

VEQ NEWSLETTER

NOVEMBER 2021



We lost a couple of people... to Zoom meetings and lounge chairs.



VEQ Staff Retreat 2021

On November 4, part of the VEQ team went on a nature walk to the *Parc national de la Jacques-Cartier*. We managed to lose a couple of people a quarter into the trail (*Zoom* calls and lounge chairs oblige), but we still had a wonderful time as a team over lunch where lots of ideas were discussed, and lots of laughs were had (really, we were in stitches).

We wanted to take an opportunity to thank you for being the force that drives us to strive towards the same goal as a team, and for bringing us together. All our successes are for you!



VEQ

Voice of English-speaking Québec

Connect with the
English-speaking community

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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, 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:

- Simple click/tap on the QR Code.



Annual Community Christmas Hamper Campaign

THE 26TH EDITION



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.

Please note: Due to COVID-19, we are **NOT** able to accept food donations this year, but you can still give to the campaign by making a monetary donation and by

offering to volunteer your time.

Give your time:

Contact Nectaria Skokos by e-mail info@jhpartners.net or by phone (418) 684-5333 ext. 11835

Give money:

www.canadahelps.org/en/dn/8671

Learn more about the campaign and community fundraising drives here:

www.qchampers.ca/

For over 25 years, the English-speaking community of the Greater Québec City region has collaborated in running a successful Community

OH DEER! HOLIDAY DARES

BROUGHT TO YOU BY VEQ



HEAD ON TO
WWW.QCHAMPERS.CA TO
DONATE, AND DO NOT
FORGET TO MENTION VEQ AT
THE BOTTOM OF THE PAGE!

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!



50+ Services

FINALLY OUT & ABOUT!

The *Out & About* program offers 50+ English-speakers **free transportation** to community events and places of interest in the Quebec City area, while providing the opportunity to get out, socialize and bond with other members of the community.

After a slower year in 2020, *Out & About* started up once again this summer with a bang, and to the delight of participants, continued outings throughout fall. We have also been careful in following public health regulations to ensure the safety of all.

Outings included visits to the Montmorency Falls, Île d'Orléans, the Cap Rouge marina, Chocolats

Favoris and the Aquarium of Québec. Participants were also treated to summer concerts, and trips to the Basilica Ste-Anne-de-Beaupré, with beautiful fall foliage rides and viewing, and apple picking in St. Nicolas. Museum visits, lunches and brunches and so much more were also part of the programming.

Maria Hoyt, who oversaw all the summer outings, is now a busy new mom to a baby girl and will be missed by all while she is on maternity leave. Congratulations Maria!

Though the *Out & About* schedule will be not be as full as in the summer, we will continue to offer outings in November and December such as shopping trips to the mall, visits to places of interest, and transportation to community events.

A few souvenirs...



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

Stay tuned and check out the VEQ webpage (www.veq.ca) for our calendar of events and activities.

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



(418) 683-2366 EXT. 227



DOMINIQUE.PADDACK@VEQ.CA

See you later, Maria Hoyt!



And congratulations again on your beautiful baby girl!

ENGAGING IN THE 50+ COMMUNITY

Members of the Northern Perimeter committee met two times over the summer and fall. A survey to determine their interests and hear feedback about service gaps was designed and sent out to English-speaking members of the community. Responses will be analyzed and an action plan will be developed in upcoming meetings.

The Town committee will be having its first meeting before Christmas.

Actions already taken include assisting with the acquisition of QR codes, as well as the application process for online voting kits during the federal election and assisting in cooking a community supper. A future workshop regarding the steps in accessing the health system will be developed between VEQ, the Jeffery Hale Community Partners and the Jeffery Hale Community Services.

YOU'VE GOT MAIL!

Letters for the Soul—Our inter- and intra-generational letter writing project is running until March 2022.

Get to know someone through words, drawings and anecdotes. Share recipes, hobbies and useful tips with your writing friend.

We supply you with pre-addressed, stamped envelopes and you get a pen-pal in return!

ALL TECH'D OUT



Lovely weather and technology calls for a Tech Talk meeting in the park!

Our tablet-lending library and *Tech Talks* continued throughout the summer and fall. Participants travelled virtually to Kenya, Bilbao and London, learned more about how to access e-books, podcasts and borrow books virtually and shared their knowledge by leading talks on quilting and reflexology.

We expanded our partnership beyond our partnership with the Atwater Library's Connect project to Lifelong Learning and Wellness 50+ and have been able to participate in some of their programming.

Our online *Tech Talks* and tablet loans continue until December 2021.

For more information about any of these projects, please contact:

Catherine Baboudjian



(418) 683-2366 EXT. 228



CATHERINE.BABOUDJIAN@VEQ.CA

A FEW UPCOMING OUT & ABOUT ACTIVITIES

We love taking you places! If the events listed interest you, do not hesitate to contact us. We would love to give you more information, and/or sign you up as a participant!

QUÉBEC

CONTACT DOMINIQUE PADDACK
(418) 683-2366 EXT. 227

Nov 24

Les Galeries de la Capitale

Nov 26

German Christmas Market

NORTHERN PERIMETER

CONTACT CATHERINE BABOUDJIAN
(418) 683-2366 EXT. 228

Nov 19

Monastère des Augustines

Nov 25

Place Laurier

Dec 2

Pompeii

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

As part of our commitment to you (our reason to be), we have added several new events for newcomers and they were a success! We are surely going to keep them in our regular programming, so if you missed them, don't worry, you'll have a chance next year! 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 to help them settle into their new city. We strive to help newcomers feel connected with their new community and we aim to help make the transition as comfortable as possible.

Are you new to the city or still learning how to adapt to life in Quebec City? Join us for one of our Finding Your Niche for Newcomers (FYNN) events! These events are a great way to connect with other newcomers while learning more about our community!

Keeping Busy!

RECENTLY HELD FYNN
EVENTS YOU MAY HAVE
MISSED

Old Québec Walking Tour

July 17th and August 21st—The Old Québec Walking Tour was back with a bang this year! Back by popular demand, we were able to organize two tour dates, each offering two tours. We enjoyed walking around Old Québec on one of the most gorgeous and pleasant days of the year under the professional guidance of François Monet.

Jacques-Cartier National Park

July 31st—**NEW!** We added this new activity this year as a way for newcomers to experience the wonders Québec City has to offer, and it did not disappoint! Twenty-five newcomers from Canada (Alberta, Ontario, and B.C.), France, Brazil, Iran, Mexico, India, Finland, and Colombia enjoyed a day full of fresh air, nature, and laughter.

Sunset Ferry Ride



August 26th—A breathtaking view of the Chateau Frontenac at sunset, making new friends and seeing familiar faces on a warm summer evening—what more could we have asked for?!

Cap Tourmente

September 25th—**NEW!** The colourful scenery and mild weather did not disappoint, but we can't say the same about the migratory birds, who were mostly elusive to our eyes. Still, we enjoyed spending a Saturday in the outdoors! Regardless of where we come from (nine different countries!), we all had something in common: love and appreciation for nature.

La Grande Plée Bleue



September 11th and October 2nd—**NEW!** We didn't see any ogres (I had brought snacks so I wouldn't get hungry and turn into one) nor any bog men (at least not in 3D), but we did see an large array of impressive plant species. We will definitely be back next year for more! *Pssst*, we are going again in winter, but for a different activity. Stay tuned!

Québec's Education System

October 20th—**NEW!** In partnership with the Wellness Centre and for the first time ever, VEQ organized and hosted an information session aimed at helping you understand the provincial education system from Pre-K to university.

Mark Your Calendars

UPCOMING
NEWCOMERS EVENTS
YOU DO NOT WANT
TO MISS!

2021

DEC 10

LET'S GO REMPARTS!

4:45 p.m.–9:30 p.m.—Hockey is not only Canada's national winter sport, it is also a way of bringing us together! We will rent a bus to bring us from our offices to the arena to facilitate transportation. Start warming up and practicing your supporting chant for the home team!

More details about this event

To join in the fun:

Registrations are required, and \$5 per person will apply.

We will provide:

- Round-trip transportation from the *Jeffery Hale Pavilion* parking lot to *Le Centre Vidéotron*
- Access to the Sunwing Lounge at *Le Centre Vidéotron* and a meal: 2 hot dogs, fries and a soda
- Your ticket to the game!

To register:

www.eventbrite.ca/e/lets-go-remparts-tickets-210007948427

2022

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. Once again, 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.

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.

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. He was so persuasive that even I, who loves my current job very much, felt like applying! 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.) 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.

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!

Never miss an event again.

Sign up to our e-mailing list:



What is happening in Shannon?

This winter, the VEQ Satellite Office in Shannon is coming close to its 2nd year of functioning thanks to the Enhancing Regional Community Capacity (ERCC) program—funded by the Government of Québec through the Secretariat for Relations with English-speaking Quebecers. The program aims to increase the capacity of regional English-speaking organizations, such as VEQ, across the province of Québec.

Many partnerships with local municipalities, organisations and schools, initiatives and outings, aiming to benefit and serve residents of Québec City's Northern perimeter, namely in Shannon and St-Gabriel-de-Valcartier, have taken place since our opening back in January 2020.

VEQ is now excited to announce the opening of its new community space situated in the same building as our Shannon office in Plaza Shannon. We plan on holding activities and information sessions, and will be open to ideas and needs which may be of interest to the local English-speaking community.

In September and October, VEQ was thrilled to connect (in person!) once again with Valcartier Elementary School (VES) and Dollard-des-Ormeaux School (DDO), after a year of restrictions on visits and activities. VEQ met DDO's staff and teachers on October 12th to discuss some of our on-going initiatives such as *Letters For the Soul* and the *My Quebec City Podcast* project which may be

of interest to teachers and students alike.

Also, in the spirit of fun and Halloween, VEQ offered 120 pumpkins and gift prizes to VES, DDO and senior residents of the Habitations de St-Gabriel-de-Valcartier. Participants happily decorated their pumpkins and organized raffles to win sumptuous Chocolats Favoris prizes. At VES, the classes decided to have a chocolate fondue party with the gift certificates instead of a winner take all. Democratically delicious!

The VEQ satellite office is open from Monday to Thursday, and will continue renewing and developing initiatives, partnerships and events of interest to the local English-speaking community, and maintain collaboration with existing partners.

Make sure to stop by our offices or call to make an appointment if you'd like to meet us or have any questions about some of our initiatives.

Say cheese! (or pumpkin!)



How cute are those decorated pumpkins from VES?!

Get in touch with our Shannon team!

Contact Dominique Paddack

Email: dominique.paddack@veq.ca

Tel: (418) 683-2366 ext. 227

Contact Catherine Baboudjian

Email:

catherine.baboudjian@veq.ca

Tel: (418) 683-2366 ext. 228

Visit us:

438 Boulevard de Jacques-Cartier,

Suite #206

Shannon, QC G3S 1N5

Shannon Office Hours

Mondays to Thursdays

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

*Closed during lunch hour:

12:00 p.m. to 1:00 p.m.

Podcast Broadcasts and Employability

MY QUÉBEC CITY PODCAST AND WORKSHOPS



Pictured here are future podcasters from St. Lawrence practicing their interview questions in our podcasting workshop.

As announced in our summer newsletter, we're podcasting again, but this time it will be the youth of Québec City who will host and produce the episodes.

In October, our resident podcaster, Susanna Tang, began facilitating podcasting workshops at both CÉGEP St. Lawrence and the Eastern Québec Learning Centre.

The students have been exploring the ins and outs of podcasting, interviewing and editing. She also has plans to deliver similar

workshops at Québec High School, St. Patrick's, and Dollard-des-Ormeaux secondary schools.

We're aiming to release our first set of episodes in early December on VEQ's YouTube channel. Do not miss it, subscribe to our channel!



[SUBSCRIBE TO OUR CHANNEL](#)

#JobTipTuesdays

We are continuing to improve accessibility to employment services for English-speakers—if you follow our page on Facebook, you are familiar with this hashtag that we rolled out in July this year. Every Tuesday, we post tips and resources to help you with your job search or career choice. Like our page to stay informed!

We have also been meeting with other employment service providers to learn more about their services, including Libre Emploi, Équitravail, Option-travail and Centre Étape. We are planning to develop a resource guide with all of the available service providers and a list of the services they provide.

MORE PODCASTS

Cannot wait to listen to us?

These are some of our favourite recordings from past podcasts!

VEQ'S PATHWAYS PODCAST



The Pathways Podcast features local Quebecers talking about their career journeys.

Y4Y QUÉBEC'S SAY LA VIE PODCAST



Episode 1—with Susanna Tang, VEQ Project Coordinator, and VEQ Youth Council members, Benoît Mathieu and Jacob Brglez.

Episode 9—with Maria Castro, VEQ Newcomers Coordinator.

Episode 10—with Emma Ahern, former VEQ summer employee and VEQ Youth Council member

The VEQ Column

2021 ANNUAL GENERAL MEETING



Close to 40 people attended Voice of English-speaking Québec's hybrid Annual General Meeting, held on Thursday, September 30, 2021. Board members were on-site in VEQ's office, and community members were invited to join via Zoom. Attendees heard about VEQ's successes of this past year and learned about the many exciting new initiatives taking place this year.

The following departing Board members were thanked for their important contribution to VEQ and the community:

Isabel Sullivan, Warren Thomson, and Hoffman Wolff.

VEQ was happy to have a number of community members wishing to join the Board of Directors and welcomed four new Board members.

We are pleased to present the
VEQ Board of Directors
2021-2022 :

Kristy Findlay, President

Brian A. Garneau, Vice-President

Razvan Petre, Treasurer

Amanda Heath, Secretary

Chantal Dubois, Member at large

Members:

Ashley Byrne

Joan Chandonnet

Kurt Doyle

Kaley Hall

Maximilienne Machungwa

Carrie Anna McGinn

Aliyeh Rasooli Zadeh

Marguerite Spik

Ed Sweeney

COST OF LIVING

Want to move to Québec City? Or, are you budgeting for the future and need help with the different costs you would need to plan for?

Did you know that we have a handy *Cost of Living Calculator* on our website just for that purpose?

Simply enter the amounts you require, and it will tabulate the total for you. There is also an *itemised*

average costs guide to help you find out how much some common services would cost in the city.

If you know anyone who would like to move to Québec City and could use this, or are just curious, visit the link below:

<https://veq.ca/resources-services/cost-of-living/>

Community Bulletin Board

Looking for a babysitter or a handyman? Cleaning your house and hosting a garage sale? VEQ's Community Bulletin Board is your **free** resource for posting information and classifieds within the community. For more information, visit:

www.veq.ca/our-community/community-bulletin-board/

YES Employment + Entrepreneurship

MEET YOUR NEW BUSINESS COACH



Caroline Schaedler is a leader in relationship management with 15 years of experience working in Europe and Asia. She started off her career as a client advisor in

banking, then moved on to asset management. She has been working with small and mid-sized businesses for many years - her intellectual curiosity and passion for service excellence are what define her approach to working and interacting with clients. She is an active listener, people-focused and loves to motivate others and support them to achieve their goals, find answers and overcome challenges.

She is fluent in English, French and German. She holds a Master's degree in Economics (with a specialization in Management), is a Certified International Investment Analyst (CIIA) and is currently training to become a certified coach (solution-focused coaching).

Caroline will be coaching with Coby Ingham at VEQ as of December 2021!



NEW COACHING DATES

Are you an entrepreneur or have aspiring ideas to start your own business?

Sign-up for the next YES Business Coaching session!

Below are the dates for the upcoming months. Reserve your spot before they run out!

December 7-8

January 19-20

February 22-23

March 22-23

April 26-27

May 25-26

June 28-29

Contact Maria Castro to reserve.



(418) 683-2366 EXT. 225



NEWCOMERS@VEQ.CA

Career Resources

VEQ'S JOB BANK

Looking for employment?

Our Job Bank is constantly updated with new opportunities requiring English.

Visit:

www.veq.ca/employment/job-bank

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

Or call (418) 683-2366 ext. 221, or email info@veq.ca

LOOKING TO USE ENGLISH AT WORK?

We have made the search for Québec employers that require English language skills in the work environment easier by compiling a list for you! Check it 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 for more information about activities and volunteering.

Upcoming events:

Nov 16—The Grief Recovery Method Information Session

Nov 23—Café au Lait Crew

Dec 7—Baby Chat: Holiday Get-together

Dec 10—Travellin' Toddler
Time: Elves

Questions? Please call Jessica Price at (418) 684-5333 ext. 12009 or email jprice@jhparkers.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

Upcoming events:

Nov 19—Soap Making

Dec 11—Outdoor Holiday

Nov 25 } Informal Virtual Chat
Dec 9 } Session: Getting
Dec 23 } Through it Together

Life Long Learning

Lifelong Learning provides opportunities for growth and intellectual stimulation for mature learners, placing emphasis on idea exchange, peer learning, and inclusive participation.

Visit their website here: www.lifelonglearningquebec.org/

Upcoming events:

Nov 19—Author Talk with Abigail

Dec 1—Save the Date: Holiday Celebration Activity

Call the Québec City Reading Council at (418) 681-1258, or email info@lifelonglearningquebec.org

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!

Meetings take place over Zoom.

To learn more or sign up, email library@morrin.org or visit www.morrin.org/pixelsandpages

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

To post an event on the QCT Community Calendar, visit www.qctonline.com/event