

VEQ NEWSLETTER

MARCH 2025



SPRING IS NEAR

March brings a sense of anticipation for the end of winter, even though we know it often lingers into April. We're gearing up to welcome spring with exciting outings and events for everyone.

Save the date for our highly anticipated **Spring Fest 2025 on March 18**—we're eagerly counting down the days and can't wait to see you there!

St. Patrick's Day festivities will span an entire week, featuring the beloved Shannon Irish Show on March 15, the parade on March 22, and much more! Need a ride to the Shannon Irish Show? VEQ is offering **free transportation** to and from the event! Don't delay, reserve your spot now!

Our coordinators have been hard at work organizing activities, and have created a variety of experiences to keep you engaged. Keep reading for details on Sugar Shack outings, an exciting art workshop, and podcast updates!



VEQ

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, 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



CALL FOR NOMINATIONS – BOARD OF DIRECTORS POSITIONS TO BE FILLED FOR A THREE-YEAR TERM (2025-2028) DEADLINE: MAY 2, 2025

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, 25 to 35, 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.

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

*****FORMS MUST BE FILLED OUT AND SUBMITTED BY MAY 2, 2025*****

ART & SOUL CREATIVE WORKSHOPS



WHEN:

Every Wednesday
From 6 PM to 7:30 PM

WHERE:

The Wellness Centre at Jeffery Hale
1207 chemin Ste-fay, Québec

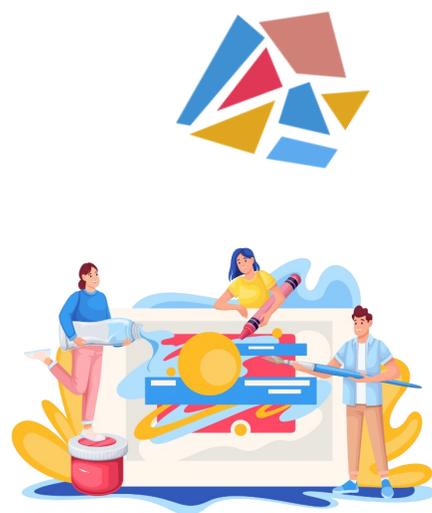
DETAILS:

Free for everyone.
Materials provided.

PLEASE NOTE THAT THE
SESSIONS ARE FULL, BUT
YOU CAN JOIN OUR
WAITLIST.

Join us for this inspiring,
hands-on experience and
unleash your creativity! For
questions or to sign up,
please contact Ariel
at maria.hoyt@veq.ca today!

[Details here](#)



Spring fest 5à7

SOCIALIZE • SIP • NIBBLE

JOIN US TO SOCIALIZE AND
CELEBRATE THE ARRIVAL OF SPRING

MARCH 18 | 5 PM TO 7 PM

CAFÉ LA MAISON SMITH
2330 CH STE-FOY, SUITE 109,
QUÉBEC



Free parking at the
Pyramide de Sainte-Foy

MORE DETAILS HERE!



PLEASE RSVP BY MARCH 14



info@veq.ca
(418) 683-2366 ext. 221

ORGANIZED BY
VOICE OF ENGLISH-SPEAKING QUÉBEC

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

Snow will soon begin to melt on the streets of Québec, birds and whales will gradually be returning from the south. In the next few weeks, nature will be waking up, with its first green sprouts, mushrooms, and maple sap. This means that VEQ is also getting ready to welcome spring with our annual Spring Fest, Sugar Shack outing, and many other exciting events!

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 FYNN EVENTS YOU MAY HAVE MISSED

Through the Pages of Time

Jan 18—The guided Parliamentary Library tour provided participants with valuable insights into Canadian history, politics and law. We admired the exquisite details of the building's architecture and were impressed by how the library has evolved, blending modern technology with history.



Photo by Eashwar Balaji

Sliding and Tubing



Bottom photo by Erika Aguilar

Jan 24—What a fun time we had at the *Centre de glisse Myrand*! Sliding down the slopes on our tubes was such a blast and we were delighted to share this experience with all our participants.

CRA Info Session

Feb 12, Mar 4—We had helpful lunch sessions with a CRA representative who helped us understand our obligations for filing income taxes.

We always recommend that newcomers to Canada attend our tax info sessions as they help make tax season a lot less daunting.

Reminder: If you arrived in Québec before December 31, 2024, you are required to file your tax return this year.

Don't forget that the deadline to file your taxes this year is April 30!

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 AT THE MUSÉE NATIONAL DES BEAUX-ARTS DU QUÉBEC

(US EXHIBITION)



Discover the exhibition *Us* through a guided tour with VEQ. Delve into the exhibit's themes while gaining valuable insights from our guide and engaging in discussions with other participants. Following our museum visit, we will gather at Café Québecor.



MAR 19

179 GRANDE ALLÉE O
QUÉBEC

5 PM - 8:30 PM

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



Mar 13

Le Labyrinthe Screening

Don't miss it again! *Le Labyrinthe* is an insightful documentary that looks into real stories of immigrants in Québec. A Q&A will follow the documentary viewing. **Register now!** *This event is a partnership with Carrefour d'Action Interculturelle.*

Mar 15

Sugar Shack Experience

Join us for a traditional Québec Sugar Shack (cabane à sucre) lunch. Our trip will include fun activities such as live traditional music, maple taffy on snow, slides, snow scooters & children's snowshoes, scenic trails around the sugar shack & access to all outdoor installations. *Psst!* VEQ will cover a

portion of the price of the activity. **Find out about prices, transportation options, and sign up here!**

Mar 19

Guided Tour at MNBAQ

Join us for a unique guided tour through the *Us* exhibition at the Musée national des beaux-arts du Québec. After the tour, we'll gather at a café for a friendly chat and a chance to get to know each other better.

Mar 28, Apr 25

Monthly Game Night

Our monthly game nights are a fun way to socialize in a relaxed atmosphere. Bring your friends!

Podcasts Broadcasts and Employability

PODCAST BROADCASTS

Recording in Session



Abdallah and Kevin for Mini Pep Talks!

Presenting: Mini Pep Talks—At the end of February, six members of the community joined veteran radio host, Kevin Bottaro, to talk about their job search experiences. We'll be posting their inspiring stories this spring on **VEQ's YouTube channel**. Thanks to all the participants and Kevin for their contributions!

Podcast Coaching

Do you know about the Wellness Ambassadors at the Wellness Centre at Jeffery Hale? They are a group of youth who are creating content for the Young and Empowered Voices blog. Susanna supported three youth from this team by providing training and feedback on their audio projects.

In addition, Susanna will also be delivering six podcast workshops to Sec 5 classes at St. Patrick's High School in March.

Tune In! New episodes

We've also recently released new episodes of the **My Québec City 50+ edition podcasts**.

We'd like to thank Tara Kranics who is helping to edit these upcoming episodes via an editing internship offered by Community Digital Arts Hub - CDAH and ELAN Quebec, with support from the Government of Canada.

DO NOT MISS OUR UPDATES!



SUBSCRIBE TO OUR CHANNEL

EMPLOYABILITY

Upcoming Events

Mar 10-14

Étape Emploi—Get ready for a week of job exploration for women at Étape Emploi. Discover trades, meet employers and explore new professional opportunities with many in-person activities!

Registrations are required. **Find out more here.**

Mar 19

Événement Emploi Éclair—Join this special networking event for

jobs in the tourism industry.

All set to impress? Attend the next speed jobbing event in-person! Meet employers hiring now at the Libre Emploi office in Limoilou.

Address: 320 Chem. de la Canardière #200

More details here

Apr 4-5

Job Fair at Laurier Québec—Attend the Salon de l'emploi et formations at Laurier Québec. Meet with different employers and up your chances of kickstarting your career!

More details here

Apr 11-12

Job Fair at ExpoCité—Foire de l'emploi et carrière is a chance to meet employers, put your best foot forward, and ask questions. Employment service providers will also be on-hand to help polish your CV and answer your job search questions at ExpoCité!

More details here

Susanna Tang



(418) 683-2366 EXT. 222



SUSANNA.TANG@VEQ.CA

50+ Services

BUSY WITH *OUT & ABOUT*

The first two months of the year were filled with diverse activities, from art explorations to cultural experiences and delicious food.

Jan 10, 24—IKEA Outings: We explored the IKEA maze and enjoyed delicious Swedish meatballs. We all had a fantastic time at the outing, and many expressed interests in doing it again.

Jan 17, 31—Bad Art Exhibit: Participants discovered the museum and were captivated by the art exhibit that spanned several collections.

Feb 4—Royaume de la Tarte: What a delicious trip this was! We started off with brunch and then went pie hunting. Participants brought home some of the tastiest desserts in town. Everyone loved it, and we plan to repeat this activity with a tour and a nice picnic next time.

Feb 11, 18—Tea Ceremony at La Maison des 100 thés: What a fun cosy activity! We learned about the intricate history of tea, and Barbara from the tea shop introduced us to four types of teas. We then headed out for a delightful brunch, sharing great conversations and laughs.

Feb 28—Musée National des beaux-arts du Québec: We spent time discovering arts and exhibits at the museum. It was a great opportunity to learn about, and experience art together!

Looking Ahead

We are excited to bring more enriching activities to our community!

Next month, we will visit the *Musée maritime du Québec* to learn about our involvement in the WWII. We are also planning a sweet visit to the Chemin du Roy Sugar Shack.

Don't forget to register if you are interested to join us!

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?



Valentine's Day Card Making in Shannon on January 30.

The VEQ Community Space has been busy with activities during the first months of the new year including the knitting activity and Brain Power. In addition, *Arts & Crafts in Shannon* workshops also resumed and featured a Valentine's Day card making activity on January 30, and a Mixed Media session on February 27. This creative space continues to attract local youths and families, as well as adults!

The new Movie Matinée activity at the Community Space now offers the chance to view our thematic movies every month. On Valentine's Day, participants giggled and loved the romantic comedy *Irish Wish*; and on March 13,

the Irish-themed animated movie *River Dance* is certain to spark up Saint Patrick's Day festivities. These matinées are free and include light snacks and beverages.

Speaking of St. Patrick's Day, VEQ is happy to collaborate again with the Valcartier Military Family Resource Centre (VMFRC) to offer a second edition of *Baking St. Patrick's Day Cookies* on March 13 from 3:30 PM to 5:00 PM. Last year, the event was a hit with families, and will be held at the VMFRC's Community Centre.

The fantastic Shannon Irish Show (SIS) will be held on Saturday March 15 with its usual afternoon (1 PM) and evening shows (7:30 PM). VEQ is offering free transportation to both shows. Please contact Dominique (or David) if you'd like to reserve a seat for the evening show bus stopping by Saint-Gabriel-de-Valcartier at 6:30 PM that day.

During the month of February, the VEQ satellite office held its annual focus groups in both Shannon (February 18) and Saint-Gabriel-de-Valcartier (February 27) to update our key partners on our activities, discuss ongoing and potential collaborative projects and initiatives, as well as to evaluate our services and the role

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

VEQ can play in the community.

Finally, on February 22, we were excited to participate in, and hold an information tent during Shannon's 2025 Winterfest edition, allowing us to meet locals and promote our services. Over 1400 people enjoyed this sunny day, with games, snow slides, ice skating and food stands!

If you are looking to volunteer some of your time in the community this spring, please don't hesitate to contact Dominique for more information.

50+ Northern Perimeter

Happy February to all our friends in the Northern Perimeter! It's been an especially cold month, but that has not stopped our wonderful community from attending some of their favourite activities!

Chair Yoga

Our Chair Yoga sessions have resumed in full force for the Winter/Spring season! A big thank you to Jennifer for her invaluable time and expertise. 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

As promised, our Community

Kitchen is back! We welcome your recipe suggestions for the upcoming months, please feel free to email us. The sessions will be held once a month as follows:

March 28, April 25, May 30, June 13

All sessions run from:

9:30 AM – 1:30 PM

Brain Power

Brain Power is ongoing monthly, please keep an eye out in your inbox.

Knitting

Our knitting club, led by Jennifer Patterson, is currently in full swing! The members have been crafting garments to donate to the community, and their remarkable initiative continues to thrive. Join us for sessions at the VEQ Community Space every Monday from 1:00 PM to 3:00 PM!

Coming up...

There's plenty to look forward to with the activities resuming, but outings will be back on as well! Look forward to a trip to the Museum, Sugar Shack Experience, and more!



Diane shared some homestyle recipes, and her family's delicious chocolate pudding during our first Community Kitchen session!

David Zhu



(418) 683-2366 EXT. 228



DAVID.ZHU@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 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 started in January. Missed previous sessions? You can still attend the **Mar 19** session!

Visit www.wejh.ca for more information about activities and volunteering.

Questions? Please email:
info@jhparkers.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:

Mar 14—TTT: Pirates

Mar 27—Early Learning Café

Apr 11—TTT: Teddy Bears

Apr 24—Early Learning Café

Lifelong Learning (LLL)

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

Upcoming events:

Mar 13—Ukraine/Russia: an update

Mar 19—Lunch & Guided Tour at MNBAQ

Apr 9—A Journey to Japan

Apr 17—Evangeline & the Acadians

Apr 24—China

W: www.qcrc.org

E: info@lifelonglearningquebec.org

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:

Mar 8—Morrin Member Mornings

Mar 8—Dear Dunedin

Mar 11—Library Lectures

Mar 18—Pixels & Pages Book Club

Mar 29—Artistic Connections

Apr 12—Beethoven and Romanticism

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

E: info@morrin.org

T: (418) 694-9147

All these events (and more!) here:

SCAN ME



... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

EQLC

FALL 2025 VOCATIONAL TRAINING Study in English, at EQLC!

Registration is now open

-  **DVS -Hotel Receptionist (5783)**
-  **DVS -Licensed Practical Nurse (5825)**
-  **DVS -Pharmacy Tech. Assistant (5894)**
-  **STC -School Daycare Educator (4732)**
-  **STC -Personal Care Attendant (4770)**

Feel free to contact us!



For more information:
easternquebec.ca



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