



## Thank you to the Laurentian volunteers

Dear Laurentian volunteers,

At the end of this year, the Fédération des centres d'action bénévole du Québec wishes to take the time to express its gratitude and appreciation for all the good you do in your community, especially during this troubled period in our history.

Thanks to your involvement, essential services are provided, solitudes are broken, friendships are created and entire lives are transformed.

The global crisis we are currently experiencing has further weakened already vulnerable populations by jeopardizing their health and safety. This is why your contribution is so important to us. Your commitment shows a generous and altruistic heart that is always ready to help others.

We still have a long way to go, but together we will emerge stronger, and one day, when we have overcome this crisis, we will be proud to have been able to contribute to putting balm in the hearts of people in vulnerable situations and to have helped them get through one of the worst moments of their lives.

May this time of rejoicing bring you peace, gentleness and hope. Once again, thank you from the bottom of my heart. You are precious to us and please continue to volunteer!

I would also like to take this opportunity to congratulate the Saint Laurent Volunteer and Community Action Centre for continuing its colossal work in the field despite the many pitfalls. The Federation is proud to be able to count on members of this calibre.



Fédération des  
centres d'action bénévole  
du Québec

Michel Alexandre Cauchon  
Managing Director  
Fédération des centres  
d'action bénévole du Québec

# Laurentian Volunteer Ambassadors 2020-2021



Jacques Levasseur



Leila Ben Ammar



Lyne Dakak



Nathalie Lafleur



Taye Blaize



Erasmo Valencia  
the St-Hubert Restaurant

## Recipients are now announced!



On Friday, December 4, a tribute evening was held via videoconference in the presence of 65 guests, including members of the selection committee, elected officials from Saint-Laurent, representatives of community organizations, families and friends of the ambassadors, as well as their fellow volunteers.

Today, Centre ABC is very pleased to announce the names of the five volunteer ambassadors and the ambassadors of the Laurentian Corporate Citizen 2020-2021. They are:

**Jacques Levasseur, Leila Ben Ammar, Lyne Dakak, Nathalie Lafleur, Taye Blaize  
and the St-Hubert Restaurant**

The Corporate Citizen and the five recipients chosen this year by the selection committee have distinguished themselves by their exceptional civic commitment and their great contribution to the Laurentian community.

A trophy, accompanied by gift certificates, was delivered to the winners' homes to thank them for their volunteer commitment this year.

These behind-the-scenes workers have put all their heart into ensuring the well-being of their fellow citizens, as well as making our community shine. As such, they deserve all the honours and all our respect, recognition and immense gratitude.

For its part, the Restaurant St-Hubert Express, located on Boulevard Marcel-Laurin, has chosen to make a difference by working tirelessly and altruistically to support the Laurentian community this year.

This company is the ideal example which proves to the entire Saint-Laurent community that no matter the crisis, a large-scale company can stand out through local actions and improve the quality of life of its fellow citizens by showing generosity.

# French and art

## Twinning in videoconferencing

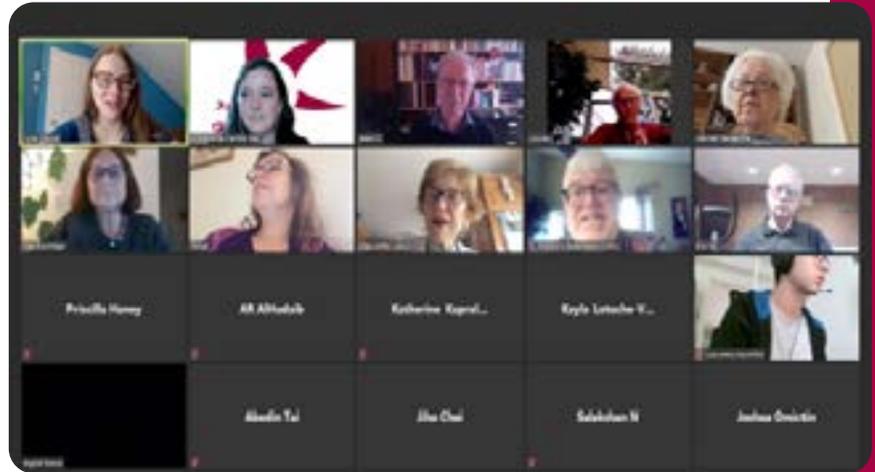
Between September and December 2020, ABC Centre and Cegep Vanier joined forces to virtually match English-speaking students with French-speaking volunteers. They then produced a booklet that brought together the ideas raised during these various sessions. The result is a beautiful story created by the students that incorporates the symbols and heritage elements of Quebec.

Julie Gagné, French teacher at Vanier College, tells us about it.

«As part of the Jasons French as a Second Language course with Francophones, students at Vanier College had the opportunity to speak with volunteers from ABC Centre to improve their French skills. Each week, thanks to a twinning activity organized on the Zoom virtual platform, CEGEP students and volunteers met to discuss different topics. The guided discussions allowed them to (re)discover Quebec culture and to revisit their personal history by plunging back into their memories. Throughout the virtual sessions, young and old alike got to know each other and built a relationship of trust where students had the chance to develop their oral skills in an authentic learning situation.

This allowed them to take more risks with the language, enrich their vocabulary and increase their sense of competence. Each week, the students seemed more and more comfortable speaking in French.

Laughter and smiles were the order of the day. The dialogue that learners were able to establish with Francophones also seemed to act as a source of motivation, as learning French was not limited to the classroom. On the contrary, this learning was rooted in reality. I hope that these encounters have given the students the desire to continue to forge meaningful ties with Francophones and to dare to use French in their daily lives. In any case, I remain convinced that these exchanges, this shred of humanity, which enabled them to break the solitude in these times of isolation, will remain engraved in their memories... »



A beautiful appointment that will be resumed next session. If you are interested in this project, do not hesitate to contact the Centre !

## A conference for Valentine's Day

Since hugs and kisses are not allowed, how would you like to join us on the Zoom platform to celebrate Valentine's Day?

The ABC Centre is pleased to invite all its volunteers and beneficiaries to a conference on Sunday, February 14, 2021, from 2:00 to 3:30 p.m. on the Zoom platform.

This conference, which will take place under the theme "On the origins of Valentine's Day and famous couples" will be followed by a period of exchanges and discussions.

Here is the Zoom access code: <https://zoom.us/j/95736145722> and to facilitate the organization of this event, **please confirm your presence at 514 744-5511, no later than Friday, January 29, 2021.**

**We look forward to seeing many of you there !**



# ABC Centre's Annual Toy Drive

## Pandemic or not, here we are !

Every winter, this collection is a great success with members of the community who are very sensitive to the cause and who wish to help their fellow citizens. And this year, despite the pandemic, there was no question of missing this event! So, for the 6th consecutive year, volunteers gathered at the ABC Centre for seven weeks to sort, clean and wrap all the toy donations we received.

We then distributed more than 1200 toys to Henri-Beaulieu and Enfant-Soleil schools in the borough of Saint-Laurent. Volunteers also packed more than 900 toys to be added to the Christmas hampers at the Magasin-Partage.

In total, we distributed more than 2,100 toys! This is an exceptional year for mutual aid, sharing and volunteer involvement in Saint-Laurent. Thank you all for keeping solidarity alive in the borough!



## You have the gift of doing good !

ABC Centre is a non-profit community organization. And as such, we need all donations, big or small. They are the ones that help us achieve our mission and serve the Laurentian community in the best possible way. Will you join us?

Volunteers, an essential resource in a community!

*«I came to know the ABC Centre through the COVID-19 pandemic. Before that, my entourage helped me and I was able to do my own things. I saw on the bulletin board of the residence where I live that Centre ABC offered a grocery shopping service. Since my sisters live outside of Montreal, seniors had to be confined and the shopping malls were no longer able to deliver in real time, I started to pass on my grocery list to the volunteers by phone. They would go the same day or the next day. They would pay in advance and I would pay by cheque. Since then, everything has been going well and it's doing me a lot of good. If this service hadn't existed, I wonder how I could have eaten properly in confinement. I salute the efforts of these angels who came to the aid of the elderly; people who agreed to expose themselves when others were afraid to go outside for fear of contracting the disease. Thank you to the ABC Centre and to all the volunteers that I have seen in my home. »*

Mrs. V. L.

