



Voice of English-speaking Québec

Connect with the
English-speaking community

VEQ's Spring 2020 Newsletter

The last few months have kept us busy here at VEQ! In partnership with the Morrin Centre, we hosted our annual Holiday Happy Hour fundraiser in December, welcoming over 145 community members to celebrate the holiday season and support the Community Christmas Hamper Campaign. The VEQ team also worked hard to help with the successful organization and delivery of over 200 hampers to families in need.

In February, a group of enthusiastic newcomers enjoyed a fabulous day of snow tubing at Village Vacances Valcartier's winter playground. It was a wonderful opportunity for newcomers to get out, get active and meet others on a beautiful winter day. We also had the honour of collaborating with the municipality of St. Gabriel-de-Valcartier and Valcartier Elementary School for their annual Family Skate Night on February 12. Oh, what fun was had!

On March 13, VEQ will be hosting an Art Exhibit celebrating the culmination of the *Connecting the Community through Creativity* project. All are welcome to attend. The annual Spring Fest 5@7 will also be making its reappearance in March. We hope to see you there!

VEQ will be marching proudly in the St. Patrick's Day Parade this year on March 21. We invite you to come out and join in the fun with us!



Holiday happy Hour, December 2019



*Family Skate Night in Valcartier, February 2020.
Photo Courtesy of Allison Kirkwood.*

- Connecting the Community through Creativity
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- Seniors Out and About
- Tech Workshops for Seniors
- Be Active Quebec
- Local Vocals
- Spring Fest 2020
- Meet the Business Coaches from YES!
- YES Workshop
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Connecting the Community through Creativity

Late fall and winter saw the beginning of art and craft workshops offered to the community through the *Connecting the Community through Creativity* project

Local English-speaking artists offered courses to the community as well as to students at Quebec High School. Workshops included: watercolour, traditional Japanese techniques, crochet, knitting, weaving, quilting and ceramics.

The project will culminate in an Art Exhibit, to be held Friday, March 13th at Quebec High School. Appetizers and beverages will be served, door prizes will be drawn.

All are welcome to attend. Please confirm your presence by contacting Catherine at 418-683-2366 x 224, or catherine.baboudjian@veq.ca



• INVITATION
Come and admire the works that were created by members of the English-speaking community during the *Connecting the Community Through Creativity* project.



Community Art Exhibit

Media learned include • watercolour • ceramics • Japanese ink painting • crochet and others

• WHEN
Friday March 13 – 2020
5 – 7 PM

• WHERE
Quebec High School
945 Avenue Belvédère
Québec, QC G1S 3G2

Hors d'œuvres and beverages will be served + door prizes will be drawn.

In order to ensure there is enough food for everyone, please **RSVP by March 6th** – by contacting Catherine at **418-683-2366 x 224** or catherine.baboudjian@veq.ca






Funded by the Government of Canada | 

Out and About

The Out and About group maintained its activities over the fall and winter with outings to go shopping at Place Laurier, and a visit to the Shannon Catholic Women's League brunch that was appreciated by all. Upcoming activities include a trip to the Sugar Shack and a visit to Shannon for its annual St. Patrick's Day Irish Show.

Upcoming Out and About outings can be found on VEQ's online calendar.

If you prefer using the phone, you can call 418 683-2366 option 7.

For more information contact Catherine at 418 683-2366 x 224 or catherine.baboudjian@veq.ca

Tech Workshops for Seniors

The Tech Workshops for Seniors were once again a great success! Students from Quebec High School's Leadership class shared their knowledge about various subjects such as safe online shopping and safe online browsing practices, management of photos, and streaming media on different devices.

Be Active Quebec

Be Active Quebec will be offering transportation to Holland Elementary for their annual participation in the Pentathlon des Neiges.

Students and staff have been training religiously for the upcoming event.

Local Vocals

Local Vocals, a local choir for members of the community aged 50+ were busy practicing for their performance, given at VEQ's Holiday Happy Hour.

Practices are continuing into early March. Participants have enjoyed it so much that they are exploring ways of continuing to sing together after the end of the project!

Contact Catherine Baboudjian at 418 683-2366 x 224 or catherine.baboudjian@veq.ca for more details.



Spring Fest 2020

SPRING FEST 5@7

COME HEAR ABOUT WHAT WE
HAVE BEEN UP TO IN THE
LAST YEAR, AND LEARN
MORE ABOUT WHAT WE HAVE
IN STORE FOR YOU NEXT.

.....

**KICK WINTER TO THE
CURB WITH VEQ!**

COME MINGLE AND
MEET NEW PEOPLE

HORS D'OEUVRES WILL
BE SERVED

BRING A FRIEND!

.....

26.03.20

PLEASE RSVP BY MARCH 20th

info@veq.ca

(418) 683-2366 #221

**3 BRASSEURS - PLACE STE-FOY
2450 BOULEVARD LAURIER**

THE EVENT WILL BE ON THE 1ST FLOOR



Canadian
Heritage

Patrimoine
canadien

VEQ
Voice of English-speaking Québec

Meet the Business Coaches from YES!



Your business coaches Ruchi Khurana and Coby Ingham from YES! Montréal are ready to meet with you!

YES, in partnership with VEQ, continues to offer one-on-one 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 at VEQ's offices.

Ruchy Khurana, MBA is part of YES' ELLEvate project, an exciting new program aiming to help over 1,000 women entrepreneurs across Quebec 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 24, 25 | April 28, 29 | May 19, 20 | June 19, 20

To register, call VEQ at (418) 683-2366 ext. 225, or e-mail María Castro at jessica.price@veq.ca (María is replacing Jessica until her return from maternity leave).

YES Workshop: Pricing Your Goods and Services

Do you ask yourself if you are charging enough for your product or service? Do you have questions about fixed costs, variable costs, markups and margins? Learn how to cost your product or service, how to calculate your profit margins, and define a strategy for channel pricing. You will also learn how retailers set their profit margins and how this potentially can affect what you need to remain competitive and profitable.

When: Tuesday, March 24

For more information, call María Castro at (418) 683-2366 ext. 225, or e-mail jessica.price@veq.ca

News from the Newcomers Coordinator!

Our activities are so much fun that some people don't even care if they are behind bars! We were treated with a free tour of the Morrin Centre's entrails: the old prison cells, as part of the History of Quebec event. We met again at the Morrin Centre to celebrate our annual Holiday Happy Hour in December. I was delighted to see many of the newcomers I had met in the previous months. During this past quarter, we provided services to over 100 people who recently arrived in this beautiful corner of the world! We will continue to strive in providing the best services to those who need them.

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

If you are new to the city or still feel like a newcomer, then 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 about our community. Read the following page for more details!



Outing at the Morrin Centre's old prison cells!

Recently Held Finding your Niche for Newcomers Events:



Winds of Change, November 21

Winds of Change, Nov 21: Jeffery Hale Community Partners' social workers Aimee Bergeron and Connie Dubé conducted a very comprehensive workshop on how change affects us, and what we can do to deal with it. We were honoured to also have the participation of Hoffman Wolff, a member of the English-speaking community, who shared with us some tips on how to better cope with change.

Open Book: Intercultural Dialogue, Oct 24, Nov 27, Feb 27: The Morrin Centre kindly included us in their series of literary events with authors who were once newcomers to Canada. Acclaimed authors Phoebe Wang and Canisia Lubrin delighted us with their poetry and talent. This event was part of the series of Open Book: Intercultural Dialogues, dedicated to the contribution of those who were once newcomers.



Open Book: Acclaimed authors Phoebe Wang and Canisia Lubrin

Game Night, Dec 11: Thanks to the participation of those who attended this event. We had an amazing time! We played Taboo and Clue among other games, and answers were accepted in either of the official languages of Canada (English and French). It was such an enriching night!

Canada Revenue Agency and Service Canada Information Session, Jan 22: Ms. Nora Sleb from Revenue Canada and Ms. Frances Bélanger from Service Canada provided us with extensive and valuable information regarding the tax benefits we may be eligible for. They even took one-on-one consultations from those who required so.

Revenu Québec Information Session, Feb 12: Doing your provincial taxes could represent a challenge, but luckily, we were able to count on the presence of a representative from Revenu Québec, Mr. Clément Poisson, who not only provided us with his expertise, but also helped people better understand the provincial tax system.



Winter Fun Excursion group outing, February 22

Winter Fun Excursion, Feb 22: VEQ, in partnership with Canadian Parents for French, organized a fun winter outing to Village Vacances Valcartier. We were so lucky to have enjoyed gorgeous weather that it allowed us to only worry about which of the 35 slides we were going to try! For many, it was their first time ever tubing and enjoying the beauty of snow. Such memories will be cherished dearly!

Upcoming Newcomers Events:

Snowshoeing Outing, March: We are coordinating an outing to Base de Plein Air. More information to come. Stay tuned by checking our events calendar at veq.ca or follow our Facebook page!

Game Night: March 18, 6-8 p.m.: In collaboration with Canadian Parents for French, we will be organizing another game night. Join us!

Financial Literacy, March: Some of the topics we'll be covering include building your credit history in Canada and its relevance, how to buy a house, what is a Registered Retirement Savings Plan (REER in French) and how it works, among others.



Ready to tumble down the slopes at VVV!

Enhancing Regional Community Capacity—New Office in Shannon

NEW VEQ OFFICE IN SHANNON

VEQ is pleased to announce the opening of its new satellite office in Shannon!

The objective is to better serve and stay connected with the English-speaking community in the northern perimeter of the Greater Québec City region.

VEQ will continue providing regular services, act as a hub of information and foster community development, events and youth initiatives.



Voice of English-speaking Québec

ADDRESS

438, Boul. Jacques-Cartier
Suite 206
Shannon (Québec)
G3S 1N5

HOURS

Tuesday / Wednesday / Thursday
8:30 AM – 12 PM / 1 PM – 4 PM

For more information, contact:

Dominique Paddack
418 683-2366 ext. 227
dominique.paddack@veq.ca

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

The satellite office in Shannon opened its doors on January 7, 2020, as part of its objective to better serve and stay connected with the English-speaking community in the northern perimeter of the Greater Québec City region. This project is funded by the provincial Secretariat for relations with English-speaking Quebecers.

VEQ is building strong partnerships and has taken part in several initiatives in both Shannon and in St. Gabriel-de-Valcartier, and has its eyes set on creating new exciting projects and partnerships for all to enjoy.

VEQ was proud to partner with DDO School in Shannon and be part of the Horizons Leadership Conference in January. This conference brought together over 200 leadership students from schools across the province—two days students won't forget, including leadership activities, inspirational and motivating keynote speakers, learning, discovering and having fun!

VEQ also partnered with the municipality of St. Gabriel-de-Valcartier and Valcartier Elementary School for the annual Family Skate Night on February 12 in Valcartier.

This community event gathered 200 members of the community and brought out the best of winter by featuring crazy decorated skating helmets and skaters, a Sugar Shack, games and music, illuminated skating and pedestrian paths, hamburger soup, beans, and fireworks!

The VEQ satellite office will continue implementing current VEQ services, including community outreach and development, Newcomers' services, and acting as a hub of information for the English-speaking community.



Brunch & Holiday shopping at Laurier Mall with seniors from Shannon and St. Gabriel-de-Valcartier, December 2019.



Family Skate Night in St. Gabriel-de-Valcartier, February 12, 2020 – picture courtesy of Allison Kirkwood.

Shannon Irish Show

The Catholic Woman’s League of Shannon invites you to attend the Shannon Irish Show again this year on Saturday, March 14. A choice of two performances await you—at 1:00 p.m. or at 7:30 p.m.

Price: 10\$ per adult / \$3 per child (6-12 years old) / children under 5 go in for free. Tickets are only available at the door.

There will be a free shuttle from the VEQ Office to the Shannon Community Centre where the show is taking place for the 1:00 PM performance. For more info, call (418) 683-2366 ext. 221, or e-mail us at info@veq.ca



"Shannon Irish Show"

SATURDAY **14** MARCH



VEQ is pleased to offer transportation to the matinee performance of Shannon Irish Show, on Saturday March 14th at 1 p.m.

Departure: Jeffery Hale Hospital parking lot at 12:00 p.m.
Return: Immediately after the show +/- 3:00 p.m.

Please note that we're are ONLY providing transportation and that you must purchase your ticket for the show - For more information and to reserve your seats:
 Call 418 683-2366 ext. 221 or email info@veq.ca

LIMITED SPACES

St. Patrick’s Day Parade

The 2020 Québec St. Patrick’s Day Parade is happening on Saturday, March 21. The parade kicks off at 2:00 p.m. from the corner of rue Fraser and avenue Cartier. VEQ will be proudly walking in the parade and community members are welcome to join us! Contact us at (418) 683-2366 ext. 221 or info@veq.ca for more information. For more details about the parade, visit <https://qcpatrick.com/en/>



Updates on Youth Employability Projects

Helping High School Students Find Their Future in Quebec City

VEQ is working on two initiatives that are looking at employability for English-speaking youth in the Greater Quebec City region. We're concerned about the out-migration of youth from Quebec City, and that is why the first project aims to link youth to the various education and career paths available locally.

In February, we conducted focus groups at the three English high schools. Next, in March, our partner Yes Montreal will be facilitating workshops with secondary students on topics such as CV writing, interview preparation, and transferable skills.

Stay tuned for more exciting project activities to come, including career talks where secondary school students will meet directly with employers and employees to learn more about different jobs in demand in our beautiful city!

Partnering to Help English-Speaking Youth Better Access the CJE Centres

Our second project involves increasing the accessibility for English-speaking youth to the services offered by the local Carrefour jeunesse-emploi centres.

In January, we completed our survey of youth employment. Did you know that there are five CJE in the Quebec City region? Most survey respondents indicated that they are not aware of the CJE and what they do.


CJE centres offer a variety of programs and individual counselling to help youth aged 15 – 35, with all aspects of their job search or career planning. We've begun meeting with representatives from the CJE to see how we can support them in building their capacity (where possible) to serve English-speaking youth. For example, we are helping CJE Option-travail translate some of their forms and documents into English. We will be meeting with all the regional CJE in March.

To find a CJE near you, use the online search tool at <https://trouvetoncje.rcjeq.org/>

Quebec High School Trivia Nite

The 12th Annual QHS Trivia Nite is happening on Saturday, April 18.

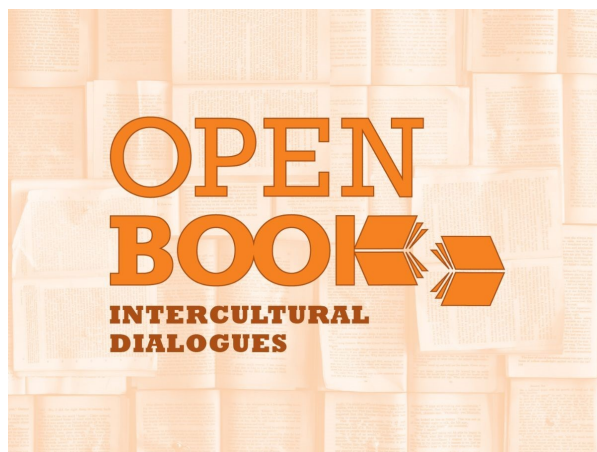
Spaces are limited! They sold out with a total of 30 teams last year, so don't miss your chance to sign up your team for this year's edition!



QUEBEC HIGH SCHOOL
TRIVIA NITE₂₀₂₀

Saturday, April 18th
7:00 pm (doors open at 6:30)
Quebec High School Gym
945 Belevedere, Qc. Qc.

Open Book



What: Open book | Intercultural Dialogues: Memory and Identity

Who: Caroline Vu and Zalika Reid-Benta

Where: The Morrin Centre

When: Thursday, March 12 at 7:30 p.m.

For more information and to sign up, please visit:

<http://www.morrin.org/en/events/open-book-intercultural-dialogues-memory-and-identity/>



Call for Nominations – Board of Directors

POSITIONS TO BE FILLED FOR A THREE-YEAR TERM (2020-2023)

DEADLINE: March 28, 2020

The Nominations Committee of Voice of English-speaking Québec (VEQ) is seeking nominations to fill positions on their Board of Directors for a first three-year term.

The Board of Directors of VEQ is composed of a maximum of fifteen (15) members, all volunteers, and they meet at least eight (8) times a year.

The Board of Directors of VEQ ensures that the organization meets its objectives as set out in the strategic plan and oversees the operations.

The Nominations Committee is particularly interested in welcoming youth (must be 18) and is striving to attain and maintain regional representation. As such, they are looking to welcome candidates from the Northern perimeter of the Greater Quebec City region and the South shore.

For more information about VEQ and its mission, please consult the website at www.veq.ca

To submit your candidacy, please contact the Executive Director at (418) 683-2366, extension 223.

Candidates must be a member of VEQ before March 30, 2020.

Forms must be filled out and submitted before March 28, 2020



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 Quebec 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.

The Wellness Centre's aim is to provide you with quality services and to continue developing programs and activities adapted to meet the health and social services needs of the English-speaking community.

Visit wejh.ca for more information on volunteering, and on activities such as Caring Circle Café, community art programs, activities for parents of pre-schoolers, Moms' Nite Out, Chit Chat Club, and more!

First Aid Course for Parents: Saturday, April 4 from 8:00 a.m. - 4:00 p.m.
Cost: \$70—entitles you to a manual (English) and a CPR/AED level 'C' certificate valid for 3 years
Questions? Please call Jan Anderson at 418 684-5333, ext. 1539.

Children's Activities at the Morrin Centre

Morrin Book Week: ages 3 to 5 | Mar 3– 7

Children are invited to come and take part in the Morrin's first Book Week Olympics.

Magnetism: ages 8 to 12 | on-going

Children who are interested in science are invited to join our S.T.E.M. Club (science, technology, engineering, math) at any point during the year.

Writing Workshops: ages 6 to 12 | on-going

Children are invited to participate in a Narrative Writing Workshop, which is well suited to children of all writing levels and aims to encourage them to develop their creativity and writing style.

Drama Club: ages 8 to 12 | on-going

Children ages 8 to 12 are invited to come develop their acting and improvisation skills in this unique club.

For more information and even more events, please visit: <http://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 Quebec City Reading Council at (418) 681-1258, or email info@lifelonglearningquebec.org

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

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 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.

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

Quebec 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 ext. 221 | Fax: (418) 688-3273

E-mail us at info@veq.ca

Visit our website at www.veq.ca

New! Shannon Office

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

Shannon Office Hours

Tuesday 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

Dominique.paddack@veq.ca

(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!