for such outings.

March also offered opportunities for exciting outings as *Out & About* took two groups to visit the beautiful and historic Château Frontenac on March 4th and March 7th.



Our happy participants at Sucrierie Blouin enjoying a sweet meal.

VEQ was happy to invite 25 participants to discover the well animated *cicerone* tours, full of stories, historic rooms, elegant chandeliers and sites to see. We marvelled at the splendid ballrooms with spectacular views over Dufferin Terrace, Québec, Lévis and the St. Lawrence river. Participants were able to lounge and have coffee at the Château after the visit.

March and early April smell like sugar shack season! Over 30 participants enjoyed brunches in two traditional sugar shacks while soaking in the grounds and the scenery.

One group went to the family run *Sucrierie Blouin*, in St-Jean on Île d'Orléans, located right on the river; the brunch included all the sugar shack essentials: pea soup, ham, sausages, potatoes, beans,

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

Stay tuned and check out the VEQ webpage ([www.veq.ca](http://www.veq.ca)) for our calendar of events and activities.

Prefer using the phone or email? Don't hesitate to contact Dominique Paddock to register or to offer ideas and suggestions.



(418) 683-2366 EXT. 227



DOMINIQUE.PADDACK@VEQ.CA

scrambled eggs, beets, *ragoût* meatballs, meat pies, pork rinds (for the brave), pancakes and a light *pouding chômeur* to finish it all! It also included a most exciting tractor-pulled carriage ride downhill, in order to reach the sugar shack. Participants will remember this ride on that lovely snowy day, for sure!

The other group was also treated to a delicious and traditional sugar shack lunch, and went to the *Érablière du Chemin du Roy* in St. Augustin where live music and all the sugar shack works were on the menu. Only to walk out (roll out?) of the *cabane à sucre* to have taffy outside! Great moments!

# Northern Perimeter

## WHAT'S NEW?



VES Parade—Green was in the air for St. Patrick's in Valcartier!

VEQ was pleased to participate and help sponsor Valcartier's annual Family Skate Night on March 3rd. This traditional event brought together local youth, families and residents to skate, socialize, and enjoy an evening around the new and grandiose skating ring. Participants were treated to hot chocolate, soup and churros (from a yummy food truck), while also skating in their craziest decorated helmets. VEQ helped light up the event by handing out hundreds of light sticks and neon necklaces to young eager skaters for a magical winter's night!

March is for the Irish! VEQ was active once again to help celebrate St. Patrick's Day with its local and municipal partners. Were *you* wearing green on March 17th?!



St. Patrick's in Valcartier—A live music performance!

This year's Shannon Irish Show was unfortunately cancelled due to Covid-19. However, it enabled us to reunite a happy partnership between the Catholic's Women League (CWL), Local Heritage Council, Quebec Anglophone Heritage Network (QAHN), local residents from both Valcartier and Shannon, and VEQ in order to offer the viewing of the 51st Annual Shannon Irish Show from 2017 on VEQ's Facebook page—this Facebook event aired on the evening of Saturday, March 12th.

1500 Facebook viewers were reached for this event, and hundreds of people *liked* the show virtually. It is still (and will be) available to view on our Facebook page if you ever get a St. Patrick's Day itch!

In Valcartier, it was a special St.

# Get in touch with our Shannon team!

### Contact Dominique Paddack

Email:

[dominique.paddack@veq.ca](mailto:dominique.paddack@veq.ca)

Tel:

(418) 683-2366 ext. 227

### Contact Catherine Baboudjian

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Tel:

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Patrick's Day as well—locals from Valcartier, Shannon, and even from the south shore, shared wonderful moments just outside the municipal building watching Valcartier Elementary School's colourful and lively parade. And the fun had just begun!

Folks then gathered inside the community center to enjoy live music, delicious Irish stew, Irish coffee, tap their feet and hands, chat and laugh the early afternoon away.

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VEQ was proud to actively participate in this event by sponsoring musicians and helping out with the food services. VEQ also partnered with the municipality to sponsor musicians for another festive and appreciated St Patrick's Day supper on March 11th at the *Habitations de St-Gabriel-de-Valcartier*—it also brought about local and talented musicians who joined in the fun, along with the “regular” musicians (and on St Patrick's Day at the Community Center as well!).

Finally, the new VEQ Community Space in Shannon is

starting to activate itself and we are looking forward to unleashing new activities in spring 2022!

The Community Space is now well-stocked with board games, cards, a new coffee machine, tea pot, and cookies! Art supplies, internet, and a TV screen are also part of the offer for future activities. Speaking of which, VEQ is reviewing surveys sent out to Dollard-des-Ormeaux students to pick their brains on activities they would like to see happen in this new space.

Art and crafts will also be on the agenda for the 50+ community, and participants in Catherine

Baboudjian's weekly Walking Distance outings have been the first to take advantage of this space for a hot coffee on a cold day's morning walk in Shannon!



*A fun family night out skating in Valcartier.*

## 50+ Northern Perimeter

### ENGAGING IN COMMUNITY

#### Walking Distance

Our walking club is up and running! We walk in Shannon and Saint-Gabriel-de-Valcartier regularly, on smooth, cleared surfaces. On March 22nd, we provided transportation for a walk at the Marais du Nord.

#### Community Space

On April 11th, we will be opening our community space to you! Stop by between 10 a.m. and 12 p.m. for coffee, some goodies and board games. See you soon!

#### Let's Grow!

Are you looking forward to spring? Is your green thumb itching? VEQ has put together seedling kits for you to have fun with.

#### Earth Day

We will be carrying out a planting day at the Shannon Community Centre on April 22nd in honour of Earth Day. Stop by from 9:30 a.m. to 12 p.m. for some planting!



*Northern Perimeter Sucrerie Blouin partakers have lunch together.*

**For more information about any of these activities and projects, please contact:**

**Catherine Baboudjian**



(418) 683-2366 EXT. 228



CATHERINE.BABOUDJIAN@VEQ.CA



# Newcomers' Corner

NEW TO THE CITY? WANT MORE INFORMATION?

Get in touch with Maria Castro at  
(418) 683-2366 ext. 225 or [newcomers@veq.ca](mailto:newcomers@veq.ca)

As things start to go back to (a new) normal, I would like to take advantage of your enthusiasm in resuming life outdoors and socialising. Below is a link to a survey that will hopefully adjust our offer of activities to your needs and likes. This is very important, since after all, the events we organise are specifically for *you*, our newcomers. Please help us continue with our mission as well as improve our services!

[TAKE THE SURVEY HERE](#)

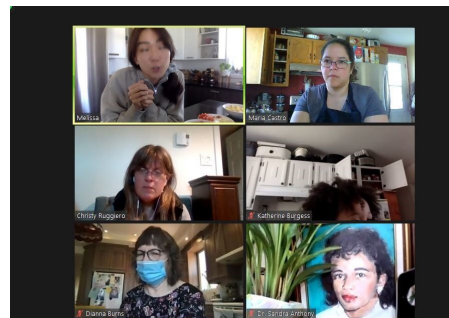
Some of our most popular events this past year were the trip to Village Vacances Valcartier, the guided tour around the peat bog, the Old Québec Walking tour, and the hiking trips. Did you miss those? Better stay tuned because they are likely to be happening again in the year ahead!

## MEMORIES FROM THE PAST YEAR'S ACTIVITIES

We have been faithful to our staple events and added new flavours to our usual selection this past year. From peat bog explorations to sunset ferry rides, and from tax information sessions to a well-attended *Remparts de Québec* hockey game, we made sure our newcomers connected with one another while having a great time. Check out these awesome memories, and smiling faces!



July 17—Old Québec Walking Tour.



April 11—Travel the World through Cooking, Mauritius.



The month of may was for our fun scavenger hunt!



August 26—Sunset Ferry Ride.



November 9—Winds of Change.

More memories on the next page!





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A zen summer activity—Outdoor Yoga.



February 5—Carnaval's Bonhomme came to see us off to Village Vacances Valcartier!



July 31—Boarding the bus to start our trip to Jacques-Cartier National Park for a hike.



December 10—a quintessential Canadian experience with a Québec accent. Let's Go Remparts!



September 25—Cap Tourmente hike.



September 11—Exploring a peat bog (let's not forget Maria Castro's unfortunate fall—she was okay, just a bit embarrassed!)

Don't forget to contact Maria Castro to be part of the fun!

# Mark Your Calendars

UPCOMING NEWCOMERS EVENTS YOU DO NOT WANT TO MISS!

Never miss an event again.

Sign up for our emailing list:

SCAN ME



Apr 7

CQSB CAREERS INFO SESSION

7 p.m.—Learn about all the career opportunities available at the Central Québec School Board.

Apr 23

CURLING

This event was postponed due to typical Québec winter weather,

but we hope this time will be a charm!

May 3

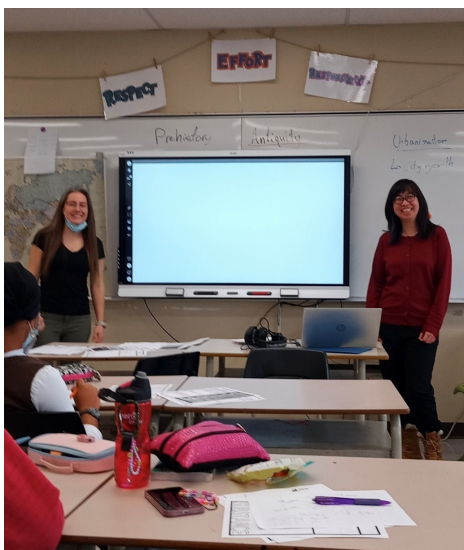
INTERVIEW PRACTICE

6 p.m.—With the upcoming regional job fair on May 6th and 7th, we would like to help you prepare your interviewing skills in partnership with the FORT program.



# Podcast Broadcasts and Employability

## MY QUÉBEC CITY PODCAST



Audrey Carrier from CJE Chauveau and Susanna Tang.

We are happy to announce that more podcasts are on the way! Our resident podcaster Susanna Tang returned to CEGEP Champlain-St. Lawrence this term to facilitate a series of podcast workshops with students in two business communications classes. Since the end of January, she has also been delivering a special edition of podcast workshops to a group of Secondary 3 and 4 students at Dollard-des-Ormeaux School in collaboration with Audrey Carrier from Carrefour jeunesse-emploi Chauveau.

All of these students are tackling topics or podcast formats that are new to our *My Québec City* podcast series and we can't wait

to launch them later in April and May. It's been amazing giving these students a voice and hearing the results. Thanks also to Anne Laganière, Paul Hinton, Phil Trudel and Nicholas Keats for their help organizing these workshops.

Show your support by listening and subscribing to the VEQ YouTube channel. You can find current and future episodes of *My Québec City* there.

DON'T WANT TO MISS THE NEXT EPISODE?



SUBSCRIBE TO OUR CHANNEL

## STATISTICS

We've run some numbers, and here is what *My Québec City* has achieved since its beginnings in 2021.

23 the number of workshops delivered.

4 the number of participating schools.

182 the number of workshop participants.

6 the number of episodes published.

30 and more—the number of episodes to be published in April and May.

As of April 2022

## EMPLOYABILITY

Did you know that 6 people are hired every minute on LinkedIn? In February and March, we had the pleasure of co-hosting two online sessions about LinkedIn with Catherine Marcotte from YES Employment and Entrepreneurship. In the first workshop, Catherine provided tips and advice on how to create and revise a LinkedIn profile to increase its visibility. In the second session, we were joined by Central Québec School Board recruiter Mariève Tanguay-Lessard for a little networking

and feedback on LinkedIn profiles.

We also brought YES together with Secondary 5 students from Dollard-des-Ormeaux School for a workshop on transferable skills. Facilitator Annalise Iten shared the top 10 transferable skills with them, and how to highlight these in an interview.

Keep your eyes open for more workshops in the future including another interview skills workshop with the FORT program in time for the *Foire de l'emploi* taking place on May 6th and 7th.

# Community Happenings

COMMUNITY EVENTS  
AND ACTIVITIES FOR YOU

## The Morrin Centre



The Morrin Centre's mission is to provide the English- and French-speaking public with rich, engaging programming in the areas of heritage interpretation, education, and the arts.

### Imagination Writers' Festival 2022

From April 5th to April 10th, meet an array of authors and discuss their ideas and their books! Full programming here:

[www.morrin.org/en/2022-imagination-writers-festival](http://www.morrin.org/en/2022-imagination-writers-festival)

### Poetry Contest

April is National Poetry month, and the Morrin Centre is holding its third annual Society Pages Poetry Contest!

The contest is open to all

topics and all genres of poems (haikus, lyric poems, etc.), whatever strikes your fancy. The winning poem and the runners-up will be published in the Summer issue of Society Pages, the Morrin Centre's quarterly publication.

The contest will run until Friday, May 6, 2022.

Please send your submissions to [info@morrin.org](mailto:info@morrin.org)

### Pixels & Pages: The Morrin Centre's Online Book Club

Join *Pixels & Pages*, the Morrin Centre's online book club! Meetings take place over Zoom.

**Apr 21**—*A Gentleman in Moscow* by Amor Towles

To learn more or sign up, email [library@morrin.org](mailto:library@morrin.org)



## COACHING DATES

Are you an entrepreneur or have aspiring ideas 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!

**April 26-27**

**May 25-26**

**June 28-29**

Contact Maria Castro to reserve.



(418) 683-2366 EXT. 225



[NEWCOMERS@VEQ.CA](mailto:NEWCOMERS@VEQ.CA)

All these events (and more!) here:

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# ... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

## The Wellness Centre

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

### Upcoming events:

**Apr 12**—Financial “to-dos” when having a baby

**Apr 26**—Café au lait Crew

**May 10**—Baby Chat: Baby-Wearing

**May 11**—Get Ready for Kindergarten

**May 24**—Café au lait Crew

Questions? Please email:  
[info@jhparkers.net](mailto:info@jhparkers.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](http://www.facebook.com/groups/epiqevents)

### Upcoming events:

**Apr 7**—Informal Chat Session

## Life Long Learning

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

### Upcoming events:

**Apr 6**—Storyworth

**Apr 14**—Tea, Muffins and

Friends

**Apr 20**—The Life and Music of Frederic Chopin

**Apr 28**—The History of the Quebec Chronicle-Telegraph

Visit their website here:  
[www.lifelonglearningquebec.org](http://www.lifelonglearningquebec.org)

## YES Employment + Entrepreneurship

YES enriches the community by providing English-language support services to help Quebecers find employment and start and grow businesses.

Visit their website here:  
[www.yesmontreal.ca](http://www.yesmontreal.ca)

### Upcoming events:

**May 25**—Networking Event for Business Owners and Entrepreneurs

For questions:  
[info@yesmontreal.ca](mailto:info@yesmontreal.ca)

## ORGANISING AN EVENT?

Send it to VEQ, and post it on the QCT Community Calendar!

To help minimise event scheduling conflicts in the English-speaking community, VEQ, in partnership with the Quebec Chronicle-Telegraph (QCT), is urging community partners to send us their events and to post upcoming events on the community calendar.

To send an event to VEQ, email [info@veq.ca](mailto:info@veq.ca)

To post an event on the QCT Community Calendar, visit [www.qctonline.com/event](http://www.qctonline.com/event)

MADE POSSIBLE THANKS TO

Canada  Québec 