

# VEQ NEWSLETTER

JANUARY 2025



NEW YEAR

What an incredible year we've had together! We want to take this opportunity to express how much we appreciate the relationships we've built and strengthened with our members and partners, as well as the connections we facilitated this past year.

In this newsletter issue, we will showcase our events from the past few months and provide updates on what's on the horizon. We have lots of exciting activities coming up, and we cannot wait to see you there.

Cheers to 2025! We hope you enjoy this inaugural issue!

NEW BEGINNINGS



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 fewer print copies, please take a moment to contact us at (418) 683-2366 ext. 221, or at [info@veq.ca](mailto:info@veq.ca), and tell us you would like to receive the newsletter electronically.

MADE POSSIBLE THANKS TO

Canada Québec

Connect  
with  
US

## Contact us

T: (418) 683-2366  
F: (418) 688-3273  
E: [info@veq.ca](mailto:info@veq.ca)  
W: [www.veq.ca](http://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

## HOLIDAY HAPPY HOUR 2024

Thank you for joining us on Dec 4 for Holiday Happy Hour! It was a fantastic couple of hours spent with all of you.

A big thank you to CBC Quebec for the wonderful entertainment—if you weren't there, you missed an amazing live performance by the local band, *Irish*

*Tree*, which was the talk of the evening!

We also extend our gratitude to the Morrin Centre, our dedicated volunteers, raffle prize donators and community members for their continued support of this event.

We look forward to seeing you every year for this event that

helps support the Quebec City Community Christmas Hamper Campaign.

Please enjoy the photos captured by Allison Kirkwood that evening. We have more on Facebook for you to see!

Until next time...

## MEMORIES CAPTURED BY Allison Kirkwood



[SEE MORE HERE](#)

# Community Christmas Hamper Campaign 2024



Thank you for all your donations! On Dec 19, the whole team headed to EQLC (Eastern Québec Learning Centre) to help with packing hampers. We spent the morning sorting and counting donated items that would then go into hampers for individuals and families in need during the holiday season. This initiative is a yearly endeavor that we take pride in taking part in, along with many other com-

munity organizations.

You can still help us reach our goal for 2024 by donating here, and sharing the initiative within your network:

[www.canadahelps.org/en/dn/8671](http://www.canadahelps.org/en/dn/8671)

Learn more about the campaign here:

[www.qchampers.ca](http://www.qchampers.ca)

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## Share Your Story



Have you moved to the Greater Québec City region from another place?

Do you have a testimonial that you would like to share with us and other (potential) newcomers?

We would love to hear about your experience moving to this corner of the world! Let others know why you chose and love Québec!

*"I chose Québec because..."* follow the link to fill us in:

[www.veq.ca/newcomers/i-chose-quebec-because/](http://www.veq.ca/newcomers/i-chose-quebec-because/)

# 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](mailto:newcomers@veq.ca)

We hope you had a wonderful time during the holiday season. We're now back and ready for new adventures and opportunities. Are you ready to dive into 2025 with VEQ?

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 (FYNN) events! These events are a great way to connect with other newcomers while learning more about our community!

## Keeping Busy!

RECENTLY HELD FYNN EVENTS YOU MAY HAVE MISSED

### A Night at the Museum

November 1—Early in November, we kicked off the spooky season with an evening excursion to the Morrin Centre. Along with the Québec City and Northern Perimeter Out & About groups, we enjoyed exploring and learning about the rich history of this iconic location.

### YES AI Workshop

November 13—In collaboration with YES Employment + Entrepreneurship, we held a café session on the future of AI technologies with YES business coach Farshad Rouhani and entrepreneur Philip Goyer.

### History of Québec



November 7—We embarked on a fascinating journey through Québec's history during our History of Québec Workshop, led by Carleen Gruntman, a professor and former tour guide.

### Potluck Party

November 29—To close off a busy month, we hosted a Potluck Party, where newcomers shared dishes from around the world, creating a warm and delicious cultural exchange.

### The Maze Screening



December 14—we partnered with CAI (Carrefour d'Action Interculturelle) for a special screening *Le Labyrinthe* (The Maze), a documentary by Clarissa Rebouças.

The film offered a unique look at the challenges immigrants face while starting fresh in Québec City. Participants also had the chance to engage in meaningful discussions with those who help newcomers settle into their new lives.

# Mark Your Calendars

UPCOMING  
NEWCOMER EVENTS  
YOU DO NOT WANT  
TO MISS!



**Game Night**

Friday, January 31  
6:30 pm to 8:30 pm

Multipurpose Room  
The Wellness Centre at Jeffery Hale  
1270, chemin Ste-Foy, Québec

Open to all

Come play Bananagrams, Just One, Ghost Blitz, Scattogories, Timeline, Hellapagos or bring your own to share!

Join US

VIKTORIA POULIN GAREAU  
newcomers@veq.ca  
(418) 683-2366 ext. 225

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



## Jan 18

### Through the Pages of Time

Discover the oldest parliamentary library in Canada on this guided tour at the Parliament, where history, culture, and architecture meet in one of the most unique spots in Québec City.

## Jan 25

### Sliding and Tubing

Winter fun awaits! Stay tuned to our website and Facebook page for details about this thrilling outdoor activity.

## Jan 31, Feb 28

### Monthly Game Nights

Come and play board games with us every last Friday of the month.

## Feb 6

### Revenu Québec Info Session

New to Québec and unsure about provincial taxes? Don't miss this informative session with a representative from Revenu Québec.

## Feb 12, Mar 14

### CRA Info Session

Learn all about federal taxes during these two lunchtime online sessions, designed to fit into your busy schedule.

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



# Employability

We hope you had a great 2024 and look forward to the year ahead with you!

## Government of Canada Jobs Info Session

Nov 14—We were thrilled to see so many community members at this info session. Joining HR rep, Bibisha, this time was Daniel from the Naval Reserve. Together they shared aspects of their career journeys while also providing valuable tips and insights into the application and interview process. Our thanks to the presenters, volunteers Dipti and Chelsea, and the wonderful audience for another successful event.



*Thinking about applying for a job with the Canadian government?* Begin your search here:

[www.canada.ca/en/services/jobs/opportunities/government.html](http://www.canada.ca/en/services/jobs/opportunities/government.html)

## Mastering Interview Questions Workshop

Nov 27—In this two-hour workshop, career counsellor Carole Hautcoeur from the FORT Pro-

gram challenged participants to practice a selection of tough interview questions in pairs. With the group's input, she provided helpful suggestions on how to strengthen their answers using a framework and prepared examples. Great job, everyone! Special thanks to Carole and the Valcartier Family Resource Centre for collaborating with us once again to offer this practical, hands-on workshop!

## Upcoming Events

### Jan 29

Événement emploi éclair—Pencil in the next in-person speed jobbing event! It's your chance to meet with employers who are hiring now. **Register and view job postings here!**

### Feb 5-Mar 7

French for the Workforce—Join YES Employment + Entrepreneurship in this intermediate level virtual French learning program. You'll actively engage in various exercises, receiving personalized feedback from both the instructor and your peers. This hands-on experience extends to crafting a professional cover letter, responding to interview questions, writing business emails, and confidently contributing to workplace meetings.

The classes are held twice a week on Wednesdays and Fridays from

9:30 AM to 12:30 PM. Pre-registration is required, and the sessions will be held online over Zoom. There are fees to participate.

Please call (514) 878-9788 or email [info@yesmontreal.ca](mailto:info@yesmontreal.ca) for more information and to take a short written and oral placement test.

### Mar 14

Bursary Opportunity: Femmes d'avenir—Four bursaries of \$1,000 each are being offered by Étape Emploi and their sponsors to help women enter non-traditional professions.

To qualify, the applicant must:


- Be enrolled full-time in a vocational training center located in the Capitale-Nationale region
- Be studying in a male-dominated field
- Answer all the questions on the application form
- Complete the application form in French

For more information or to apply: **Bourse – Étape emploi, complice des femmes**

Deadline: March 14, 2025

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Susanna Tang

 (418) 683-2366 EXT. 222

 [SUSANNA.TANG@VEQ.CA](mailto:SUSANNA.TANG@VEQ.CA)

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# 50+ Services

## STAYING WARM WITH *OUT & ABOUT*

November and December have been bustling months filled with joy, exploration, and community bonding for *Out & About*. Let's take a moment to reflect on our activities and eagerly anticipate making even more in the year ahead.

**Nov 1**—A Night at the Museum: We kicked off November with an enchanting experience at the Morrin Museum. This exclusive evening outing was a treat for history enthusiasts. Participants enjoyed candies and captivating tales of the past under the museum's eerie charm illuminated by the moonlight.

**Nov 11, 18**—Lunch and Shopping at Laurier Québec: Two delightful trips allowed participants to enjoy leisurely holiday shopping.

**Nov 8, 15**—Citadelle Tour: Rain or shine, our visit to the Citadelle was a hit. Luckily, we had a great sunny and windy day for both trips. The sweeping views of the city and engaging stories shared by our guide made this outing a highlight of the month.

**Nov 28**—International Lunch: We relished on a delicious Indian lunch created by *Le Jardin du Masala*, a catering and take-out company newly based at EQLC's kitchen. We enjoyed discovering the diverse flavors and stories behind the dishes shared by everyone, making this a truly enriching experience.

**Nov 29**—Crackpot Café: Participants tapped into their artistic sides, painting ceramic pieces ranging from mugs to teapots.

**Dec 6**—Lunch and Shopping at Les Galeries de la Capital: We returned to the mall for another round of shopping and a cozy lunch. This outing provided the perfect opportunity to find last-minute gifts and enjoy a relaxing day out. We even ran into Maria, who was shopping at the stores with her newly minted baby.

**Dec 12**—Québec City German Market: A true festive delight, our visit to the German Market was a sensory feast. Participants savored the best of the season, from warm cheese fondue and

sweet churros to spiced mulled wine. Local products and artisanal crafts made for excellent gift shopping. We had a delicious lunch at the D'Orsay to warm up from our chilly day of adventuring.

Here's to more adventures, stronger connections, and heartwarming experiences in the coming months! Cheers to a fantastic year ahead!

**Are you interested in participating in our 50+ activities ?**

Contact Ariel Blouin at



(418) 683-2366 EXT. 221



MARIA.HOYT@VEQ.CA





# Northern Perimeter

## What's new?



The duo at VEQ's Shannon office wishes you a joyous and healthy new year! We are excited to engage and collaborate with our community members and partners, and are looking forward to seeing you again in 2025!

The year ended with artistic and Holiday-spirited activities at the VEQ Community Space, including a Holiday Card Making workshop, as well as our first Movie Matinée screening on Dec 12 featuring the movie *Klaus*. A great way to get into a merry mood!

On Dec 7, VEQ was thrilled to collaborate with Valcartier Elementary School (VES) in their Alice in Wonderland event. 30 participants, including youth, and families, enjoyed the afternoon in our Community Space where dec-

orations, costumes, props, activities, and prizes were all part of the fun. In addition to the enchanting ambiance, tea was served in the finest silverware in the Northern Perimeter, and participants were treated to succulent and thematic home-baked cookies—a real hit for the taste buds! Thanks to VES' Community Development Agent, Jayne Doddridge, and teacher, Emma Perreault, along with students and volunteers who made this a successful and colourful event.

VEQ activities will resume in mid-January with Chair Yoga starting in both Shannon and Saint-Gabriel-de-Valcartier. We also have free Arts & Crafts workshops lined up for you. Keep an eye out on our Calendar of Events to find out more.

## Get in touch with our Shannon team!

### Dominique Paddack

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

Tel: (418) 683-2366 ext. 227

### David Zhu

Email: [david.zhu@veq.ca](mailto:david.zhu@veq.ca)

Tel: (418) 683-2366 ext. 228

Would you like more information about our events, or maybe looking to volunteer your time in the community this year? For any questions, please contact Dominique.

For any suggestions or ideas about our services or activities, please don't hesitate to reach out to us—we are always open to chat and hear your thoughts. We are looking forward to seeing you again at our events and activities in 2025!

# 50+ Northern Perimeter

Our activities in the Northern Perimeter will be starting up again shortly, so be sure to mark your calendars. We look forward to seeing you all for the first time in 2025!

## Chair Yoga

Our Chair Yoga sessions are back for the 2025 Winter/Spring season! A big thank you to Jennifer who will be leading them. You can find the schedule below:

Valcartier Military Family Centre

Starting Jan 14

Every Tuesday, 9:30 AM to 10:30 AM

Valcartier Community Centre

Starting Jan 16

Every Thursday, 9:30 AM to 10:30 AM

## Community Kitchen



We cannot wait to see you once a month to cook up a storm during our Community Kitchen workshops! We are now taking recipe suggestions. If you have something you'd like to share/try please don't hesitate to send us an email.

## Brain Power

Please keep an eye out in your inbox for an update coming soon.

## Knitting

Our lovely knitting club, led by Jennifer Patterson, resumed on Jan 13, with a fresh supply of yarn! The group continues to create garments that will be donated to the community, and their wonderful initiative is ongoing.

## Coming up...

There's much to look forward to with activities resuming, including exciting outings! Look forward to trips to museums, sugar shack experiences, and more!

## 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 the Jeffery Hale Community 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 Wellness Centre

The Wellness Centre at Jeffery Hale promotes the personal and shared well-being of English-speakers in the Québec City region.

The Family Matters program is proud to introduce their new **Triple P Parenting series**. This is a 3-part program that starts **Jan 15**. Missed it? You can still attend the **Feb 26** and **Mar 19** sessions!

Visit [www.wejh.ca](http://www.wejh.ca) for more information about activities and volunteering.

Questions? Please email:  
[info@jhpartners.net](mailto:info@jhpartners.net)

## QCRC

Quebec City Reading Council is a volunteer-based not-for-profit organization whose mission is to provide literacy resources and services in English, that will educate and empower its learning community.

### Family Programmes

Connect with others at activities specifically designed for children.

### Upcoming events:

**Jan 27**—Family Literacy Day

**Jan 30**—Early Learning Café

**Feb 14**—TTT: Valentines

### Lifelong Learning (LLL)

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

### Upcoming events:

**Jan 22**—Legal Essentials with a Notary

**Jan 23**—Veganuary - Plant Based Recipes: Tips and Tricks

**W:** [www.qcrc.org](http://www.qcrc.org)

**E:** [info@lifelonglearningquebec.org](mailto:info@lifelonglearningquebec.org)

**T:** (418) 681-1258

## 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 City.

Visit [www.morrin.org](http://www.morrin.org) to learn more about the Morrin Centre.

**E:** [info@morrin.org](mailto:info@morrin.org)

**T:** (418) 694-9147

All these events (and more!) here:


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## 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

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

[editor@qctonline.com](mailto:editor@qctonline.com)



# ARE YOU AN ENGLISH SPEAKER IN QUÉBEC?

Answer questions on your awareness of French language assessments for a chance to win \$100!

**SHARE YOUR INSIGHTS NOW**



Do you identify as an English speaker in Québec? Participate in the *Provincial Employment Roundtable - Table ronde provinciale sur l'emploi*'s 5-minute survey for a chance to win \$100! This research seeks to gain insights into English speakers' awareness of French language assessments, as well as their motivations and challenges in learning French.

Fill out the survey here: [pertquebec.qualtrics.com/jfe/form/SV\\_6JeUQKHsKDIOenc](https://pertquebec.qualtrics.com/jfe/form/SV_6JeUQKHsKDIOenc)