

# VEQ NEWSLETTER

DECEMBER 2021

## HAPPY HOLIDAYS!

Year-end is nigh, and what a year it has been! We were glad to finally be able to physically meet some of you in distanced and safe settings throughout 2021, as regulations permitted.

We are wrapping up the year with our Community Christmas Hamper Campaign initiative—*Oh Deer! Holiday Dares*, and have already completed two dares! Is a third one on the way? It is not too late to donate and make us bring July weather to winter! Brr, don't let it snow.

Please stay tuned for more upcoming events from us. Although things are not quite back to the normal we are used to, VEQ will continue to support the English-speaking community as we navigate into the new year together. Until then, stay safe and Happy Holidays!



VEQ

Voice of English-speaking Québec

Connect with the  
English-speaking community

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# Connect with us

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### CONTACT:

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

## Subscription

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!

## 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 e-mail:*

- Simply click/tap on the QR Code.



# 50+ Services

## WRAPPING UP OUT & ABOUT!



The *Out & About* outings, enjoyed by many of the 50+ in our community, went on throughout November with the last ones of the year taking place in December.

It was a time to maximize the last outdoor visits to places like the Citadelle of Québec, the Halloween Gardens at the municipality and the traditional German Christmas Market in Old Québec.

It was also a busy time for holiday

shopping and eating out! Outings to the Galeries de la Capitale and Laurier Québec were quite appreciated, as were lunches in the mall food courts and restaurants around town.

Hoping to see many more of you again starting next summer for *Out & About 2022*! Stay tuned—indeed, there may yet be punctual outings, shopping trips or other activities of interest this winter.

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

Stay updated by regularly checking our *Calendar of Activities and Events* here: [www.veq.ca](http://www.veq.ca)

Prefer using the phone or email? Don't hesitate to contact Dominique Paddack to register or to offer ideas and suggestions.



(418) 683-2366 EXT. 227



DOMINIQUE.PADDACK@VEQ.CA

## ERCC

### THE LATEST IN SHANNON

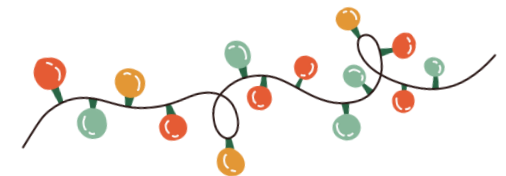


*The brand new community space in Shannon.*

Last month, VEQ was excited to announce the opening of its new community space situated in the same building as our VEQ offices in Plaza Shannon.

Tables and chairs have been shipped and received! The new sink area is set up and potential painting classes are ready to take place starting 2022.

Have any ideas or suggestions for use of this space? Please don't



hesitate to contact Dominique at the VEQ Shannon Office to discuss them.

VEQ is looking forward to utilize our community space to hold activities and information sessions that can be useful, fun, and help diversify happenings in Shannon and the vicinity.

We are looking forward to connecting with you in 2022 in your new community space!

# Community Christmas Hamper Campaign 2021

## THE 26TH EDITION

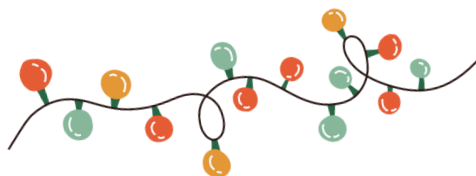


For over 25 years, the English-speaking community of the Greater Québec City region has collaborated in running a successful Community Christmas Hamper Campaign. We distribute Christmas hampers to over 200 homes in need, which is an enormous challenge with a most heart-warming outcome. Jeffery Hale Community

Partners coordinates the campaign's central registry of English-speaking community members who need help during the holiday season.

*It's not too late to donate*—learn more about the campaign and community fundraising drives here: [www.qchampers.ca](http://www.qchampers.ca)

## Oh Deer! Holiday Dares



TO LEARN MORE ABOUT OUR INITIATIVE HEAD ON TO [WWW.VEQ.CA/EVENT/OH-DEER-HOLIDAY-DARES-DRAW-DATE/](http://WWW.VEQ.CA/EVENT/OH-DEER-HOLIDAY-DARES-DRAW-DATE/)

IF YOU HAVE ALREADY DONATED, BE SURE TO FOLLOW US ON FACEBOOK AND INSTAGRAM TO FIND OUT IF YOU ARE A WINNER!

This year, in support of the Community Christmas Hamper Campaign, the VEQ crew will celebrate donations made via our initiative by completing a series of dares.

Simply make a donation towards our fundraising campaign! Not only will your donation help out those in need, but the combined amounts will also make us do very silly (possibly embarrassing) things on camera!

**At \$500—A Christmas Carol** ✓

We will sing a Christmas Carol dressed in our ugliest sweaters for your ears only (and by 'your' we mean, the Internet)

**At \$1200—Pajamas All Day** ✓

We will go to the office (the office on chemin Ste-Foy, not our home

offices) in our Pajamas!

**At \$2500—A Tropical Winter**

If you know of Christmas in July, we are planning to bring July (weather) to winter. To know more, you will have to donate ;)

### SPREADING HOLIDAY WARMTH!

All donations of \$25 and above will be automatically entered in a draw to win exclusive Holiday-themed goodies **handmade with love** by the VEQ team!



# CAROLS AND PAJAMAS



Thank you for your generous donations towards our Hamper Campaign drive this year.

It is all thanks to you that we got to grace our singing voices to the public, as well as come to the office in our pajamas.

Will we be brr-brr-bringing July weather to winter? Only you can make it happen, keep donating towards our campaign to see us in our flip-flops in the snow!



SUBSCRIBE TO OUR CHANNEL

## A Holiday Carol



*The Voice... of English-speaking Québec in action.*

If you missed our singing debut, check out our video on our YouTube channel. Be sure to watch until the end for bloopers!

## Pajamas All Day!



*Running business in our pajamas!*

But wait, there's more! We all came to work in our pajamas to celebrate a total donation of \$1200 towards our campaign. Check out the fun video we made for you.

## VEQ-MADE GIVEAWAY

Not only are we completing a series of dares for the Hamper campaign this year, but we are also giving away a bunch of amazing handmade items to a lucky winner. If you made a donation above \$25 and mentioned VEQ on the donation page, you have automatically been

entered in the draw. Below are sneak peeks of what the winner will receive.

It is not too late to donate to be in the running to receive these just in time for the holidays!

[www.qchampers.ca](http://www.qchampers.ca)



*Handmade macramé decorations.*



*Handmade holiday cards.*

## YES Entrepreneurship + Employment 2022 COACHING DATES

Reserve your spot before they run out!

**January 19-20**

**February 22-23**

**March 22-23**

**April 26-27**

**May 25-26**

**June 28-29**

Contact Maria Castro for reservations:



(418) 683-2366 EXT. 225

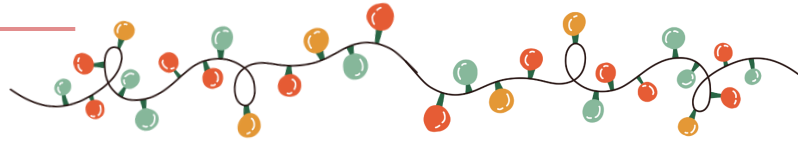


[NEWCOMERS@VEQ.CA](mailto:NEWCOMERS@VEQ.CA)

# 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](mailto:newcomers@veq.ca)



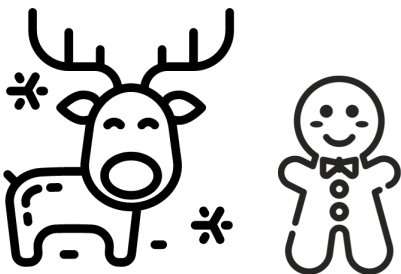
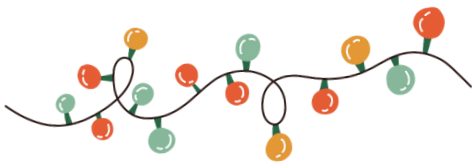
## Mark Your Calendars

UPCOMING  
NEWCOMERS  
EVENTS YOU DO NOT  
WANT TO MISS!

Never miss an event again.

The e-bulletin is the first place where events are announced.

Sign up here:



## 2022

Jan 15

### MUSÉE DE LA CIVILISATION

12:15 p.m.–4:30 p.m.—We've been invited to an exclusive guided visit to the exposition *Voisins et voisines d'ailleurs*, where we will meet one of the featured artists. After that, we'll take our time to stroll through the museum's latest exhibits, *Pompeii* and *Ô Merde*.

VEQ will provide transportation to the museum from our offices located at 1270 chemin Sainte-Foy.

benefits? A representative from Service Canada will be there to answer all your questions, and will also discuss the topics of Canada Child Benefits, how to navigate the Service Canada website and much more.

### REVENU QUÉBEC WORKSHOP INFORMATION SESSION

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.

Jan 27

### CANADA REVENUE AGENCY INFORMATION SESSION

6 p.m.–7:30 p.m.—Start jotting down all the questions you have regarding your federal tax declarations. We will be hosting an information session with a CRA representative as tax season approaches. The event will be held on Microsoft Teams and is **free** to attend.

### PUBLIC SERVICE OF CANADA

Back in September, a very knowledgeable and passionate Human Resources Advisor walked us through the job application process for Public Service Canada. Did you miss it? Stay tuned—we're hosting another session in January!

### Dates to be determined SERVICE CANADA INFORMATION SESSION

What is a Social Insurance Number (SIN), and why is it important for you to have one? What are your Employment Insurance (E.I.)

### ANIMAL TRACKING IN THE SNOW

We are looking forward to working with the Conservation Society at La Grande Plée Bleue and organizing winter outings there.

Stay tuned for more exciting details regarding this event!

# The VEQ Column

## STAFF WINTER FAVOURITES

In this special edition of the VEQ Newsletter, we are sharing some of our favourite winter activities with you. We would love to know some of yours as well—are we more likely to find you bundled up with hot chocolate on the couch, or playing in the snow fields?

### BRIGITTE

Growing up in Montreal in the 80's, back when the city received way more snow than it does nowadays, my all-time favourite winter activity to do with my brother, was to jump up and down on top of the snow bank in front of our second-storey duplex apartment—the one who managed to get the deepest into the snow was the winner. Well, one day I lost a boot in a snow pile and it was eventually shredded by the city snow blower, so my new favourite winter activity (I was told I needed to find a new one) became taking walks in the snow during heavy snowfalls. The kind of snowfall that produces big fluffy snowflakes that land on your nose and eyelashes on their downward waltz toward the ground. To this day, I still find it quite mesmerizing, even if I know it means I will have to shovel it all away later.



### DOMINIQUE

One of my favourite winter activities has recently been met: climbing my white birch tree and putting up the holiday lights. Give me a little freezing rain (and the comfort of my living room!) and I love to watch the shiny, ice-covered branches display their winter beauty.

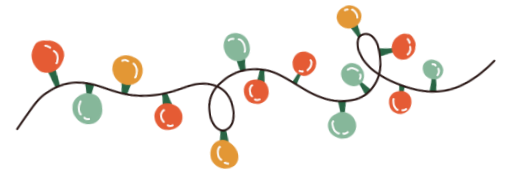
### 2021-22 HOLIDAY CLOSURES

Please note that our offices will be closed as of December 23rd to January 5th (inclusive). We look forward to seeing you in the new year!



### FRANCISCA

Our favourite winter activity in Québec is to go skating at the Centre des loisirs Saint-Sacrement, or on the Plains of Abraham. It's fun watching our kids learn to skate and coming home after to enjoy a cup of hot cocoa.





MARIA C.

I love exploring the outdoors, especially in the winter since it's all too new, even after five winters here! I also enjoy heightening my senses smelling the fresh air, seeing the natural ice sculptures, hearing the snow crunch under my feet, touching the coldness of the snow every time I lose my footing, slip and fall...

*Can you spot me in the photo?*

CATHERINE

One of my favourite winter activities and places is snowshoeing or cross-country skiing at the Centre de Ski de fond Charlesbourg. The centre is run by a lovely dedicated team of volunteers. I love sitting on their deck and basking in the sun with a hot chocolate after a good adventure in the woods!

MARIA H.

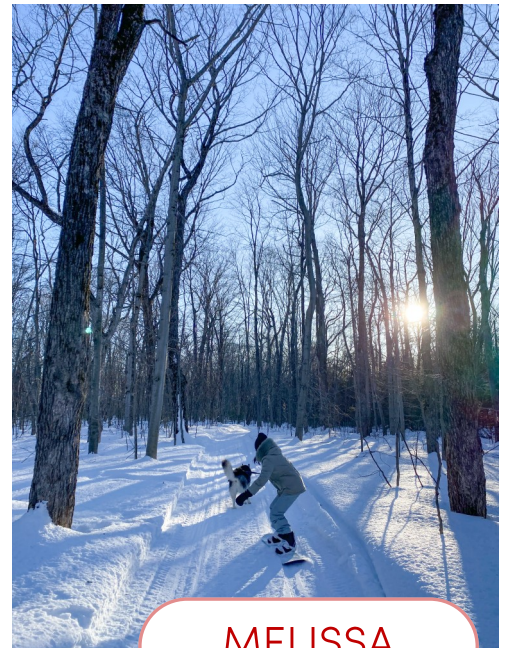
There are many places in Québec that transform in the winter season. My favourite transformation is the winter wonderland that emerges on the Plains of Abraham. Where runners used to jog in the summer is now a cross-country skier's dream, picnic blankets become glorious sledding hills, and the fields of lawn games are concealed by glistening skating rinks. If you haven't had a chance to visit the Plains on a winter evening, the magic of the dimly lit sparkling snow is worth facing the chill of the Québec City night.



SUSANNA

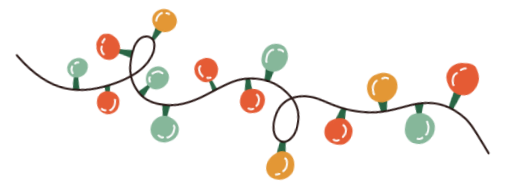
Coming from the warmer, less snowy *hivers* of Ontario, I soon learned that to live in Québec City meant it was better to bundle up and embrace the cold than sit inside all season. My first winter here, I went snowshoeing with VEQ and that awesome feeling of hiking through a canopy of trees across fresh snow really stuck with me. See you on the trails! Pictured: Susanna and Dave in Shannon

(Photo by Maria Castro)



MELISSA

I am not a cold-weather type of person but come the first snowfall, my favourite thing to do is watch my dog's reaction to his kind of heaven. He is a sled dog, made for the cold that I never (ever) knew growing up. I love seeing him bounce and pounce in it like it's the best thing he has ever encountered. All our outdoors activities revolve around him in winter—from hiking, to sledding, to snowboarding. If I cannot bring Saber, count me out!







# Community Happenings

## COMMUNITY EVENTS AND ACTIVITIES FOR YOU

### The Wellness Centre

The community Wellness Centre at Jeffery Hale 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 18**—Baby Chat: Perineal Health

**Jan 25**—Café au Lait Crew

**Jan 27**—Enhancing Motor Skills for Elementary School Success

Questions? Please contact Jessica Price: (418) 684-5333 ext. 12009 or [jprice@jhpartners.net](mailto:jprice@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:

**Dec 23**—Informal Virtual Chat Session: Getting Through it Together

### Travellin' Toddler Time

A free English-language activity for children ages 3-4 with their parents, grandparents and/or caregivers. Participants sing songs, enjoy stories, creative activities, and socialize with other children. Each month has a different theme and location. Visit [www.qcrc.org](http://www.qcrc.org) for more information

#### Upcoming events:

**Feb 11**—Family; Valcartier Family Centre

**Mar 18**—Pets; The Morrin Centre

Contact Québec City Reading Council at (418) 681-1258, or [info@lifelonglearningquebec.org](mailto:info@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](mailto:info@veq.ca)

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

### 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**

Interested in discussing literature with other book lovers? Missing

connecting over books in the Library? Come join Pixels & Pages, the Morrin Centre's new online book club!

Upcoming meetings on Zoom:  
**Jan 20, Feb 17**

To learn more or sign up, email [library@morrin.org](mailto:library@morrin.org) or visit [www.morrin.org/pixelsandpages](http://www.morrin.org/pixelsandpages)

MAKE THIS PAGE COLOURFUL :)

# STAY WARM

