

VEQ NEWSLETTER

JULY 2022

EASY BREEZY DAYS OF SUMMER

Summer has definitely settled in on us—easily and breezily. A few of our staff members took some time off to enjoy the warmer days, but our services remained unchanged for you!

Our AGM was held on June 29, and we were happy to see some familiar faces. Fall is still a ways away, but stay tuned in the upcoming weeks for a long-awaited Fall Fest announcement!

Read on to learn about how a few of our projects are advancing, and what we have planned for you—*may* include hikes for newcomers, information sessions for our 50+ and a comeback for one of our podcasts!

Last but not least, please take note of our summer hours until September 2:

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.



A trip to the Parc nautique de Cap-Rouge with Out & About. Details in our next issue!

VEQ

Voice of English-speaking Québec

Connect with the
English-speaking community

In this issue

- 3 The VEQ Column
 - Annual General Meeting 2022
- 4 50+ Northern Perimeter
 - *Out & About!*
 - Recently Happened
 - Community Activities
- 5 • EngAging in Community
- 6 Business Coaching
 - YES Guest Coaches
- 7 Newcomers' Corner
 - Mark Your Calendars
- 8 Podcast Broadcasts and Employability
 - My Québec City Podcast
 - The Pathways Podcast
 - Employability
- 9 Community Happenings
- 10 More Community Happenings
- 11 Even More Community Happenings

SCAN ME

ALL OUR LINKS IN ONE PLACE!

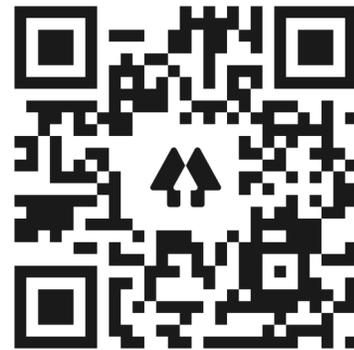
We have made it easier for you to connect with us!
Here is how it works:

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

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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

ANNUAL GENERAL MEETING 2022



2022-2023 Board of Directors

Kristy Findlay, *President*

(Vacant), *Vice President*

Razvan Petre, *Treasurer*

Chantal Dubois, *Secretary*

Kaley Hall, *Member at large*

Close to 25 people attended the Voice of English-speaking Québec's hybrid Annual General Meeting, held on Wednesday, June 29, 2022. Board members were on-site in VEQ's office, and community members were invited to join via Zoom. Attendees heard about the details of VEQ's successes of the past year.

The following departing Board members were thanked for their

important contribution to VEQ and the community:

Kurt Doyle, Brian A. Garneau, Carrie Anna McGinn and Ed Sweeney.

Unfortunately, due to time constraints, VEQ's Nominations Committee was not able to carry out interviews in time for the AGM. Interviews have since taken place and new Board members will join us in the fall.

Members:

Ashley Byrne,

Joan Chandonnet,

Amanda Heath,

Maximilienne Machungwa,

Aliyeh Rasooli Zadeh,

Marguerite Spik.



50+ Northern Perimeter

OUT & ABOUT

Our summer programming is running smoothly with exciting activities planned for the rest of the season. Have you signed up yet?

FloresSens Walking Tour

Jul 20—Join us on a garden tour at FloresSens, located in Saint-Raymond. Bring your own picnic lunch and enjoy it on-site.

Concert and Craft Fair in Old Québec

Jul 28—Come enjoy a free concert at the Cathedral of the Holy Trinity by organist, Samuel Croteau, who will interpret pieces by Haydn, and explore the craft fair next to the church.

Île d'Orléans Outing

Aug 25—Buy some fresh produce, stop for lunch, visit the Espace Félix-Leclerc and enjoy the beauty of the island as we go out and about with the Centre d'amitié autochtone de Québec.

If you live in the Northern Perimeter (Shannon, Saint-Gabriel-de-Valcartier or Stoneham-Tewksbury) and would like to participate, contact Catherine.

Catherine Baboudjian

 (418) 683-2366 EXT. 228

 CATHERINE.BABOUDJIAN@VEQ.CA

RECENTLY HAPPENED

Jeffery Hale Community Services Zoom Session



On June 15, VEQ members were treated to a Zoom presentation by France Gaudet, who is a clinical coordinator for the Jeffery Hale Community Services. France presented the wide variety of health and psychosocial services available to the English-speaking community.

Indigenous Day Celebrations



On June 21, VEQ paired up a few 50+ community members with students from Valcartier Elementary School, and went to the National Indigenous People's Day celebrations organized by the Centre d'amitié autochtone du Québec. We were fortunate to learn about the Fancy Dance style, performed by dancer Stéphane Mapachee.

COMMUNITY ACTIVITIES

Activities and Events Coming Up

Our Community Space is open on the first Monday of every month between 10:00 a.m. and noon. Stop by for coffee, a chat and some baked goods, or bring your wits and play a game of Cribbage (or another board game—we've got plenty!). Please

note that the Community Space will be closed the first Monday in August.

Chair yoga, knitting, crochet, and resilience training workshops—all of these are in the works to be offered during the fall.

Stay tuned for the activity schedule!

Continued on the next page!



COMMUNITY ACTIVITIES (cont.)

Hearing Loss Information Session

The Wellness Centre will be coming up north in the fall for a hearing loss information session for all adults and caregivers. This is a wonderful chance to learn more about hearing loss and its impact. More details to come.

ENGAGING IN COMMUNITY

Coffee and Language Exchange

Aug 4—Together with the Réseau Poivre et Sel, we invite you to join us for coffee at Place Éphémère Racine, and play some fun games with French-speakers who are looking to improve their English!

Please contact Catherine if you

wish to participate, or would like more details about this activity.

Walking Distance

Walking Distance, our walking/hiking club, is still enjoying the outdoors!



This month's Walking Distance took us on a historical walk through Shannon.

Aug 8—Join us as we discover the beautiful marshes and wildlife at the Marais du Nord. Transportation will be provided from Shannon at 9:10 a.m. and Saint-Gabriel-de-Valcartier at 9:30 a.m.

Get in touch with our Shannon team!

Contact Dominique Paddack

Email:

dominique.paddack@veq.ca

Tel:

(418) 683-2366 ext. 227

Contact Catherine Baboudjian

Email:

catherine.baboudjian@veq.ca

Tel:

(418) 683-2366 ext. 228



COACHING DATES

Are you an entrepreneur or have aspiring ideas to start your own business?

Sign-up for the next YES Business Coaching session!

Below are the dates for the upcoming months. Reserve your spot before they run out!

Aug 3-4

Focus on social media & digital marketing with Farshad Rouhani

Wed—1:00 p.m. to 7:00 p.m.

Thu—9:00 a.m. to 2:00 p.m.

Aug 30-31

Focus on sales and negotiation with Pedro Munhoz.

Tue—10:00 a.m. to 5:00 p.m.

Wed—9:00 a.m. to 3:00 p.m.

Contact María Castro for reservations:



(418) 683-2366 EXT. 225



NEWCOMERS@VEQ.CA

Business Coaching

YES GUEST COACHES

Lucky you! YES Employment + Entrepreneurship business coach, Caroline Schaedler will be joined by two guest coaches in August.



YES Business Coach on Aug 3-4, Farshad Rahouni

On August 3-4, meet Farshad Rahouni, who is a three-time technology entrepreneur and has spent two decades in the start-up world and multinational corporations. With a background in IT, entrepreneurship and business he shares the nitty-gritty of creating and growing innovative, prosperous and impactful businesses. Throughout his career, Farshad has gathered a stash of nuggets to share with fellow entrepreneurs about how to empathize with the target market. Whether you are an innovative entrepreneur or a forerunner social entrepreneur,

Farshad will help with everything from ideation to cash flow and how to create impact that you will be proud of.

Come meet Pedro Munhoz on August 30-31! Understanding the limited resources often available to entrepreneurs, Pedro is able to provide exercises and tools to help create bulletproof business models, winning ideas and strategic growth plans.

Pedro holds a degree in Strategic Management and Business Law from the University of Alberta, and has been involved in the creation of several entrepreneurial ventures. Having worked in Business Development in the medical device industry, Pedro has effectively led sales-oriented international market expansions, contract implementation, and has been involved with sourcing and logistics efforts.

Also passionate about community and economic development, he comes ready to help take local businesses to the next level through innovative exercises and engaging frameworks. Above all, Pedro takes a people-first approach as a Business Coach at YES, thus putting entrepreneurs and their clients as the central point of the decision-making and development process.

Modern Selling Workshop with Pedro Munhoz

Aug 30—The days of pulling the wool over customers' eyes are over! Sales and selling techniques have changed to become more human-centered than ever before. By learning about these changes, one can not only have a more enjoyable time selling, but also effectively close more deals.

This Modern Selling Workshop aims to outline strategies and explain frameworks to inspire prospecting, confidence, and sales activities. Topics covered in this workshop include defining modern selling, qualifying leads, creating winning solutions, and understanding the sales cycle.

By the end, you will have created a modern selling action plan to take with you to your next client meeting.

To book your spot to meet Farshad or Pedro, or to attend The Modern Selling Workshop, contact María Castro now!

María Castro



(418) 683-2366 EXT. 225



NEWCOMERS@VEQ.CA

Newcomers' Corner

NEW TO THE CITY? WANT MORE INFORMATION?

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

Oh my, summer is in full swing! It is the season that makes you forget the bitter cold of winter for a few blissful, warm months—and maybe even long for a bit of cool air at times, eh?! Take a peek outside, and you will see how vibrant, active, and engaging the city has become!

You may be wondering why we are not loading our calendar with more activities—we simply don't want to burden you with the dilemma of choosing what to do, or where to go. We are, however, still offering amazing opportunities to connect, that will not only facilitate meeting others in your new town, but also allow you explore Québec City. In addition, we will be venturing a bit outside of the city limits to places a bit less accessible via public transportation. Come discover the beauty of #thegreatoutdoors with us!

Mark Your Calendars

UPCOMING
NEWCOMERS EVENTS
YOU DO NOT WANT
TO MISS!

Never miss an event again.

Sign up for our emailing list:

SCAN ME



Aug 6

PARC NATIONAL DE LA JACQUES-CARTIER

Under the Giant Rocks Guided Tour—Let curiosity lead the way! This off-trail guided activity will take you on a one-hour impressive path, surrounded by ancient boulders, rocks, and minerals, all while learning about them.

The Jacques-Cartier National Park is a protected boreal forest and historic site (once inhabited by the Huron people), home to some of Mother Nature's great marvels.

This is a perfect activity for children and adults alike. Transportation and the naturalist guide's fees will be covered by VEQ.

Interested? There are still some tickets left!

More details [here](#).

Aug 20

OLD QUÉBEC CITY 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.

Morning Tour

From 9:30 to 11:30 AM

Afternoon Tour

From 1:00 to 3:00 PM

Contact María now to book your spot!

Podcast Broadcasts and Employability

MY QUÉBEC CITY PODCAST



DON'T MISS THE NEXT EPISODE!

What are your favourite types of podcasts? With 17 episodes released so far, My Québec City has something for everyone.

Some have shared personal stories like Grace and Patricia talking about their immigration experiences. Others like Charles and Océanne invite the listener to weigh in on social issues as they look at the factors contributing to a fictional, but plausible crime. And there's also lighter episodes such as the one with Giovanni and Philippe, who simply want to talk about food, blogging and family.

We're so proud of each of our podcast hosts. So keep listening and subscribe to our YouTube channel as there are many more episodes to come.

EMPLOYABILITY

Recent Workshops

On May 25, VEQ welcomed Jean Bernier, Professor Emeritus Laval University to present a webinar on labour standards in Québec with a special focus on women's rights.

At the end of May, we were also grateful to have Chloe Breton from Libre Emploi facilitate an in-person workshop on interview skills with a class of English-speaking students at Samuel Champlain Secondary. The students practiced answering questions and got tips on how to answer the tough ones.

Expanded list of employers looking to hire English-speakers

We will be adding 20 more employers to our growing list! If you know of a company that is not on our list, contact Susanna.

#JobTipTuesdays

This summer, we're using this Facebook hashtag to introduce you to a variety of community organizations that are dedicated to helping people find work. You'll learn a little about each organization's mission as well as some of their programs, workshops or events.

THE PATHWAYS PODCAST

It's back!! This summer we'll be recording a few more episodes of The Pathways Podcast where we interview local people about

their career journeys. We can't reveal all, but two jobs that are at the top of our guest wish list include a skilled tradesperson and an early childhood educator. These are two fields with a bright long-term job outlook. Coming this fall.

For more information about any of these projects

Susanna Tang

 (418) 683-2366 EXT. 222

 SUSANNA.TANG@VEQ.CA

Community Happenings

COMMUNITY EVENTS AND ACTIVITIES FOR YOU

The Morrin Centre

Summer Reading Challenge



Calling avid readers, seasonal readers, not-really readers, and everyone in between—from now until September 21, 2022, you have the chance to win a bundle of books from previous Imagination festival authors by completing the Morrin Centre's Summer Reading Challenge!

Library Workshop: Reading Poetry

Aug 7—Join us at the Library for Part II of our introduction to the pleasures of reading poetry.

To learn more, please email library@morrin.org

Arts Alive 2022

More details about Arts Alive 2022 coming soon!

Are you a local artist or artisan, or know someone who could showcase their talent at Arts Alive this year?

Email Jeanne Lebossé-Gautron at jeannelebosse@morrin.org to get more details and register.

Picture This

Happening in September-October 2022. Stay tuned for more details!

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

Email: info@morrin.org

Tel: (418) 694-9147

VMFRC

The Valcartier Military Family Resource Centre (VMFRC) has the perfect opportunity for the community to connect this summer. Bring your picnic, tablecloth and chairs. Discussion and games for adults. Activities and water games for children. Newcomers are welcome! No registration required.

Next Bilingual Picnic is on Friday, July 22 at 11 a.m.

VMFRC Community Centre
Bldg 93, C.P. 1000, succursales
Forces, Courcelette, QC

For more information:

chantal.thompson@crfmv.com

All these events (and more!) here:

SCAN ME



Local Vocals

This is for all lead vocalists, shower singers, karaoke enthusiasts, and everyone in between!

Join the Local Vocals Singing Ensemble every Monday until

September 26 to sing with others on Zoom.

All levels and ages welcome.

Questions? Please email: k.urbschat@gmail.com

... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

CHALMERS-WESLEY

The Chalmers-Wesley United Church cordially invites you to attend Musical Wednesdays every Wednesday this summer from 12 p.m. to 1 p.m. at 78 rue Sainte-Ursule, Québec.

Jul 20—Guitars & Co.

Jul 27—Le Duo Cordes au Vent, Peter Calkins & Lise Lavoie

Aug 3—David Jacques & Lawrence O’Hearn

Aug 10—Alain Châteauvert

Aug 17—Airs des musicales populaire Sharon MacLeod & Peter Calkins

Aug 24—Maureen Frawley & Dana Nigrim

Aug 31—Jacquelin Rochette

All are welcome.

Free admission.

Donations welcome.

There is a door prize draw for a \$25 gift certificate to the Café de Paris at the end of each concert.

YES Employment + Entrepreneurship

YES enriches the community by providing English-language support services to help Quebecers find employment and start and grow businesses.

Visit their website here:

www.yesmontreal.ca

For questions:

info@yesmontreal.ca

Upcoming free virtual events:

Jul 25—Interview Theory and Prep

Jul 26, Aug 23—Jump Start Your Job Search Express

Aug 1—Self-Assessment and career Exploration: Self-Awareness

Aug 5—ELLEvating Women Entrepreneurs Workshop

Aug 9—How to Write a Winning Cover Letter

Aug 16—Leveraging Your LinkedIn

Aug 23—How to Have S.M.A.R.T. Goals and S.M.A.R.T.E.R Action Plans

Upcoming workshops:

French for the Workforce

Enhance your job opportunities and become more confident speaking French. Don’t miss this opportunity to go beyond the basics and improve your professional French.

Schedule: Wednesdays and Fridays, **September 14—October 14, 2022** from 9:30am to 12:30pm

Cost: \$75.00

For more info or to register:

www.yesmontreal.ca/french-for-the-workforce

Life Long Learning

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

Visit their website here:

www.lifelonglearningquebec.org/

Upcoming events:

Sep 15—Welcome Back Tea.

Call the Québec City Reading Council at (418) 681-1258, or email

info@lifelonglearningquebec.org

Even More!

COMMUNITY EVENTS AND ACTIVITIES FOR YOU

The Wellness Centre

The Wellness Centre at the Jeffery Hale Pavilion 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 21—Caregiver’s Café: Saint Brigid’s Home Tour

Aug 1—Summer Special: Art Care Packages for Caregivers

Join the Wellness Centre WE Drivers Team!

Many English-speaking seniors living in Québec City may feel isolated and alone, especially if their family lives elsewhere. Caring volunteers like you help foster a sense of belonging and community, crucial to physical and mental well-being.

Even occasional drivers are most welcome!

Being part of the WE Drivers team means that you drive vulnerable individuals to medical appointments from time to time. Even if you can only help a few times a year, you would still be a welcome addition to our team! You are free to say yes or no to each

Park Playdates

Join other English-speaking parents and caregivers of children of all ages for get-togethers at the park Friday or Saturday mornings from May to September.

Details about Park Playdates [here](#).

Questions? Please email: info@jhpartners.net

request, and we gladly reimburse your mileage starting right at your front door. **Students and newcomers!** This is a great way to gain valuable experience while helping your community!

If you would you like more information, please email: Elise Holloway, Volunteer Coordinator: eholloway@jhpartners.net, or click [here](#) for more information!



EPIQ

EPIQ (English-speaking Parents in Quebec) events are organized by volunteer parents with support from the community Wellness Centre. For more information:

www.facebook.com/groups/epiqevents

Upcoming events:

Jul 28, Aug 11, 25—Informal Chat Session

Sep 8—Parents’ Night Out: Pizza Planning Party

ORGANISING AN EVENT?

Send it to VEQ, and post it on the QCT Community Calendar!

To help minimise event scheduling conflicts in the English-speaking community, VEQ, in partnership with the Quebec Chronicle-Telegraph (QCT), is urging community partners to send their events and to post upcoming events on the community calendar.

To send an event to VEQ, email info@veq.ca

To post an event on the QCT Community Calendar, visit www.qctonline.com/event

MADE POSSIBLE THANKS TO

Canada  Québec 