

VEQ NEWSLETTER

JULY 2024

SIZZLING SUMMER UPDATES!

Yay! Summertime is back with its warm and exciting days. Let's spend them breezily with the mountain of activities prepared for you!

We have a lot of breaking news and changes in our team! Some of our staff members are taking time off in the coming months, but rest assured that our services will remain unchanged for you. Read to know more!

Our *AGM* was held in person on May 30, and we were so glad to see so many familiar faces.

Save September 21 in your calendar for *Fall Fest* – we hope to see you at this well-attended, family-friendly event.

Last but not least, please take note of our summer hours until August 30:

Monday to Thursday –

8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

Friday –

8:30 a.m. to 12:00 p.m.



VEQ

Voice of English-speaking Québec

Connect with the
English-speaking community

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MADE POSSIBLE THANKS TO



SCAN ME

ALL OUR LINKS IN ONE PLACE!

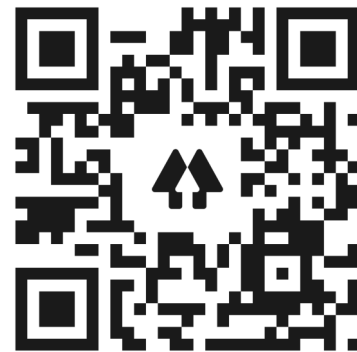
We have made it easier for you to connect with us!
Here is how it works:

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 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, and tell us you would like to receive the newsletter electronically.

Connect
with
us

Contact us

T: (418) 683-2366
F: (418) 683-3273
E: info@veq.ca
W: 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

AGM 2024



We were thrilled to see everyone who attended Voice of English-speaking Québec's Annual General Meeting on Thursday, May 30. It was wonderful to welcome our members in person once again at the Jeffery Hale Hospital's Coin Soleil.

Attendees learned about VEQ's projects and the successes of the past year, followed by a chance to enjoy some refreshments and socialize.

We expressed our gratitude to departing Board members and welcomed Marilyn Marshall and Laura Mott to their new roles!



2024-2025 Board of Directors

Executive Committee:

Razvan Petre, *President*

Amanda Heath, *Vice President*

Kristy Findlay, *Treasurer*

Chantal Dubois, *Secretary*

Maximilienne Machungwa, *Member-at-large*

Members:

Ashley Byrne

Joan Chandonnet

Philip Goyer

Balazs Hajek

Marilyn Marshall

Laura Mott

Aliyeh Rasooli Zadeh

Edward Sweeney

Warren Thomson

Scan here
to read our
annual report



Hello and Goodbye!

STAFF MEMBERS UPDATES

VEQ has some important updates to share about changes within our team!

This spring, our dedicated project coordinators from the VEQ Shannon office, Jeanne Nivischuk and Catherine Baboudjian, concluded their roles at VEQ. Their contributions have been invaluable, and we cannot express enough how much we appreciated working with such wonderful colleagues. We wish them the very best in their future endeavors.

We are excited to introduce the new Project Coordinator for VEQ's Shannon office, David Zhu! David will begin his role in July, and we are confident that his expertise and knowledge will greatly benefit our community.

After almost five incredible years, VEQ's newcomers coordinator, Maria Castro, is also leaving her position. Maria has been a cornerstone of our team, and her hard work and dedication have left a lasting impact. We are immensely grateful for her

service and wish her success in her future pursuits.

We are currently in the process of hiring Maria's successor and are hopeful that the new coordinator will bring the same level of passion, dedication, and commitment to the role.

Stay tuned for our next Newsletter, where we will introduce our new staff members and share further updates!

FALL FEST 2024

Save the date, as we are thrilled to invite you to our traditional *Fall Fest!* This year, we will gather at Québec High School to celebrate with the community and enjoy a multitude of exciting activities!

Also, we are pleased to invite community organizations, local cultural groups, and businesses to participate in this year's Fall Fest showcase.

Don't hesitate to contact us for more information:

Email: info@veq.ca

Phone: (418) 683-2366 ext. 221



50+ Activities

FUN TIMES WITH *OUT & ABOUT*



With the warmer weather finally here, Out & About is kicking into high gear for the summer! Outings will take place weekly this summer.



On May 20 and May 28, participants came out for some friendly competition at the bowling alley! We may not have had many strikes, but we did not strike out on fun! On May 26, participants ventured up North to Shannon for the annual Spring Community Breakfast to support the Catholic Women's League. Participants loved seeing old and new faces, and savoured eggs, bacon, and homemade treats. This outing is always such a lovely community gathering.

On June 4, participants enjoyed some shopping at Place Laurier to refresh their refrigerators as well as summer wardrobes. On the 11th, we had a lovely stroll and picnic at the Bois-du-coulonge park. On the 13 and 18, participants enjoyed a tasty brunch and a walk in the gorgeous Roger Van den Hende gardens at Université Laval. We took in the beauty of the peony garden, rhododendrons, and rows and rows of unique plants and herbs.



After a postponement due to hot weather, we finally made our way to Old Québec to visit the historic Monastère des Augustines where we learned all about

Are you interested in participating in our 50+ activities or know someone who would like to join us?

Maria Hoyt



(418) 683-2366 EXT. 221



MARIA.HOYT@VEQ.CA

the rich history of the monastery during our guided tour.



July will bring even more fun! We will attend the Chalmers Wesley Church Summer concert series to enjoy some free music, take the ferry across the St. Lawrence River to admire the view at Quai Paquet, and learn about First Nations roots at the civilisation museum.

Podcast Broadcasts and Employability

PODCAST NEWS

Read on to see how VEQ and CDAH support budding podcasters.



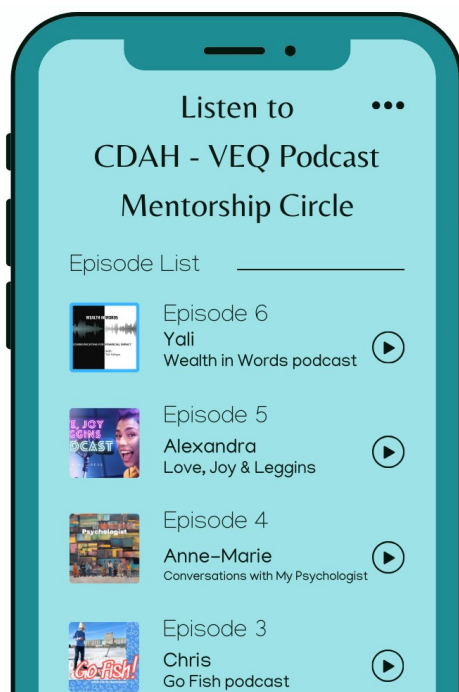
Participants in the podcast workshop completing a listening exercise.

Audio Storytelling: The Art of Interviewing Workshop

On June 8, participants joined Glenn Patterson for a one-day beginner workshop on podcast interviewing and recording. Participants left with practical tips and a deeper appreciation of the power of the interview and oral storytelling. Much gratitude to Glenn and our partners at the Community Digital Arts Hub (CDAH) for providing our English-speaking community members with this learning opportunity!

New podcasts alert!

Speaking of podcasts, you'll want to give these 6 podcast teasers a listen! VEQ and CDAH proudly present the work of Podcast Mentorship Circle members: Hazel, Tingting, Chris, Anne-Marie, Alexandra, and Yali. Subscribe now to hear these and other podcasts on VEQ's YouTube channel.



EMPLOYABILITY

VEQ is connecting you to the people and places that can help you.



Marie-Lou Latourre and Anna Mendy present Centre RIRE 2000

Info Session with Centre RIRE 2000 and EQLC

On April 16, participants joined us for an informative evening with Anna Mendy and Marie-Lou Latourre from Centre R.I.R.E. 2000 and Frederick Gregoire of Eastern Québec Learning Centre (EQLC). The audience was especially keen to learn about opportunities to practice French with Centre R.I.R.E. 2000 as well as training opportunities at EQLC. Special thanks to our presenters and the participants for making it a successful evening.

LOOKING TO USE ENGLISH AT WORK?



Continued on the next page!





Frederick Gregoire, EQLC

Webinar with Qualifications Québec

April 24

Lawrence Brisebois of Qualifications Québec provided an overview of how Qualifications Québec (a non-profit) can assist individuals with getting their

skills recognized in our province. Our thanks to Lawrence and the participants who logged in.

Did you complete training or work outside of Quebec? Would you like to get it recognized? E-mail and ask for help in either English or French:

info@qualificationsquebec.com



#JobTipTuesday

Remember to check your Facebook feed for VEQ posts! Most Tuesdays, you'll find information about different employment-related events, activities or resources.



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!

August 15

September 11-12

October 9-10

Contact **María Hoyt** for reservations:



(418) 683-2366 EXT. 221



INFO@VEQ.CA

For more information about VEQ podcasting and employment initiatives

Contact Susanna Tang:



(418) 683-2366 EXT. 222



SUSANNA.TANG@VEQ.CA



BUSINESS BOOTCAMP: Kickstart Your Entrepreneurial Journey

In this series, you'll gain insights into what a business model is and discover strategies to stand out in a competitive landscape. You'll learn effective methods to test your ideas, create a visual map of your business, and communicate its unique value proposition.

Here's the kicker! In the last session of the series, you'll have the opportunity to pitch your idea and compete for a chance to **win \$500!**

March session online schedule:

FREE* | July 4, 11, 18 & 25



Contact us today to get started!
438-812-0175 | jpatel@yesmontreal.ca

Please note, participants must have an active file at YES to register. For \$30, you'll have access to specialized services including coaching, Business Bootcamp, legal information, and accounting clinics for a full year.

Funded by:



Northern Perimeter

WHAT'S NEW?



May 16—The heritage awards “Prix du Patrimoine” in Shannon

On May 16, VEQ was invited by the MRC de La Jacques-Cartier to participate in the 10th edition of the “Prix du Patrimoine” at the MRC in Shannon. VEQ was also invited to nominate a candidate for the “Porteur de tradition” category, which recognizes an individual or a group for their techniques or knowledge, and their role in transmitting customs or traditional crafts such as music, dance, storytelling, arts, and crafts.

VEQ was happy to nominate the “Organizers of the Shannon Irish Show” (CWL of Shannon) for their continued legacy of transmitting Irish culture and arts to the community with passion and joy through the performers, singers, and dancers of the Shannon Irish Show. Congratulations to all the candidates and this year’s “Porteur de tradition” winner,

Tewkesbury’s own Alan Stairs, for his mastery and teachings of the Scottish bagpipes!

VEQ was also proud to participate again in the Dollard-des-Ormeaux School (DDO) Secondary Student Awards ceremony on May 29. Our monetary contribution to the Awards Fund helps acknowledge and celebrate students’ hard work for Highest Achievements, All-Around Student Meritas, Most Improved, Athletic, Artistic, or “School Spirit” awards. Congratulations to all the DDO student recipients of these awards!



Northern Perimeter “Out & About” participants

Have you seen VEQ’s Smoothie Bike riding around? It’s in Valcartier Village! The wheels were spinning in early May as Valcartier Elementary School students pedaled to make healthy and delicious smoothies during their annual Health Week. On Saturday, June 1, it swirled its blender mechanism and rode off again to the “Young Entrepreneur

Get in touch with our Shannon team!

Contact Dominique Paddack

Email:

dominique.paddack@veq.ca

Tel:

(418) 683-2366 ext. 227

Market” at the St-Gabriel-de-Valcartier municipality. VEQ is always happy to lend Sir Smoothie Bike to schools or for special events in the community.

In other news, the new, engaging, and fun “Brain Power-Drop-In” activity was launched by VEQ on May 15 in our community space in Shannon, and on May 30 in St-Gabriel-de-Valcartier’s municipal community center. Participants had a great time playing entertaining and sometimes challenging board games, keeping minds active and busy – and stomachs healthy too! The “Brain Power” activity includes a healthy snack! Scattergories, Wordle, Boggle, Chrominoes, Blokus, Triminoes, to name but a few, were all played. “Brain Power” will take place once a month on Wednesday mornings starting in August. Stay tuned for details on dates on our Facebook page or website. For more information, please contact Dominique. Wishing you a fantastic Summer 2024!

50+ Northern Perimeter

OUT & ABOUT

On June 4, Out & About walked around Old Québec with host Joe Lonergan of Irish Heritage Quebec who guided the group in and around the cobblestoned streets to discover historical landmarks, houses, and listen to

anecdotes of Quebec City's Irish heritage. Other outings will be planned during the summer, including to the Ile d'Orléans — for more information please contact Dominique — and David!



ENGAGING IN COMMUNITY

On May 10, “Community Kitchen” participants gathered once again in St-Gabriel-de-Valcartier’s (SGDV) community center kitchen for this activity’s last cook-off before a summer recess. On the menu: Mexican chimichangas, cauliflower rice with cilantro, and frozen avocado pie — avocado pie, you say?! Think “green key lime pie”... Yummy! Many thanks to Jeanne Nivischiuk who orchestrated the cooking activity. A special thanks, as well, to Pamala Hogan Laberge at the SGDV municipality for having been open to hosting our Community Kitchens. We look forward to partnering up once again in September!

Chair yoga in both Shannon and SGDV concluded its last classes before the summer, respectively, on May 14 and May 16. In Shannon, the final session was celebrated “zen-ly” with tasty homemade muffins brought over by participants... After yoga, mind you! It was also an occasion to thank and bid

farewell to Jeanne, in charge of 50+ activities this past year, and who’s moving out of the Quebec City region for new opportunities. We wish her and her family all the best!

Thanks to our community partners who helped make Chair Yoga happen this year by opening the doors to their facilities — and namely the Valcartier Military Family Resource Centre in Shannon and the SGDV municipality. Indeed, yoga in Shannon started in VEQ’s community space with 7 participants (and a small waiting list) before expanding the group to 15-20 participants. Our partnership with the SGDV municipality also allowed for this activity to take place on the other side of town. Finally, the community is also grateful to our “Superstar Volunteer,” Jennifer Patterson, who instructed and lead the chair yoga activities in both localities. Thanks again Jennifer! And for spearheading the “In-Stitches”



knitting activities in VEQ’s community space which ended in mid-May. Chair yoga will kick off the 2024-2025 session in mid-September. Stay tuned for details on dates.

Tablet Lending Library:

VEQ is providing tablets on loan, complete with data plans, for seniors in the Northern Perimeter who may need them for electronic communications or other tasks. Please reach out to Dominique for more details or to sign one out.

Newcomers' Corner

NEW TO THE CITY? WANT MORE INFORMATION?

Get in touch with us at
(418) 683-2366 ext. 225 or newcomers@veq.ca

Summer is here, and our calendars are bursting with exciting activities — as it should be! We hope you take full advantage of everything Québec City has to offer during these beautiful, fleeting months. We would like to inform you that María Castro, our beloved Newcomers Coordinator, has left her position at VEQ. For any general inquiries during this period, please contact us at info@veq.ca. We appreciate your understanding and wish you a wonderful summer!

Mark Your Calendars

UPCOMING
NEWCOMERS EVENTS
YOU DO NOT WANT
TO MISS!

PLEASE CHECK OUR
**CALENDAR OF
EVENTS** FOR MORE
DETAILS ON HOW TO
REGISTER.

Jul 20, Aug 24

OLD QUÉBEC WALKING TOUR



New to Québec and eager to discover this beautiful city? We've got you covered!

Sign up for a *free* guided walking tour around Old Québec. All you need is a bottle of water and your walking shoes!

Space is limited, so a reservation is required.

Jul 26, Aug 30

GAME NIGHT

Join us for Game Nights! During this event, you'll have the chance to socialize, explore new board games, or bring your own to share. Registration is not required but is strongly recommended. Please register by clicking the link on VEQ's events calendar page for each Game Night event.

Stay tuned for more exciting activities and events!

Never miss an event again.

Sign up for our emailing list:

SCAN ME



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 for more information about activities and volunteering.

Upcoming events:

Jul 2, 9, 16, 23, 30—

Photography and creative writing for youth

Each Saturday—Park Meet-up

Questions? Please email:
info@jhpartners.net

Y4Y

Y4Y Québec is a non-profit organisation committed to addressing the issues facing English-speaking youth (ages 16-30) across Québec.

Welcome to the City

Are you moving to Montréal for CEGEP in the fall?

Join Y4Y for their Welcome to the City meetings throughout September and October for social activities and events, and meet other people from Québec's regions!

More details here:

<https://www.y4yquebec.org/welcome-to-the-city>

The Morrin Centre

Book Quest

From Jun 29 to Aug 17, discover the Summer Youth Program for children aged 3-7 YO and 7-12 YO. Free at the Morrin Centre. Registrations required.

Pages in History: A Book History Workshop

In celebration of the Literary and Historical Society of Quebec's 200th anniversary, join library staff to explore a selection of books from the special collections.

Kids' Book Club

This summer book club is for children ages 10 to 12. They will have two weeks to read the book provided by the Morrin Centre and then come together to discuss it during the exiting workshop.

To learn more, please email
library@morrin.org

Visit www.morrin.org to learn more about the Morrin Centre.

Email: info@morrin.org

Tel: (418) 694-9147



Wellness

Park Meet-ups

Family Matters

Saturday mornings
May 25- End of August
10:00-11:30a.m.
The playground on the
Plains for Abraham

FREE

Between the Musée national des beaux arts
and the running oval.

... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

CHALMERS-WESLEY

Mercredis Musicaux 12h05 – 13h05

à l'église
Chalmers-Wesley United Church
78, rue Sainte-Ursule, Vieux Québec

GRATUIT – dons bienvenus

June 26 juin – Priscilla-Ann Tremblay
(contralto) & Marc-André Marquis (piano)

*Vendredi, 28 juin, Friday à 19h / at 7 p.m.
Portland Symphonic Girlchoir
(hors-série / special) *

July 3 juillet – Duo Fleur d'Ange –
Angelina Lynne (soprano) & Yu-Fen Liu (harp)

July 10 juillet – Marc-André Marquis
(orgue)

July 17 juillet – Alan Stairs & Yves Michaud
des / of the 78th Fraser Highlanders
(cornemuses et tambours / pipes and drums)

July 24 juillet – Peter Calkins (flûte) &
Alain Châteauevert (piano)

July 31 juillet – Andrew Sords (violon)
& Cheryl Duvall (piano)

August 7 août – Alain Châteauevert (piano)

August 14 août – David Jacques (guitare
baroque) & Lawrence O'Hearn
(flûte & hautebois baroque)

August 21 août – Alexandra Fol
(organiste de St. James United Church, Montréal)

August 28 août – Combo
Royal 22^e Régiment

Sept. 4 septembre – Jacquelin Rochette
(organiste de Chalmers-Wesley United Church
1980 – 1987)

Musical Wednesdays 12:05 – 1:05 p.m. FREE – donations welcome



Alan Stairs & Yves Michaud
78th Fraser Highlanders (July 17 juillet)



Alain Châteauevert (August 7 août)



Jacquelin Rochette (Sept. 4 septembre)

Pour information visitez chalmerswesley.org

All these events (and more!) here:

SCAN ME




PLACE YOUR EVENT HERE

Would you like to see your
event in this section?

Get in touch with Viktoria
about promoting your upcoming
events in our next issue!

Viktoria Poulin Gareau

 (418) 683-2366 EXT. 226

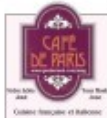
 MELISSA.WAN@VEQ.CA

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

editor@qctonline.com

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