



Voice of English-speaking Québec

Connect with the English-speaking community

VEQ's Spring 2021 Newsletter

The last few months have kept us busy here at VEQ! In partnership with the Morrin Centre and right in time for the holidays, we hosted a different kind of Holiday Happy Hour to help support and raise funds for the Community Christmas Hamper Campaign. Performing artists Valerie Clio, Melodie Spear, Guillaume Tondreau, Stéphane Beaudin, and Randall Spear put on an amazing show for us, and we hope you were able to attend from the comfort of your living room—and in your sweatpants! If you want to re-live it, don't forget that the video is on our YouTube channel at all times:

www.youtube.com/channel/UCWNh23QNMSCKYg--JrVrzFw

In January, VEQ organized fun virtual game nights with La Revanche that allowed people to socialise and be entertained from home. Air drawing, wild guesses, and tons of laughter were on the menu! Are you game to join us for our next one in March? Head to page 2 for more information.

A new series was launched for newcomers where recipes and cooking tips from one's native country are shared and enjoyed in a relaxed setting. What a fun way to get to know one another, and eat at the same time! More on this on page 8. We also have exciting news about a 50+ tablet lending project that you can read about on page 3.

Read on to find out what we have been up to in the last few months, and what we have planned for you this spring!



Virtual Holiday Happy Hour 2020: Valerie Clio and Randall Spear.



Virtual Holiday Happy Hour 2020: (front, left to right) Valerie Clio, Randall Spear, Melodie Spear, (back, left to right) Stéphane Beaudin and Guillaume Tondreau.

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A Curfew Social: Trivia Edition



VEQ is happy to invite you to another virtual game night—Trivia-style. Join us on Zoom, and test your knowledge during this fun “final exam” that La Revanche has prepared for you. The top 3 scorers (or teams) will walk away with prizes.

To sign up:

Please send an email to info@veq.ca with your name and the email address where you would like to receive your Zoom link, as well as the number of participants you are signing up for.

Note: A household using the same “Zoom Window” will play as one team. If you would like to play separately, please sign up using different email addresses and Zoom accounts. All ages welcome.

Online Art Exhibit

Last year, many community members took part in our “Connecting the Community Through Creativity” project, where local artists taught participants how to watercolor, crochet, quilt, and more.

The art exhibit that was scheduled for March 2020 may have been cancelled but your works of art have been immortalized in an online exhibit. Visit the site to see if you can spot your masterpiece:

www.communityart.veq.ca

50+ Tablet Lending Project

50+ Tablet Lending!
WE'VE GOT SOMETHING HATCHING



- Learn how to use a tablet
- Connect with others online (no internet necessary)
- Available tech support



INTERESTED?
Email Catherine at catherine.baboudjian@veq.ca
or call 418-683-2366 x 224

We are excited to announce our newest project that started in January 2021: a tablet lending library and virtual activities for people over the age of 50.

With funding from the Programme Action Aînés du Québec, we will have 26 tablets available to lend to community members with the goal of combatting isolation and familiarizing themselves with new technologies. Participants will have the opportunity to borrow the tablets for a period of time while participating in bi-weekly online programming to help strengthen their social connections. Set-up of the devices and continuous digital help will be available to participants, especially those who are new to the tablet world.

Please contact Catherine Baboudjian at catherine.baboudjian@veq.ca or call (418) 683-2366 ext. 224 if you are interested in learning more about borrowing a tablet.

Transportation for Seniors

Driving or taking the bus may be difficult for older adults, and having a lower income may make taking taxis a luxury. With two working days notice (minimum), we will do our best to find you a reliable volunteer to take you to medical appointments.

Our volunteers can also help with grocery shopping and errands.

The services depend entirely on volunteers. Therefore, it is not possible for us to guarantee that a volunteer will be available. We will do our best to find a volunteer to help you.

For more information about the services, please visit:
www.wejh.ca/programs-and-activities/well-50/transportation/

Or call (418) 684-JEFF (5333), ext. 1580



Jeffery Hale
A Community of Care

Bilingual Book Club

The Bilingual Book Club / Club de lecture bilingue has continued to be a vibrant and friendly virtual space where participants come to practice their second language and connect with other members of the community in the context of literature. The Book Club draws all language levels and is dedicated to improving bilingualism in our region. The discussions take place via Zoom twice a month. Come discover some wonderful books that you can find available in both French and English! It is the participant's choice in which language they would like to read and discuss. This project will continue through March of 2021, and is generously funded through the Promotion of Linguistic Duality—Appreciation and Rapprochement—Enhancement of Official Languages Program of the Department of Canadian Heritage.

Here are the final two sessions in our book club series:

Our Lady of the Nile (Notre-Dame du Nil) by Scholastique Mukasonga (233 pages)

Tuesday, March 2 at 6:45pm / mardi 2 mars à 18h45

Sunday, March 14 at 4:00pm / dimanche 14 mars à 16h

Contact Catherine Baboudjian at catherine.baboudjian@veq.ca or (418) 683-2366 ext. 224 to sign up.

Please join our Facebook group *Promotion of Linguistic Duality—VEQ* for frequently updated information:


www.facebook.com/groups/1945182338856575

Looking for English versions of the books? You may contact *Librairie La Maison Anglaise* at (418) 654-9523 and mention the VEQ Book Club to obtain 10% off your book purchase! Orders can also be placed online at www.lamaisonanglaise.com

BILINGUAL BOOK CLUB! CLUB DE LECTURE BILINGUE!


Join us for reading and discussion of books in **French** and **English** while improving your bilingualism in a friendly and informal environment!

Rejoignez-nous pour lire et discuter de livres en **français** et en **anglais** tout en améliorant votre bilinguisme dans un environnement informel et détendu!



June 2020 - March 2021

Contact:
catherine.baboudjian@veq.ca
418-683-2366 #224

Canada 

SNACS Virtual Bookstore

Good news! The SNACS Virtual Bookstore will be reopening as of Wednesday February 10th. When picking up your order, please follow the safety procedure below:

- Show up at 875 Père-Marquette (blue door) during opening hours;
- Call 418-570-8355 to inform us of your arrival, giving your full name;
- Wait outside with a face covering for a SNACS employee to give you your book order.

Shop for books online here:

www.snacs-entrepreneurs.square.site

To learn more about SNACS, please visit their website here:

www.snacs.ca

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Enhancing Regional Community Capacity (ERCC) Updates

The VEQ satellite office in Shannon has been in remote work since mid-December due to the pandemic. We are hoping for a normalization of its regular office hours this coming spring.

Though many initiatives and projects have been cancelled, VEQ was happy to partake in a “Christmas video initiative” with local schools from the Northern perimeter this past December. A total of eight elementary classes (about 100 students) participated from Valcartier Elementary School and Dollard-des-Ormeaux School in Shannon. These holiday videos were posted on VEQ’s YouTube channel and Facebook page. Many of our Facebook followers were happy to view and hear these cheerful Christmas carols sung by energetic (and very cute!) kindergarteners, elementary and high school students.

Check out the videos at the link below. Cuteness guaranteed!

<https://www.youtube.com/playlist?list=PLs2bCujZP-GvFxUgvY4BhCpzSDQrklyLE>

To top it off, on December 15, all Valcartier Elementary School classes walked to a nearby residence for seniors, as well as the municipal building to perform these Christmas carols live—safely, outside and in -15°C weather! Residents of the Habitations de St. Gabriel-de-Valcartier, as well as Valcartier municipal staff, were thrilled and enjoyed this touching moment.



A safe outdoors Christmas carolling in December 2020.

VEQ is currently collaborating with Valcartier Elementary School on an upcoming “St Patrick’s Day” initiative in March, seeking to create more intergenerational magic. Make sure to follow us on our Facebook page and subscribe to our YouTube channel to capture these moments!

The VEQ Shannon office will continue to develop initiatives and create collaborative partnerships in Québec’s Northern perimeter despite the pandemic.

For any questions, comments or more information, please contact Dominique Paddack at (418) 683-2366 ext. 227 or by email at dominique.paddack@veq.ca

Youth Employability Project Updates



Click on the image above to be brought to the Pathways Podcast playlist on YouTube.

The Pathways Podcast

We're still at it! We will be bringing you new episodes of The Pathways Podcast—interviews with local Quebecers about their career journeys—until the end of March 2021. Upcoming episodes include: a technical writer, a heavy-duty mechanic, a translator and a military intelligence officer. Thanks for listening!

You can check out *The Pathways Podcast* on our YouTube channel:

<https://www.youtube.com/channel/UCWNh23QNMSCkYg--JrVrzFw>

and hit the subscribe button for future episodes!

Youth Council—Youth-to-Youth Mentoring Initiative

On January 25, the founding members of our Youth Council launched an online pilot project to help their younger peers develop their leadership and communication skills.

Through both one-on-one mentoring and a team community project, our three mentees Esteban, Jaiden, and Jonathan will strengthen their existing skills and gain new ones to help them succeed personally and professionally.

This project has been built from the ground up by our three youth mentors—Emma, Jacob, and Benoît, and is being overseen by Susanna Tang, VEQ Project Coordinator. The youth mentors have been working on this project since October 2020, so we wanted to check in about their experience thus far.

Here's what they had to say:

"I appreciate that VEQ is giving young people a voice and a chance to create something that didn't exist before."

"It's been great connecting with other Anglophone youths on a project that is not usually planned by people our age. It's typically an older demographic that does this kind of programming."

"I see Youth Council as shared leadership and this has helped my own confidence as we each recognize and bring our own gifts to the table."

We would also like to gratefully acknowledge the guidance of Hugo Fleury from Carrefour jeunesse-emploi Capitale Nationale in helping the Youth Council with our community project.

Carrefour jeunesse-emploi—Helping Youth Succeed

We strongly encourage our English-speaking youth and high schools to seek out the programs and activities available at their local CJE.

For example, high schoolers and older youth can partner with either Hugo Fleury from CJE Capitale Nationale (in Québec City) or Audrey Carrier from CJE Chauveau (in Shannon) to work on entrepreneurial or volunteer projects in English. Some volunteer projects are even eligible for a small grant. This program is also available through CJE Option-travail (Ste-Foy) and CJE Charlesbourg-Chauveau.

To learn more about the specific programs and services available at the CJE in your area, find them on Facebook. Please note that some programs and services are only available in French.

For more information, find them on Facebook.

CJE Capitale Nationale: www.facebook.com/carrefour.capitale

CJE Chauveau: www.facebook.com/cjeloretteville

CJE Option-Travail: www.facebook.com/optiontravailquebec/

CJE Charlesbourg-Chauveau: www.facebook.com/cjecc1635

CJE Montmorency: www.facebook.com/CJEMontmorency



Y4Y Québec
is proud to present the



Priority-Setting Summit Project

March 20-21, 2021

An online Summit that allows Québec's English-speaking youth with a platform to articulate their community's needs.

For more information, visit www.y4ysummit.com

Funded by the Government of Canada
Financé par le gouvernement du Canada

Canada



Y4Y Priority-Setting Summit

Attention all youth! The Priority-Setting Summit Project (PSSP) is coming up.

The PSSP aims to provide Québec's English-speaking youth with a platform to articulate their community's needs. The project's flagship events include a virtual two-day Priority-Setting Summit first in March 2021, and a second one in Québec City the following year.

Activities include training workshops addressing youth leadership, a virtual tour of Parliament, inspiring guest speakers, and more!

To find out more, or to register, visit:

www.y4ysummit.com/

Lunch 'n Learn on Budgeting

On Tuesday, March 9 from 12 p.m. to 1 p.m., VEQ is hosting Carl-André Poliquin from CJE Option-travail for a Zoom workshop on budgeting.

He will show you how to live your dream life by saving money, and he will be available to field your personal finance questions after the presentation.

For more information and to register, email Susanna Tang at susanna.tang@veq.ca

News from the Newcomers Coordinator!

Regardless of the current measures, we are lucky that this winter has been more lenient in terms of temperatures, allowing us to spend more time outdoors! If you are still not comfortable with Québec's winter and prefer to stay warm and toasty in the comfort of your home, it's alright! We have plenty of events lined up to make settling into your new city as smooth as possible.

For more information or if you are new to Québec City please get in touch with our Newcomers Coordinator María Castro at (418) 683-2366 ext. 225 or newcomers@veq.ca

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. Please see below for more details.

Recently Held Finding your Niche for Newcomers Events

Virtual Game Night, Jan 14: Oh what fun it was! We played guessing, drawing, and trivia games and much more. It was such a nice evening filled with smiles and laughter—and a streak of healthy competition. At the end of the evening, a lucky winner got a \$25 gift card to the business of their choice. We are very tempted to do it all over again, would you be interested?

Information session with a CRA representative, Jan 20: Every year, we invite a representative from Canada Revenue Agency to come and help us navigate the federal tax system. This year was no exception, thanks to technology. This session provided us with extensive and valuable information regarding the tax benefits we may be eligible for.

Meditation & Mindfulness, Jan 26: With the guidance of certified yoga instructor, Claudia Delgado, participants were able to take a well-deserved break from personal and world events. She taught us helpful breathing and mindfulness techniques to reduce stress and calm down when one is feeling anxious. If you missed Claudia and her soothing guidance, she will be with us again on Zoom on February 23.

Travel the World through Cooking Zoom sessions, Feb 4: Just in time to prepare for the Super Bowl, participants from Israel, the Prairies, and Québec learned how to make their very own pico de gallo and refried beans!

Revenue Québec Information Session, Feb 10: With the help of Mr. Clément Poisson, a Revenu Québec representative, we were able to better understand the provincial tax system, and how to file declarations with the province. Perfect timing for this year's tax season!



Virtual Game Night, January 14: María air drawing for one of the many games. We all had a blast!

Upcoming Newcomers Events

Travel the World through Cooking Zoom sessions, Feb 18 and more: With the participation of more newcomers, we hope to hold this event every two weeks. We have confirmed the contribution of newcomers who will share recipes from the place they once called home—like the Philippines, Turkey, and Mauritius. The more the merrier, so don't hesitate to sign up! On February 18, Maria will share her recipes to make Latin American (Costa Rican-style) empanadas and patacones (also known as tostones).

Meditation & Mindfulness, Feb 23: If you missed the first session, this is your chance to take full advantage of Claudia Delgado's expertise!

Introduction to Insurance in Québec, Feb 24: In collaboration with the Autorité des marchés financiers, we will be hosting this event for the first time ever! As a newcomer, especially from abroad, you may not be familiar with the benefits of having insurance coverage. Learn how to cover your bases in case you face an unexpected incident that could cost you lots of money.

Fraud Prevention, Mar 17: In collaboration with the Autorité des marchés financiers, we will be hosting this event for the first time ever! As a newcomer, especially from abroad, you may be vulnerable to scammers and fraudsters. In this session, we will learn how to avoid becoming their victims.

Information Session with Retraite Québec, Mar 25: Moved to Québec after retiring in another province? How does the provincial retirement plan work? Got questions about it and find it hard to get services in English? Well, we will have a representative from Retraite Québec who will be able to answer all your questions.

Retirement planning & Investing, TBD: Did you recently retire and move from another province? Did you move from another country? Are you concerned about how that will affect your retirement plan? We are partnering with the Autorité des marchés financiers once again to help answer those questions, as well as any other concerns related to your financial status once you retire.

Sign up to our Newcomers e-mailing list to receive more information about all upcoming events at www.veq.ca/become-member/

YES Business Coaching



Meet your business coaches: Ruchy Khurana (left) and Coby Ingham (right)

Business Coaches from YES Montreal: Ms. Ruchy Khurana and Mr. Coby Ingham continue to provide their one-on-one services thanks to technology.

YES, in partnership with Voice of English-speaking Québec, continues to offer personalized business coaching to existing and aspiring entrepreneurs of all ages and stages of business. Due to increasing demand, two business coaches now offer a combined 26 hours of personalized business support every month.

Ruchy Khurana, MBA is part of YES' ELLEvate project, an exciting new program aiming to help over 1,000 women entrepreneurs across Québec over the next 3.5 years.

Coby Ingham brings over 35 years of experience in operations, customer service, strategy and finance. Both of them are excited to meet you and help you bring your business to the next level.

To gain access to business coaching, there is a one-time registration fee of \$20 payable before your first appointment. Once you have attended at least three meetings, you will get fully refunded.

Upcoming Business Coaching dates:

- March 16-17
- April 20-21
- May 18-19
- June 15-16

Upcoming YES Workshops (FREE):

- Wednesday, Mar 31, 12.30 p.m. to 2 p.m.—Essential Steps to Starting a Business
- Tuesday, May 18, (time TBD)—Business Plan Writing

To register, please contact María Castro by telephone at (418) 683-2366 ext. 225, or by email at newcomers@veq.ca

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/

2021 Winter/Spring Events Schedule:

January	<p>Wed. 13 & 27 Informal Chat Session: <i>Getting Through it Together</i>, Hosts - Elise & Azanie</p> <p>Thurs. 21 Creative Night! Hosts - Amanda & Shelley</p>
February	<p>Thurs. 4: Wine Tasting Host - Elise</p> <p>Wed. 10 & 24 Informal Chat Session: <i>Getting Through it Together</i>, Hosts - Elise & Azanie</p> <p>Wed. 17: Step Parent's Get Together Host - Jayanna</p> <p>Sat. 20: Mom's Movie Night! Host - Dana</p>
March	<p>Wed. 10 & 24 Informal Chat Session: <i>Getting Through it Together</i>, Hosts - Elise & Azanie</p> <p>Sat. 20: GreenThumb: Planting Your Summer Garden! Hosts- Monica & Elise</p>
April	<p>Sun. 18: Guitar Lessons with Simon Hosts- Simon & Amanda</p>



For more information or to register: contact:
Jessica Price, Interim Program Coordinator
jprice@jhpartners.net

wejh.ca

October 20, 2020

The Morrin Centre—Exchanges with an Expert



The Morrin Centre is launching its new Exchanges with an Expert initiative.

Inspired by the concept of living libraries around the world, these events allow inquisitive members of the public to connect with experts for a casual 10- to 15-minute conversation in a virtual setting.

Don't miss out on our experts this February and March:

Don Landes: Philosophy professor at Université Laval—February 20, 1.30 p.m. to 3.00 p.m.

André Arata: Landscape architect and urban designer—March 6, 1.30 p.m. to 3.00 p.m.

Nick Mahon: Trombonist in the Orchestre symphonique de Québec—March 27, 1.30 p.m. to 3.00 p.m.

For more information on these events, please visit: www.morrin.org/en/upcoming-events or send an email to Caroline Prévost-Levac at carolineplevac@morrin.org

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 for more information about volunteering, and activities. Please note that a lot of the activities have been moved to video-conferencing in light of the pandemic.

Here are some upcoming events' dates:

Mar 2—Community Outreach: [Federal Programs and Services for Seniors](#)

Mar 2—[A Welcoming Space for Fathers-to-be](#)

Mar 9—Virtual Baby Chat: [A Visit from Service Canada](#)

Mar 12—Travellin' Toddler Time: [Pirates](#)

Never miss an event! Visit: www.wejh.ca/events-calendar

Questions? Please call Jan Anderson at (418) 684-5333, ext. 1539

Children's Activities at the Morrin Centre

Morrin Book Week | Mar 1 to 6

Children are invited to come and take part in the Morrin's Book Week again this year.

S.T.E.A.M. Club Online | ongoing

The S.T.E.A.M. (Science, Technology, Engineering, Art, and Math) Club welcomes children ages 8 to 12 every Tuesday from 6 p.m. to 7 p.m. on Zoom.

Storytime Online | ongoing

Storytime Online is a literacy program for children ages 3 to 7. All sessions are free and take place every Saturday from January 23 through March 27, 9.30 a.m. to 10.15 a.m.

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



Lifelong Learning (LLL)

Lifelong Learning provides opportunities for growth and intellectual stimulation for mature learners (predominantly seniors), placing an emphasis on idea exchange, peer learning, and inclusive participation. Ready to sign up? Have a question? Call the Québec City Reading Council at (418) 681-1258, or email info@lifelonglearningquebec.org

Visit their website here: www.lifelonglearningquebec.org/

LLL is a collaborative effort of several community organizations and individuals with funding support from the Citadel Foundation.

Organizing 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 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

For more information on how to post an event on the QCT Community Calendar visit 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 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, call (418) 683-2366 ext. 221, or email 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: www.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, 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 Office Hours

Monday to Friday: 8:30 a.m. to 4:00 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

Visit our website at www.veq.ca

Shannon Satellite Office

438, Boul. Jacques-Cartier, suite 206
Shannon, QC G3S 1N5

Shannon Office Hours

Tuesdays to Thursdays: 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

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, if you would like to receive an electronic copy instead of a print copy of the newsletter. Thank you!