

COMMON THREAD

THE VEQ NEWSLETTER



BLOOM AND CONNECT
 FROM SNOWSHOES
 TO SHAMROCKS

Is spring finally on its way? Over the past few weeks, we've explored the city together, learned new skills, and celebrated the traditions that make this time of year so special. From museum visits and workshops to outdoor activities, 5 à 7 gatherings, and St. Patrick's Day celebrations in Shannon and Saint-Gabriel-de-Valcartier, it has been fantastic to see so many new and familiar faces taking part.

Spring Fest was a wonderful celebration, and it was so nice to see so many of you there. We also have plenty of activities and workshops planned in the weeks ahead. In this month's newsletter, you'll find highlights from February and March, a look back at everything we've been up to, and a preview of what's coming next.

Thank you for being part of the community and bringing so much energy to everything we do. We can't wait to see you again soon!

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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) 688-3273
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 2026

Hurray for spring! We loved seeing both new and familiar faces at our 5 à 7 on March 19.

Connecting with everyone at Café La Maison Smith in Ste-Foy was a real treat, and we hope you enjoyed the evening as much as we did.

What a wonderful way to welcome spring and enjoy the warmer weather!

Thank you for joining us and for your ongoing support of our events and activities. We can't wait to see you again at our upcoming AGM!



CALL FOR NOMINATIONS – BOARD OF DIRECTORS POSITIONS TO BE FILLED FOR A THREE-YEAR TERM (2026-2029) DEADLINE: MAY 1, 2026

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 aged 18 to 24 and 65 and older.

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 or brigitte.wellens@veq.ca

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

FORMS MUST BE FILLED OUT AND SUBMITTED BY MAY 1, 2026

Keep an eye out on our social platforms and Calendar of Events for our AGM date announcement!

Newcomers' Corner

NEW TO THE CITY? WANT MORE INFORMATION?

Get in touch with Viktoria Poulin Gareau at (418) 683-2366 ext. 225 or newcomers@veq.ca

Recent Events Recap



The maple trees are starting to give their sweet sap again, which means one thing in Québec: the season of the Cabane à Sucre (Sugar Shack) has officially begun! As spring slowly arrives, many neighborhoods are also preparing for seasonal activities and lively spring festivals. It's a wonderful time to explore the city and experience local traditions.

In January, we visited the Titanic exhibition at the Musée de la Civilisation for the second time—and once again our registration filled up quickly! This is a good reminder to register early for our activities: the sooner you sign up, the better

your chances of securing a spot. During this second visit, we were surprised to discover that the real piece of ice representing the iceberg that had been on display for visitors to touch had melted over the months in the heat of the museum.

At the end of January, we had the chance to visit the Parliament Building (Hôtel du Parlement) and its impressive Bibliothèque de l'Assemblée nationale. This fascinating guided tour took place just before the famous Carnaval de Québec, which gave a festive atmosphere to our gathering and added a special charm to the day. We also organized two infor-

mation sessions: Fraud – It Doesn't Happen to Others with Éducaloi, and a Revenu Québec presentation. Both sessions provided valuable information and practical knowledge that help people settle more confidently in Québec.

On March 1, we enjoyed a wonderful snowshoeing activity on the Plains of Abraham. The weather was perfect for it! Thanks to our partners at Accès Loisirs who kindly lent us the snowshoes. After the activity, we warmed up at Café La Maison Smith located right in the heart of the park.

Mark Your Calendars

UPCOMING
NEWCOMER 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



**RTC Info Session
and Bus Excursion**

OPEN TO ALL

Apr 1
FROM 10:30 AM TO 2:30 PM
AT THE RTC OFFICE

MORE INFORMATION: NEWCOMERS@VEQ.CA
(418) 683-2366 EXT. 225

This activity takes place as part of the financial support for intercultural events for welcoming and inclusive communities:



Apr 1

RTC Info Session + Excursion

Learn how to navigate the bus system in Québec, then practice together by taking the bus to Saint-Jean-Baptiste!

Great for newcomers and anyone wanting to learn the system, especially with recent changes made to RTC lines due to the start of tram construction.

Apr 16, 30

Game Nights

Game nights are a fun way to socialize in a relaxed atmosphere. Bring your own games, or choose one from our

extensive collection.

All are welcome!

May 6

Renting in Québec Info Session

Join us for a free information session with a representative from *Le Bail* to learn about tenant rights and responsibilities in Québec. Get practical tips before moving day and ask your questions.

Open to all tenants, especially newcomers.

Employability Initiatives

February Wrap-up

How to Apply for Government of Canada Jobs

Feb 11—Always a popular workshop! We're grateful to Elaine from the Public Service Commission for breaking down the application process and answering questions about how to join the federal government workforce.



Attendees at Government of Canada Jobs Info Session.

Working in Québec: Know Your Rights

Feb 19—Participants in this interactive workshop gained a clearer understanding of employment laws and the CNESST's support systems. Special thanks to Annick Nguenang Nono for leading the session and to Éducaloi for their help organizing and developing it.

Circonflexe 5 à 7 Event

Feb 26—Quelle belle soirée! Our networking night “en français” in partnership with RDN and PERT was a smashing success! Huge thanks to our speakers, our vol-

unteers, the Maison Smith crew, and everyone who joined us!



Susanna addressing the crowd at the 5 à 7.

Upcoming Events

Apr 7, 13

French immersion in the workplace pilot

Looking to navigate your current French workplace with more confidence? We're here to help! Sign up for one of our online info sessions to see if our French immersion in the workplace program is right for you.

Note: The program is only open to intermediate-level French speakers who are Canadian or permanent residents.

April 7 at noon

www.tinyurl.com/9x6avn5

April 13 at 6pm

www.tinyurl.com/3s3f7fhk

Apr 8, 15

UP Skills for Work

Get the tools you need to help

you reach your goals! These *free* workshops will help you optimize your time and find your calm. Register for one or both workshops, held in person at the Jeffery Hale Pavilion.

Time Management

Wednesday, April 8

From 6pm to 7:30pm

Stress Management

Wednesday, April 15

From 6pm to 7:30pm

Register here

www.tinyurl.com/ycxw9dpd

Would you like more information about VEQ's employability initiatives and events?

Susanna Tang



(418) 683-2366 EXT. 222



SUSANNA.TANG@VEQ.CA

50+ Services

Starting the year with *Out & About*

With the start of the new year and the final stretch of winter, *Out & About* participants took the opportunity to get out and explore together. From museum visits and local shows to relaxing outings around the city, each activity brought connection, discovery, and a welcome lift during the winter season.

January

Ikea (Jan 9 & 13), Titanic Exhibition (Jan 16) & Laurier Québec (Jan 20)—

January kicked off the year with a few great outings and shared moments together. We started with two trips to Ikea, where participants enjoyed browsing, shopping, and of course, a few tasty treats along the way. We also went back to the Musée de la Civilisation for the fascinating Titanic Exhibition, then wrapped up the month with a visit to Laurier Québec, giving everyone the chance to stroll the shops.

February

Laurier Québec (Feb 20), Bingo (Feb 24) & Pôle Culturel du Monastère des Ursulines (Feb 27)—

We had another visit to Laurier Québec, then tried our luck during a lively game of Bingo: a fun activity filled with laughter and friendly competition. To round out the month, we visited the Pôle Culturel du Monastère des

Ursulines, where we learned more about the history and culture of this remarkable heritage site.

March

Walk at Bois-de-Coulonge Park (Mar 6) & Shannon Irish Show (March 14)—

We went out for a scenic walk through Bois-de-Coulonge Park, enjoying the fresh air and the early spring sun. Later in the month, we headed to the Shannon Irish Show, a highly anticipated community event where lively music, traditional dance, and Irish spirit made for a fun and memorable outing.

Looking Ahead

Looking ahead, we have several exciting outings planned for the coming weeks! You can look forward to a workshop on the Quebec public transport (RTC), a sweet and traditional trip to the Sugar Shack, a breathtaking view of the city from the Observatoire de la Capitale, and an inspiring visit to the Musée national des beaux-arts du Québec.

Thank you to all who took part in our outings over the past few months. Your presence, energy, and smiles made each activity even more special, and it's always a pleasure to share these experiences together.



Are you interested in participating in our 50+ activities?

Contact Léa Bureau at



(418) 683-2366 EXT. 229



LEA.BUREAU@VEQ.CA

Northern Perimeter

What's new?



March is for the Irish, and for St. Patrick's Day celebrations in both Shannon and Saint-Gabriel-de-Valcartier. VEQ once again collaborated with community partners to make March 17 a special day. With the municipality, we sponsored musicians for the Irish luncheon at the Valcartier Community Centre. VEQ also sponsored a bus for the Shannon Irish dancers on March 15, bringing a burst of green and orange sunshine to seniors at St. Brigid's Home and Manoir Manrense.

On February 5, VEQ was invited by the Caisse populaire Desjardins du Piémont Laurentien (Val-Bélair) to attend its annual partners' meeting as a grant recipient. It was a great opportunity to connect with other engaged organizations in the Northern Perimeter and to highlight VEQ's work in the community. The grant supported seniors' social participation in the area, including Shannon and Saint-

Gabriel-de-Valcartier, and helped fund supplies for activities such as the community kitchen and the beloved Crust Collective club.

We also held our annual focus groups in Saint-Gabriel-de-Valcartier on February 26, and in Shannon on March 10. These meetings bring together municipalities, schools, community organizations, and engaged citizens to review our activities, discuss current and future collaborations, and reflect on community needs and the role VEQ plays locally.

We are also happy to share that the Storytime initiative at Dollard-des-Ormeaux (DDO) School has continued strong through January, February, and March, with more sessions planned for April and May. This wonderful collaboration between DDO, volunteers, and VEQ has already reached 54 students across two pre-K and two kindergarten classes. A new Dance and Movement workshop has also been added thanks to another amazing volunteer, Christine, who did her first session on February 26. Teachers and students love the Storytime sessions and are just as excited about the dance workshops. If you are interested in Storytime or other volunteer opportunities, we would love to hear from you.

Our regular activities at the VEQ Community Space are also ongo-

Get in touch
with our
Shannon team!

Dominique Paddack

Email: dominique.paddack@veq.ca

Tel: (418) 683-2366 ext. 227

David Zhu

Email: david.zhu@veq.ca

Tel: (418) 683-2366 ext. 228

ing, including Arts and Crafts in Shannon, Let's Play game nights, knitting, Brain Power, and more. On March 24, participants tried macramé and created their own keychains. Be sure to join us for the next Arts and Crafts sessions on April 23 and May 14, where rock painting, paper quilling, felting, and other activities are planned. Watch Facebook for details or contact Dominique to register.

Finally, you know spring is here when we start talking about Earth Day. On April 22, VEQ, the Valcartier Military Family Resource Centre (VMFRC), and Anne Feeney will once again partner to host this year's Earth Day activity at the VMFRC Community Centre. The activity is free, and soil, pots, and seeds will be provided to help you start your summer garden.

50+ Northern Perimeter

Out & About

As March moves on and the days slowly grow longer, it's been wonderful to see so many familiar faces continuing to take part in activities across the Northern Perimeter. These gatherings remain a great way to stay active, creative, and connected through the winter months. In February, we also organized an outing to the Musée national des beaux-arts du Québec. Participants enjoyed exploring the museum's beautiful collections and spending an enriching afternoon together.

Brain Power

Brain Power sessions continue to take place on the first Wednesday of every month.

Origami Workshops

Our Origami sessions are back as usual in the VEQ Community Space. Spots are limited, so advance registration is required. Updates coming soon!

Chair Yoga

Our Chair Yoga sessions continue to be a highlight for many participants, offering gentle movement and relaxation. Sessions are from 9:30 to 10:30 a.m. in Shannon on Tuesdays and Saint-Gabriel-de-Valcartier on Thursdays.

Crust Collective

Rye and shine, bread lovers! Our baking club continues to grow,

bringing together beginners and seasoned bakers alike. From kneading dough to sharing tips and laughs, each session has been a wonderful community experience. Space is limited. New session dates will be announced soon.

Knitting

Our Knitting Group continues to meet every Monday in Shannon, and the creativity and generosity of this group has been truly inspiring.

Over the past few months, members of the group worked together



to knit winter garments for local students in need in the Shannon area. From warm hats to cozy scarves and other winter essentials, their efforts will help ensure that several young people in the community stay warm through the colder months.

It's a wonderful example of how a simple weekly activity can grow into something that directly supports the broader community. A big thank-you to everyone who contributed their time, skill, and

care to this initiative!

Community Kitchen

If you enjoy discovering new cuisines and cooking alongside friends (new and old), Community Kitchen is for you! We cook together, clean together, and everyone takes a portion home to share. Our upcoming session will feature Chinese Cuisine, and we're looking forward to exploring these bold and delicious flavours as a group.

Coming up...

With the Summer fast approaching, we only have a few more weeks left before some of our activities go on pause for the season! But before that happens, we still have plenty to look forward to, including our Sugar Shack outing in April!

To register or receive updates about 50+ Northern Perimeter Out & About activities, contact David Zhu.

Stay tuned for more details on what's ahead. You won't want to miss it!

David Zhu

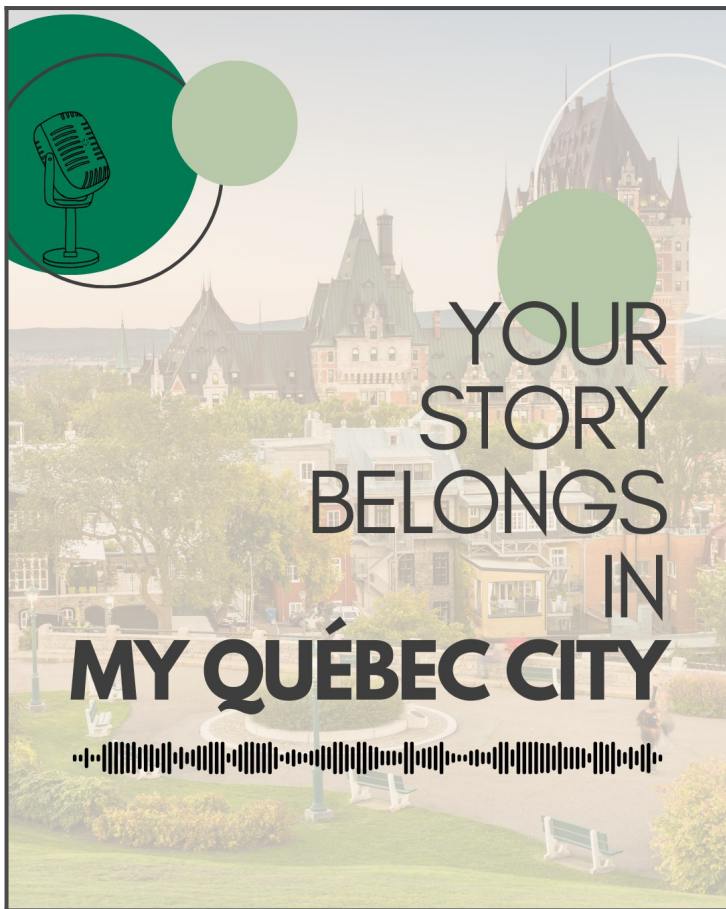


(418) 683-2366 EXT. 228



DAVID.ZHU@VEQ.CA

Podcast Broadcasts





The My Québec City Podcast continues to capture the voices and stories that shape our community. Recent episodes feature Elise, Volunteer Coordinator at JH Partners, who shares her experience matching volunteers to roles; and Anna, who arrived in Québec unsure where she fit, and came to see that belonging is a mindset, along with many other stories.

Interested in recording your own episode? Get in touch with Kevin! You simply need to be a local resident, a willing storyteller, and comfortable speaking in English.



Kevin Bottaro

 (418) 683-2366

 KEVIN.BOTTARO@VEQ.CA

YOUR VEQ NEWSLETTER IS PREPARED WITH CARE BY THE PARTICIPANTS OF THE *R.I.S.E.* PROGRAM!



VEQ is proud to collaborate with the R.I.S.E. Program, who help assemble your newsletters for mailing every couple of months. The R.I.S.E. Program, an initiative by JH Partners, is a full-time program designed for English-speaking adults with special needs. Its mission is to maximize each individual's potential and foster a sense of purpose and community through activities that cultivate life and social skills.

To R.I.S.E. participants—thank you for your invaluable help and enthusiasm. We look forward to continuing this partnership and witnessing the amazing growth of all involved.

Community Happenings

COMMUNITY EVENTS
AND ACTIVITIES FOR YOU



The Morrin Centre

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

From book clubs to literary events, find out all that's happening at the Morrin!

Don't miss out on Imagination in April!

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

E: info@morrin.org

T: (418) 694-9147

JH Partners

JH Partners promotes the personal and shared well-being of English-speakers in the Québec City region.

Parents and Petits Get-togethers are still happening every Friday!

The **Caregivers' Circle** programming are also on-going with book clubs, coffee chats, seminars and more.

Join **Young and Empowered**

activities for young English-speaking adults to get involved in their community, engage with their peers, find support, and access valuable resources.

Visit jupartners.net for more information about programs, activities and volunteering.

Questions? Please email: info@jupartners.net



All these events (and more!) here:

SCAN ME



... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

QCRC

Quebec City Reading Council is a volunteer-based not-for-profit organization that provides literacy resources and services.

Lunch & Learn

Apr 8—Finding Your Direction

May 13—Your First Resume

Family Programmes

Connect with others at activities specifically designed for children.

Apr 10—Travellin' Toddler

Time: Dinosaurs

Lifelong Learning (LLL)

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

Apr 9—Government Authentication Service

Apr 16—Guided Parliament Library Tour

Apr 27—Still Life Sip & Paint

W: www.qcrc.org

E: info@lifelonglearningquebec.org

T: (418) 681-1258



COACHING DATES

Are you an entrepreneur or have aspiring ideas to start your own business?

Sign-up for the next YES Business Coaching session:

Apr 13, 14

May 11, 12

Jun 8, 9



(418) 683-2366 EXT. 225



NEWCOMERS@VEQ.CA



Did you know that Québec is the host city for Canada Games in 2027?

Volunteer recruitment is now underway! With more than 150 roles to fill, every volunteer helps make this national event a success. Every contribution

matters, and yours can make all the difference!

Make your mark today! Sign up as a volunteer and be a part of this historic adventure.

www.jeuxducanada2027.ca/en/implique-toi/deviens-benevole

PLACE YOUR EVENT HERE

Would you like to see your event in this section?

Melissa Wan



(418) 683-2366 EXT. 226



MELISSA.WAN@VEQ.CA

Email the Québec Chronicle-Telegraph to advertise your event:

editor@qctonline.com