

# VEQ NEWSLETTER

NOVEMBER 2024

## EMBRACING AUTUMN



As the trees gradually lose their leaves, we fondly take a look back on the moments we've shared over the past few months. Fall Fest was a pleasure as usual, and it was wonderful to see so many of you at Quebec High School. Have you checked out the photos from the event yet?

The annual *Community Christmas Hamper Campaign* has officially kicked off for its 29th year! Discover the various initiatives led by community partners, and learn how you can contribute on [page 5](#).

We're thrilled to share exciting news from our Employability project, and we'll also reflect on the recently concluded Photovoice Project. As always, our Out & About participants and newcomers reveled in fun autumn activities, savouring the crisp air and admiring the stunning changes in foliage.

Happy reading!



Voice of English-speaking Québec

Connect with the  
English-speaking community

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MADE POSSIBLE THANKS TO



SCAN ME

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We have made it easier for you to connect with us!

Here is how it works:

*If you receive the newsletter by mail:*

- Simply point your smartphone's camera towards the QR Code, and tap on the pop-up link that appears.

*If you receive our newsletter by email:*

- Simply click/tap on the QR Code.



## Subscription

To help us promote a greener future with fewer print copies, please take a moment to contact us at (418) 683-2366 ext. 221, or at [info@veq.ca](mailto:info@veq.ca), and tell us you would like to receive the newsletter electronically.

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with  
US

## Contact us

T: (418) 683-2366  
F: (418) 688-3273  
E: [info@veq.ca](mailto:info@veq.ca)  
W: [www.veq.ca](http://www.veq.ca)

## Our locations

### QUÉBEC

1270, chemin Sainte-Foy, Suite 2141  
Québec, QC G1S 2M4

### SHANNON

438, boul. Jacques-Cartier, Suite 206  
Shannon, QC G3S 1N5

# The VEQ Column

## FALL FEST 2024

*Thank you for being part of Fall Fest on September 21!* We spent an amazing day with you at Quebec High School, and we hope you enjoyed connecting with our amazing community.

A hearty applause for all the organizations and businesses who showcased their services, the talented performers who graced the stage, and a huge cheer for you, for making this year another triumph!

A special shout-out goes all those who worked behind the scenes to make this day run seamlessly, and especially to our volunteers—you are so appreciated, thank you for your dedication.

We're already excited to do this again next year. We look forward to seeing you for Fall Fest 2025!



[SEE MORE HERE](#)

# VOLUNTEER OPPORTUNITY



Jeffery Hale Community Partners.

E: [eholloway@jhparkers.net](mailto:eholloway@jhparkers.net)

T: (418) 684-5333, ext. 11948

W: [www.wejh.ca](http://www.wejh.ca)



VEQ is looking for volunteers to help low-income individuals and families file their taxes this upcoming tax season!

Learn more about this **opportunity and requirements**, or contact Elise Holloway, Volunteer Coordinator at the

## YOUR VEQ NEWSLETTER IS PREPARED WITH CARE BY THE PARTICIPANTS OF THE *R.I.S.E.* PROGRAM!



The Voice of English-speaking Québec is proud to collaborate with the R.I.S.E. Program, who help assemble your newsletters for mailing every couple of months.

The R.I.S.E. Program, an initiative by the Jeffery Hale Community Partners, is a full-time program designed for English-speaking adults with special needs. Its mission is to maximize each

individual's potential and foster a sense of purpose and community through activities that cultivate life and social skills.

To R.I.S.E. participants—thank you for your invaluable help and enthusiasm. We look forward to continuing this partnership and witnessing the amazing growth of all involved.

# Annual Community Christmas Hamper Campaign

## THE 29TH EDITION



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

successful Community Christmas Hamper Campaign, distributing hampers to over 200 households in need. Below are ways in which you can help with the campaign.

### WAYS TO GIVE

#### *Give your time:*

Contact Volunteer Coordinator, Elise Holloway by email at [eholloway@jhppartners.net](mailto:eholloway@jhppartners.net) or by phone at (418) 684-5333 ext. 11948

#### *Give food:*

The campaign for collecting non-perishable food wraps up on December 8.

Consult the Food Wish List [here](#).

#### *Give money:*

[www.canadahelps.org/en/dn/8671](http://www.canadahelps.org/en/dn/8671)

Fundraising efforts are currently in progress for the campaign.

Discover more here: [www.qchampers.ca](http://www.qchampers.ca)

## HOLIDAY HAPPY HOUR 2024

Join us on December 4 at the Morrin Centre to support a worthy cause while enjoying a drink and a tasty bite.

Keep an eye out for a special live musical performance generously offered by CBC Canada.

**All proceeds from the cash bar will go towards the Community Christmas Hamper Campaign.**

### Important Notice

- ◆ Please bring indoor footwear to protect the fragile wood floors of the Morrin Centre.
- ◆ Parking will be on surrounding streets and under City Hall.
- ◆ The Morrin Centre is wheelchair accessible.



# Newcomers' Corner

## NEW TO THE CITY? WANT MORE INFORMATION?

Get in touch with Viktoria Poulin Gareau at (418) 683-2366 ext. 225 or [newcomers@veq.ca](mailto:newcomers@veq.ca)



Autumn greeted us with magical sunny days, giving us a chance to celebrate its arrival with the

community at our annual Fall Fest and continue our outdoor adventures.

On September 19, we went outside to play pétanque, a beloved traditional game that stole our hearts. It was a fantastic way to enjoy the fresh air with friends and family, make new acquaintances, and have a great time. We're excited for more pétanque matches next year, once the snow melts.

In mid-October, our group strolled through the Old Town with hot chocolate in hand, enjoying pleasant conversations. We admired the local decorations celebrating Halloween and the arrival of fall.

Then, on October 19, we enjoyed

an unforgettable visit at a local farm for pumpkin picking! We took a tractor ride around the farm's fall-themed decor, indulged in pumpkin-flavoured treats and coffee, and even fed rabbits, chickens, alpaca, and sheep. Did you know there are different types of pumpkins for every dish—like spaghetti, pie, creamy soup, or jam? We learned to identify various pumpkins on the farm and even bought some to take home.

What's coming up in the next few months? It's going to be exciting, with our Holiday Happy Hour, the Hampers Campaign, and much more! Keep an eye on our [events calendar!](#)

## Mark Your Calendars

Never miss an event again.

Sign up for the Newcomers' e-Bulletin

SCAN ME



### Nov 7

**History of Québec Workshop**—Dive into Québec's rich past with us. Explore the captivating stories and events that have shaped this remarkable province.

### Nov 13

**AI Workshop**—Join this workshop led by business coaches from Montréal to learn more about AI for your small/medium business.

### Nov 21

**Potluck Party**—Bring and share your favourite dishes to this gathering, and connect with others!

### Nov 29

**Game Night**—On the last Friday of each month, we meet for Game Night! Join us for a fun evening of games, laughter, and new friendships.

### Dec 11

**The Maze Movie Screening**—In collaboration with Carrefour d'Action Interculturelle, we invite you to a screening of *Le Labyrinthe | The Maze*, a film that delves into the journeys of various immigrants as they settle into new lives. A discussion and Q&A will follow the viewing. Free parking on-site.

# Photovoice Project

Exploring identity & belonging through images & words



*Photovoice Project participants on an outdoor photo session.*

In October, six shutterbugs joined Susanna Tang and Atwater Library for a series of workshops to create digital stories using pictures and captions.

Together, they learned about basic photo-taking and photo-editing techniques. They also made time for sharing peer feedback as well as practicing writing captions.

A highlight was the photo walk with professional photographer Jacques Gaines in the beautiful Trait-Carré neighbourhood of Charlesbourg. The autumn colours combined with the distinct architecture of the area were a photographer's paradise.


Thank you, Amanda, Anna,


Daniel, Kriss, Samantha and Simon for sharing your ideas, your photos, and your imagination with us this past month. We can't wait to see the final photos and stories!

VEQ also wishes to thank the coordinators and facilitators from Atwater Library (Carmen Lum, Sierra Vanderdeen, and Taegan Schell) as well as photographer Jacques Gaines for all their contributions to the success of this project.

Curious about podcasting, or our employment initiatives?

Susanna Tang

 (418) 683-2366 EXT. 222

 SUSANNA.TANG@VEQ.CA

## LOOKING TO USE ENGLISH AT WORK?

Check out this list of employers who actively look for people with English skills!

SCAN ME




## COACHING DATES

Are you an entrepreneur or have aspirations to start your own business? Sign-up for the next YES Business Coaching session in Quebec City!

**November 13-14**

**Dec 10-11**

Contact Viktoria Poulin Gareau for reservations:

 (418) 683-2366 EXT. 225

 NEWCOMERS@VEQ.CA

# Employability

## PERT Webinar

We were pleased to see several of our partners and community members in attendance for the webinar launch of the Provincial Employment Roundtable's (PERT) report on the Employment Profile of English speakers in Capitale-Nationale on October 30.

“The report, which builds off of PERT’s previous work, shows that the income gap between English and French speakers has doubled since 2016, underscoring growing economic disparities between these communities.

A key factor contributing to this divide is the perceived gap in language skills, which limits career advancement opportunities for English speakers and results in lower wages.”

Read the full report [here](#).

Thank you to PERT for their continuous collaboration and invaluable insights!

## New Service at VEQ

Need a hand starting your job search in Québec City?

Susanna from VEQ can help you navigate the different resources, information and organizations available for employment help. Send her an email at [susanna.tang@veq.ca](mailto:susanna.tang@veq.ca) to set up a meeting online, by phone or in person!

This is made possible through the

Employment Strategy via the Regional Development Network with the support of the Secrétariat aux relations avec les Québécois d’expression anglaise.

## Mastering Interview Questions

Join us for an informative workshop on Wednesday, November 27, from 6 p.m. to 8 p.m. Discover valuable interview tips that will give you a competitive advantage in your job search!

Prepare for your next interview via hands-on practice and feedback with career counsellor Carole Hautcoeur from the FORT Program.

More details here: [www.tinyurl.com/476eyaud](http://www.tinyurl.com/476eyaud)

## Government of Canada Jobs

*Coming soon*—On the evening of November 14, we are co-hosting another information session about jobs with the federal government of Canada.

Come discover different job possibilities, learn tips about the application process and get your questions answered.

Reserve your spot by registering here:

[www.tinyurl.com/yr49bp29](http://www.tinyurl.com/yr49bp29)

Susanna Tang



(418) 683-2366 EXT. 222



SUSANNA.TANG@VEQ.CA



## INFO SESSION: Govt of Canada Job Opportunities

Join us on Thursday, November 14 from **6pm - 7:30pm** for an Info Session on **how to apply** to the **federal public service**.

**In person only.**

Registrations Close November 13.

**Q&A with HR Reps  
Tips on How to Apply**

To register:





# 50+ Services

## GREAT FUN WITH *OUT & ABOUT*

It's time to reflect on the fantastic outings we've enjoyed these past 2 months. As many of you know, Maria has gone on maternity leave to welcome her new bundle of joy, and Ariel has stepped in to take the reins on our outings.

**Sep 10 & 12**—We set out to explore the beautiful île d'Orléans, where we picked up seasonal fruits and vegetables at the local market. Afterwards, we enjoyed a delicious lunch, and, of course, we couldn't resist stopping for a sweet treat before heading back.

**Sep 17 & 26**—Bowling was on the agenda! The 17th marked Maria's last outing with the group before her maternity leave. Joy Kitching baked her a lovely cake, and everyone enjoyed celebrating together! On the 26th, it was Ariel's turn to lead the outing. On the bus ride home, we called Maria to wish her a Happy Birthday, making sure she felt a part of our fun.

**Sep 21**—Fall Fest was a whirlwind! The group had a blast exploring the various vendors and services available.

**September 27**—We spent a wonderful day at the Basilica de Ste-Anne-de-Beaupré with the Northern Perimeter group. The basilica's artistry and intricate details were genuinely awe-inspiring. Did you know we have a perfect reproduction of

Michelangelo's Pietà here in Québec?

**October 11**—Our participants had a lot of fun navigating colourful obstacles and courses. It was an unforgettable experience that left everyone excited for another neon mini golf activity. What a glowing success!

**October 18 & 25**—Off we went to Cap-Tourmente to witness the stunning migration of the snow geese.

Outings will continue through November and December, but with less frequency. The rest of the month will be dedicated to exploring the city walls and crafting something special for ourselves or a loved one.

Thank you all for taking part in our outings!

**Are you interested in participating in our 50+ activities ?**

Contact Ariel Blouin at



(418) 683-2366 EXT. 221



MARIA.HOYT@VEQ.CA



# Northern Perimeter

## WHAT'S NEW?

VEQ's Shannon office has been bustling with knitting sessions, Chair Yoga, Brain Power Drop-Ins for board games, and Community Kitchen this fall.

Arts & Crafts at the VEQ Community Space included painting and air-dry clay projects, and we're excited to revisit one of last year's favourites: Holiday Card Making! This workshop on November 13 will be facilitated by one of our talented volunteers, Ursula!

Along with local volunteers and Dollard-des-Ormeaux School (DDO), we are thrilled to announce the return of the Storytime initiative for the 2024-2025 school year. Catering to over 40 kindergarteners, three volunteers conducted the first readings in October across three separate K-classes. An additional 12 Storytime sessions are planned for November and December. Kindergarten teacher Catherine Kelly shared, "Students really enjoyed it, they all looked to be listening really well! Thank you to Jennifer (volunteer) for making their day special."

Finally, VEQ was happy to make autumn a bit more special for local youth at DDO and Valcartier Elementary School by donating 80 small pumpkins for Halloween activities. We also gave away arts and crafts supplies that will be put to good use by DDO's kindergarten

students!

If you have a skill you'd like to share for Arts & Craft, an activity you'd like to submit, or are interested in volunteering in the community, please feel free to reach out to Dominique.

## OUT & ABOUT



There's a chill in the air, and autumn-winter fun has just begun!

On September 27, we set out to sail to the beautiful Sainte-Anne-de-Beaupré, and as luck would have it, the rain broke into clear skies revealing vibrant autumn colours along the St. Lawrence River. We marveled at the breathtaking basilica at destination before gathering for lunch at a local diner.

Our group enjoyed a day trip to Cap Tourmente for the snow geese migration on October 18.

We embraced the crisp air, took photos, and learned about the area's natural history from guides, before settling down to enjoy a picnic in good company.

The fantastic knitting club led by Jennifer Patterson has started a new initiative to create garments and various accessories for the community. We will keep you updated on this wonderful endeavour and share ways you can get involved!

Winter is coming, and we're excited for community kitchens, a new tablet program that provides access to a robust e-book library, and, of course, our ongoing chair yoga sessions. All this and more awaits you during the winter months—we can't wait to have you join us on our next adventure in the Northern Perimeter!

Get in touch  
with our  
Shannon team!

**Dominique Paddack**

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Tel: (418) 683-2366 ext. 227

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# Community Happenings

COMMUNITY EVENTS  
AND ACTIVITIES FOR YOU

## The Wellness Centre

The Wellness Centre at Jeffery Hale promotes the personal and shared well-being of English-speakers in the Québec City region.

Visit [www.wejh.ca](http://www.wejh.ca) for more information about activities and volunteering.

Questions? Please email:  
[info@jhpartners.net](mailto:info@jhpartners.net)

## The Morrin Centre

### Storytime

*Storytime* is a literacy program for children ages 3 to 7.

### Literary Fest

The annual Literary Feast will take place on Nov 21.

### S.T.E.A.M

For children aged 8 to 12 who love to experiment.

### Pixels & Pages

Join the Morrin Centre's book club and connect with other book lovers.

Visit [www.morrin.org](http://www.morrin.org) to learn more about the Morrin Centre.

## QAC

**Quebec Art Company**

**MICHEL TREMBLAY'S**  
**LES BELLES-SŒURS**  
**EN VERSION ANGLAISE / ENGLISH VERSION**

Translated by  
John Van Burek  
Bill Glassco

Directed by  
Mark Lépine

[www.quebecartcompany.com](http://www.quebecartcompany.com)  
Billets / Tickets \$25.00  
Reserved Seating

November 21, 22, 23 @ 19:30  
November 24 @ 14:00

Holland Elementary School  
940, Ernest-Gagnon Qc G1S 3G3

VILLE DE QUÉBEC @2024

# ... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

## QCRC

### Lifelong Learning (LLL)

Lifelong Learning provides opportunities for growth and intellectual stimulation for mature learners.

#### Upcoming events:

**Nov 13**—Accessing medical information online

**Nov 14**—Superstitions

**Nov 18**—Tech Support with Lucie

**Nov 30**—Aging Well

T: (418) 681-1258

E: [info@lifelonglearningquebec.org](mailto:info@lifelonglearningquebec.org)

## EQLC

Eastern Québec Learning Centre's mission is to promote student success, lifelong learning and to prepare learners for further education and/or the workplace.

Visit their website here:  
[www.easternquebec.ca](http://www.easternquebec.ca)

### International Lunch

EQLC is excited to invite you to their International Lunch on **Nov 28**. This event supports the Community Christmas Hamper Campaign, and each contribution will go towards the campaign, spreading cheer this festive season. See you there!


EQLC's International Lunch



## PLACE YOUR EVENT HERE

Would you like to see your  
event in this section?

Melissa Wan

 (418) 683-2366 EXT. 226

 MELISSA.WAN@VEQ.CA

Don't forget to email the Québec Chronicle-Telegraph to advertise your event:

[editor@qctonline.com](mailto:editor@qctonline.com)

## Local Vocals

Join the Local Vocals Singing Ensemble every Wednesday to sing with others at St Michael's Church, 1800 Chemin Saint-Louis.

It's not too late to join in the fun, and sing your heart out!

All levels and ages welcome.

Questions? Please email:  
[k.urbschat@gmail.com](mailto:k.urbschat@gmail.com)

All these events (and more!) here:

SCAN ME

