

# VEQ NEWSLETTER

NOVEMBER 2023

## IT'S PUMPKIN TIME

As the leaves change and the air turns crisp, we're thrilled to bring you the latest updates and highlights from VEQ. It's that wonderful time of year again, and not just because Halloween candy is making its sweet return!

In September, we had the pleasure of spending a fantastic Saturday connecting with you at Fall Fest and introducing you to our community partners (follow up on [page 3](#)).

On the following pages, you'll find a wealth of information on newcomers' and *Out & About* activities, updates on the Northern Perimeter, and details about our upcoming employment-related workshops.

Thank you for being a part of our wonderful community, and we can't wait to share this season's stories with you.

Happy reading!



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MADE POSSIBLE THANKS TO



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## 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 2023

*Thank you for being part of our Fall Fest!*

We want to extend our heartfelt gratitude to the dedicated volunteers, community groups, organizations, local businesses, and to all the fantastic individuals we had the pleasure of meeting on September 23. Your joy and energy made the event truly unforgettable, and we hope you were as thrilled with the day as we were! We're already counting down the days until the next gathering, and can't wait to see all your smiling faces again!

We look forward to seeing you next year for Fall Fest 2024!

[SEE MORE HERE](#)



# Annual Community Christmas Hamper Campaign

## THE 28TH 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.



### WAYS TO GIVE

**Give your time:**

Contact Elise Holloway by email at

[eholloway@jhparkers.net](mailto:eholloway@jhparkers.net)

or by phone at (418) 683-2366 ext. 221

**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/)

## WELCOME, VIKTORIA POULIN GAREAU!

Melissa has gone on maternity leave and her responsibilities have been taken over by Viktoria Poulin Gareau!

She will be the one, who is creating our beautiful visuals, handling social media and sending out the Newsletter. Subscribe to our Facebook and Instagram to stay in the loop.

Don't hesitate to say hello if you see her at the VEQ office! Welcome to the team, Viktoria — we are thrilled to have you with us!

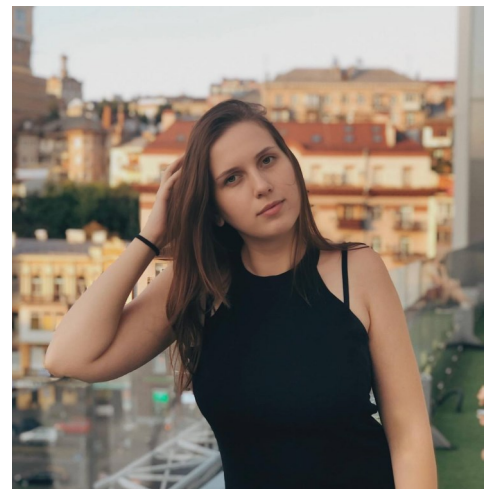
Viktoria Poulin Gareau



(418) 683-2366 EXT. 226



[MELISSA.WAN@VEQ.CA](mailto:MELISSA.WAN@VEQ.CA)



# 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)

In terms of weather, we were in a way, rewarded in September and even October. Not that it matters much to us... our brave clientele (newcomers) attend our events rain or shine!

## UNESCO Heritage Walk

In partnership with Découvrir ma cité, this guided tour deepened our knowledge of the city and provided the reasoning behind its designation as a World Heritage Site.

## Grande Plée Bleue

People from 5 different continents braved the (bogus) rainy forecast. Some attendees got rewarded and were able to spot a moose!



# Mark Your Calendars

As usual, fall is a busy season! Make sure to register early, as many events fill up quickly! We have at least half a dozen activities aimed at helping individuals meet new people and expand their professional network.

## Nov 2

We will be at *Université Laval* presenting our services! To sign up or for more information, [click here](#).

## Nov 9

Our *Health 101 workshop* is coming up soon, giving you the chance to learn everything you need to know about Quebec's health care system. Available online and in-person.

## Nov 10

*Game nights* are once again taking place! You can find dozens of new games to explore and have fun with us. Light refreshments and free parking provided.

## Nov 22

In partnership with Canadian Parents for French, we have planned a fun online *Kahoots night*. At the end of the game, you will have picked up a few vocabulary words here and there.

## Nov 30

We will host an *immigration session*, with an IRCC-approved consultant. Aimed at helping newcomers understand the Canada and Québec's immigration system.

Note that the immigration consultant *will NOT address* specific situations.

## Dec 2

*Newcomers Potluck* are once again taking place! You can find dozens of new games to explore and have fun with us. There will be hot drinks and light snacks available. Free parking is available as well.

## Dec 8

Cheer for the home team at a *hockey game* in December! Tickets courtesy of the Remparts.

Never miss an event again.

Sign up for the  
Newcomers' e-Bulletin

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# Employability

## Did we see you there?

September and October were busy months for employment. Not only were there multiple job fairs, but VEQ co-hosted two employment-related events as well!



*Elise Holloway addressing the audience at the Volunteer Info Session.*

On September 14, thirteen people came for a Volunteer Information Session and we were thrilled to hear that many of you have since signed up! Giving back is a great way to meet others in the community and gain valuable experience. We encourage everyone who can to give their time.



*Audrey Carrier (centre) and Stéphanie Carrier (right) from DAM at VEQ's Fall Fest.*

We're grateful to Audrey Carrier and Stéphanie Carrier from Le Diplôme avant la Médaille (DAM) and Elise Holloway from the Wellness Centre at Jeffery Hale for their presentations that evening.

And on the evening of October 26, we held an information session about How to Apply for Federal Public Service Jobs. In this workshop, participants learned tips and advice about applying for jobs with the Government of Canada. It was a hybrid event, and we were glad that so many were able to join us!

## LOOKING TO USE ENGLISH AT WORK?

Check out this list of employers who actively look for people with English skills!

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### Mastering Interview Questions **WORKSHOP**

Hands-on practice for job interview success!

*OR* **NOV 8 | 10 AM - 12 PM**  
**NOV 15 | 6 PM - 8 PM**  
2630 Hochelaga Blvd. Québec

Register here

QUESTIONS?  
susanna.tang@veq.ca  
(418) 683-2366 ext. 222

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# Will we see you there?

We're also offering some incredible employment-related events in November. Come join us!

## Mastering Interview Questions Workshop

This workshop is designed to give you hands-on and interactive practice with answering difficult interview questions. Led by experienced career counsellor Carole Hautcoeur, we'll explore ways to structure your answers as well as how to tackle the questions employers never should ask but sometimes do!

These are in-person workshops taking place on either November 8 (10 a.m. — noon) or November 15 (6 p.m. — 8 p.m.).

Spaces are limited. Register today: <https://forms.office.com/r/quUanBaC7w>

## Save the date!

### Jobs in Education

November 23, 6 p.m. – 7:30 p.m.  
If you're a job seeker or simply curious about your career options, you don't want to miss the Central Quebec School Board Careers Information Session.

The CQSB is one of the largest employers of English speakers in Quebec. Learn about different job opportunities (teacher, professional, support, management) and have your questions answered by their recruiter.

**For more information about VEQ podcasting or employment initiatives, contact:**

Susanna Tang



(418) 683-2366 EXT. 222



SUSANNA.TANG@VEQ.CA

## Your VEQ Newsletter, now prepared with care by the participants of the R.I.S.E. Program!



The Voice of English-speaking Québec has just started a new collaborative project with the R.I.S.E. Program to help assemble your bi-monthly newsletters. The R.I.S.E. program, which is an initiative of the Jeffery Hale Community Partners, is a full-time program for English-speaking adults with special needs. The program strives to enhance the potential of each person and provide them with a sense of purpose and community through activities that help develop life and social skills. Projects like this are extremely positive for all partners involved.

# 50+ Services

## AUTUMN WITH *OUT & ABOUT*

Fall is in full swing with Out & About activities, and what a beautiful warm fall we have had!



Cap Tourmente National Wildlife reserve

September and October were full of outings and benefited over 150 participants!



Marché Plante at Île d'Orléans

Near the end of the summer, 34 participants marveled at the sites of Old Québec from the top of a double-decker bus! From the Plains of Abraham to Ave. Cartier to the Port of Québec, the city was seen from all angles. September opened with a trip to

the Musée national des beaux-arts to have a guided tour of the extraordinary Alexander McQueen special exhibition. Later in September over 20 participants geared up for some friendly competition at the highly requested bowling outing.

To bid September farewell, 34 participants ventured to Île d'Orléans to enjoy some fresh produce, lunch at a local restaurant, a chocolaterie and homemade ice cream. One group braved the rain, while the other basked in the sunshine, but fun was had by all.

In October, more than 40 participants made their way to Cap Tourmente National Wildlife reserve to observe the migrating snow geese. The foliage was in full force and



the geese showed off their white feathers. As the crisp autumn air rolled in, with the approach of Halloween, we enjoyed a spooky stroll through Joan of Arc Garden learning about legends associated with the park through folk art.

Out & About will continue through November and December, but with less frequency. Stay tuned on our website calendar to discover upcoming outings:



**Are you interested in participating in our 50+ activities ?**

Get in touch with Maria Hoyt at



(418) 683-2366 EXT. 221



MARIA.HOYT@VEQ.CA



# Northern Perimeter

## WHAT'S NEW?

The “Arts & Crafts in Shannon” sessions began with a bang in early Fall! On September 13, adult participants met at the VEQ community space to paint and reminisce about summer colours, and again on October 4 to discover the fascinating, delicate, and beautiful world of paper quilling. Folks have been enjoying the easy-going creative ambiance and chats; and paper quilling was so popular that another session was requested and held on Wednesday October 18 and 25. Special thanks to Christina and Ursula for leading these paper quilling activities!



*Paper quilling activity in Shannon*

“Arts & Crafts in Shannon (for Kids)” is also being offered this school year to elementary

students while aiming to reach out to DDO, Valcartier elementary (VES) and Alexandre-Wolf elementary students and families.

On September 21, participants painted the colours of fall, and on October 11, 8 students and parents tried their hands at clay. Students were excited to discover and create artistically with this captivating material. Bravo to the accompanying dads and moms who also gave it a go!

The next Art & Crafts sessions are planned for Wednesday, November 8 (1:30-3:30 p.m.) for adults, and Thursday November 9 for elementary students (4:15-5:30 p.m.). Stay tuned for more details on our FB page! And remember, if you have a special craft you would like to share and help lead an art activity, or to register and receive more information, please contact Dominique.

On October 4, VEQ was pleased to have met DDO School’s new elementary Vice-Principal, Étienne Pitre, as well as the new Leadership teacher, Jacob Carpentier. VEQ project coordinators informed them of several initiatives which could be of interest to DDO. We are excited to collaborate with Mr. Carpentier to host another series of intergenerational

podcasting interviews with leadership.

Finally, ‘twas the season to feel orange, spooky, and creative! VEQ was happy to distribute over 120 pumpkins to Kindergarteners and Cycle 1 classes from both DDO and VES, as well as to senior residents of the Habitations de St-Gabriel-de-Valcartier so they can enjoy and decorate their Jack-o-lanterns for Halloween!

Get in touch  
with our  
Shannon team!

### Contact Dominique Paddack

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

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(418) 683-2366 ext. 227

### Contact Jeanne Nivischiuk

**Email:**

[catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca)

**Tel:**

(418) 683-2366 ext. 228

# 50+ Northern Perimeter

## OUT & ABOUT

The Northern Perimeter has been enjoying the very best of the Fall season, being granted lovely weather for our last three months worth of outings.

In August the Out & About crew joined participants from Wendake on a trip to the Holy Trinity Cathedral to hear their Midi en Musique series and grab an ice cream as we enjoyed a bright summer day in Old Québec.

In late September, in partnership with Valcartier Elementary School's 5-6th grade class, we had a guided tour of the Governor General's Residence at the Citadelle de Quebec. This lovely tour incorporated lots of history and was a great refresher on how the Canadian government system works. It also offered a look at stunning works of Canadian Art and magnificent views of the St. Lawrence seaway.



## ENGAGING IN COMMUNITY

Fall is in full swing, and we are back with exciting events, including a special financial workshop series:

### Finances and Ageing Workshops

*Tuesday, October 24 – 6:30 p.m. to 8:00 p.m.*

Pre-Retirement Financial Planning. This workshop highlighted financial consideration prior to retirement and analyzed when might be the right time to stop working. It also covered financial estate planning.

*Thursday, November 9 – 12:30 p.m. - 2:00 p.m.*

Post-Retirement Financial Planning. This workshop will highlight financial consideration in the post-retirement period and the financial challenges you may face in these stages of life. This will also cover financial estate planning.

### Caregiver's Circle

*Wednesday, November 15 - 1:30-3:30 p.m.*

In partnership with the Jeffery Hale Community Partners, the Northern Perimeter will host the Caregiver's Circle for the first time. Join us on November 15 from 1:30 p.m. — 3:30 p.m.

in the recreation room (basement) of the St. Gabriel-de-Valcartier Community Center to socialize and learn about the support & programs that the JHCP offers to those caring for loved-ones.

### In Stitches

*Through December 11 - New Start Time*

Monday: 1:00 p.m. to 3:00 p.m. at 438 boul Jacques-Cartier (1st floor VEQ Community Space)

Continued on the next page!



# COMMUNITY ACTIVITIES

## Chair Yoga

*Through December 14*

Tuesday: 9:30 to 10:30 a.m. at the Valcartier Military Family Resource Centre (Shannon)

Thursday: 9:30 to 10:30 a.m. at the Saint-Gabriel-de-Valcartier Community Centre.

Registration is on-going and you are welcome to join whenever you like. Contact us to sign-up for either location.



## Community Kitchen

*November 13 – 9:30 a.m. to 1:00 p.m.*

Join us at the St. Gabriel Community Centre for a unique cooking workshop with this month theme featuring three different soups with samples to take home at the

end of the session. This activity consists of a cooking session where we try new recipes and eat lunch together afterwards. Spaces are limited, so please register by November 6. Participants will be contacted by November 6 to distribute the ingredient list and receive coordinating instructions.

*December 4 – 10:30 a.m. to 12:30 p.m.*

This holiday edition of the Community Kitchen will feature a special presenter, Cora Ethier, who will be teaching how to use classic dessert decorating “tips” and give us practice adding those extra touches to our baking creations.

Registration on a first-come/first served basis!

## Tablet Lending Library:

VEQ is offering tablets on loan, with data plans, for any seniors in the Northern Perimeter that may need them to assist with electronic communications or for other tasks. Please contact us for more information or if you would like to sign one out.

**If you live in the Northern Perimeter and would like to participate in our outings or activities, don't hesitate to contact Jeanne or Catherine.**

**Catherine Baboudjian**



(418) 683-2366 EXT. 228



CATHERINE.BABOUDJIAN@VEQ.CA

**IN STITCHES**  
*a tightly knitted club*

Our sessions are open to all adults from all linguistic backgrounds, and all skill levels of crochet or knitting. Bring your own materials (limited material available).

**WHEN**  
Sessions begin Monday, Sept 18 and run until Dec 11 from 1:00 p.m. to 3:00 p.m.

**WHERE**  
Shannon Community Space at  
438 boulevard Jacques Cartier, Shannon

 **Jeanne Nivischiuk**  
catherine.baboudjian@veq.ca  
(418) 683-2366 ext. 228

# Community Happenings

COMMUNITY EVENTS  
AND ACTIVITIES FOR YOU

## The Morrin Centre

The Morrin Centre is inviting you to participate in a series of cultural fairs this fall and winter!

We are looking for people with cultural connections to the following (very broad) origins to join us to celebrate the cultural diversity of Quebec: East Asia, West Asia, Africa, South America, the Caribbean. Each fair, held on a Sunday

afternoon, will present a special presentation and a series of activities and local exhibitors.

Are you interested in sharing food, recipes, art, history, or any other element of your culture with our community? Reach out to us at [info@morrin.org](mailto:info@morrin.org) by October 29th!

## 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](http://www.wejh.ca) for more information about activities and volunteering.

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

### Upcoming events:

**Nov 7, Nov 21, Dec 5, Dec 19**  
— Brain Power Drop-in

**Nov 15** — Caregivers Circle:  
Caregiving in the North  
Perimeter

**Nov 23** — Death 101 series:  
Legal aspects of dying

All these events (and more!) here:

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Postcards from Quebec

Celebrating our Cultural Diversity

ART ~ ART

FOOD ~ NOURRITURE

HISTORY ~ HISTOIRE

MUSIC ~ MUSIQUE

DANCE ~ DANSE

CULTURAL FAIRS  
THIS FALL  
AT THE MORRIN CENTRE  
FREE ADMISSION



[morrin.org/culturalfairs](http://morrin.org/culturalfairs)