



Voice of English-speaking Québec

Connect with the  
English-speaking community

## VEQ's Summer 2020 Newsletter



*Newcomers Picnic, July 2020*

*Photo Courtesy of Shirley Nadeau, Quebec-Chronicle Telegraph*

Despite the pandemic, we are keeping busy at Voice of English-speaking Québec this Summer!

The *Out and About* activities are cancelled this year, but we are still finding ways to stay connected with the senior members of our community by providing them with support, and making weekly phone calls to see how they are doing.

We have been able to smoothly transition some of our events and projects to virtual events, like the 2020 Annual General Meeting (read more about it on page 2), and the Pathways Project which were originally meant to happen in-person (more about this on page 5).

With outdoor gatherings now authorized, we organized a fun get-together for recent newcomers—all while making sure everyone complied with the current measures in place.

Special thanks for your overwhelming response to our *While You're at Home* series of e-bulletins that we put together for

you every week during the confinement. We are glad it helped you stay entertained and that you got creative with us!

Check out our Newsletter to find out more about what we have been up to in the last few months, and what we have planned for the upcoming months!

### In this issue:

- Annual General Meeting
- Virtual Community Showcase 2020
- Online Senior Tech Workshops
- Transportation for Seniors
- Bilingual Book Club
- ERCC Updates
- Youth Employability Project Updates
- News from the Newcomers Coordinator
- Recently Held Newcomers Events
- Upcoming Newcomers Events
- Upcoming Employment Events
- YES Business Coaching
- Travellin' Toddler Time
- EPIQ Events
- Partnerships
- VEQ Contact Information

## Annual General Meeting

VEQ's Annual General Meeting was held over Zoom on Thursday, June 18 this year, and 28 community members attended the virtual gathering. They had the chance to hear about VEQ's successes in the past year, how we have dealt with the pandemic, and learned about the many new upcoming initiatives and projects.

We were fortunate to have a number of community members wishing to join the board of directors, and welcomed 3 new board members.

VEQ is pleased to present to you its 2020-2021 Board of Directors:

Hoffman Wolff, *President*

Brian A. Garneau, *Vice-President*

Carrie-Anna McGinn, *Treasurer*

Razvan Petre, *Corporate Secretary*

Warren Thomson, *Member-at-large*

**Members:** Ashley Byrne, Joan Chandonnet, Kurt Doyle, Chantal Dubois, Amanda Heath, Marguerite Spik, Isabel Sullivan, Ed Sweeney

Thank you to everyone who participated in our events this year. We look forward to seeing you again soon!

## Virtual Community Showcase 2020



In the current context, we made the difficult decision to cancel Fall Fest this year. You will however still be able to learn about the organizations serving our community via our *Virtual Community Showcase*. We are also planning a few performances. Stay tuned!

If you are an organization wishing to participate in our *Virtual Community Showcase*, please contact Melissa Wan at [info@veq.ca](mailto:info@veq.ca) or call (418) 683-2366 ext. 221

## Online Senior Tech Workshops

**I NEED TO CLEAR MY HISTORY AND DELETE MY COOKIES?!? WHAT?**

**VEQ IS PLEASED TO BRING YOU FREE, INFORMATION TECHNOLOGY CAPSULES**

**▶**

*Tablets? Smartphones? Facebook? Messenger? Have a listen and let us know if there is a topic you'd like covered in a future capsule.*

*Sincere thanks to Marc Condon for creating these capsules.*

*Marc is a Telecommunications Technician and has been employed with the Canadian Armed Forces for the past 12 years, where he is now stationed at Valcartier.*



Since late May, VEQ has connected with Mark Condon, an Information Technology (IT) technician in Valcartier serving in the Canadian Armed Forces, to propose the “VEQ online technology workshops”. These free and short IT video capsules are posted regularly on our Facebook page.

Come check them out! Or feel free to share the video links and YouTube channel with friends or family new to the IT world: smartphone settings and security, online shopping and more!

<https://www.youtube.com/playlist?list=PLs2bCujZP-GtmZ9btQragoxOxRRqT-5I3>

## Transportation for Seniors



**Jeffery Hale**  
A Community of Care

Driving or taking the bus may be difficult for older adults, and having a lower income may make taking taxis a luxury. With two working days notice, we will do our best to find you a reliable volunteer to take you to medical appointments. Our volunteers can also help with grocery shopping and errands.

The services depend entirely on volunteers. Therefore, it is not possible for us to guarantee that a volunteer will be available. We will do our best to find a volunteer to help you.

The more notice you can give us, the better. Two working days is the minimum notice required.

For more information about the services, please visit:

<https://wejh.ca/programs-and-activities/well-50/transportation/>

Or call (418) 684-JEFF (5333), ext. 1580

## Bilingual Book Club


# BILINGUAL BOOK CLUB! CLUB DE LECTURE BILINGUE!



Join us for reading and discussion of books in **French** or **English** while improving your bilingualism!

*Rejoignez-nous pour lire et discuter de livres en **français** ou en **anglais** tout en améliorant votre bilinguisme!*

Email Maria Hoyt at [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca) or 418-683-2366 ext. 224 for more information - see you there!

*Écrivez Maria Hoyt à [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca) ou 418-683-2366 ext. 224 pour plus d'informations*



**Calling all bookworms!** Do you like to read and want to practice your second language? Our latest Promotion of Linguistic Duality project: Bilingual Book Club / Club de lecture bilingue is dedicated to improving bilingualism in our region. We meet up online, twice a month to discuss books in French and English! All books are available in both languages, and many are written by Canadian authors. This project will continue through March of 2021, and is generously funded through the Promotion of Linguistic Duality—Appreciation and Rapprochement—Enhancement of Official Languages Program of the Department of Canadian Heritage.

Contact Maria Hoyt at [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca) or (418) 683-2366 ext. 224 to sign up. Please join our Facebook group “Promotion of Linguistic Duality—VEQ” for frequently updated information <https://www.facebook.com/groups/1945182338856575>

**Check out the upcoming books and dates:**

***Fifteen Dogs / Le langage de la meute* by André Alexis**

Monday, August 24 at 6:30 p.m., and Saturday, September 12 at 9:30 a.m.

***The Midwife of Venice / La Sage-femme de Venise* by Roberta Rich**

Tuesday, September 22 at 6:30 p.m., and Saturday, October 3 at 9:30 a.m.

***A Complicated Kindness / Drôle de tendresse* by Miriam Toews**

Monday, October 19 at 6:30 p.m., and Saturday, November 7 at 9:30 a.m.

**Some titles to look forward to reading and discussing:**

*Prisoner of Tehran / Prisonnière à Téhéran* by Marina Nemat,

*Dalva* by Jim Harrison, and many more!

Anyone looking for English versions of the books can contact *Librairie La Maison Anglaise* at (418) 654-9523, and mention the VEQ book club to obtain 10% off of their book purchase!

## Enhancing Regional Community Capacity Updates

The satellite office in Shannon opened its doors again on June 10th, and is open during the summer on Wednesdays and Thursdays during regular office hours.

This past spring, several initiatives and projects with local partners, schools and members of the English-speaking community in the Northern perimeter of Québec City were unfortunately put on hold due to circumstances surrounding the Covid-19 crisis.

The intergenerational reading activity *Story Time with Seniors*, for example, in partnership with Dollard-des-Ormeaux (DDO) School and local seniors, was due to start on March 26th in a 4th grade classroom. Despite school closures, a 1st virtual online story time reading was realized nonetheless thanks to dedicated locals and a coordinated “virtual” effort! VEQ hopes this activity can be kick-started again during the 2020-2021 school year.

VEQ also partnered with DDO School to contribute for the makings of a very special and colorful graduation. On June 19th, DDO high school grads were surprised to see their diplomas hand-delivered to their homes via lively staff, decorated cars and fun posters!

The satellite office will continue implementing current VEQ services in 2020-2021, including community outreach and development, Newcomers’ services, and acting as a hub of information for the English-speaking community. VEQ will continue strengthening existing partnerships and seek to develop new ones in municipalities such as Saint-Gabriel-de-Valcartier, Shannon, Stoneham-et-Tewkesbury and Portneuf.

## Youth Employability Project Updates

While the pandemic has been a challenging time, it has also opened up possibilities to be more creative and experimental in how our services and activities are delivered. Since we no longer could host the events we had planned for the high schools, we transitioned to doing similar activities virtually with good results.

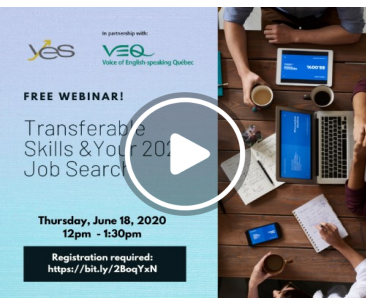


The Pathways Podcast on YouTube.

In June, we launched our first podcast series, *The Pathways Podcast*, which features local Quebecers talking about their career journeys. While this podcast was created to help high school students learn more about the challenges and rewards of working in these fields, it also contains useful and interesting advice for anyone along their career path. So far we have interviewed a cartoonist, a nurse, two lawyers, a politician, a hairstylist, a fitness coach and an International Relations Advisor with more to come.

Check it out here:

[https://www.youtube.com/playlist?list=PLs2bCujZP-GsRID\\_0LU3AGqGWaBn2jRQS](https://www.youtube.com/playlist?list=PLs2bCujZP-GsRID_0LU3AGqGWaBn2jRQS)



Recording of Transferable Skills and your 2020 Job Search webinar.

In addition, on June 18th, Catherine Marcotte from YES presented an informative and practical job search webinar called *Transferable Skills and Your 2020 Job Search*. This workshop is designed to help you define, identify and use the skills that you already possess to your advantage across different fields and industries, especially in a post-COVID workforce. Recognizing these top skills that employers are after is the first step toward understanding and adapting to current changing labour markets and conditions. Local job and learning opportunities are also featured.

Check out the video recording here: <https://www.youtube.com/watch?v=4p0ExEEL92o>

You can also download the presentation to follow along from our website:

<https://veg.ca/wp-content/uploads/2020/07/Transferable-skills-and-your-2020-job-search.pdf>

Furthermore, if you are a job seeker, take note that we have also published an online listing of Québec City region employers with jobs that require English skills on the VEQ website. Lastly, in April, we also released our *Report on Youth Employability in Québec*

City based on the surveys and focus groups we completed in the winter months. Thank you again to all the participants. Your ideas will help service providers and employers.

You can find all the resources and reports in the employability section here:

<https://veg.ca/resources-services/reports-statistics/>

## News from the Newcomers Coordinator!

The events of the past Spring were unexpected to say the least. Fortunately and with the aid of technology we managed to stay connected with the community. The Newcomers program at VEQ continues to find ways to help newly arrived residents settle in their new city. Despite the circumstances, we have had many newcomers sign up online and we look forward to meeting them in person now that we can welcome them in our offices! Our goal in the Newcomers program is to support newcomers in their transition by helping them find the services, resources, and information they may need. We strive to help newcomers feel connected with their new community and we aim to help make the transition as comfortable as possible.

For more information or if you are new to Québec City please get in touch with our Newcomers Coordinator at (418) 683-2366 ext. 225, or [newcomers@veq.ca](mailto:newcomers@veq.ca)

Are you new to the city or still feel like a newcomer? Join us for one of our *Finding Your Niche for Newcomers* events! These events are a great way to connect with other newcomers while learning more about our community!

To learn more about our services, you can watch the Newcomers intro clip on our YouTube channel:

<https://www.youtube.com/watch?v=cclZIKEqTzM>

### Recently Held Finding your Niche for Newcomers Events:



Introduction to FORT on Zoom, June 18



Financial Literacy Workshop on Zoom, July 14

**Introduction to the FORT Program, June 18:** Access to employment is always a need among newcomers, especially in these times. Thank you to our partners at the FORT Program, their wonderful collaborators Dana and Carole for their patience and wonderful guidance. Stay tuned for future collaborations!

**Introduction to the Morrin Centre, June 22:** Azanie Roy and Kathleen Hulley kindly walked us through the services and activities offered by the Morrin Centre. Their services are as varied as they are captivating, and tailored to all ages. In the past, we have co-hosted events at their beautiful establishment, and look forward to continue doing so.

**Canadian Parents for French (CPF), June 30:** We hosted an introductory Zoom session to present our most recent partner CPF, a non-profit organization devoted to promoting Canada’s bilingualism. Their representative for Québec, Andréanne, is always looking for ways to help families and individuals learn and practice French.

**Financial Literacy Virtual Workshop for Newcomers, July 14:** Mr. Carl-André Poliquin, financial educator from Option Travail, dedicated almost two hours to help us understand some important topics related to financial health and security.

**Newcomers Summer Picnic, July 25:** To kick off the summer, we had our first in-person Newcomers event—while complying with the public health safety measures. It was a great success and we were fortunate to have gorgeous weather. Thank you to all participants for making it a great day!

## Upcoming Newcomers Events

**Walking Tour around Old Québec, August 15:** Put on your most comfortable walking shoes, because we are going on a two-hour guided walking tour of Old Québec. The event is FREE, but reservations are required. If you recently moved to Québec City and would like to participate, please contact the Newcomers Coordinator ASAP to book your spot!

**Sunset Ferry Ride, end of August:** Feel like strolling around Quai Paquet to get a break from the heat? Then, hop on board with us to ride the ferry to Lévis for an afternoon of fun. Check VEQ's Calendar of Events regularly for more updates!

**Health 101 & Winter in Québec, Fall 2020:** In partnership with the Jeffery Hale Community Services, we will be offering this workshop presenting healthcare and winter in Québec.

**Winds of Change Workshop, Fall 2020:** VEQ will be providing this free workshop in partnership with Jeffery Hale Community Services. Mingle with other newcomers and understand how change impacts your life, while discovering methods of adapting to a new culture and language.

Sign up to our Newcomers mailing list to receive more information about all upcoming events at:  
<https://veq.ca/become-member/>

## Upcoming Employment Event

### **Telework 101, in collaboration with the FORT Program, Fall 2020**

Given the current circumstances, many of us have had to switch to working remotely from home. This series of workshops has been designed to help you maximize your resources and time.

### **CV Clinic with the FORT Program, Fall 2020**

Needing to brush up your CV, translate it, or modify it to fit the local job market? Or perhaps you want to improve your cover letter so it stands out? This workshop is meant to help you with all that!

## YES Business Coaching

Are you an entrepreneur or have aspiring ideas to start your own business? Sign-up for the next YES Business Coaching session! This service has become so popular that we now have two YES business coaches dedicated to assisting Québec City's entrepreneurs each month!



Book your appointment today.

### ***Upcoming Business Coaching dates:***

- September 8-9th
- October 6-7th
- November 10-11th
- December 8-9th

To register, please call Voice of English-speaking Québec at (418) 683-2366 ext. 225, or e-mail Maria Castro at [newcomers@veq.ca](mailto:newcomers@veq.ca)

## Travellin' Toddler Time

Travellin' Toddler Time is a free English-language activity for children ages 3-4 with their parents, grandparents and/or caregivers. Participants sing songs, enjoy stories and creative activities, and socialize with other children. Children will participate in activities that promote large and small motor skills and creativity. Each month is a new theme and location around Québec City.

**When:**  
9:30-11:00 AM; one Friday of each month from September to May. You can find the schedule here:  
[http://www.qcrc.org/uploads/7/8/5/2/7852793/qcrc-ttt-2020-2021\\_no\\_cropmark .pdf](http://www.qcrc.org/uploads/7/8/5/2/7852793/qcrc-ttt-2020-2021_no_cropmark.pdf)

**Where:**  
This activity rotates between St. Brigid's Home, Québec City Reading Council, Morrin Centre, South Shore English Network (Saint-Romuald) and Valcartier Family Centre close to the military base in Shannon.

Registration for this activity is essential as space is limited to 12 children.

Contact Meghan at the Québec City Reading Council at (418) 681-1258 or [info@qcrc.org](mailto:info@qcrc.org) to register. Registration requests are only accepted during the month preceding each session. While younger siblings are always welcome, the activity is specifically designed for children ages 3-4.

## EPIQ Events

EPIQ (English-speaking Parents in Quebec) events are organized by volunteer parents with support from the community Wellness Centre.

Some activities are just for parents (who doesn't love a night out without the kids!) and other events are for the whole family. EPIQ events during this pandemic period have temporarily moved to an online platform.

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/)

### 2020 events schedule:

June	<p><b>Fri. 5:</b> Virtual Whine Down Host - Michelle</p> <p><b>Wed. 10:</b> Sew a Mask Get Together Online Host - Michelle</p> <p><b>Sat. 20:</b> Summer Solstice Spa Nite Host - Dana</p>
July	<p><b>Thurs. 16:</b> Virtual Summer Social Host - Dana</p> <p><b>Mon. 27:</b> Virtual Whine Down Host - Michelle</p>
Aug	<p><b>Tues. 4:</b> Show &amp; Tell Tent Tuesday Hosts - Jocelyn &amp; Jan</p> <p><b>Wed. 5:</b> Family Movie Nite Host - Amanda</p> <p><b>Thurs. 20:</b> Bonfire Blow Out Host - Amanda</p>
Sept	<p><b>TBA:</b> EPIQ Planning Session hopefully in person with pizza!</p>



For more information or to register:  
Jan Anderson, Community Organizer  
418 684-5333 ext.1539

[wejh.ca](http://wejh.ca)

July 6, 2020



## The Wellness Centre at Jeffery Hale



Centre  
Wellness

The community Wellness Centre at Jeffery Hale promotes the personal and shared well-being of English speakers in the Québec City region by offering a range of healthy living programs. The Wellness Centre, managed by Jeffery Hale Community Partners, embodies the spirit of the *Community of Care* slogan thanks to dynamic partnerships and strong volunteer engagements.

Visit [wejh.ca](http://wejh.ca) for more information on volunteering, and on activities such as [Caring Circle Café](#), [Baby Chat Café](#), and more! Please note that a lot of the activities have been moved to video-conferencing in light of the pandemic.

Here are some upcoming events' dates:  
August 21, 25—Caregiver's Café Online: [Taking Care of Me](#)  
Sep 8—Virtual Baby Chat: [Welcome Back](#)  
Sep 16—[Breastfeeding Information Session for Expectant Parents \(online\)](#)  
Sep 24—Caregiver's Café Online: [Tips for dealing with anxiety](#)

Questions? Please call Jan Anderson at (418) 684-5333, ext. 1539

## Activities at the Morrin Centre

For more information and even more events, please visit: <http://www.morrin.org/en/upcoming-events/>

### Arts Alive: Québec 2020

Join the Morrin Centre on their YouTube channel on the 20th, 21st, 22nd, and 23rd of August to watch four concerts with exceptional local musicians and discover artisans from the area.

Folk Songs—Thursday, August 20, at 7:00 p.m.

Valérie Clio—Friday, August 21, at 7:00 p.m.

Alexandra Lost—Saturday, August 22, at 7:00 p.m.

Webster & 5 for Trio—Saturday, August 23, at 7:00 p.m.

**Morrin Centre's YouTube Channel:** <https://www.youtube.com/user/TheMorrinCentre>



## Lifelong Learning (LLL)

Lifelong Learning provides opportunities for growth and intellectual stimulation for mature learners (predominantly seniors), placing an emphasis on idea exchange, peer learning, and inclusive participation. Ready to sign up? Have a question? Call the Québec City Reading Council at (418) 681-1258, or email [info@lifelonglearningquebec.org](mailto:info@lifelonglearningquebec.org)

Visit their website here: <http://www.lifelonglearningquebec.org/>

LLL is a collaborative effort of several community organizations and individuals with funding support from the Citadel Foundation.

## Organising an Event? Send it to VEQ, and post it on the QCT Community Calendar!

In an effort to help minimize event scheduling conflicts in the English-speaking community, VEQ, in partnership with the Québec 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)

For more information on how to post an event on the QCT Community Calendar visit [www.qctonline.com/event](http://www.qctonline.com/event)

## VEQ's Job Bank

Looking for employment? Our job bank is constantly updated with new opportunities.

Visit [www.veq.ca/employment/job-bank](http://www.veq.ca/employment/job-bank) and don't forget to sign up for the *Job Notifier* to receive a notice each time VEQ has a new job posting.

Recruiting new talent? The bilingual community is filled with educated and talented individuals. To advertise your employment postings on the VEQ Job Bank, visit [www.veq.ca/employment/employers/post-job](http://www.veq.ca/employment/employers/post-job), call 418-683-2366 ext. 221, or email [info@veq.ca](mailto:info@veq.ca)

## VEQ's Community Bulletin Board

Looking for a babysitter or a handyman? Cleaning your house and hosting a garage sale? Want to start a book club or other activity in English? VEQ's Community Bulletin Board is your FREE resource for posting information and classifieds within the community: <https://veq.ca/our-community/community-bulletin-board/>

To post, simply email a short description of what you're looking for or selling to [info@veq.ca](mailto:info@veq.ca), along with up to three photos. Information will be reviewed and posted within 48 hours and will expire automatically after 30 days.

## Contact VEQ

### Voice of English-speaking Québec

1270, chemin Sainte-Foy, suite 2141  
Jeffery Hale Pavillion (to the right of the Jeffery Hale-Saint  
Brigid's Hospital)  
Québec, QC G1S 2M4

### Québec Summer Office Hours

Monday to Thursday: 8:30 a.m. to 4:00 p.m.

Friday: 8:30 a.m. to 12:00 p.m.

*\*Closed during lunch hour: 12:00 p.m. to 1:00 p.m.*

Tel: (418) 683-2366 | Fax: (418) 688-3273

E-mail us at [info@veq.ca](mailto:info@veq.ca)

Visit our website at [www.veq.ca](http://www.veq.ca)

### Shannon Satellite Office

438, Boul. Jacques-Cartier, suite 206  
Shannon, QC G3S 1N5

### Shannon Office Hours

Wednesdays and Thursdays: 8:30 a.m. to 4:00 p.m.

*\*Closed during lunch hour: 12:00 p.m. to 1:00 p.m.*

### Contact:

Dominique Paddack

E-mail: [dominique.paddack@veq.ca](mailto:dominique.paddack@veq.ca)

Tel: (418) 683-2366 ext. 227

*Please call for an appointment for one-on-one referral services.*

Be sure to follow [Voice of English-speaking Québec](#) on Facebook!



## Newsletter Update

In an effort to promote a greener future, the Voice of English-speaking Québec is interested in reducing the number of print copies of our General Newsletter—and we need your help!

Please take a moment to contact us by phone at (418) 683-2366 ext. 221, or by email at [info@veq.ca](mailto:info@veq.ca), if you would like to receive an electronic copy instead of a print copy of the newsletter. Thank you!