

# VEQ NEWSLETTER

MAY 2025



## SPRING THINGS

We're back to share what we've been up to during March and April!

Spring Fest, which took place on March 18, was a wonderful occasion filled with conversations and reconnections. Did you miss out on the event? Don't worry, there are plenty of chances to meet again! Join us on June 5 for our 2025 Annual General Meeting. It's a great opportunity to catch up, and learn more about our projects and activities. For more information, check out page 4.

Read on to see how our projects are faring, and what we have next in store for you.

All of this and more in this issue of the VEQ Newsletter.



Voice of English-speaking Québec

**Connect with the  
English-speaking community**

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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](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) 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

## SPRING FEST 2025

Hurray for spring! We were thrilled to see new and familiar faces during our 5 à 7 on March 18.

It was wonderful to connect with everyone at Café La Maison Smith in Ste-Foy, and we hope you enjoyed it as much as we

did. What a great way to embrace the arrival of spring and the warmer temperatures.

Thank you for joining us and for continuing to support our events and activities. We look forward to seeing you again at our AGM in June!



## ART & SOUL

Art & Soul has wrapped up! Thank you to all participants for bringing creativity and enthusiasm to our Wednesday evening sessions. We are grateful for the shared moments of learning and inspiration with all of you.

Stay tuned for upcoming events and opportunities to connect!



*Participants of Art & Soul getting creative, learning new techniques and socializing.*

## LIST OF ANGLOPHONE FACEBOOK GROUPS IN QUÉBEC CITY

We have compiled a list of Anglophone groups in Québec City available on Facebook to help you connect with others who have similar interests or backgrounds.

Find your community, and make new friends in Québec City!

SCAN ME



*Did we miss a group?*

Contact Melissa Wan for any groups that should be on this list that we may have missed.

Melissa Wan



(418) 683-2366 EXT. 226



MELISSA.WAN@VEQ.CA

# VEQ

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06

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05

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25

## VEQ'S ANNUAL GENERAL MEETING

THURSDAY, JUNE 5  
5:30 PM – 7:30 PM  
COIN SOLEIL, 2ND FLOOR  
JEFFERY HALE HOSPITAL  
1250, CHEMIN STE-FOY

PLEASE RSVP TO ARIEL BLOUIN:



[info@veq.ca](mailto:info@veq.ca)

(418) 683-2366 ext. 221

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# AGM



# 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)

As nature awakens from its winter slumber, we're stepping into the perfect season to spend more time outdoors and discover even more about our beloved city.

Stay tuned on Facebook and our website to be the first to celebrate spring with us, and don't miss our events especially organised with *you* in mind!

## Keeping Busy!

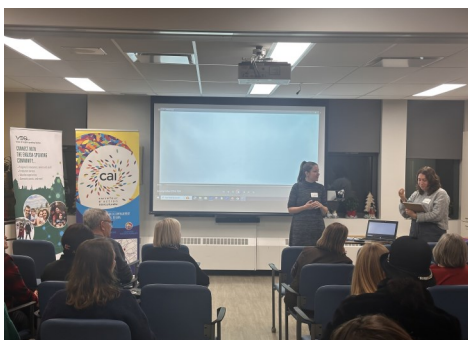
### RECENTLY HELD EVENTS YOU MAY HAVE MISSED

#### *Le Labyrinthe* Screening

Mar 13—In collaboration with CAI (Carrefour d'action interculturelle), we hosted a second screening of the powerful film *Le Labyrinthe / The Maze*.

It shed light on the struggles and sacrifices many immigrants face in their journey towards building a new life.

A heartfelt thank you to all who came and supported our event!



#### Sugar Shack

Mar 15—Plates full of maple syrup and hearts filled with Québécois music! We enjoyed a sweet escape at a traditional Sugar Shack on a beautiful Saturday!

We immersed ourselves in this cherished Québec tradition—celebrating the arrival of spring and the maple syrup season. Participants also had the chance to see how this golden treat is made!



#### MNBAQ

Mar 19—We visited the Musée National des Beaux-Arts du Québec for a guided tour of the exhibition “Us”. It was a fascinating opportunity to dive deeper into contemporary artistic expressions and reflect on the stories behind the artworks.

#### Château Frontenac

Apr 15—In April, we explored the iconic Château Frontenac, the crown jewel of Québec City.

Our group wandered through hidden corners of the majestic hotel-castle, and listened to captivating stories told by costumed guides portraying historical characters.

*Did you miss these activities?*

*Don't worry! Check out the next page and sign up for a new adventure with us!*

# 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



GUIDED TOUR OF THE

## Parliament of Québec



24 MAY AT 10:30 AM  
1045 RUE DES PARLEMENTAIRES

JOIN US ON A GUIDED TOUR OF THE PARLIAMENT OF QUÉBEC AND ENJOY LUNCH TIME IN THE COMPANY OF NEW FRIENDS AT LE CAFÉ DU PARLEMENT.

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:



## May 24

### Parliament of Québec Tour

We're heading back to the beautiful Parliament building for an exclusive guided tour through its historic corridors. Learn about Québec's government, its influential figures, and the architectural splendor of this iconic landmark. Optional: stay after the tour to enjoy a coffee together at the Parliament Café!

## May 30, Jun 27

### Monthly Game Night

Our monthly Game Nights continue to bring joy and connection to our community. Join us for fun games (we have many!), good conversations, and the chance to make new friends in a relaxed and welcoming atmosphere.

## Jun 14

### Old Québec Walking Tour

Our traditional walking tour with guide François Monet returns! Get ready to explore the charming streets of Old Québec while uncovering fascinating facts and stories from the past (and present). Be sure to register early to reserve your spot!



*A memory from last year's Old Québec Walking Tour.*

# Podcasts Broadcasts and Employability

## PODCAST BROADCASTS

### Mini Pep Talk Podcast

In late May, we will be releasing our Mini Pep Talk episodes where you'll discover stories about job search success in Québec City.

In the meantime, catch up on these episodes of My Québec City—50+ Edition featuring familiar voices from the Québec's Northern Perimeter: Wes McCoubrey, Kerry King, and Danny Neville along with Dan Griffin (formerly of Québec City).



## EMPLOYABILITY

### Government of Canada Jobs Info Session



On April 29, we had a full house at our info session about jobs with the Government of Canada. Elaine from the Public Service Commission of Canada explained the application process in detail and touched on topics such as the job portal, second language requirements, and assessment accommodations.

Many thanks to Elaine for presenting, and to Dipti for assisting at the registration desk. Our gratitude as well to Anaïs and Verity from the Jeffery Hale Partners as well as participants Godlove, Richard, Jeremiah, and Michael for their help with room setup.

Learn more about career opportunities on the [GC Jobs portal](#).

## #JobTipTuesdays

Continue to look out for our #JobTipTuesday posts on our [Facebook page](#) most Tuesdays, where we share job search tips and information about employment-related events and workshops in the city!

## New & Exciting

### May 29

In partnership with Option-travail, we will be co-hosting their webinar about Adapting to the World of Work in Québec on Thursday, May 29 from 6PM to 9PM.

Ideal for newcomers to Québec: This 3-hour workshop provides an overview of characteristics of the Québec workplace to aid in preventing cultural misunderstandings and to promote integration into the workplace.

[Register here.](#)

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Susanna Tang



(418) 683-2366 EXT. 222



SUSANNA.TANG@VEQ.CA

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# 50+ Services

## HOP AROUND WITH OUT & ABOUT!

Here's a look at the highlights from our latest adventures from March and April.

**Mar 14**—Naval Museum of Québec: This experience provided a look at Québec's maritime history during World War II with ship models and naval artifacts.

**Mar 21**—Neon Mini Golf: Glow-in-the-dark fun featuring friendly competition, striking purple hair, and plenty of laughter.

**Mar 28**—Sugar Shack Outing: This sweet spring tradition included maple taffy on snow, hearty comfort food, and a cozy atmosphere, making for a perfect day.

**Apr 11**—Terrasse Dufferin Tour: We explored the remains of Saint-Louis Forts and Châteaux, once homes to governors and royalty, and the site of Samuel de Cham-

plain's original residence, revealing historical secrets along the scenic walkway.

**Apr 25**—Parliament Building Tour: The visit to Québec's Parliament Building was informative, featuring a guided tour that covered political processes and showcased the beautiful architecture of the building.

**May 2**—Château Frontenac Tour: We toured the iconic Château Frontenac, admiring its luxurious architecture and rich history.

### Looking Ahead

We are excited to bring more enriching activities to our community including bowling, museum visits and more! Don't forget to register if you are interested to join us.

**Are you  
interested in  
participating  
in our 50+  
activities or  
know someone  
who would be  
interested?**

Contact Ariel Blouin at



(418) 683-2366 EXT. 221



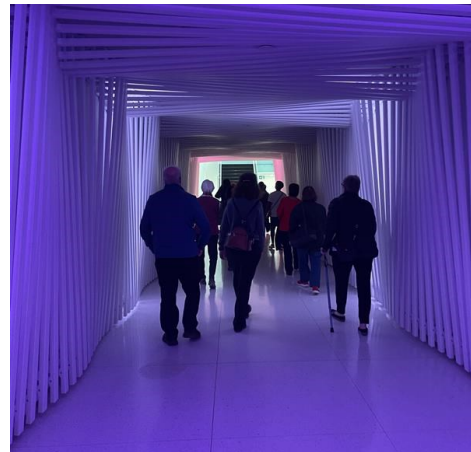
MARIA.HOYT@VEQ.CA



Mar 14—Naval Museum of Québec visit.



Apr 11—Terrasse Dufferin guided tour.



Apr 25— Guided Parliament Building visit.



# Northern Perimeter

## What's new?



*Earth Day activity on April 22.*

Early spring in the Northern Perimeter has been blossoming with activities including the popular Chair Yoga held in both Shannon and Saint-Gabriel-de-Valcartier, Community Kitchens, a sugar shack outing, and VEQ's Arts and Crafts workshops held at our Community Space.

In March and April, Arts & Crafts in Shannon featured colourful rock painting, and a fun needle-felting workshop where little kittens and critters came into being out of wool, and lots of needle pricking! The month of May promises more arts and creation with Origami and Macramé workshops. Stay tuned for more details on our website or our Facebook page for dates. These ac-

tivities are free; to register or for any questions, please contact Dominique.

On March 22, to finish off the St. Patrick's Day festivities, VEQ was happy to offer transportation to Shannon's St. Patrick's Day Parade in the city, including families with banners and the Shannon Irish Show dancers. Indeed, this year's gang of marchers was too big for just one bus and VEQ provided a second bus to keep all Shannonite marchers united!

In celebration of Earth Day on April 22, VEQ partnered up with the Valcartier/Military Family Resource Centre (VMFRC) and invited community members to plant herb and vegetable seedlings for the upcoming summer season—"salads, swiss chard, peas, peppers, parsley, sage, rosemary and thyme..."—some heard them sing while they planted! Thanks again to VMFRC for allowing the use of their Community Centre, and stay tuned for Earth Day Part II in Shannon on May 31!

The VEQ team was also excited to assist the Central Quebec School Board (CQSB) staff responsible for the wonderful Performing Arts Festival (PAF) event on April 9 at Palais Montcalm. What an amazing oppor-

tunity for CQSB students as they participated and engaged in musical, dance and artistic workshops given by professional artists. PAF concluded the day with live student performances in front of parents and friends. Valcartier Elementary School (VES) students brought the audience into the magical world of Alice in Wonderland. Their performances were outstanding, enhanced by the stunning costumes, decor, and staging of VES' Emma Perreault and Jayne Doddridge. Additionally, Dollard-des-Ormeaux School showcased their talent with skilled dancers, and David Jeffries led a group of student guitarists through a magical evening. Bravo to all!

## Get in touch with our Shannon team!

**Dominique Paddack**

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**Tel:** (418) 683-2366 ext. 227

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**Tel:** (418) 683-2366 ext. 228

# 50+ Northern Perimeter

Happy May to all our friends in the Northern Perimeter! Spring is finally in the air, and we're excited to see our community joining our ongoing activities and upcoming events!

## Chair Yoga

Our chair yoga sessions continue to be popular thanks to Jennifer's wonderful guidance!

If you're interested, please see the schedule below:

**Valcartier Military Family Resource Centre**  
Every Tuesday, 9:30 AM to 10:30 AM

**Saint-Gabriel-de-Valcartier Community Centre**  
Every Thursday, 9:30 AM to 10:30 AM

## Community Kitchen

Our Community Kitchen sessions continue monthly. We love receiving your recipe suggestions,

so please keep them coming. Our March session was a Greek feast! A true blend of Mediterranean flavours, including Tzatziki sauce, Souvlaki, Hummus, and homemade flatbread—absolutely delicious!

Upcoming Dates:

May 30, June 13, July 25

All sessions run from:  
9:30 AM – 1:30 PM

## Brain Power

Our Brain Power activities remain ongoing every first Wednesday of the month. Watch your inbox for updates!

## Knitting

Jennifer Patterson continues to lead our wonderful knitting club. Participants have generously created numerous garments for community distribution. Join us for sessions at the VEQ Community

Space every Monday from 1:00 PM to 3:00 PM.

## Coming up...

We're excited to announce a special Origami Workshop! Discover the delicate art of paper folding in this relaxing and enjoyable session, perfect for all skill levels. Keep an eye on your inbox for the announcement and registration details in the coming weeks! More to look forward to:

- Quebec Art Company: Production of 1918 (May 11)
- Museum visit

And much more!

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David Zhu



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## 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

### 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:

**May 9**—TTT: Bugs

**May 29**—Early Learning Café

**Jun 19**—Early Learning Café

#### Lifelong Learning (LLL)

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

#### Upcoming events:

**May 14**—Spring Photo Walk

**May 19**—Life on Board The Canadian Deep-water Fleets of the 19th Century

**May 21**—O Canada

**Jun 2**—End-of-year Happy Hour

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.

#### Events:

**May 17**—Printemps de la musique  
Musical guided tours

**May 20**—Pixels & Pages Book Club

**May 26**—Morris Mystery Mondays: Book Club

**May 31**—Dear Dunedin: Poetry Letter Writing Afternoon

**May 23**—The Aurian Haller Band – Concert

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



### 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!

**May 21-22**

**Jun 18-19**

Contact Viktoria Poulin Gareau 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:

**May 10**—WE Dads Brunch

**May 11, 18, 25**—Buddy Up: Basketball

**May 13**—Baby Massage

**May 13, 20, 27**—Brain Power Drop-in

**May 13, 20, 27**—Caring Chapters

**May 13, 20, 27**—Wellness Yoga

**May 16, 23, 30**—Parents and Petits Get-together

**May 21**—SHARP: Driving Safely

**May 28, Jun 4**—Art Therapy

**Jun 5**—POUND

**Jun 7**—Family Summer Kick-off

**Jun 21**—Grounding in Nature

**Jun 25**—Express Yourself Through Art Therapy for Youth

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

## Bishop's Forum

The Bishop's Forum is a five-day long leadership, networking, and community-building event for English-speaking youth in Quebec!

*All costs are covered for participants.*

Sign up for this year's Bishop's Forum, happening from **Aug 8-13**:


**Register here.**

## 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](mailto:MELISSA.WAN@VEQ.CA)

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

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

## Local Vocals

Calling all lead vocalists, shower singers, karaoke enthusiasts, and everyone in between!

Join the Local Vocals Singing

Ensemble every Wednesday from 2:30pm to 3:30pm.

All levels and ages welcome.

Questions? Please email: [k.urbschat@gmail.com](mailto:k.urbschat@gmail.com)



*The Singing Birds, courtesy of Alexandra Saunders.*