

# VEQ NEWSLETTER

JUNE 2022

## AND WE ARE JUST WARMING UP!



From the archives—Sunset Ferry Ride  
2021

We are gearing up for a season of activities under the sun!

María Castro has big plans for our newcomers this season—hikes, picnics and, of course, the always well-attended ferry ride to Quai Paquet in Lévis.

Susanna Tang is still working hard on the *My Québec City* podcasts. Go give our youth's voice a listen as they tackle topics like, teen mental health, career choices, social media and much more.

Dominique Paddock will be keeping our 50+ members busy as they explore l'île d'Orléans, visit Atelier Paré, and a lot more interesting places. He will, of course, still be your go-to at our Shannon satellite office!

Speaking of, Catherine Baboudjian has been delighting 50+ members in the northern perimeter with fun outings, *Walking Distance* meets, and social hours at our Community Space. Have you been there yet?

*Read on to learn more.*



Voice of English-speaking Québec

**Connect with the  
English-speaking community**

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SCAN ME

## ALL OUR LINKS IN ONE PLACE!

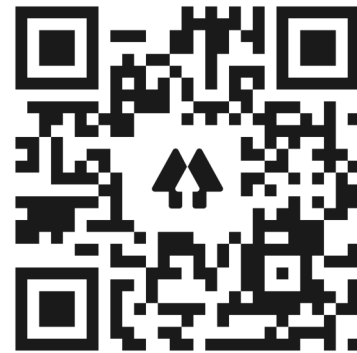
We have made it easier for you to connect with us!  
Here is how it works:

*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.



## Subscription

To help us promote a greener future with less print copies, please take a moment to contact us by phone at (418) 683-2366 ext. 221, or by email at [info@veq.ca](mailto: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](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

YOU ARE CORDIALLY  
INVITED TO ATTEND



Save the **new date**—Our Annual General Meeting will take place virtually on **Thursday, June 29th** from 6:30 p.m. to 8:30 p.m.

Learn about what we have accomplished this past year, and come say hi to some familiar faces!

## To RSVP:



(418) 683-2366 EXT. 221



INFO@VEQ.CA

**06 / 29 / 22**

**VEQ'S ANNUAL  
GENERAL MEETING**

THURSDAY, JUNE 29TH  
6:30 - 8:30PM  
VIRTUAL AGM VIA ZOOM

PLEASE RSVP TO  
418 683-2366 EXT. 221  
OR INFO@VEQ.CA

A ZOOM LINK WILL BE SENT  
TO PEOPLE WHO RSVP

YOUR HEALTH AND SAFETY ARE IMPORTANT TO US

## SHARE YOUR STORY



Are you a recent (or not so recent) newcomer who has moved to the Greater Québec City region? Do you have a testimonial that you would like to share with us and other newcomers?

We would love to hear about your experience moving to this corner of the world!

*"I chose Québec because..."* follow the link to fill us in:

[www.veq.ca/newcomers/i-chose-quebec-because/](http://www.veq.ca/newcomers/i-chose-quebec-because/)

## Community Bulletin Board

Looking for a babysitter or a handyman? Cleaning your house and hosting a garage sale? Our Community Bulletin Board is your **free** resource for posting information and classifieds.

For more information, visit:

[www.veq.ca/our-community/community-bulletin-board/](http://www.veq.ca/our-community/community-bulletin-board/)

# 50+ Services

## FUN WITH *OUT* & *ABOUT*!

*Out & About* is looking forward to summer, as we will be busy and active once again discovering and re-discovering places of interest in Québec and surrounding areas.

Some of these outings will include trips to l'île d'Orléans, ferry rides to Lévis' Quai Paquet, indulging on Chocolat Favoris ice cream, enjoying lunches and picnics, attending the Summer Concert series at Chalmers-Wesley, visiting the Atelier Paré in Ste-Anne-de-Beaupré, apple picking in September and more!

This past April, *Out & About* visited the Parliament building. 35 participants enjoyed the guided visits of the historical rooms and corridors, and the stories behind Québec's beautiful National Assembly. Participants then had lunch at the Café du

Parliament. For many, it was a first-time visit to Parliament, and an amazing one at that!

On May 12th, we were invited to a dress rehearsal at Cégep Champlain St. Lawrence's auditorium to view Quebec High School's *Game of Tiaras*—a twist between Disney fairy tales, Shakespeare's *King Lear* and the modern TV series *Game of Thrones* which left many “dying” of laughter.

Lastly, we had loads of fun bowling at the Salon de Quilles Laval on May 18th. Many hadn't bowled in years, yet spares, strikes and scores surpassing 100 were recorded! Of course there were a couple of gutter balls... The most amazing strike, however, was a gutter ball which made its way back onto the alley for a strike! Score!

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

Check out the VEQ webpage ([www.veq.ca](http://www.veq.ca)) for our calendar of events and activities, and stay up to date with us!

Prefer using the phone or email?

Don't hesitate to contact **Dominique Paddock** to register or to offer ideas and suggestions.



(418) 683-2366 EXT. 227



DOMINIQUE.PADDACK@VEQ.CA



May 28th—Bowling Outing, followed by lunch.



Bowling Outing—Going for a strike?!



Some of the participants of our guided Parliament visit in April.



# Northern Perimeter

## WHAT'S NEW?

The months of May and June spell the end of the school year and high school graduation activities for many students, including those at Dollard-des-Ormeaux School (DDO) in Shannon. VEQ is proud to support and partner with DDO once again, and will be participating in the Secondary Academic Awards ceremonies. VEQ will contribute to the DDO Awards Fund, which gives out cash prizes to students with the highest achievements.

In addition, VEQ will also help support a field trip to *Arbraska Chauveau* for future DDO graduates in June, where seniors will set out for a day of well-deserved fun! Meanwhile, Susanna Tang's *My Québec City* podcast project continued for DDO students throughout the spring and the last workshop took place on May 13th.

The satellite office continues its role to preserve and develop community life for the English-speaking community by acting as a hub of information, providing newcomer services, working with local organisations, and carrying out and supporting events and initiatives for youth, families and seniors.

If you haven't visited our offices and discovered our new

Community Space—give us a call and come meet us! Our Community Space is slowly but surely taking life, with activities of interest being held for local residents. We celebrated Earth Day on April 22nd by inviting locals to plant seeds. Meetings are increasingly being held there for VEQ, and for other community partners as well.

And, don't miss out on our *Community & Coffee* chat every first Monday of the month! We also have some arts and craft activities brewing up that are likely to take place in summer or fall.

Stay tuned!



Making good use of our Community Space for Earth Day on April 22nd.

## Get in touch with our Shannon team!

### Contact Dominique Paddack

#### Email:

[dominique.paddack@veq.ca](mailto:dominique.paddack@veq.ca)

#### Tel:

(418) 683-2366 ext. 227

### Contact Catherine Baboudjian

#### Email:

[catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca)

#### Tel:

(418) 683-2366 ext. 228



We had a very special little visitor too!

# 50+ Northern Perimeter

## OUT & ABOUT

Outings continued throughout the early spring, with trips to the Museum of Civilization, as well as a trip to a dress rehearsal of the comedy-tragedy, *Game of Tiaras*, put on by Quebec High School students. Many thanks to Debbie Chakour and Tess Leblanc for the invitation to the play!

**Summer is right around the bend! Here are a few outings coming up:**

### FloresSens Shopping Trip

**Jun 2**—a *must* for the avid gardener. Hop on the bus and bust your plant budget at this beautiful nursery!

### Atelier Paré

**Jun 20**—a visit the wood sculpting museum, followed by lunch.

### Concert

**Jun 29**—Musical Wednesdays at Chalmers-Wesley, the opening concert will be *Crépuscule*!

### To Look Forward To

Other outings will include Le Moulin des Jésuites and l'île d'Orléans amongst others.

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

## ENGAGING IN COMMUNITY

### Walking Distance

Our walking club is up and running (or, some would say, *walking*)! We walk in Shannon and Saint-Gabriel-de-Valcartier regularly, on smooth, cleared surfaces. Check our [calendar of events](#) for upcoming walking dates, or call Catherine.

### Community Space



*Planting seedlings and socialising in our Community Space.*

Our Community Space is open on the first Monday of every month between 10 a.m. and noon. Stop by for coffee, a chat or some baked goods! The next drop-in date is Monday, June 6th. The address is 438 Boul. Jacques Cartier, Shannon.

### Jeffery Hale Community Services (Zoom Session)

Join us in the Community Space at 7 p.m. on **June 15th** for a Zoom session with the Jeffery Hale Community Services.

France Gaudet, occupational therapist and clinical coordinator at Jeffery Hale Community Services will discuss:

- Services for 50+ (mental health, homecare, day centre);
- Social work, occupational therapist, nurses, special educator, psychologist;
- Services at the Jeffery Hale Pavillon (Wellness Centre) and services at home;
- Transition to a private residence or to a public residence like Saint-Brigid's home;
- Other local services: private, public, community, etc...

Our Community Space in Shannon has limited seating, please RSVP your presence to Catherine.

**For more  
information about  
any of these  
activities and  
projects**

Catherine Baboudjian



(418) 683-2366 EXT. 228



CATHERINE.BABOUDJIAN@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](mailto:newcomers@veq.ca)

As mentioned in our April newsletter, we wanted to get newcomers' feedback and suggestions via a survey, and we are so glad many of you took the time to respond! After tallying the results, the top 4 topics of interest for newcomers are: meeting other people, exploring the outdoors, learning as much as possible about how things work in Québec, and practicing French.

Part of our goal is precisely to meet these needs, and help newcomers break the isolation by providing them with a safe and friendly space to connect with others. We help them build their sense of belonging by visiting popular and beautiful landmarks, and letting them familiarise with the culture. We also facilitate access to the resources and services needed to make *settling in* a success. With all these needs met, newcomers can then move on to learning, or improving, their French skills!

If you want to learn more about the survey results, [click here](#).

## Keeping Busy!

### RECENTLY HELD F.Y.N.N. EVENTS YOU MAY HAVE MISSED

#### A Curling Morning



April 23rd—**NEW!** 12 newcomers from Australia, Canada (Newfoundland, Ontario), China, Dubai, Finland, France, India, Mexico, and Romania tried curling for the very first time in their lives! It was surprisingly tiring and, as you can imagine, a lot of fun! Definitely an activity worth repeating next winter.



A few memories from our morning spent curling.

#### Interviewing Skills

May 3rd—Participants were so involved that we stayed around longer than anticipated! It was an enriching event, full of useful advice and experience-sharing. The employment counsellors from the FORT Program were knowledgeable, caring, and supportive as always.

#### YES Networking Event

May 25th—Open to all entrepreneurs in the Greater Québec City region, this event was the perfect setting for establishing new business relationships while getting a better understanding of the local business arena. This was the first of a series of events intended to boost entrepreneurs, especially after these past difficult years. The next networking event will be in August.

Continued on the next page!





## Working Conditions in QC

May 31st—Originally organised by SOIT (Ici-Femmes) and in French, we are grateful for their help in arranging this workshop for us in English. This topic, which especially touches those of us who moved from abroad, promises to be a learning experience for all of us. *The workshop has yet to happen at the time of publishing.*

## Old Québec City Tour

May 28th—For the tenth consecutive year, this is one of the most anticipated events for newcomers! And, why wouldn't it be? After all, Québec City encompasses a wealth of history and is also the only remaining walled city north of Mexico, making it even more unique. Guided by professional tour guide, François Monet, we were transported back to 1608, when Samuel de Champlain first set foot on what we call home today.

This popular activity sold out very fast, and we are in the process of releasing more dates for more tours. *Stay tuned!*



*Learn more about beautiful Québec on our guided tour!*

# Mark Your Calendars

UPCOMING  
NEWCOMERS EVENTS  
YOU DO NOT WANT  
TO MISS!

## PSA—MARÍA WILL BE AWAY

From June 20th to June 24th, María will be out of the office for vacation. For general enquiries during that time, please email [info@veq.ca](mailto:info@veq.ca).

Upon her return, she will continue developing the busy agenda for newcomers, and getting ready for sun-filled activities.

Thank you for understanding!

Never miss an event again.

Sign up for our emailing list:

SCAN ME



Jun 16

## GAME NIGHT

7 p.m.—On June 16th, we request your presence for an evening with snacks, drinks, fun games, and cool company. [Check our inventory of new games here.](#)

Jul 16

## PARC NATIONAL DE LA JACQUES-CARTIER



*Les Cascades Interpretive Guided Tour*—Let's explore the beauty of one of the most accessible and popular provincial parks together! A bilingual guide will take us on a sightseeing walk along the Cascades trail.

Jul 28

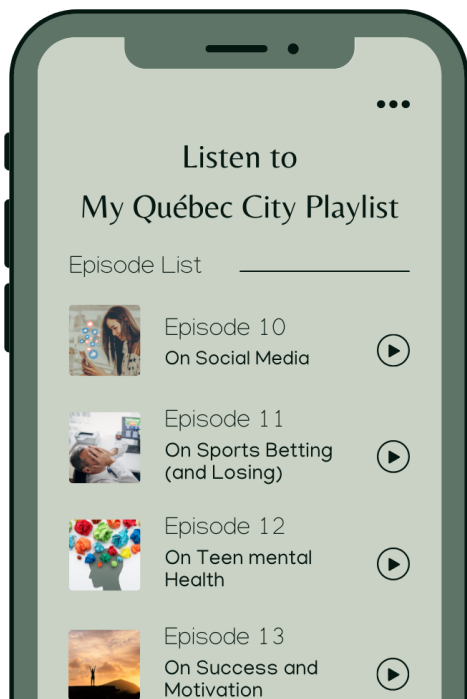
## SUNSET FERRY RIDE

6 p.m.—Another popular event amongst newcomers! This event is not only an invitation to make new friends, but also a chance to capture the best view of the iconic Fairmont Château Frontenac you'll ever see—at sunset!



# Podcast Broadcasts and Employability

## MY QUÉBEC CITY PODCAST



### DON'T MISS THE NEXT EPISODE!

Have you been keeping up with the *My Québec City* podcast? We're now at **14 episodes** and we are just getting started! Covering diverse topics and issues, you'll find them engaging, moving, amusing and impactful.

Here's a sneak preview of some future topics: immigration diaries, dating advice, cancel culture, crime, sports, and much more!

Thanks for listening and supporting our youth!

### Help us hit 100 subscribers!

After 100 subscribers, we will be able to customize our URL, making it easier for others to find our YouTube channel. Plus, it's the best way for you to stay on top of our episode releases. Thanks for your support!



## EMPLOYABILITY

With help from our partner organisations, VEQ is here to support you in your job search!

On April 7th, Mariève Tanguay-Lessard and Steven McCoubrey from the Central Québec School Board (CQSB) gave an overview of job opportunities available, and why you might consider a career with the CQSB. It was a great way for potential candidates to connect with these recruiters and we are thrilled to report that a few participants were even hired shortly afterwards.

If you missed the info session, we've got you covered! We're planning to host another one in a couple of months. Check out our **Calendar of Events** to stay updated!

In early May, employment

counsellors from the FORT Program facilitated a workshop on succeeding in job interviews. Xavier Langis and Rosalie Roy answered participant questions and shared important tips and advice, including how to stay calm in interviews and how to answer difficult questions.

### #JobTipTuesdays

Continue to look out for our *#JobTipTuesday* posts on our **Facebook page** every Tuesday, where we share job search tips and information about employment-related events and workshops in the city!

## LOOKING TO USE ENGLISH AT WORK?

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

SCAN ME



# Community Happenings

## COMMUNITY EVENTS AND ACTIVITIES FOR YOU

### The Morrin Centre

The Morrin Centre's mission is to provide the English- and French-speaking public with rich, engaging programming in the areas of heritage interpretation, education, and the arts.

**Pixels & Pages: The Morrin Centre's Online Book Club**

Join *Pixels & Pages*, the Morrin Centre's online book club! Meetings take place over Zoom.

**Jun 23**—*The Glass Palace* by Amitav Ghosh

To learn more or sign up, email [library@morrin.org](mailto:library@morrin.org)

### 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](http://www.yesmontreal.ca)

#### Upcoming events:

**Jun 17**—ELLEvating Women Entrepreneurs Workshop

#### Upcoming workshops:

##### **French for the Workforce**

YES Employment + Entrepreneurship is offering a

four-week virtual course (2 classes per week) to help you prepare for job interviews, engage in small talk and participate in work-place chit-chat. All in French!

Schedule: Wednesdays and Fridays June 8 – July 15, 2022 (Except holidays)

9:30am – 12:30pm

Cost: \$75.00

For more info or to register:

[www.yesmontreal.ca/french-for-the-workforce](http://www.yesmontreal.ca/french-for-the-workforce)

For questions:

[info@yesmontreal.ca](mailto:info@yesmontreal.ca)



### 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!

**June 28-29**

**Aug 3-4**

**Aug 30-31**

Contact Maria Castro to reserve.



(418) 683-2366 EXT. 225



[NEWCOMERS@VEQ.CA](mailto:NEWCOMERS@VEQ.CA)

All these events (and more!) here:

SCAN ME



# ... More

## 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.

#### Upcoming events:

**Jun 2, 9, 16, 22**—Prenatal Information Meetings

**Jun 4**—Park Playdate: Parc-Notre-Dame-de-la-Garde

**Jun 7**—Baby Chat: Parents' Chat

**Jun 8**—Transition to High School Workshop

**Jun 9**—Caregivers' Café: An Intro to Art Therapy

**Jun 11**—Outdoor Family Kick-off to Summer

**Jun 15**—Introduction to Jeffery Hale Community Services

**Jun 17**—Park Playdate: Parc Maurice Dorion

**Jun 25**—Park Playdate: Parc de la Rivière

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

### EPIQ

EPIQ (English-speaking Parents in Quebec) events are organized by volunteer parents with support from the community Wellness Centre. Please check our Family Matters online newsletter or follow the EPIQ Facebook page for all the details:

[www.facebook.com/groups/epiqevents](https://www.facebook.com/groups/epiqevents)

#### Upcoming events:

**Jun 2, 16**—Informal Chat Session

## 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 us their events and to post upcoming events on the community calendar.

To send an event to VEQ, email [info@veq.ca](mailto:info@veq.ca)

To post an event on the QCT Community Calendar, visit [www.qctonline.com/event](http://www.qctonline.com/event)

### Local Vocals

Calling all lead vocalists, shower singers, karaoke enthusiasts, and everyone in between!

Join the Local Vocals Singing Ensemble every Monday until

September 26th to sing with others on Zoom.

All levels and ages welcome.

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



*The Singing Birds, courtesy of Alexandra Saunders.*

MADE POSSIBLE THANKS TO

