

# VEQ NEWSLETTER

JANUARY 2023



*Holiday Happy Hour shenanigans.*

## TO AN EXCITING NEW YEAR!

We have been busy at VEQ the past couple of months. With December came great goals, and we got busy devising plans, making merry and organising Holiday Happy Hour. This event supported the Community Christmas Hamper Campaign. Read about it on page 3.

Speaking of, we are again extremely fortunate and proud to be part of a community that gives back! Thanks to your donations, the campaign has once again reached its goal this year, which resulted in happier holiday celebrations for families in need.

Read on for more about new podcast episodes, newcomers activities, Northern Perimeter news, *Out & About* outings, and much more.

The VEQ team would also like to extend its best wishes to the community for 2023!

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SCAN ME

## ALL OUR LINKS IN ONE PLACE!

We have made it easier for you to connect with us!

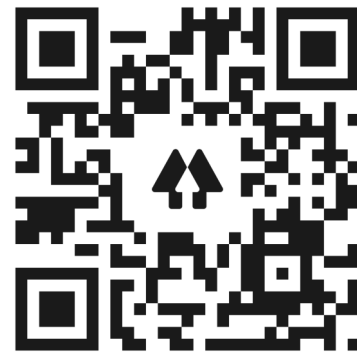
Here is how it works:

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- 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:*

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## 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.

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US

## Contact us

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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 2022

We had a wonderful time connecting with a little over 100 of you at Holiday Happy Hour on December 13.

In collaboration with the Literary and Historical Society of Quebec, the event was a revival success after a couple of years of being

hosted online.

Thank you for joining us at the Morrin Centre to support a great cause, and provide food to families in need this holiday season!

We wanted to especially thank our amazing team of volunteers

for their time, expertise and million-dollar smiles throughout the evening.

We look forward to hosting more events and hope to see you there!

### MEMORIES CAPTURED BY JOLENE BATEMAN

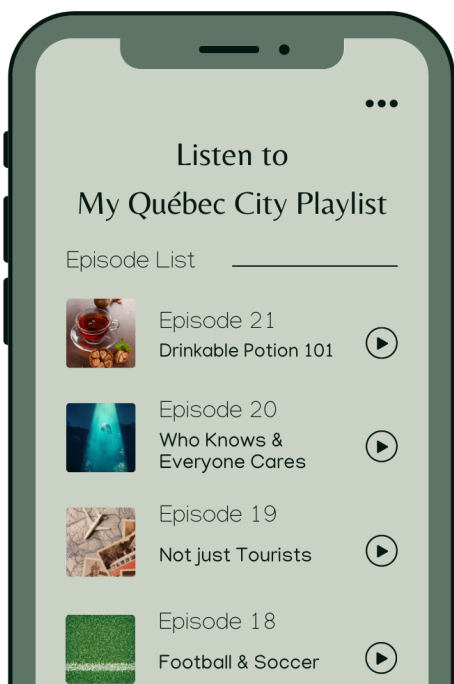


[SEE MORE HERE](#)

# Podcast Broadcasts and Employability

## CLUBS AND 50+ PODCASTS

### My Québec City Mini-pods



My Québec City podcast is back with episodes featuring the work of some of our Podcast Club members. In seven evenings, Podcast Club participants worked together to explore podcast basics culminating in these mini-pods of only two to three minutes each.

Special thanks go out to Alex, Benoît, Bhushan, Catherine, David, Javier, Kawthar, Kevin, and Tara for their contributions

to making the Podcast Club such a fun and creative learning space. Special thanks as well to Simon Auclair, formerly of CJE Capitale-Nationale, who facilitated a workshop on naming your podcast and finding your audience.



*Pictured above are participants from their first ever Podcast Club workshop. How far they've come!*

### Podcasting with 50+

Next up for My Québec City is an intergenerational initiative whereby high school students from St. Patrick's High School, Quebec High School and Dollard-des-Ormeaux will interview adults 50+ about a specific memory or moment in their lives. Interviews are planned to start in February. Stay tuned for more listens!

## EMPLOYABILITY Employability Survey

We need your input! We're gathering data to examine the current employment landscape for English-speakers living and working in the greater Québec City region. Interested? Check our [Facebook Page](#) for the survey link!

Survey participants will also have a chance to win a gift card to their favourite store or restaurant.


### Jobs Networking Event


Save Wednesday, March 15 for an all-English edition of *Les Événements emploi éclair* (EEE). These events connect job seekers with employers in brief 5-to-8-minute phone conversations. It's like speed dating, but for job seekers!

This edition will highlight employers with current job openings that require English or bilingual speakers, and is brought to you by Libre Emploi in collaboration with Programme FORT and VEQ. Registrations will open late February on our [Facebook Page](#).

**For more information, contact:**

Susanna Tang

 (418) 683-2366 EXT. 222

 SUSANNA.TANG@VEQ.CA

# Newcomers' Corner

NEW TO THE CITY? WANT MORE INFORMATION?

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

Whee! It's been a whirl these past few months, and we still have a lot more activities planned to help you make the most out of winter. You will find that this season is one of the best as there is no shortage of things to see and do.

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 (F.Y.N.N.) events! These events are a great way to connect with other newcomers while learning more about the community!

## Keeping Busy!

RECENTLY HELD F.Y.N.N. EVENTS YOU MAY HAVE MISSED

### History of Québec

Oct 27—Dr. Carleen Gruntman, a retired Laval University professor captivated us all with her presence, knowledge, and kindness. After listening to her insightful presentation, newcomers had plenty of time to share their experiences and connect.



History of Québec workshop at the beautiful Morrin Centre library.

### Bilingual Game Night

Nov 17—VEQ provided the pizza, popcorn, drinks, “chocolatines”, fun board games, and the participants provided us with their laughter and joy.

What a relaxed and fun night it was! At the end of the night, some new friendships were born. We are looking forward to creating more connections in upcoming activities.



It's "game on" for our newcomers!

### Health 101

Nov 24—“Ahs and ohs” were heard across the Multipurpose Room as Catherine, a social worker from the Jeffery Hale Community Services, and Anick, a nurse, walked us through the provincial health system.



Health 101 workshop.

# Mark Your Calendars

UPCOMING  
NEWCOMERS 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:

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## Jan 21

### Museum of Civilization

12:30 p.m.—Meet new people while learning! This *free* self-guided visit of the Museum of Civilization will not only entertain, but also help you socialise.

The entrance to the exhibit Time of Pharaohs is scheduled at 1 p.m. Please note that for this exhibit we must respect the time allotted to our group.

## Jan 28

### Snowshoeing Excursion

9:00 a.m.—Come experience a winter must-do at the Parc national de la Jacques-Cartier. VEQ will provide you with round-trip transportation from the Jeffery Hale Pavilion, snowshoes and the entrance fee to the park!

## Jan 29

### Remparts Hockey Game

2:00 p.m.—Let's go to a hockey game! Please note that pre-registrations are required, and a \$10 fee will apply. What you can expect:

- ◆ Round-trip transportation from the Jeffery Hale Pavilion to Le Centre Vidéotron.
- ◆ A combo meal: 2 hot dogs, fries and a soda
- ◆ Your ticket to the game.
- ◆ Lots of fun!

## Feb 4

### French Sing-Along

Join Canadian Parents for French QC-NU for a free, in-person sing-along event near you! They are

hosting workshops to teach French-Canadian folk songs. There are two sing-along sessions available.

## Feb 15

### The Magic of Canada

6:00 p.m.—This is a first in the history of VEQ! For centuries, we've been fascinated and intrigued by the skills magicians have. Canadian Parents for French, in partnership with VEQ, brings this entertaining activity to the comfort of your home. Free of charge and bilingual!

## Feb 22

### Taxes Workshop

6:00 p.m.—New in town, and unfamiliar with filing your taxes in Québec? Whether you hail from another province or another country, this informative workshop will equip you with the right tools to understand and prepare your federal and provincial taxes as a resident of Québec.

## Feb 25

### Village Vacances Valcartier

9:00 a.m.—Gear up and get ready for a fun day out playing at Village Vacances Valcartier! Limited spaces and conditions apply.

## Dates to be determined

### Sugar Shack Brunch

Indulge in this sweet activity that will satisfy your maple syrup cravings!

*Stay tuned for more exciting details!*

# 50+ Activities

## ENJOYING WINTER WITH OUT & ABOUT



*A lovely outing to the Civilization Museum in November.*



*Visiting the German Christmas Market on a crisp winter's day.*



*The Out & About participants' very own Santa representative!*

Heading into winter and the colder months, Out & About participants continued to enjoy Québec City both in and outdoors.

In November, almost 30 participants were taken back in history to the Time of Pharaohs at the Museum of Civilization. They awed at the ancient artifacts and caught up with each other with lunch at the museum's café.

On the November 27, many participants ventured up north to Shannon for the annual Fall Community Breakfast hosted by the Catholic Women's League where close to 300 breakfast

meals were served! Participants loved getting back into this long-standing tradition and seeing familiar and fresh faces alike.

In December, we explored the streets of Old Québec and the magic of the 15th annual German Christmas Market. Participants left with German snacks in their bellies, grins on their faces, and Québec-made gifts for their loved ones.

As winter sets in, Out & About will mostly be in hibernation but stay tuned for our visit to the sugar shack in March and other springtime outings!

Are you interested in participating in our 50+ activities or know someone who would like to join us?

Check out the our website for our **calendar of events** and activities, and stay up to date with us!

Prefer using the phone or email? Don't hesitate to contact **Maria Hoyt** to register, or to offer ideas and suggestions.



(418) 683-2366 EXT. 221



MARIA.HOYT@VEQ.CA

# Northern Perimeter

## WHAT'S NEW?



Yoga time in Shannon.

The VEQ Community Space continued with its regular fall activities throughout November and early December before taking a pause for the holidays. Activities included the popular Chair Yoga, In Stitches (the knitting and crocheting group) and Community Coffee & Chat held on every first Monday of the month—all of which resumed on January 9.

The space has also been of use to local community members and organizations and clubs like the Catholic Women's League (CWL) of Shannon and the Shannon Senior Citizens for meetings.

VEQ also offered art workshops on December 14 and January 19,

and will offer more workshops in January and February 2023. If you would like more information on the dates, please contact Dominique—details will also be available on our [Facebook page](#) at least a week before each respective date.

On December 23, VEQ collaborated with Valcartier Elementary School, who organized a Christmas Tea Party for seniors living at the Habitations de St. Gabriel-de-Valcartier. Unfortunately, that was *the* “bad weather day” and the event was postponed to January 6. VEQ was happy to help kick off the festivities by supporting a live music show.

The annual VEQ focus groups were respectively held on November 24 at the municipality in St. Gabriel-de-Valcartier, and on November 30 at the Community Space in Shannon. The objectives of these meetings are to keep key partners and involved community residents updated on our activities, discuss future and potential collaborative projects/initiatives, and evaluate the role the VEQ satellite office can play in the local English-speaking community going forward.

One initiative likely to bear fruit is an intergenerational one, via the My Québec City Podcast project, where high school students will interview 50+

## 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

**Email:**

[catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca)

**Tel:**

(418) 683-2366 ext. 228

members interested in recounting a historical or memorable story in their lifetimes. VEQ will then create podcast episodes of these interviews. We are still in recruiting mode and looking to engage 50+ residents of the Northern Perimeter, along with high school students (namely from Dollard-des-Ormeaux, Quebec High School and St. Patrick's). Contact Dominique for more information.

Please feel free to stop by our office or contact us to schedule a meeting to find out more about VEQ and some of our upcoming activities!



# 50+ Northern Perimeter

## OUT & ABOUT



NP Out & About participants at the German Christmas market.

Participants indulged in the sights, sounds and smells of the

German Christmas Market in December, and brushed up on history at the Museum of Civilization's Time of Pharaohs exhibit.

### To Look Forward To

Outings in January and February will include the BFly exhibit (butterfly exhibit) at the Galeries de la Capitale, and an English movie matinee at Le Clap Loretteville (movie TBD).

If you live in the Northern Perimeter (Saint-Gabriel-de-Valcartier, Shannon or Stoneham-et-Tewkesbury) and would like to participate in our outings, don't hesitate to contact Catherine.

Catherine Baboudjian



(418) 683-2366 EXT. 228



CATHERINE.BABOUDJIAN@VEQ.CA

## ENGAGING IN COMMUNITY

Forum sur l'inclusion sociale des personnes âgées

### Walking Distance

*Walking Distance* participants got moving and enjoyed the last beautiful days of autumn at Parc Chauveau. Winter walks will be weather and road condition dependent. The next walk will tentatively be at 9:30 a.m. on Monday, February 13.



In November, VEQ participated in this forum to present the Engaging in Community project to professionals, such as CIUSSS staff, municipal leaders, etc. who work with 50+ individuals in their community.

## SEE YOU LATER, CATHERINE!

In early February, Catherine will be on maternity leave. Not to worry, 50+ activities in the Northern perimeter will be continuing.

We cannot wait to meet your bundle of joy, Catherine!



## IN STITCHES

*a tightly knitted club*

Drop in at the Shannon Community space at 438 boul. Jacques Cartier, Shannon every Monday from 2 p.m. to 3:30 p.m., and join up with other English-speakers for an afternoon of knitting or crocheting.

Please bring your own materials. Coffee, tea and light refreshments will be provided.

### Questions?

Catherine Baboudjian



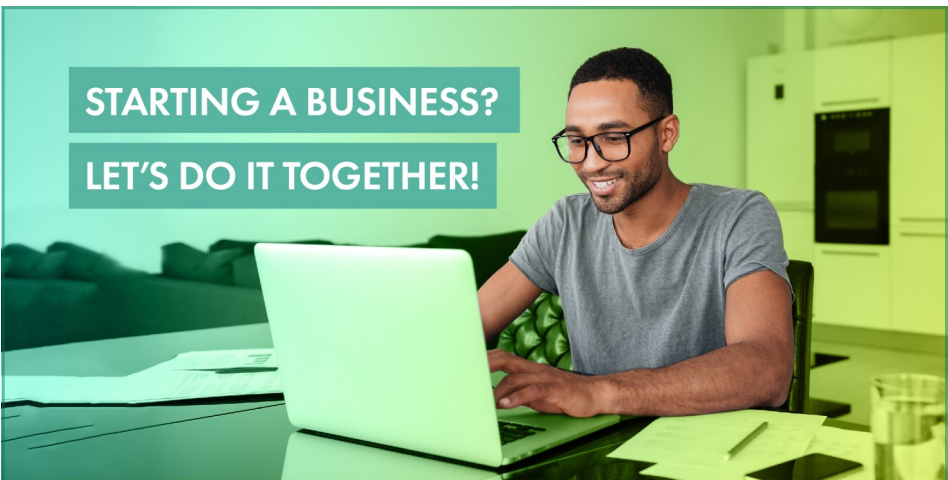
(418) 683-2366 EXT. 228



CATHERINE.BABOUDJIAN@VEQ.CA

# Community Happenings

COMMUNITY EVENTS  
AND ACTIVITIES FOR YOU



STARTING A BUSINESS?

LET'S DO IT TOGETHER!

We're here to support entrepreneurs like you in developing **yourself** and your **business!**

## FREE BUSINESS COACHING

Through our coaching services you will receive:

- + Answers to your business questions
- + Financing options and resources
- + Guidance in researching and evaluating your business ideas
- + Strategies for expanding your customer base
- + Succession planning advice
- + Knowledge on importing/exporting, online business, franchising & more

Wednesday, February 15 10:00AM - 6:00PM  
Thursday, February 16 9:00AM - 3:00PM

Open to every age and stage of business!

**Jeffery Hale Pavilion**  
1270 Chemin Ste-Foy, Suite 2141  
Quebec City

Contact **María Castro** at:  
418-683-2366 ext. 225 or  
newcomers@veq.ca

\*A small activation fee is required. The fee will be refunded after three appointments.

We also offer a range of support and services online. Call 1-888-614-9788 or visit [yesmontreal.ca](http://yesmontreal.ca)

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## MORE COACHING DATES

Mar 22-23  
Apr 25-26  
May 30-31  
Jun 27-28

## The Morrin Centre

### Pixels & Pages

Join *Pixels & Pages*, the Morrin Centre's book club! Monthly meetings.

**Feb 27**—*Cassandra & Jane* by Jill Pitkeathley

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

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

Email: [info@morrin.org](mailto:info@morrin.org)

Tel: (418) 694-9147

All these events (and more!) here:

SCAN ME



# ... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

## The Wellness Centre

The Wellness Centre at the Jeffery Hale Pavilion 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:

**Jan 27**—Chit Chat Club

**Jan 31**—Café-au-lait: is my baby drinking enough?

**Feb 1**—School Registrations and English Schools in Québec

**Feb 1**—Performance and generalized anxiety support group

**Feb 2**—Prenatal Information Meetings

**Feb 3**—Take-a-break: Raising bilingual/multilingual children

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

**Feb 4**—WE Dads: Indoor Soccer Extravaganza

## Life Long Learning

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

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

### Upcoming events:

**Jan 24**—Japanese "Kakizome" Calligraphy

**Jan 30**—Chair Yoga with Susa Bernard

**Feb 6**—Becoming a writer - with Bill Cox

**Feb 10**—LLL and Travellin' Toddler Time

**Feb 14**—Express Lunch with Ateliers & Saveurs


For more information, contact them at (418) 681-1258, or email  
[info@lifelonglearningquebec.org](mailto:info@lifelonglearningquebec.org)

## 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

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

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

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