

VEQ NEWSLETTER

DECEMBER 2023



Holiday edition

Let's celebrate!

It's incredible! Year-end is nigh, and what a remarkable year it has been! We are wrapping up 2023 with our Community Christmas Hamper Campaign initiative – *Oh Deer! Holiday Dares* and have already completed 2 challenges! Would you like to discover the rest? It is not too late to donate and help us bring some happiness this winter! To learn more, go to *pages 3 and 5*.

Keep an eye out for our upcoming events as we enter the New Year! VEQ will continue to be there and support the community as we navigate into 2024 together.

VEQ wishes you all a joyful holiday season!
See you in 2024!



SCAN ME



VEQ

Voice of English-speaking Québec

Connect with the
English-speaking community

In this issue

- 3 **Holiday Happy Hour 2023**
- 4 **Newcomers' Corner**
 - Recently held events you may have missed
- 5
 - Mark Your Calendars
 - **Oh Deer! Holiday dares**
- 6 **Annual Community Christmas Hamper Campaign**
 - Welcome back, Catherine!
- 7 **Northern Perimeter**
 - What's New?
- 8 **Podcast Broadcasts and Employability**
 - Podcast opportunity
- 9
 - Employability
- 10 **50+ Activities**
 - Enjoying Winter with *Out & About*
- 11 **Community Happenings**
- 12 **Holidays Coloring Page**

MADE POSSIBLE THANKS TO



SCAN ME

ALL OUR LINKS IN ONE PLACE!

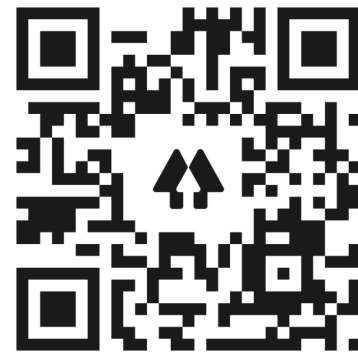
We have made it easier for you to connect with us!
Here is how it works:

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.



Please note:

The VEQ offices will be closed
from December 25 to January 5.

Connect
with
US

Contact us

T: (418) 683-2366
F: (418) 683-3273
E: info@veq.ca
W: 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



Voice of English-speaking Québec's

Holiday Happy Hour

TUESDAY, DECEMBER 12, 2023
5PM - 7PM
AT THE MORRIN CENTRE
44, CHAUSSÉE DES ÉCOSSAIS, QUÉBEC



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



FOR MORE INFORMATION:



info@veq.ca
(418) 683-2366



VEQ
Voice of English-speaking Québec



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

RECENTLY HELD EVENTS YOU MAY HAVE MISSED

On **November 25**, former Laval University lecturer *Dr. Carleen Gruntman's* expertise and skills left everyone fascinated and curious about the history of their new home city. Following her captivating presentation, participants were led on a short tour of the prison cells, by Morrin Centre's Jeanne Lebossé-Gautron.



Newcomers at the National Assembly

On **November 28**, we had the opportunity to tour a place central to Québec democracy. During our visit to *the National Assembly*, we learned that all residents can contact their district's MNAs! This was our first time, and it won't be our last!

We were invited to present VEQ's Newcomers Program's services to international students at *Université Laval* during reading week. A week later, on **November 9**, we hosted another hybrid information session, this time

about the provincial health system in partnership with the Jeffery Hale Community Services.

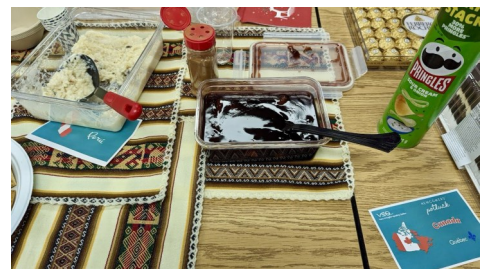
Game nights are resuming, and on **November 10**, we hosted a popular one, with more than 20 attending!

VEQ's Newcomers Program once again partnered up with *Canadian Parents for French (CPF)* to help those learning Molière's language, practice their skills, all from the comfort of home! Thank you CPF for organizing the **November 22 Kahoot! game**, and for helping newcomers learn and practice French!



Delicious food from Québec and India

A common request we received in the newcomers' survey was organizing a *potluck*, so we hosted it! We had an opportunity to taste and share the most delicious food from *Japan, Colombia, Peru, Morocco, Iran,*



Food from Québec, Peru and Morocco at the Potluck for newcomers

India, Canada, Costa Rica, UK and USA. 26 participants brought specialities from their hometown and had an amazing time sharing meals with other newcomers.

Never miss an event again.

Sign up for our emailing list:

SCAN ME



Mark Your Calendars

Business coaches Coby Ingham and Miriam Gaudelli will resume their monthly visits to Québec City in February.

YES Employment + Entrepreneurship also have *online* workshops available in *December* and *January*, so make sure you check them out!

MORE COACHING DATES

February 6 & 7

March 13 & 14



**STARTING A BUSINESS?
LET'S DO IT TOGETHER!**

We're here to support entrepreneurs like you in developing **yourself** and your **business!**

FREE BUSINESS COACHING

Through our coaching services you will receive:

- + Answers to your business questions
- + Financing options and resources
- + Guidance in researching and evaluating your business ideas
- + Strategies for expanding your customer base
- + Succession planning advice
- + Knowledge on importing/exporting, online business, franchising & more

Wednesday, December 6 10:00AM - 6:00PM

Thursday, December 7 9:00AM - 3:00PM

Open to every age and stage of business!

Jeffery Hale Pavilion
1270 Chemin Ste-Foy, Suite 2141
Quebec City

Contact Maria Castro at:
418-683-2366 ext. 225 or
newcomers@veq.ca

*A small activation fee is required. The fee will be refunded after three appointments.

We also offer a range of support and services online. Call 1-888-614-9788 or visit yesmontreal.ca

Funded by:



In collaboration with:



Voice of English-speaking Québec

PRESENTS

OH DEER! HOLIDAY DARES

A FUNDRAISING INITIATIVE IN SUPPORT OF THE
COMMUNITY CHRISTMAS HAMPER CAMPAIGN 2023



Simply make a donation towards our initiative!
Not only will your donation help out those in need, but the combined amounts will also make us do very silly things on camera out of gratitude and happiness!

FOR MORE INFORMATION, VISIT QCHAMPERS.CA



SCAN ME

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@jhpartners.net

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

Give money:

www.canadahelps.org/en/dn/8671

Learn more about the campaign and fundraising initiatives here:

www.qchampers.ca/

WELCOME BACK, CATHERINE BABOUDJIAN




Catherine has returned to the office after maternity leave! The VEQ team warmly welcomes the newest addition to the family - little *Rosalie*, who will now be eagerly awaiting her mommy at home, along with Nora and Maeva.

Get ready for even more engaging and beneficial VEQ events organized by the Northern Perimeter team! Keep an eye

out for announcements of upcoming events on veq.ca, and don't forget to follow us on social media to stay informed about all the exciting developments.

Catherine Baboudjian

 (418) 683-2366 EXT. 228

 CATHERINE.BABOUDJIAN@VEQ.CA

Northern Perimeter

WHAT'S NEW?

In early fall, VEQ met with the DDO elementary school Vice-Principal to discuss various initiatives of interest to students and teachers alike. One of them was "Storytime," where volunteers read and animate a book of their choice in a classroom setting. The other initiative was an arts and crafts workshop led by creative volunteers, with VEQ providing support for supplies and materials.

VEQ recruited 4 local volunteers to lead these in-class activities for kindergarteners.

On **November 9**, volunteers, teachers, the Vice-Principal, and VEQ met at DDO to discuss details and set calendar dates for these two initiatives. The first activity took place on Friday, **November 17**, enabling to reach to three kindergarten classes (just over 50 students) during a six-week rotation period. Everyone is thrilled with this new volunteer partnership, a win-win for all! Two more dates were scheduled before the holiday break on **December 1** and **December 15**, with plans to continue into the 2024 school year. Congratulations and thanks again to our "DDO volunteers": Jennifer, Christina, Gloria, and Charmila!

If you or someone you know is interested in volunteering, please contact Dominique at the Shannon office.

Arts & Crafts in Shannon for both adults and kids (6 years old and up) has continued with such fun activities as hand-painting and holiday card making. It's amazing what you can create with paper and creativity!

Speaking of holidays and fun,



Arts & Crafts in Shannon

VEQ is pleased to help sponsor "Teatime and Christmas music" in Valcartier this year. This event will take place on Sunday, **December 10**, at 12:30 p.m. at Complex 2230 (2230 bd. Valcartier, Saint-Gabriel-de-Valcartier). Sweets, tea, sandwiches and live music led by musicians Dominick Haerinck and Sophie-Gabrielle Doyon will make this event special! For more information, contact Dominique Paddack. And please feel free to stop by our VEQ offices or contact us to schedule a meeting to learn more about VEQ and our upcoming activities.

Get in touch
with our
Shannon team!

Contact Dominique Paddack

Email:

dominique.paddack@veq.ca

Tel:

(418) 683-2366 ext. 227

VEQ Satellite Office (Shannon)

438 Boulevard de Jacques-Cartier,

Suite #206

Shannon (QC) G3S 1N5

Podcast Broadcasts and Employability

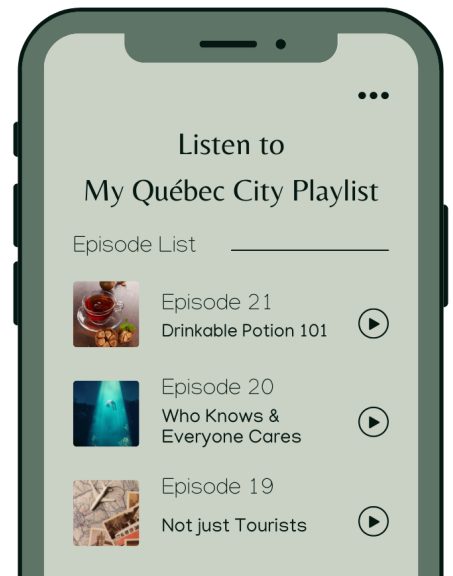
PODCASTING OPPORTUNITY

Presenting: The CDAH Mentorship Circle

Thinking about starting a podcast of your own? Make it happen with help from VEQ's upcoming new partnership with CDAH – *The Community Digital Arts Hub*. Joining the *Mentorship Circle* gives you access to free coaching, workshops, and peer support. More details to come.

Sign up now to our e-mail list to be the first to know about when and how to join

And if you need a little podcast inspiration, check out VEQ's podcasts on our [YouTube channel](#). More episodes of the *My Québec City podcast* will be released over December!



EMPLOYABILITY

Mastering Interview Questions workshop

On November 15, eleven participants got the opportunity to practice answering job interview questions in a no-pressure situation. They learned what questions employers shouldn't ask and how to respond in a few scenarios. Our thanks to Carole Hautcoeur, Xavier Langis and Rosalie Roy from the *FORT*



Participants of the Mastering Interview Questions workshop

Program (VMFRC) for their roles in creating and facilitating the workshop.

Here's what one participant had to say about the workshop:

“ The training not only helped me in answering questions more effectively but also allowed me to tailor the responses to align with the company's culture and goals. ”

How to Apply to the Federal Public Service Info Session

Thanks again to the 43 participants who attended the *Government of Canada Jobs information session* on **October 26**.

The presenter made the application process seem less daunting, and participants could see themselves working there. We usually hold this event once a year, but if you missed it, our partners at *Y4Y Québec* are hoping to hold a *virtual session* soon-ish.

CQSB Info Session

Looking for *work in English*? Join us at the 4th edition of our Central Québec School Board Careers Info Session. Hear testimonials and have your questions answered by a recruiter.

Click [here](#) for more info or to register.

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

Susanna Tang



(418) 683-2366 EXT. 222



SUSANNA.TANG@VEQ.CA

CQSB IS HIRING!


CQSB Careers Info Session

4th edition


Tuesday, Jan. 16 6pm - 7:30pm


Wellness Centre at Jeffery Hale
Multipurpose Room
1270 Chemin Ste-Foy

Attend in person or online

To register:  SCAN ME

Presented by:

 COMMISSION SCOLAIRE CENTRAL QUÉBEC
CENTRAL QUÉBEC SCHOOL BOARD

 **VEQ**
Voice of English-speaking Québec



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



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+ Activities

ENJOYING WINTER WITH *OUT & ABOUT*



A lovely outing to the Ursulines Monastery in November



Listening an inspiring compositions at the Chapelle des Ursulines



Happy visitors of the Ursulines Monastery

November and December have been busy for our *Out & About* 50+ participants, but winter hibernation is fast approaching, and we will take a short break from outings for the holidays and early January.

In mid-November, participants enjoyed a guided visit of *le Monastère des Ursulines de Québec* where we discovered almost 400 years of rich history. We learned all about the 7-year process of becoming a nun to the founding of the Ursuline boarding school in the 19th century. Our favorites were the exhibits displaying the innovative classes offered at the school including music, all types of art and embroidery, science, astronomy, history, mathematics, and languages. Go check out the centre in the heart of Old Québec if you haven't had a chance to visit – the exhibits are very impressive!

Late November, we were happy to attend to CWL Breakfast in Shannon for the *annual Catholic Women's League Community Breakfast*. Eggs, sausage, and home goods were savored by all and served by smiling community members who work hard to put on this fantastic gathering twice a year. Thank you for welcoming us and filling our bellies!

In early December, participants set out for some holiday shopping at Laurier Québec and braved the cold to discover artisans of Québec at the 16th edition of the *German Christmas Market* where hot chocolate and mulled wine warmed our hands while we strolled the streets of Old Québec marveling at the displays and decorations.

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

Check out the our website 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

Community Happenings

COMMUNITY EVENTS
AND ACTIVITIES FOR YOU

The Morrin Centre

OverDrive Workshop:

Getting Started with Libby

This webinar will show you everything you need to know to get started with Libby — **Dec 6**

Irving Berlin's White Christmas

A new holiday tradition for young and old! — **Dec 16**

Mystery Mondays Book Club

The selection for December is The Christmas Murder Game by Alexandra Benedict! — **Dec 18**

Pixels & Pages

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

The Marriage Portrait by Maggie O'Farrell — **Dec 19**

Need more info? Please email library@morrin.org

Visit **www.morrin.org** to learn more about the Morrin Centre.

Email: info@morrin.org

Tel: (418) 694-9147

PLACE YOUR EVENT HERE

Get in touch with Viktoria about promoting your upcoming events in our next issue!

Viktoria Poulin Gareau



(418) 683-2366 EXT. 226



MELISSA.WAN@VEQ.CA

Don't forget to email the Québec Chronicle-Telegraph to add your event to their calendar:

editor@qctonline.com

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** for more information about activities and volunteering.

Upcoming events:

Dec 10, 17 — Buddy Up: Basketball

Dec 5, 19 — Brain Power Drop-in

Dec 7 — Death 101: Psychosocial aspects of dying

Dec 8 — Travellin' Toddler Time at St. Brigid's Home

Dec 20 — Caregivers' Circle: Navigating the holiday blues

Questions? Please email: info@jhpartners.net

All these events (and more!) here:

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