

# VEQ NEWSLETTER

NOVEMBER 2022

## THE SWEETEST TIME

... And not just because it's Halloween candy season! In September, we spent an amazing Saturday connecting with you at Fall Fest and putting you in touch with our fantastic community partners. Head on to [page 3](#) to see some photos.

We are so lucky to be part of a community that loves giving back, and we witness it every year with the Community Christmas Hamper Campaign fundraising drive! Check out our initiatives this year, and stay tuned for more in the coming weeks.

We are delighted to announce that Holiday Happy Hour is back in person this year! Save **Tuesday, December 13** in your calendar, and come support a great cause with us at the Morrin Centre.

Read on for more about newcomers' activities, Northern Perimeter news, *Out & About* outings, and much more!



# In this issue

- 3 The VEQ Column
  - Fall Fest 2022
- 4 Welcome Back, Maria Hoyt!  
Employability
  - Government of Canada Jobs
- 5 Community Christmas Hamper Campaign
  - The 27th EditionVEQ's Fundraising Initiatives
  - Make a Piñata
- 6 Holiday Happy Hour
- 7 Newcomers' Corner
  - Mark Your Calendars
- 8 50+ Services
  - Autumn with *Out & About*
- 9 Northern Perimeter
  - What's New?
- 10 50+ Northern Perimeter
  - Out & About
  - EngAging in Community
- 11 Community Activities
- 12 Community Happenings
- 13 More Community Happenings

SCAN ME

## ALL OUR LINKS IN ONE PLACE!

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

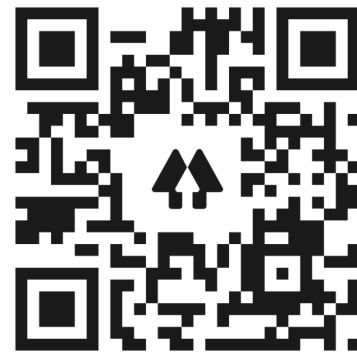
Here is how it works:

*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) 683-3273

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

## FALL FEST 2022

Thank you for joining us on September 24 for Fall Fest! We wanted to send a huge thank you to all of our community members, local businesses, organisations, volunteers and performers who made Fall Fest a success—we could not have done it without you!

This year, Fall Fest was made

possible thanks to the financial support of Canadian Heritage, Ville de Québec, and the Jeffery Hale Community Partners.

A strong team of dedicated volunteers helped make the day run smoothly and performances by the 78th Fraser Highlanders, Quebec High School students and the Quebec Art Company

provided fantastic entertainment and added to the energy of the festivities.

What a great comeback for this event; it's like we never left! We look forward to seeing you next year for Fall Fest 2023!

### MEMORIES CAPTURED BY ADRIAN GLANVILL



[SEE MORE HERE](#)

# WELCOME BACK, MARIA HOYT!



A year ago, Maria was leaving VEQ to go on maternity leave, and we are so happy to have her back at the office this month!

Maria will be the first face you see when you visit our Québec City offices and the friendly voice you will hear at the other end of the line when you call us (unless you know the extension of the person you want to reach). In addition, she will be continuing to take care of the *Out & About* outings with our

Québec City region 50+ participants. A little busy bee indeed! Welcome back to VEQ, Maria!

Want to say hello? Contact her here:

Maria Hoyt



(418) 683-2366 EXT. 221



MARIA.HOYT@VEQ.CA

## Employability

### GOVERNMENT OF CANADA JOBS

Are you interested in working for the Government of Canada?

Join us on the evening of Tuesday, November 2 for an information session! Learn about some of their virtual, hybrid, and in-person work opportunities.

You will meet HR representatives and get tips on the application process.

The session is being offered both in person and online.

Pre-registration required.

Register **by October 31** at:

[www.forms.office.com/r/SPV4Se6W9N](http://www.forms.office.com/r/SPV4Se6W9N)



#### INFO SESSION: Govt of Canada Job Opportunities

Join us on **Wednesday, Nov. 2, 6pm - 8pm** for an Info Session on how to apply to the **federal public service**.

**In person** at the Jeffery Hale Pavilion  
1270 Chemin Ste-Foy

Or **Online** via Zoom

**Q&A with HR Reps**  
**Tips on How to Apply**

To register:



**Register by October 31**

**VEQ**  
Voice of English-speaking Québec

# Annual Community Christmas Hamper Campaign

## THE 27TH EDITION

For over 25 years, the English-speaking community of the Greater Québec City region has collaborated in running a successful Community Christmas Hamper Campaign. We distribute Christmas hampers to over 200 homes in need, which is an enormous challenge with a most heart-warming outcome. Jeffery Hale Community Partners coordinates the campaign's central registry of English-speaking community members who need help during the holiday season.

**Please note:** Due to COVID-19, we are **NOT** able to accept food donations this year, but you can still give to the campaign by making a monetary donation or by offering to volunteer your time.



### WAYS TO GIVE

#### **Give your time:**

Contact Elise Holloway by email at [eholloway@jhpartners.net](mailto:eholloway@jhpartners.net) or by phone at (418) 684-5333 ext. 11948

#### **Give money:**

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

Learn more about the campaign and fundraising initiatives here: [www.qchampers.ca/](http://www.qchampers.ca/)

## VEQ's Fundraising Initiatives

### MAKE A PINATA

#### **WHEN:**

Thursday, December 1 at 6 p.m.

#### **WHERE:**

Jeffery Hale Pavilion

#### **DETAILS:**

\$25 to participate. All materials provided.

*Break the mold*—learn how to make your own piñata with Maria Castro, all while supporting the 2022 Community Christmas Hamper Campaign. All proceeds will go directly to the campaign!

[Details here](#)



# HOLIDAY HAPPY HOUR 2022

After 2 years of absence, the Voice of English-speaking Québec, in partnership with the Literary and Historical Society of Québec, is delighted to invite you and your family to our Holiday Happy Hour at the Morrin Centre.

Support a good cause, enjoy a glass, savour a bite and take a

moment to wish your colleagues, friends and partners a wonderful holiday season!

\*\*\*

**All proceeds from the cash bar will go towards the **Community Christmas Hamper Campaign.****

## Important Notice

- ◆ Please bring indoor footwear to protect the fragile wood flooring at the Morrin Centre.
- ◆ Parking will be on surrounding streets and under City Hall.
- ◆ The Morrin Centre is wheelchair accessible.



Voice of English-speaking Québec's

# Holiday Happy Hour

TUESDAY, DECEMBER 13, 2022  
5PM - 7PM  
AT THE MORRIN CENTRE  
44, CHAUSSÉE DES ÉCOSSAIS, QUÉBEC

Proceeds from the cash bar will go towards the  
Community Christmas Hamper Campaign.

PLEASE RSVP BY DECEMBER 6

 [info@veq.ca](mailto:info@veq.ca)  
(418) 683-2366

# 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)

Summer 2022 one of the busiest for the Newcomers' Program with outings and events we could not let you miss out on. Fall is now well underway, and our events are taking on the moods of autumn.

In mid-September, VEQ participated in *Limoilou: Terre d'accueil*, a festive weekend organised by the community organisation *Limoilou en vrac*. The weekend was full of amazing performances, yummy food and many of the neighbourhood residents got to learn about VEQ and its services for the English-speaking community.

On October 8, VEQ and its Newcomers' Program had a strong presence at the annual *Journée d'accueil des nouveaux arrivants* organised by the Ville de Québec. Susanna Tang and María Castro interacted with more than 100 people from all over the world!



## Mark Your Calendars

UPCOMING  
NEWCOMERS EVENTS  
YOU DO NOT WANT  
TO MISS!

Never miss an event again.

Sign up for the  
Newcomers' e-Bulletin

SCAN ME



### Oct 27 HISTORY OF QUÉBEC

Learn about the History of Québec with the expertise of linguist, Dr. Carleen Gruntman, a retired ULaVal professor, who will walk us through the main events that shaped Québec's society and culture. Our co-host and venue will be none other than the iconic Morrin Centre. Hot beverages and light snacks will welcome you upon arrival.

### Nov 10 BILINGUAL GAME NIGHT

Game nights are back this fall! We have dozens of new games for you to explore and enjoy. Hot beverages as well as light snacks will be provided. Free parking is also available.

### TBD WINDS OF CHANGE

Come and meet Jeffery Hale Community Services' social workers! They will talk you through dealing and coping with big changes in your life.

### HEALTH 101 WORKSHOP

Our Health 101 workshop is happening soon—an opportunity to learn about everything you need to know about Québec's health care system.

### REMPARTS HOCKEY GAME

Cheer for the home team at a hockey game in December!

Check our [Calendar of Events](#) regularly to find out what we have in store for you!

# 50+ Services

## AUTUMN WITH *OUT & ABOUT*



Apple picking in St-Nicholas.



A visit to Wendake to learn about the Wendat culture.



Enjoying the beautiful fall foliage of Stoneham.

*Out & About* had a fun and colourful fall! In September, participants went to the *Cidrerie & Verger St-Nicholas*, and enjoyed apple picking and picnicking by their charming outdoor farmers market. Searching for fresh and authentic apple products and cider vinegars? Look no further!

In September and October, participants hopped on various buses as an outing in itself... One of which was the Old Bus Tour rides of Vieux Québec and the Plaines d'Abraham to re-discover Québec City from the top deck of a double-decker bus! The other bus ride was along the lovely route 371 in beautiful Stoneham-et-Tewkesbury to view the spectacles of autumn and the leaves' changing colours.

20 participants were appreciative to visit and discover the Traditional Huron Site in Wendake in September. An English-guided tour allowed them to learn about Huron-Wendat traditions, past and present.

### MARIA HOYT IS BACK!

This October, we are excited to welcome back Maria Hoyt who will be continuing the *Out & About* outings. The outings have come to a slow down period for the rest of the year, but there will continue to be occasional outings, such as shopping mall runs and brunches, outings to

activities, events or places of interest for the English-speaking community.

### MESSAGE FROM DOMINIQUE:

“It has been a great pleasure for me to hop on these buses and go out riding with all the 50+ participants of the community! We will definitely see one another again here and there.”

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

Check out the VEQ webpage ([www.veq.ca](http://www.veq.ca)) 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?

The satellite office has had a busy September with the Community Space bustling with its regular and new activities, such as chair yoga, knitting, information sessions, meetings, as well as Community and Coffee on the first Monday of every month.



*It is pumpkin time in the Northern Perimeter!*

October is also Halloween time! VEQ was happy to partner up again with Dollards-des-Ormeaux (DDO) School, Alexander-Wolff School and Valcartier Elementary School for a pumpkin carving and decoration initiative. VEQ distributed over 100 of these big orange squashes to schools, and some of the decorated ones will be going to local senior residences for some festive decorations. Others will

be given directly to residents so they can undertake their own creative carving endeavour.

VEQ is also organising a pumpkin carving activity at DDO School on Saturday, October 29. The pumpkins will then be displayed at the haunted house during Shannon's Halloween family festivities on that day—VEQ is a happy sponsor of this fun family-oriented municipal event!

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

## 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



## IN STITCHES

*a tightly knitted club*

The club is up and running! Calling **all** knitters and crocheters of every skill level and experience (beginners most welcome)!

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 working on your projects.

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](mailto:CATHERINE.BABOUDJIAN@VEQ.CA)

# 50+ Northern Perimeter

## OUT & ABOUT



Out & About participants at Atelier Paré.

Scott Kingsland of the *Atelier Paré* entertained the Northern Perimeter *Out & About* participants with some fantastic legends and informed us about the sculptures present in the museum. Very informative!

On September 21, participants went to the National Assembly.

Some even got to try one of the cabinet ministers' chairs in the famous blue room!

**Here are a few outings coming up:**

### Nov 4—Museum of Civilization

Join us for a trip to the *Musée de la civilisation* to see the new exhibit on Egypt: The Era of Pharaohs. Transportation will be provided from Shannon and Saint-Gabriel-de-Valcartier.

### To Look Forward To

More outings to look out for include Indigenous Art Biennale and the German Christmas

Market in late autumn.

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

### Walking Distance

Our amazing *Walking Distance* participants got their heart rates up while enjoying the beautiful scenery at Mont-Bélair in September.

Looking to join us? We walk in Shannon and Saint-Gabriel-de-Valcartier regularly on smooth, cleared surfaces.

Check our [calendar of events](#) for upcoming walking dates, or call Catherine.

### JOIN US!

#### Valcartier

Nov 14—Enjoy the beautiful walking trail in Saint-Gabriel-de-Valcartier. Transportation will be provided from Shannon.



Walking Distance participants at Mont-Bélair in September 2022.

# COMMUNITY ACTIVITIES

## Hearing Loss Information Session



The Jeffery Hale Community Partners came to the Shannon Community Space with Lobe audioprothesist, Janie Durette, for a free hearing loss workshop on October 6. Participants learned about the causes, signs and impacts of hearing loss as well as tools that can help.

A big thanks to Anaïs Fortin-Maltais and Janie from Lobe for the organisation and presentation!

## Community and Coffee

Don't forget that the Shannon Community Space is open for coffee and catch-ups on the first Monday of every month between 10 a.m. and noon!

Stop in for a coffee, a chat or some baked goods. Why not bring your wits and play a game of cribbage?!

The next drop-in dates are November 7 and December 5.

The address is:

**438 Boul. Jacques Cartier,  
Shannon.**

## Chair Yoga Classes



Our Chair Yoga Classes are now in full swing! Participants are learning firsthand about the benefits of gentle chair yoga every week in our Community Space.

If you would like more information, don't hesitate to contact Catherine.



## COACHING DATES

Are you an entrepreneur or have aspirations 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!

**Oct 26-27**

**Nov 1-2**

**Dec 6-7**

Contact María Castro for reservations:

 (418) 683-2366 EXT. 225

 [NEWCOMERS@VEQ.CA](mailto:NEWCOMERS@VEQ.CA)

# Community Happenings

## COMMUNITY EVENTS AND ACTIVITIES FOR YOU

### The Morrin Centre

#### Members' Day

On **Oct 29**, join the Morrin Centre staff for an exclusive day filled with activities and delights.

#### Poetry Soirée

On **Nov 3**, poets from Québec City, Lévis, and further afield will be at the Morrin Centre for an evening of poetry.

#### Literary Feast

On **Nov 9**, the Literary Feast is coming back to the Morrin Centre with a **dazzling schedule!**

#### Picture This

Come discover the secrets of composition in photography with professional photographer Jacques Gaines. Details [here!](#)

#### Pixel Pages

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

**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

### ELAN

The English-Language Arts Network (ELAN) is a not-for-profit organisation that connects, supports, and creates opportunities for Québec's English-speaking artists and arts communities.

Their recent production *What We Choose to Remember* features a cast of more than 30 characters, whose families arrived in successive waves of immigration.

Learn more about the project and view the film [here](#).

Visit [www.quebec-elan.org](http://www.quebec-elan.org) to learn more about ELAN and their projects.

### 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:

**Nov 9**—Cooking with Ateliers & Saveurs

**Nov 16**—A Moment of Peace: Meditation

**Nov 17**—Quebec Conferences of 1943 and 1944

**Nov 23**—"Let's talk about the English Language"

**Nov 30**—Holiday Kick Off Finger Food Brunch

Call the Québec City Reading Council at (418) 681-1258, or email

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

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:

**Oct 26**—Weight Loss in Seniors

**Nov 4**—Take-A-Break: Welcome Back

**Nov 7**—Art Therapy for Caregivers

**Nov 15**—Baby Chat Café: Post-natal pelvic floor exercises

**Nov 16**—Workshop and Tapas

**Nov 25**—Travellin' Toddler Time: Autumn

**Nov 29**—Café au Lait: Breastfeeding and the holidays

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

### Join the Wellness Centre WE Drivers Team!

Many English-speaking seniors living in Québec City may feel isolated and alone, especially if their family lives elsewhere. Caring volunteers like you help foster a sense of belonging and community, crucial to physical and mental well-being.

**Even occasional drivers are most welcome!**

Being part of the WE Drivers team means that you drive vulnerable individuals to medical appointments from time to time. Even if you can only help a few times a year, you would still be a welcome addition to our team! You are free to say yes or no to each

request, and we gladly reimburse your mileage starting right at your front door. **Students and newcomers!** This is a great way to gain valuable experience while helping your community!

If you would you like more information, please email: Elise Holloway, Volunteer Coordinator: [eholloway@jhpartners.net](mailto:eholloway@jhpartners.net), or click [here](#) for more information!



## 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:

**Oct 27, Nov 3, 10, 17, 24**—Informal Chat Session

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

To post an event on the QCT Community Calendar, visit [www.qctonline.com/event](http://www.qctonline.com/event)

MADE POSSIBLE THANKS TO

Canada  Québec 