

VEQ NEWSLETTER

FEBRUARY 2022



GREAT BEGINNINGS

We started 2022 off with a bang! Game nights and fun outings for newcomers were on the agenda (or should we say *Calendar of Events*) this past month. Courageous newcomers who braved the coldest January to snowshoe were rewarded by amazing wintry views at *Le parc national de la Jacques-Cartier*, and *Le Carnaval de Québec's* Bonhomme saw families off on their adventurous day to Village Vacances Valcartier.

January was filled with cheer and joy, and we like to think this is a good outlook for the rest of the year! Read on to find out what we have been up to and what we have in store for you.



Voice of English-speaking Québec

Connect with the
English-speaking community

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SCAN ME

ALL OUR LINKS IN ONE PLACE!

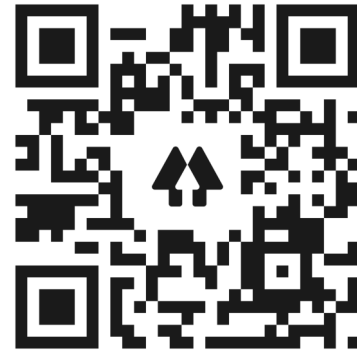
We have made it easier for you to connect with us!
Here is how it works:

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 less print copies, please take a moment to contact us by phone at (418) 683-2366 ext. 221, or by email at info@veq.ca, and tell us you would like to receive the newsletter electronically.

Connect
with
US

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Shannon, QC G3S 1N5

The VEQ Column

VIRTUAL GAME NIGHTS

Let's Play! Recap

On February 4th, we held a virtual game night in collaboration with the Morrin Centre and the South Shore English Network.

Did you know that Jeanne Lebossé-Gautron, our wonderful host that evening, handpicked, set up and adapted the games to our event herself? Don't forget to say 'hello' to Jeanne the next time you are at the Morrin Centre!



Save Those Dates!

We have more game nights coming up, and would love to see you there. Save the following dates, and keep an eye out on our *Calendar of Events* for more details.

Feb 18

PLAY MORE

Game night presented by *La Revanche*.

Mar 4

REPLAY

Game night #2 presented by Jeanne-Lebossé-Gautron from the Morrin Centre.

SHARE YOUR STORY

Are you a recent, or not so recent newcomer, who has moved to the Greater Québec City region? Do you have a testimonial that you would like to share with us and other newcomers? We would love to hear about your experience move to this corner of the world!

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

www.veq.ca/newcomers/i-chose-quebec-because/



COST OF LIVING CALCULATOR

Want to move to Québec City? Or, are you budgeting for the future and need help with the different costs you would need to plan for?

Did you know that we have a handy *Cost of Living Calculator* on our website just for that purpose?

Simply enter the amounts you require, and it will tabulate the

total for you.

There is even an *itemised average costs guide* to help you find out how much some common services would cost in the city.

If you know anyone who would like to move to Québec City and could use this, or are just curious, visit the link below:

www.veq.ca/resources-services/cost-of-living/

Community Bulletin Board

Looking for a babysitter or a handyman? Cleaning your house and hosting a garage sale? Our Community Bulletin Board is your *free* resource for posting information and classifieds.

For more information, visit:

www.veq.ca/our-community/community-bulletin-board/

50+ Services

ALL TECH'D OUT

We are currently looking to renew our internet contract in order to maintain our tablet lending library and our tech workshops. We will be renewing our Tech workshops and delving into some creative projects, building on the skills we acquired before the holidays. Tech support and some basic intro-to-tablet workshops will still be offered.

YOU'VE GOT MAIL!

Letters for the Soul—Our inter- and intra-generational letter writing project is running until March 2022.

Get to know someone through hand written letters, drawings and anecdotes. Share recipes, hobbies and useful tips with your new friend.

We supply you with pre-addressed, stamped envelopes and you get a pen-pal in return!

STILL OUT & ABOUT!

Outings continued into December, with visits to the shopping mall, *Le Monastère des Augustines*, and more.

VEQ will be looking for creative ways to get out and about while still keeping safe.

ENGAGING IN COMMUNITY

Based on survey responses which were sent out in the fall to residents of Shannon, Saint-Gabriel-de-Valcartier and Stoneham-Tewkesbury, the main interests of residents were activities such as outdoor walking, social get-togethers, arts, music and information sessions.

The Northern Perimeter committee and our project coordinator are working to brainstorm ideas and adapt to the realities of the pandemic. A walking-hiking group has recently launched in the Northern Perimeter, and we are looking to start creative online activities.



NEW! WALKING DISTANCE

Announcing a walking-hiking group for members of the community aged 50+ in the Northern Perimeter. This is a multi-level activity, and you can go at your own pace.

Shannon Dates

Feb 15

Meet at 9 a.m. at Shannon Hall at the Community Centre.


Saint-Gabriel-de-Valcartier Dates

Feb 11

Meet at the Community Centre at 9 a.m. We will walk on the winter trail.


Feb 25


Meet for a hike at 9:00 a.m. Location to be determined. Stay tuned!

 Catherine and the happy participants of *Walking Distance*.

For more information about any of these activities and projects, please contact:

Catherine Baboudjian

 (418) 683-2366 EXT. 228

 CATHERINE.BABOUDJIAN@VEQ.CA

What's new in the Northern Perimeter?

VEQ will be holding its annual “focus group” meetings this February with key actors and partners from Shannon (February 1st), as well as St. Gabriel-de-Valcartier and Stoneham-and-Tewksbury (February 9th).

The objective of these focus groups, held virtually via Zoom, is to update our partners on our activities and initiatives, discuss future and potential collaborative projects, brainstorm, and get feedback to evaluate our services and better determine the role the VEQ satellite office can play in the local English-speaking community going forward. Participants include municipal personnel, school staff from both Dollards-des-Ormeaux School (DDO/Shannon) and Valcartier Elementary School (VES/St. Gabriel-de-Valcartier), senior groups, local community organizations and residents.

This past December in Shannon, VEQ was pleased to hand out early holiday gifts to DDO School and Alexander-Wolff Elementary students: 100 story books—fruit of a past VEQ bilingual project! Indeed, the *Tell Me a Story* book project had involved Quebec High School students, who were in charge of illustration, while a group of adults, seeking to improve their bilingual skills had written the stories collaboratively in both English and French.

In other news, my colleague Susanna's *My Québec City* podcast initiative took off at DDO on January 31st, and will continue throughout the spring. The DDO project is being done in collaboration with Audrey Carrier from *Carrefour jeunesse-emploi Chauveau*. Twenty DDO students have signed up to learn the tricks of the trade and will be recording their first podcasts. Susanna and Audrey also gratefully acknowledge the help of Paul Hinton and Phil Trudel from DDO for their role recruiting participants.

For Valentine's Day, VEQ is currently looking to involve DDO students for a *LOVE-ly* intergenerational initiative where Valentine's cards and drawings from elementary students will be handed out to residents at *Villa Le Shamrock*—a residence for seniors in Shannon.

In Valcartier, VEQ will also help sweeten things up for Valentine's Day at the residence for seniors: *Les Habitations de St. Gabriel-de-Valcartier*. VES staff is set to prepare a tasty Valentine's dinner—red lentil and sweet potato soup/pork filet with rice/spinach salad/brownies and ice cream... yum! To top off that menu, VEQ will be adding desserts from *Chocolats Favoris*. Perhaps a nice digestive stroll in the enchanting walking trail behind the *Habitations* will be in

Get in touch
with our
Shannon team!

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the making as well... Sign me up for dinner!

VEQ will also be participating in Valcartier's annual Family Skate Night on February 23rd where local youth, families and residents come to skate and have hot chocolate, while wearing their creatively decorated helmets. VEQ will help light up the new skating rink by handing out 100 light sticks to young, eager skaters for a magical evening.

March is looking green once again! The municipality, VES and VEQ have special plans for St. Patrick's Day—stay tuned on Facebook and in our next newsletter!

Newcomers' Corner

NEW TO THE CITY? WANT MORE INFORMATION?

Get in touch with Maria Castro at
(418) 683-2366 ext. 225 or newcomers@veq.ca

January might have registered too many days (no less than 15) with temperatures reaching -20°C or colder. In fact, it has been the coldest January since 2004. Nevertheless, none of that mattered to those who braved the cold to participate in the visit to the *Musée de la Civilisation*, or to snowshoe at *Le parc national de la Jacques-Cartier*. Participants were able to connect with other newcomers and share their experiences thanks to these free events.

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 Regional Meet



December 3rd—In partnership with the South Shore English Network, we went to *Le Joker Pub Ludique* in Lévis, where we had a fun night playing board games and getting to know one another.

Let's Go Remparts!



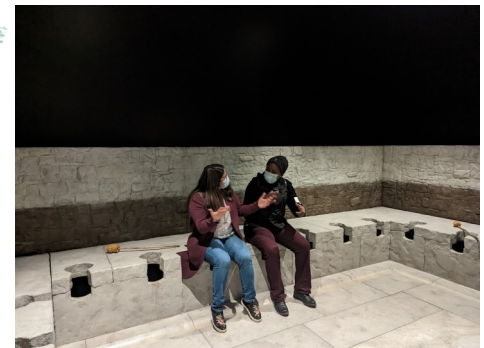
December 10th—**NEW!** What better way to meet new people while getting to know Québec City and its culture than to attend a *Remparts* game?! Our newcomers were delighted to socialize, cheer for the home team, and, of course, meet Champion, the beloved team mascot!

Musée de la Civilisation



January 15th—**NEW!** Pictured above is *Yours Truly* earning her keep as Newcomers Coordinator, a job that keeps her on her toes and that she loves! We had a lot of fun exploring the exhibits at the museum, and learning new things. Below is a re-enactment of how affairs were discussed way back in the day.

In case you have not guessed what we are sitting on yet, these are the toilets of antiquity. There was no private or public business. Just business.



Snowshoeing Excursion



January 22nd—The temperatures were low, but spirits were high for newcomers (from all over Canada, and all the way from Ukraine!) who braved this exceptionally cold January! We had a wonderful time enjoying the crunch of the snow under our feet, and the beautiful views of *Le parc national de la Jacques-Cartier*.

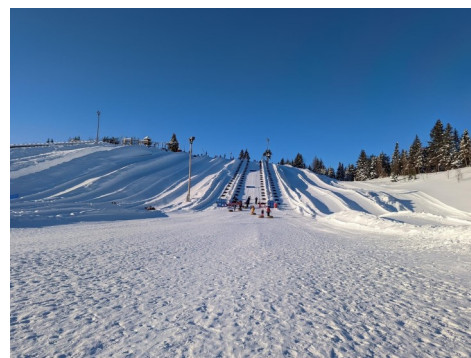
CRA Info Session

January 27th—This yearly staple of our programming provided us with a lot of valuable information regarding the tax benefits we may be eligible for this upcoming tax season.

Bonhomme was here!



Village Vacances Valcartier



February 5th—Our annual trip to *Village Vacances Valcartier* had a special appearance this year! *Carnaval's* Bonhomme came by to see families off at the Jeffery Hale Pavilion. It was all smiles and fun from then on!



Mark Your Calendars

UPCOMING
NEWCOMERS EVENTS
YOU DO NOT WANT
TO MISS!

Never miss an event again.

Sign up for our emailing list:

SCAN ME



Feb 9

REVENU QUÉBEC INFORMATION
SESSION

6 p.m.—7:30 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 provincial taxes. This workshop is *free*, and will be provided on Microsoft Teams.

Dates to be determined

SERVICE CANADA INFORMATION
SESSION

What *is* a Social Insurance Number (SIN)? What are your Employment Insurance (E.I.) benefits? A representative from Service Canada will be there to answer all your questions, and much more.

PÉTANQUE

We are coordinating a day of skating and learning how to play *pétanque* in collaboration with the folks from the Northern Perimeter (Shannon).

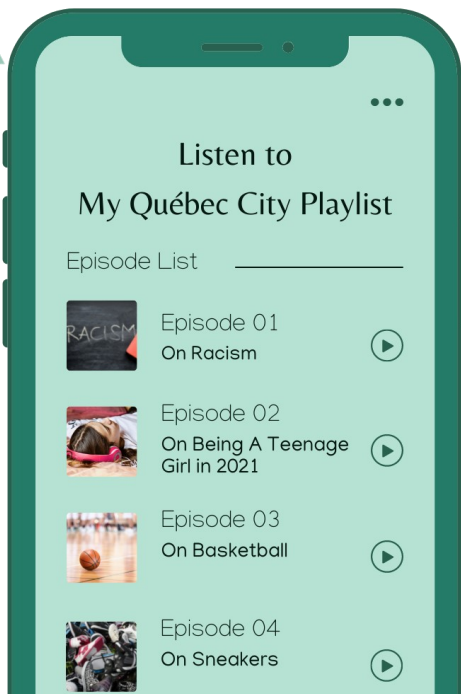
Stay tuned for more exciting details!

Podcast Broadcasts and Employability

MY QUÉBEC CITY PODCAST

Press play on your new favourite podcast, *My Québec City*, featuring local youth talking about things that matter to them.

Whether it's basketball, racism, or the challenges of being a teenage girl, these young people have lots to say, and they need to be heard. We promise you'll enjoy these conversations!



DON'T WANT TO MISS THE NEXT EPISODE?



SUBSCRIBE TO OUR CHANNEL

EMPLOYABILITY UPDATES

On January 25th, VEQ and Y4Y Quebec co-hosted an online info session about jobs with the Government of Canada. Two HR recruiters gave an overview of the different job and internship opportunities available for students and new graduates.

NEW WORKSHOP! Level Up Your LinkedIn Profile

VEQ and YES Employment + Entrepreneurship want to help you showcase your best self on your LinkedIn profile.

Feb 17 PART 1: LEVERAGING YOUR LINKEDIN

6:30 p.m.–8:00 p.m—Are you new to LinkedIn? Or, is your profile in need of a refresh? Join us for this interactive workshop where a YES Employment Counsellor

will take you step-by-step through the process of determining your personal brand and creating an “all-star” profile. See how LinkedIn can lead to better opportunities and meaningful connections with people in your field.

Mar 10 PART 2: LINKEDIN PROFILE FEEDBACK AND NETWORKING

6:30 p.m.–8:00 p.m—Join us again for a networking and feedback session. Review each other's profiles to give and receive constructive feedback. *Note:* Attending Part 1 is not a prerequisite but is strongly recommended.

To register:

www.bit.ly/3uygipH

For more information, please contact Susanna:



(418) 683-2366 EXT. 222



SUSANNA.TANG@VEQ.CA

LEVERAGING YOUR LINKEDIN

- Page Design 101
- Personal Branding
- Keyword Optimization
- Making Connections
- Online Networking & More!

Community Happenings

COMMUNITY EVENTS AND ACTIVITIES FOR YOU

YES Employment + Entrepreneurship

Call for Applications—ELLEvate Women Entrepreneurs Pre-Accelerator

Are you a woman entrepreneur in Quebec looking to advance your business in a stimulating, growth-oriented, diverse and inclusive environment? We're looking for 10 high-potential women-led start-ups from all sectors with a feasible idea or product who have what it takes to grow their business.

[Apply here by Friday, February 18.](#)

ELLEvating Women Entrepreneurs

Mar 4—Are you a woman entrepreneur looking for support to start, or expand your business?

In this free workshop, we will dive deep into how you can effectively boost your leadership skills, improve your time management, explore ways to balance work and family life and seek out financing for your small business, among other topics.

The Morrin Centre

The Morrin Centre's mission is to provide the English- and French-speaking public with rich, engaging programming in the areas of heritage interpretation, education, and the arts.

[Pixels & Pages: The Morrin Centre's Online Book Club](#)

Join *Pixels & Pages*, the Morrin Centre's new online book club! Meetings take place over Zoom.

Feb 17—*The Night Watchman* by Louise Erdrich

Mar 17—*The Vanishing Half* by Brit Bennett

Apr 21—*A Gentleman in Moscow* by Amor Towles

To learn more or sign up, email library@morrin.org

In These Spaces

Participants will explore a diverse set of subjects using the Morrin Centre's spaces as a backdrop.

Mar 10—Book Conservation

Mar 24—History of Surgery

Mar 29—History of Capital Punishment in Québec

Learn more at:

www.morrin.org



NEW 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!

February 22-23

March 22-23

April 26-27

May 25-26

June 28-29

Contact Maria Castro to reserve.



(418) 683-2366 EXT. 225



NEWCOMERS@VEQ.CA

All these events (and more!) here:

SCAN ME



... 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 for more information about activities and volunteering.

Upcoming events:

Feb 16—CHEP From Social Isolation and Loneliness to...

Feb 16—Art Therapy Session

Feb 16—Is my child on the right track?

Feb 17—Prenatal Information Meeting

Feb 22—Café au lait Crew

Feb 23—Art Therapy Session

Questions? Please call Jessica Price at (418) 684-5333 ext. 12009 or email jprice@jhppartners.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

Upcoming events:

Feb 19—Family Cooking Party

EQLC

Eastern Québec Learning Centre's mission is to promote student success, lifelong learning and to prepare our diverse clientele of learners for further education and/or the workplace. Visit their website here: www.easternquebec.ca

Upcoming events:

Feb 15—Information session: Care assistance

Feb 16—Information session: Administrative Support

Mar 14—Classes start! Care assistance in a Private Seniors' Residence

Mar 21—Classes start! Administrative Support in Clinical Settings Training

Call (418) 654-0537 ext. 3305 or email sae@cqsb.qc.ca

Life Long Learning

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

Upcoming events:

Feb 17—Mixed Feelings

Feb 24—Women in History

Visit their website here: www.lifelonglearningquebec.org

ORGANISING AN EVENT?

Send it to VEQ, and post it on the QCT Community Calendar!

To help minimise event scheduling conflicts in the English-speaking community, VEQ, in partnership with the Quebec Chronicle-Telegraph (QCT), is urging community partners to send us their events and to post upcoming events on the community calendar.

To send an event to VEQ, email info@veq.ca

To post an event on the QCT Community Calendar, visit www.qctonline.com/event