



Voice of English-speaking Québec

Connect with the  
English-speaking community

## VEQ's Summer 2021 Newsletter



Together, we made it through the third wave of the pandemic. It wasn't easy, but perhaps you took some time to yourself and learned how to make bread or cook the famous tomato feta pasta recipe.

The Out and About activities have resumed, while carefully following public health regulations to ensure the safety of all the participants. Weekly outings include shopping trips, nature visits, excursions to l'Île d'Orléans, visits to museums, ice cream, and more!

Our AGM, which usually takes place in May, has been moved to September 30th. It's uncertain yet whether the AGM will be a combination of virtual and in person participation. More information on this will be available soon! Follow our [Facebook](#) page and calendar of [events](#) to stay up to date.

Are you a recent, or not so recent newcomer who has moved to the Greater Québec City region? Do you have a testimonial that you would like to share with us and other newcomers about your experience?

Click on [SHARE YOUR STORY NOW](#) to share your testimonial with us.

Maria, our Newcomers Coordinator has been very busy organizing new and exciting events such as a walking tour of Old Québec, a day trip to the Jacques-Cartier National Park and a sunset ferry ride, amongst other events.

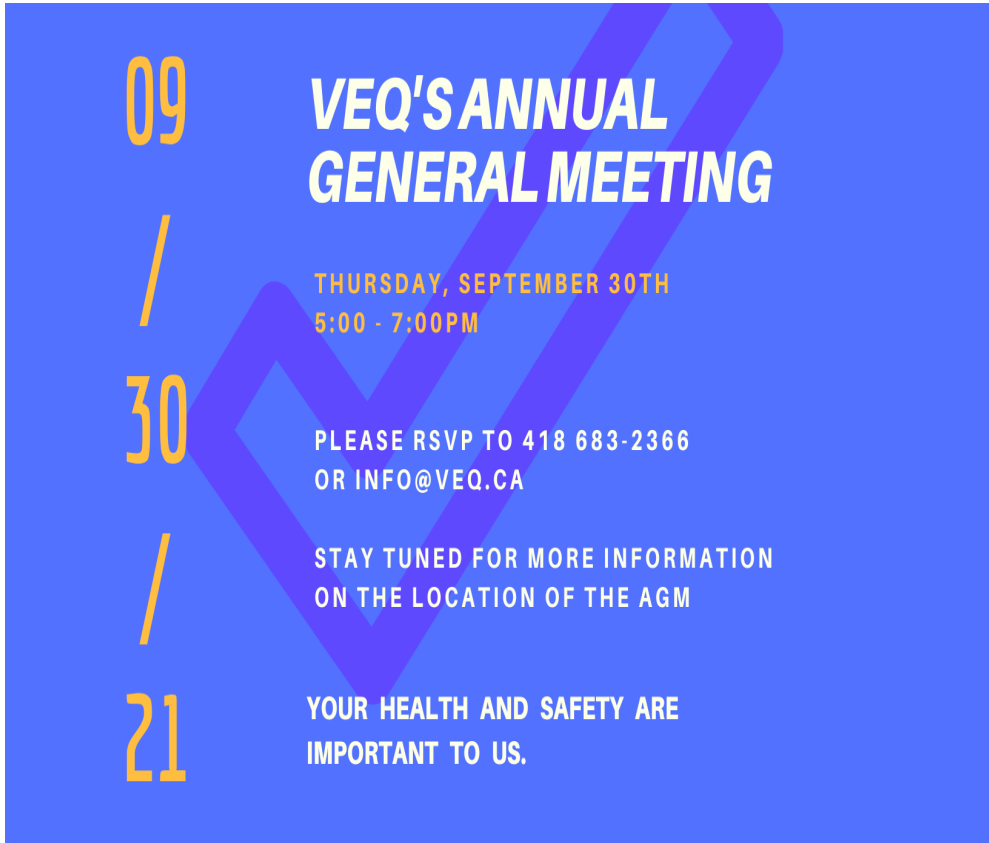
The pandemic caused us to adjust our approach on how we help individuals participate in community life in the Greater Québec City Region, in both French and English. Thank you for continuing to support and participate in our events over the last year.

Read on to find out more about what we have been up to, and what we have planned for the upcoming months!

### **In this issue:**

- Annual General Meeting
- VEQ's Cost of Living Calculator
- ERCC Updates
- News from the Newcomers Coordinator
- Recently Held Newcomers Events
- Upcoming Newcomers Events
- Upcoming Employment Events
- YES Business Coaching
- Out & About
- Letters for the Soul
- Tablet Lending Library & Tech Talk Tuesdays
- IVPSA: EngAging in Community
- Coming Fall 2021: My Québec City Podcast
- Continuing to Improve Accessibility to Employment Services for English-speakers
- The Wellness Centre at Jeffery Hale
- Virtual Prenatal Classes
- EPIQ Events
- Partnerships
- VEQ Contact Information

## Annual General Meeting

A blue poster for VEQ's Annual General Meeting. On the left, the date '09 / 30 / 21' is written vertically in large yellow numbers. The main text is in white and yellow. A large, stylized yellow checkmark is in the background.

**VEQ'S ANNUAL GENERAL MEETING**

THURSDAY, SEPTEMBER 30TH  
5:00 - 7:00PM

PLEASE RSVP TO 418 683-2366  
OR INFO@VEQ.CA

STAY TUNED FOR MORE INFORMATION  
ON THE LOCATION OF THE AGM

YOUR HEALTH AND SAFETY ARE  
IMPORTANT TO US.

Save the date!

Thursday, September 30, 2021

5:00 to 7:00PM

We hope to see you in the Fall!

More information to come...

DID YOU KNOW?

**WE HAVE A COST OF LIVING CALCULATOR ON OUR WEBSITE!**

Check it out!  
<https://veq.ca/resources-services/cost-of-living/>

**VEQ**  
Voice of English-speaking Québec



Thinking about moving to Québec or know of someone who is?

Our cost of living calculator could be very useful in planning your move. Visit the link for common things to consider <https://veq.ca/resources-services/cost-of-living/>

## VEQ & Enhancing Regional Community Capacity (ERCC) program

The VEQ satellite office in Shannon is pleased to announce its new office hours since May 31<sup>st</sup> 2021:

<b>Monday</b>	8:30 - 12:00	to	1pm - 4pm
<b>Tuesday</b>	8:30 - 12:00	to	1pm - 4pm
<b>Wednesday</b>	8:30 - 12:00	to	1pm - 4pm
<b>Thursday</b>	8:30 - 12:00	to	1pm - 4pm
<b>Friday</b>	at main VEQ office (Québec)		

**438 Boulevard de Jacques-Cartier, Suite #206**

**Shannon (QC) G3S 1N5**

**Telephone:** 418 683-2366 ext. 227

**Email:** [dominique.paddack@veq.ca](mailto:dominique.paddack@veq.ca) and [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca)

We are looking forward to summer and fall 2021 to renew and develop initiatives, partnerships and events of interest to the local English-speaking community, and to continue collaborating with our existing partners.

Several VEQ initiatives and outings aiming to benefit and serve residents of Québec City's Northern perimeter, namely in Shannon and Valcartier, have started taking place since May.

Please feel free to stop by our office or call to make an appointment if you'd like to meet us or have any questions about some of our initiatives.

## News from the Newcomers Coordinator!

2021 is looking much better than the past year, don't you think? After having enjoyed what it was one of the best springs in a long time, it is now time to enjoy the summer. We are preparing lots of new and exciting activities for newcomers, to make the most of this beautiful city. To stay tuned, check out our calendar on our website regularly. The goal of 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) To learn more about our services, you can watch the Newcomers intro clip on our YouTube channel: <https://www.youtube.com/watch?v=cclZIKegTzM>

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!

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

#### **Meet the Centre R.I.R.E. 2000 April 30<sup>th</sup>**

This non-profit organization offers a wide range of services for newcomers, from French classes, to helping you update your computer skills (Acomba, Sage, Office, AutoCAD, etc.), to assisting newcomers (from out of province or out of the country) get their training recognised in different fields. They will present their services once again on October 7<sup>th</sup>, stay tuned for more details!



#### **Scavenger Hunt, May 21<sup>st</sup>, 2021**

We took advantage of the wonderful weather we had in the spring and organised a fun activity aimed at inspiring newcomers to go out and enjoy the colours and fresh air. \$100 in gift cards was awarded to a lucky winner!



#### **Travel the World through Cooking: Mauritius & Peru! - April 25, 2021**

The dishes from the last two destinations of this series of culinary journeys were both exotic and delicious! The Mauritian recipe was full of history, spices, and flavour. From Peru, we prepared the worldwide famous ceviche, adapted to the local ingredient: salmon! In this case, tasting is believing, it's definitely a must try. Among the participants from these two cooking Zoom sessions were people from Ukraine, Colombia, and Canada.

Pictured: Ceviche made by one of the participants.

#### **Yoga Dance Sessions, May 29<sup>th</sup>, June 5<sup>th</sup>, 12<sup>th</sup>, and 19<sup>th</sup>**

Is there a better way to resume your active life after a year of remote working and confinement than practicing yoga with a beat? Perhaps... but we still had a lot of fun practicing yoga dance at two of the most beautiful parks; Domaine des Maizerets and Bois de Coulonge.

**Upcoming Newcomers Events:****Walking Tour of Old Quebec, two dates: July 17<sup>th</sup> and August 21<sup>st</sup> 2021, (two tours per day)**

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

**Day trip to the Jacques-Cartier National Park, July 31<sup>st</sup>, 2021**

This gorgeous park offers the possibility of hiking, canoeing, seeing different biomes (boreal, mixed and/or deciduous forests). VEQ will provide the transportation, all you have to do is decide what you'll enjoy there and prepare accordingly!

**Sunset Ferry Ride, August 26<sup>th</sup>, 2021, Stay tuned for more details**

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. Check our calendar of events for more updates! <https://veq.ca/our-community/upcoming-events/>

**Experience Autumn in all of its splendor, September 18<sup>th</sup>, 2021**

Another opportunity for newcomers to experience one of the most beautiful times of the year, fall and its breathtaking spectacle. This day trip to Cap Tourmente will allow you to observe the migration of the snow geese among other birds, practice hiking, participate in a geo-rally, etc. Transportation is provided by VEQ and free of cost for newcomers. It is required to sign up and confirm your attendance.

**Health 101 & Winter in Québec, Fall 2021, Stay tuned for more details**

We will be offering this info session on healthcare and winter life in Quebec, in partnership with the Jeffery Hale Community Services.

**Winds of Change Workshop, Fall 2021**

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 e-mailing list to receive more information about all upcoming events at**

<https://veq.ca/become-member/>

**Upcoming Employment Events:****Centre R.I.R.E. 2000 presents their services for newcomers; October 7<sup>th</sup>, 2021**

This non-profit offers a wide range of services for the newly arrived, from helping to get your credentials recognised in the province to providing constant training to improve your French or your computer skills, just to mention a few. Take advantage of this presentation to meet them and plan how you will benefit for your own personal and professional growth.

**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 a YES business coach coming to Quebec City **every month** to meet with people! Book your appointment today.

Upcoming Business Coaching dates:

**August 10, 11<sup>th</sup> • September 7-8<sup>th</sup> • October 5-6<sup>th</sup> • November 9-10<sup>th</sup> • December 7-8<sup>th</sup>**

To register call Voice of English-speaking Québec at 418-683-2366 ext. 225 or email [newcomers@veq.ca](mailto:newcomers@veq.ca) \*Newcomers Coordinator, María Castro is YES' liaison in Québec City, but their services are offered to anyone and in English.

### Out and About

We are pleased to announce that Out and About is up and running again! We are carefully following public health regulations to ensure the safety of all our participants. Outings planned for this summer include the Museum of Civilization, Chocolats Favoris, a free concert series at the Chalmers-Wesley United Church, Chutes Montmorency, and more!

Outings will be offered to residents in lower and upper town, but also to residents of Shannon, St-Gabriel-de-Valcartier and Stoneham-et-Tewkesbury.

If you are over 50 and would like more information, contact Catherine Baboudjian (catherine.baboudjian@veq.ca) or Maria Hoyt (maria.hoyt@veq.ca) or 418-683-2366 x224



### Letters for the Soul

Letters for the Soul seeks to promote social participation and inclusion of seniors, and bring community members of all ages together via the art of letter-writing. These exchanges comprise of hand-written letters, drawings, poems, stories, and other forms of self-expression. The dialogue between seniors and the greater community will create stronger links and relationships, lessening the isolation some may be feeling.

People old and young from all over the city have received their letter writing kits and have begun sending their drawings, poems and letters out! It's not too late to join. We welcome people of all ages to participate in this intergenerational project.

This project is funded by the Government of Canada, under the New Horizons for Seniors Program. To participate or for more information, please contact Catherine Baboudjian or Maria Hoyt at 418 683-2366 x224.

### Tablet Lending Library

Our tablet lending library is up and running! We currently still have some tablets to lend for anyone who is interested, no matter your previous experience. We are continuing our twice weekly virtual get-togethers. Participants have learned about basic tablet use, email, how to access e-books, podcasts and have had a lot of fun playing trivia, exchanging on a variety of subjects, and even taking a virtual trip to Kenya!

It's not too late to join us, our Tech Talk Tuesday sessions will give you all the knowledge you need to begin navigating on your devices, and our Themed Thursdays are fun and informal virtual get-togethers.

Staff are available on weekdays to help troubleshoot, don't be shy to reach out!

Please contact Catherine Baboudjian (catherine.baboudjian@veq.ca) or Maria Hoyt (maria.hoyt@veq.ca) or 418-683-2366 x224 if you are interested in learning more about borrowing a tablet!

### IVPSA: EngAging in Community

The EngAging in Community project led by VEQ is part of l'Initiative pour l'inclusion sociale des personnes aînées : un enjeu collectif, launched by l'Institut sur le vieillissement et la participation sociale des aînés de l'Université Laval (IVPSA). It aims to promote the social inclusion of seniors in the Québec Metropolitan Community (QMC). It is being carried out thanks to a financial contribution from Employment and Social Development Canada (ESDC) and will end in 2025.

The Initiative and its seven projects are part of a territorial approach to collective impact that is both intersectoral and interdisciplinary and involves seniors themselves. VEQ's actions will focus on reducing the digital divide, and social participation, via the implementation of intra and intergenerational activities.

Please contact Catherine Baboudjian (catherine.baboudjian@veq.ca) if you would like more information about the project.



### Coming Fall 2021: My Québec City Podcast

What's even better than listening to podcasts? Hosting and producing them! After the positive reception to our Pathways Podcast, we can't wait to introduce you to our upcoming podcast series *My Québec City* featuring local English-speaking youth.

With funding provided by Canadian Heritage, *Susanna Tang* from VEQ will lead youth through workshops to support them in creating their own episodes highlighting topics and issues of interest to them. This project hopes to foster a sense of belonging and civic pride in our youth who will be the voices and builders of our community in the future.

### Continuing to Improve Accessibility to Employment Services for English-speakers

With funding from the Secrétariat aux relations avec les Québécois d'expression anglaise, we are expanding on a project to learn more about the different **employment service providers** in the Greater Quebec City region and their capacity to offer services in English. To date, we have begun consultations with the [Centre R.I.R.E. 2000](#) and [GIT Services-conseils en emploi](#).

**Job seekers!** Are you hoping to find a job where your English language skills can shine? Our list of employers with jobs that require English skills has been greatly expanded and is now categorized by industry. You can find it in the Resources section of our web site:

[https://veq.ca/wp-content/uploads/2021/05/May2021\\_list-of-employers-requiring-English-skills\\_by-industry.pdf](https://veq.ca/wp-content/uploads/2021/05/May2021_list-of-employers-requiring-English-skills_by-industry.pdf)

## 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. Please note that a lot of the activities have been moved to video-conferencing in light of the pandemic.



## Virtual Prenatal Classes

For Expecting Parents

The aim of this online course is to give you tips for an active and calm childbirth, and help prepare you for the unexpected. We hope to empower you on how to make an informed choice in terms of medical decisions and how to stay calm and resilient, no matter what.

Our user-friendly online course is done in a way that will give you a chance to connect with the other participants.

The four sessions will cover:

- Birth plan & physiology of labour
- Managing the intensity of birth
- Breastfeeding and postnatal period

Get ready for birth in these unusual times by taking part in a four-session virtual prenatal course guided by Doula, Camille Nadeau.

The Wellness Centre has offered to partly cover the cost of this course during the pandemic. Your cost is \$50 for the package of four sessions. (Minimum of 4 families-to-be needed for the course to happen, maximum of 7)

**Where:** Online videoconference sessions. You will need a cellphone, tablet or laptop with a camera and an internet connection

**When:** Thursdays: September 16, 23, & 30, and October 7, 2021  
6:30-8:45pm

To register please contact Jessica Price at [jprice@jhparkers.net](mailto:jprice@jhparkers.net)



May 10, 2021



**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/)

**UPCOMING EVENTS FOR THIS PROGRAM**

- Thursday, July 15 **8:00 PM - 9:00 PM**  
EPIQ Informal Chat Session: Getting Through It Together
- Thursday, July 22 **8:00 PM - 9:00 PM**  
EPIQ Informal Chat Session: Getting Through It Together
- Thursday, July 29 **8:00 PM - 9:00 PM**  
EPIQ Informal Chat Session: Getting Through It Together
- Thursday, August 5 **8:00 PM - 9:00 PM**  
EPIQ Informal Chat Session: Getting Through It Together
- Thursday, August 12 **8:00 PM - 9:00 PM**  
EPIQ Informal Chat Session: Getting Through It Together
- Thursday, August 18 **6:00 PM - 9:00 PM**  
EPIQ Planning Party ( In-person!!!)
- Thursday, August 19 **8:00 PM - 9:00 PM**  
EPIQ Informal Chat Session: Getting Through It Together
- Thursday, August 26 **8:00 PM - 9:00 PM**  
EPIQ Informal Chat Session: Getting Through It Together

**Activities at the Morrin Centre**

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

The Morrin Centre is delighted to start welcoming members back into the LHSQ Library.

Members in good standing will now be able to come to the Library to browse the stacks and select books to check out. Reservations are required at the moment. To learn more about the protocols and to reserve a time slot, click [HERE](#).



**So the Story Goes**

So the Story Goes is a series of activities presenting different forms of storytelling, from picture books to music and digenous storytelling. This project will explore different forms of storytelling important to the Quebec Anglophone community and will allow participants to experiment with many ways to tell stories.

This activity will include a short demonstration of traditional Quebecois storytelling, followed by a workshop during which the guest will present the basis of his art and will guide the participants in applying their new knowledge in a practical way. Please visit the event page for dates and more information: <https://www.morrin.org/en/event/so-the-story-goes/>

**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

Monday to Thursday: 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!