

VEQ NEWSLETTER

SEPTEMBER 2024

FALL FOCUS!



As summer fades and the rich hues of autumn begin to settle in, the shift in seasons invites a change in both our surroundings and our mood.

Fall Fest 2024 is just around the corner, and we cannot wait to see you on September 21! Join us for fun, family-friendly activities, connect with familiar faces, and enjoy everything our community has to offer.

There is also a lot happening at VEQ lately! We proud to share that new members have joined our team as we continue our mission to support the community. Ariel Blouin will be taking on

administrative duties, and organizing *Out & About* activities in Québec city, as Maria Hoyt's maternity leave replacement. In the Northern Perimeter, David Zhu has been working alongside Dominique Paddock, and has keeping on top of events and activities. A warm welcome to both of them! We are delighted to have them on our team.

In this issue, you will also discover exciting activities, job opportunities, podcasts, and plenty of community updates to keep you in the loop!

Happy reading!

VEQ

Voice of English-speaking Québec

Connect with the
English-speaking community

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SCAN ME

ALL OUR LINKS IN ONE PLACE!

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

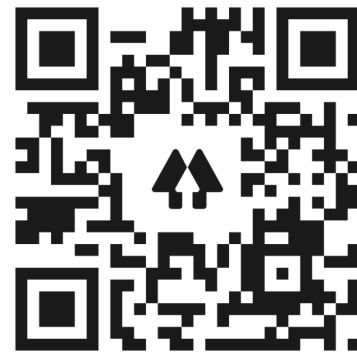
Here is how it works:

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.



MADE POSSIBLE THANKS TO



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

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Our locations

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Québec, QC G1S 2M4

SHANNON

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

2024

FALL FEST

FÊTE D'AUTOMNE

SATURDAY
SAMEDI **21 SEP**

11 AM - 3 PM



SCAN FOR DETAILS



**QUEBEC HIGH
SCHOOL**

945 AV. BELVÉDÈRE, QUÉBEC

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

This summer has been full of exciting events, and it is now time to bring out the autumn decorations and prepare for the fall season. We are pleased to announce that Viktoria Poulin Gareau has stepped into the role of Newcomers Coordinator, and has already organized several outings. If you're new to Québec City, don't hesitate to contact her—she'll be happy to assist with your integration.

On July 20 and August 24, we gathered for the Old Québec Walking Tour. Led by professional guide François, we explored historic sites and delved into Québec's rich history. Participants had an amazing time, and the 2-hour tour flew by.

On August 27, we enjoyed a ferry ride to Quai Paquet in Lévis, where we took in the sunset over Château Frontenac and the St. Lawrence River. The sunny weather and good company made for a wonderful evening.

To get to know the VEQ team and the English-speaking community better, join us for our traditional Fall Fest on September 21. Many partner organizations, and English-speaking businesses will be present. Plenty of networking opportunities and fun for the whole family are on the day's schedule.

We look forward to seeing you there!



Participants of the Old Québec walking tour listening the great history of our region.

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.

Pétanque

Pétanque is a popular sport among locals, with many public parks offering fields open to the public. Many families enjoy practicing the sport, and passing down their love for the game at every gathering! A key aspect of integration is fostering a sense of belonging, and understanding local traditions. Come discover this wonderful game with us!

Check our calendar to register for the upcoming activities!

Game Night

Join us for Game Night on the last Friday of every month! You will have the chance to socialize and explore new board games from our vast collection. You can also bring your own games to share. Registration is not required but is strongly recommended. Please email info@veq.ca to let us know you'll be there.

Stay tuned for more exciting activities and events!

50+ Activities

FUN TIMES WITH *OUT & ABOUT*

Over the last two months, summer was in full swing, and our calendar was packed with exciting outings! Dozens of enthusiastic participants shared in the joys of discovery, laughter, and indulging in sweet treats.

To accommodate our growing needs and Maria's upcoming parental leave, we welcomed a new team member, Ariel Blouin, who stepped in to support all our activities and cover Maria's leave. Welcome Ariel!

July Highlights

On July 3

We kicked off the month at Chalmers-Wesley United Church's Musical Wednesdays with a beautiful harp and soprano performance. Participants were enchanted by the harmonious melodies in the venue's amazing acoustics.



Chalmers-Wesley United Church's Musical Wednesday



Augustine Monastery



Ferry ride to Lévis on July 16

On July 4 & 9

Visits to the Augustine Monastery captivated our *Out & About* groups by offering them a glimpse into Québec's rich medical history.

On July 17

We returned to Chalmers-Wesley for another musical experience, this time with the Fraser Highlanders' performance, complete with a bonus organ show. Participants enjoyed another spectacular production.

On July 16 & 18

Following a short ferry ride, a sunny riverside stroll at Quai Paquet in Lévis was enjoyed by

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

Maria Hoyt & Ariel Blouin



(418) 683-2366 EXT. 221



MARIA.HOYT@VEQ.CA

participants, complete with a refreshing ice-cold treat and a splash-splash in their fountains.

On July 24 & 25

Our trip to the Civilization Museum gave participants a thrilling encounter with the Gladiators, followed by a delightful lunch.

On July 30 & August 1st

Participants joined us at Chocolats Favoris in Cap-Rouge, where we admired the longest-standing transport bridge in Québec and indulged in yet another cold treat.

Continued on the next page!



August Highlights

On August 6 & 7

Participants enjoyed a delightful brunch at Cora's, followed by a visit to the Ste-Foy Market to shop for fresh fruits and vegetables.



Promenade de Champlain

On August 13 & 15

We spent a perfect summer's day at the Promenade de Champlain, where we explored phase 3 of the city's new public pool and enjoyed a relaxing beach and pool day. Claire, from McGreevy Manor, joined us in collaboration for the day, and she brought a packed lunch for everyone. Thank you, Claire!

On August 22

Participants enjoyed a double-decker bus tour through Old Québec, complete with lunch and a historical tour.

On August 27 & 29

We wrapped up the month with a sweet and fruitful blueberry picking trip to Saint-Nicolas.



Blueberry picking adventure and a picnic in Saint-Nicolas



Happy participants of the bus tour

Coming Up...

Looking ahead, we're excited about our upcoming adventures, including visits to the Grand Marché, l'île d'Orléans, and a friendly competition of bowling.

We can't wait to create more memories with all of you!

Your VEQ Newsletter, now prepared with care by participants of the R.I.S.E. Program!



Voice of English-speaking Québec is proud to engage in a new collaborative project with the R.I.S.E. Program, who help to assemble your bi-monthly newsletters for mailing.

The R.I.S.E. Program, an initiative of the Jeffery Hale Community Partners, is a full-time program for English-speaking adults with special needs. The program strives to enhance the potential of each person and provide them with a sense of purpose and community through activities that help develop life and social skills.

This project is extremely positive for all partners involved!

Podcast Broadcasts and Employability

PODCAST NEWS

Podcasting with CIEC de Loretteville

Here we go again! In July, VEQ was pleased to collaborate with youth from the CIEC (Coop d'initiation à l'entrepreneuriat collectif) de Loretteville once more. Susanna led a podcasting workshop, and she was also on hand to record and edit two podcasts (audio commercials) promoting their summer business.

By participating in the CIEC, youth gain work experience and develop entrepreneurial skills



L to R: Océane, Zia, Oumou, Caleb, and Susanna recording a podcast in VEQ's Shannon office.



L to R: Océane, Caleb, and Zia from CIEC de Loretteville.

while providing services to the community such as washing cars, animating foam parties, and selling hot dogs. If you'd like to learn more about the CIEC de Loretteville, please contact Stéphanie from CJE Chauveau at entrepreneuriat@cjec.net. Bravo to all the CIEC youth participants! Special thanks to Océane, Zia, Caleb, and Oumou (the coordinator) for their work on these podcasts!

EMPLOYABILITY

CQSB Careers Info Session

Work in English! Save the date and register now! VEQ is co-hosting the 5th edition of the



CQSB Careers Info Session in September. The Central Québec School Board is an English-language school board for Québec City and other regions in the province. Explore job possibilities in teaching, support, professional, and management.

Continued on the next page!

CQSB IS HIRING!

CQSB Careers Info Session

5th edition

Wed., Sept. 18 6pm - 7:30pm

Wellness Centre at Jeffery Hale
Multipurpose Room
1270 Chemin Ste-Foy

To register:



Presented by:



Joignez-vous à nous maintenant!

Join Us Today!

VEQ Job Search Resources

Looking for a job that requires English? Visit our [Job Bank](#), and don't forget to sign up for the Job Notifier to never miss an opportunity.

Do you know that we have also compiled a list of employers in Québec City that have English-speaking or bilingual positions? [Here's the link](#) to the updated version!


Need extra career advice, or wondering about the fundamentals of résumé writing? [Follow this link](#).

#JobTipTuesday

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

For more information about VEQ podcasting and employment initiatives

Contact Susanna Tang:





 (418) 683-2366 EXT. 222


 SUSANNA.TANG@VEQ.CA

VOICE OF ENGLISH-SPEAKING QUÉBEC

RESOURCES

For your employment journey in Québec City

-  **THE JOB BANK**
Subscribe to the Job Notifier to get English-speaking job postings delivered to your inbox.
-  **THE EMPLOYERS LIST**
Consult our list of employers that have positions requiring English skills.
-  **#JOBTIPTUESDAY**
Receive job tips and career advice *almost* every Tuesday on your Facebook feed.
-  **THE EXTRA MILE**
Take a look at the extra resources available on our Employment Advice page.


Voice of English-speaking Québec

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

September 11-12
October 9-10
November 13-14

Contact Viktoria Poulin Gareau for reservations:

 (418) 683-2366 EXT. 225
 NEWCOMERS@VEQ.CA

LOOKING TO USE ENGLISH AT WORK?

SCAN ME



Northern Perimeter

WHAT'S NEW?

VEQ's *Brain Power Drop-In* activity for 50+ers which was launched in May in both Shannon and Saint-Gabriel-de-Valcartier resumed this summer. Participants have been enjoying engaging and fun board games while having a laugh and a healthy snack!

Brain Power in Shannon takes place on Wednesdays, twice a month, from 10:00 AM to noon at VEQ's community space. September sessions are scheduled on 11 & 25 and in October on 9 & 23.

Brain Power in Saint-Gabriel-de-Valcartier is set to start on Thursday, September 19 from 10:30 AM to 12:30 PM, at the municipal building in their community centre.

If you're interested to find out more about Brain Power, contact David Zhu (ext. 228), or Dominique Paddack (ext. 227), at the VEQ satellite office. These activities are *free*!

This summer, VEQ also splashed, foamed and refreshed itself by partnering up with the local Carrefour Jeunesse Emploi (CJE) and the Valcartier Military Family Resource Centre (VMFRC). On July 26, VEQ and VMFRC sponsored youth from CJE Chauveau's summer entrepreneurial program *Coopérative d'Initiation à l'Entreprenariat Collectif*, who organized and produced a "Foam

Party". Think lots of bubbles and fun! These motivated teens entertained 25 toddlers and parents during a Summer Picnic event at VMFRC Community Centre. Well done!



Valcartier Elementary School's Yurt.

On August 13, VEQ met Jayne Doddridge, Community Development Agent, and Emma Perreault, teacher at Valcartier Elementary School (VES) to discuss the upcoming school year and partnership opportunities. There are many exciting changes and projects at VES including: 2 new classrooms and a new (winter) insulation coat for their yurt—in its 2nd year of existence! The yurt will continue serving as a special space and room for educational, art, knitting activities, and many more. VES is also excited to organize an original event at the

Morrin Centre on October 16 during their Literary Week. The theme and event will be based on *Alice in Wonderland*. Select CQSB elementary students from all local schools, including from New Liverpool and Portneuf Elementary School are invited. VEQ is happy to help support part of this event with transportation costs.

With Back-to-School and fall fast approaching, here are some activities to look out for in and around the community. First off—volunteering! Last year, several locals from Shannon and other nearby areas volunteered at Dollard-des-Ormeaux School to lend teachers a creative hand, by leading Arts & Crafts activities and the Storytime initiative to happy kindergarten students. There are more volunteering opportunities in and around the community!

Next, VEQ's Arts & Crafts (in Shannon) is back this fall! Whether you enjoy arts and crafts, or simply want to discover new art forms, here's your chance to unwind and do something artsy! Painting, air-dry clay and wet-felting workshops are lined up! Stay tuned for details on our Facebook page and events calendar. These activities are *free* and all materials are provided.

If you want to volunteer in the community, have an arts and crafts talent you'd like to share, or have any suggestions, please don't hesitate to contact Dominique.

50+ Northern Perimeter

ENGAGING IN COMMUNITY

What an exciting few weeks it has been up in the northern perimeter! We welcomed our new project coordinator, David Zhu. Outings have been in full swing, and while he is still getting the hang of it, don't worry—even more outings and activities are on the way. This list includes but is not limited to, chair yoga, community kitchen, brain power, knitting and more. Welcome to the team, David!

Tablet Lending Library

VEQ is providing tablets on loan, complete with data plans, for members aged 50+ in the Northern Perimeter who may need them for electronic communications or other tasks. Please reach out to David for more details or to sign one out.

OUT & ABOUT

On July 29, we embarked on a delightful journey with the Northern Perimeter group to the picturesque Île d'Orléans.

1st Stop: A charming boulangerie where we grabbed some refreshments. We were captivated by the island's rich agricultural heritage and had the opportunity to see this firsthand as we drove.

2nd Stop: We visited the island's lavender fields, where we

marveled at its beautiful and serene ambiance.

Lunch: A delightful affair at a quaint picnic area right by the observation tower right at the point of the island.

3rd Stop: Finally, we stopped at a local distillery where they served the best black currant ice cream, a sweet treat to beat the heat!



On August 21, the group ventured into parts unknown. We swash buckled our way through pirate-infested waters, discovered Egyptian ruins thought to be lost to time, and faced off against ferocious beasts in the halls of medieval castles. It was truly a sight to see, and we did all of it armed with just our indomitable spirits...and our mini putter.



Our group gathered for minigolf at the “Minigolf Fluo S'amuse.” The venue was indoors and lit with neon lights so everything was glow in the dark!

The course had a total of 18 holes and changed themes from pirates to ancient Egypt to Dragons! We finished off our minigolf session like any good summer day, with a frozen treat from the dairy bar.

Coming Up...

With summer coming to an end, it is perfect weather for some light hikes through scenic trails. Or perhaps a trip or two for some of this season's best, pumpkins and apples to name a few. Whatever comes next, we look forward to having you join on our next outing in the Northern Perimeter!

Get in touch
with our
Shannon team!

Dominique Paddack

Email: dominique.paddack@veq.ca

Tel: (418) 683-2366 ext. 227

David Zhu

Email: david.zhu@veq.ca

Tel: (418) 683-2366 ext. 228

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.

Questions? Please email:
info@jhpartners.net

SCAN ME



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!

More details here:

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

The Morrin Centre

Storytime

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

Poetry Soirées

Calling all poets and poetry enthusiasts!

This fall, we're hosting a series of open mic poetry soirées! The soirées will take place the first Monday of every month, from 7:30 p.m. to 9:00 p.m. in the Library.

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

DAM

Le Diplôme avant la médaille (DAM) is looking for over **300 volunteer tutors** who care about the well-being of young people.

DAM is an organization that promotes the academic perseverance and success of students at risk of dropping out by using sports as an intervention lever.

For more information:

Join their information sessions:

Date: Sep 10, or Sep 19

Time: 12:30 PM to 1:00 PM

Zoom link:

<https://us06web.zoom.us/j/84940802603>

For any questions, contact the service managers:
tutorat@diplomeavantlamedaille.org

All these events (and more!) here:

SCAN ME



... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

QCRC

Annual General Meeting

Join the Québec City Reading Council for their Annual General Meeting where they will review the past year's achievements and share exciting plans for the future.

Date

September 23

Time

5:30 PM

Location

Eastern Québec Learning Centre

For registrations or more information, please reach out to Cathy Nolan.

T: (418) 681-1258

E: cathy_nolan@qrc.org

Lifelong Learning (LLL)

Welcome Back Tea

Join the LLL team for a delightful afternoon of tea and snacks as they kick off another year of Lifelong Learning!

This is a perfect opportunity to renew your LLL membership (\$15 per year), or discover what their program is all about.

Reservations are essential. Please contact Catherine for more details and to reserve your spot.

T: (418) 681-1258

E: info@lifelonglearningquebec.org

LEVEL ASSESSMENT
September 10 and 11

FRENCH CLASSES

FALL SESSION
Start of classes
September 24

Concept

- ✓ Conversation group (online or in-person)
- ✓ 2 hours per week
- ✓ Access to the LRDG online learning program at all times (*Language Research Development Group*)
- ✓ 12 week session

TUESDAY, WEDNESDAY OR THURSDAY
Morning 9 am to 11 am
Afternoon 1 pm to 3 pm or 3:30 pm to 5:30 pm
Evening 6 pm to 8 pm

RATES

- \$50 • Military families (regular and reservist) (spouse, children 18+, parents)
- Veterans on medical leave and their families
- * \$200 • Military members and reservists
- Non-medical discharged veterans and their families
- Civilian residents of Shannon
- DND employees
- * \$300 • Non-resident civilians of Shannon

* 25% refund under certain conditions

INFORMATION
418 844-6060
manon.bilodeau@cfmfw.com

V Valcartier Military Family Resource Centre

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