

VEQ NEWSLETTER

SEPTEMBER 2023

FASCINATION OF FALL!

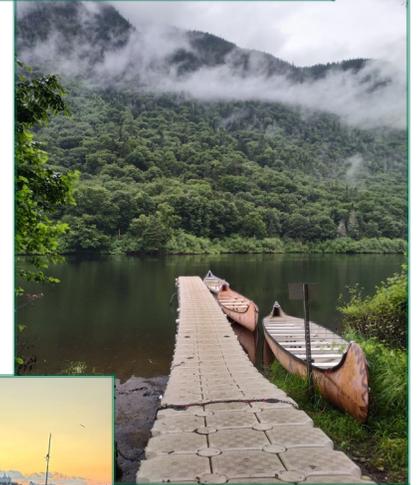
Summer was amazing, with its juiciest berries, beautiful sunsets, and mountains of adventures. But now, it's time for pumpkin spice lattes and Fall Fest 2023! Let's relish in the beauty of the turning leaves in Quebec City together.

Calling all newcomers! Get ready with your shoes for the guided tours with Maria Castro this September. You'll have the opportunity to learn a lot about the history of Québec City.

We're thrilled to showcase our podcast collaboration with Coopérative CIEC de Loretteville and the new podcasts "My Quebec City 50+ Edition", created by Susanna Tang!

Our 50+ team savored the scent and beauty of the lavender fields at Île d'Orléans, visited the Henry-Stuart House, and took a ride to Quai Paquet in Lévis. And guess what? The adventure isn't over yet! Keep reading to hear more from Maria Hoyt, Dominique Paddock, and Jeanne Nivischiuk.

Last but certainly not least, hurray! We are thrilled to invite you to Fall Fest - 2023, which will take place on Saturday, September 23 - check out the details on page 3. We are so excited to see you there!



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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 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.

MADE POSSIBLE THANKS TO



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

2023

FALL
FEST

FÊTE
D'AUTOMNE

SATURDAY
SAMEDI 23 SEP

11 AM - 3 PM



SCAN FOR DETAILS



NEW LIVERPOOL
ELEMENTARY
SCHOOL

995, AVENUE WOLFE, QUÉBEC

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

This summer was filled with firsts: first time we went to a baseball game, first time we played petanque, first time we went on a rabaska!

31 participants from 12 different countries (including Canada) got an opportunity to enjoy the guided hike and rabaska activity at the Parc de la Jacques-Cartier. Even though the rain was imminent, we did not fret; boy, did that pay off! We had an amazing time rowing on the Jacques-Cartier River while learning about its ecosystems.

For the first time, we organised a pétanque initiation game. Most of the 15 participants had never tried this popular, local sport. By the end of the game, not only did they know and understand the rules, but they also enjoyed it!

Thanks to Les Capitales, we were able to bring 19 newcomers to a baseball game. For half of them, it was their very first game, ever!

Never miss an event again.

Sign up for our emailing list:

SCAN ME



Mark Your Calendars

AS USUAL, FALL IS BUSY! DON'T FORGET TO REGISTER ON TIME, AS MANY EVENTS GET SOLD OUT QUICKLY!

Sep 10

UNDERSTANDING WHY QUÉBEC SITE IS A UNESCO WORLD HERITAGE

Did you know that *Old Québec* is a UNESCO World Heritage site? In partnership with Découvrir ma cité, we will tour around this beautiful part of the city while learning the reasons that behind this status. FREE

Sep 16

GRANDE PLÉE BLEUE

An interpretive guided tour to one of the most enigmatic ecosystems of all, the peat bog at the *Grande Plée Bleue*. FREE

Sep 30

CAP TOURMENTE

Fall is around the corner, and we are taking you to one of the most beautiful, protected areas in the region, *Cap Tourmente*! This natural reserve is famous for bird observation, especially the snow geese, who stop here on their journey south, escaping the cold winters. FREE

Oct 25

THE HISTORY OF QUÉBEC WORKSHOP

One of our all-time favourite, the *History of Québec workshop*, at the iconic Morrin Centre. Dive into the rich history of Québec City while connecting with other newcomers and establishing new friendships. FREE

Oct 28

QUÉBEC NATIONAL ASSEMBLY GUIDED TOUR

Curious to know how the provincial laws are passed? Well, do join *Québec's National Assembly guided tour*! Every single one of us is part of this democratic society and learning its ways is essential. FREE



DÉCOUVRIR ma CITÉ

Free guided tours of Old Québec for newcomers

On the occasion of World Heritage Cities Solidarity Day, *Découvrir ma cité* is organizing a series of visits. Come and discover what makes Old Québec a UNESCO World Heritage Site and how immigration has influenced the development of Québec.

When?
Sunday, September 10, 2023

At what time?
10:00 to 12:30

REGISTRATION:

www.decouvrimacite.com
decouvrimacite@hotmail.com
rngametch@gmail.com | 418-953-0807

ENTENTE DE DÉVELOPPEMENT CULTUREL
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le pivot
VOTRE CENTRE COMMUNAUTAIRE

VILLE DE QUÉBEC

Québec

VEQ
Voice of English-speaking Québec

Photography: Ville de Québec

50+ Activities

SUMMER WITH OUT & ABOUT

Summer has been buzzing for Out & About activities under the sun and rain alike!

July has been a busy month with 45 participants joining us on various outings. In the beginning of July, we enjoyed the beautiful



July 13—The Henry-Stuart House tour

music of David Jacques on the baroque guitar and Lawrence O’Hearn on the Irish flute at the free Musical Wednesday’s concert series at the Chalmers-Wesley United Church. The following week, a lively group soaked up the history of the beautifully decorated rooms at the Henry-Stuart House. Following the informative tour and teatime on the porch, participants enjoyed a tasty ice cream.

On one of the few sunny and hot days in July, participants enjoyed a beautiful ferry ride across the St. Lawrence to Quai Paquet in Lévis. There, many enjoyed lunch and ice cream from the food trucks next to the water

and observed children playing in the fountains.

In early August, prime blueberry season, over 30 participants ventured to St-Nicolas in hopes of picking some tasty blueberries. Due to lots and lots of rain, picking wasn’t possible for all, but blueberry crêpes, ice cream, and scones were enjoyed, and everyone had some blueberries to take home and savor for days to come.

In mid-August, participants enjoyed a Musical Wednesday show, graced by the beautiful voices of Sharon MacLeod & Laura Palladino accompanied on piano by Marc-André Marquis. Other activities included a lovely picnic at the Bois-de-Coulogne parc and an informative bus tour of Old Québec!



July 20 — Ferry ride to Quai Paquet in Lévis

September is here and Out & About is not slowing down yet! With museum visits in our future, a trip to Parliament, and the Île d’Orléans, stay tuned for more information!

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

Check out the VEQ website (www.veq.ca) to see **calendar of our events and activities!**

If you are part of the *50+ community* and are interested in joining any of our outings, please feel free to contact **Maria Hoyt**:



(418) 683-2366 EXT. 221



MARIA.HOYT@VEQ.CA

Northern Perimeter

WHAT'S NEW?

Art is in the air to welcome fall! After taking a summer pause, the “Arts & Crafts in Shannon” sessions for adults will resume in September. If you are interested in tapping into your artistic talents with fellow amateurs, or just curious, look no further! These workshops are free, for adults of all ages, and the materials are provided. Sessions are not necessarily led by an instructor, but participants and fellow art amateurs share their know-how and enjoy self-teaching style. Our next session will take place on Wednesday, September 13th at

1:30 p.m. at the VEQ Community Space.

On Thursday, September 22nd at 4:15 p.m., VEQ will offer an “Arts & Crafts in Shannon” session for elementary students. Several arts and crafts sessions for youth will be held throughout the fall. For more details and to register, please contact Dominique Paddack (see contact information below).

VEQ is working to serve and promote the interest and well-being of the English-speaking communities in the Northern Perimeter of Quebec City and will be holding, for this purpose, a community forum in Shannon



in the fall. We will keep you posted on venue and time details once these are confirmed.

Community Survey

In the meantime, VEQ has been undertaking a survey for Northern Perimeter community members and would love to hear your thoughts – many thanks to those who have already participated. It is important to us so that we can best respond to community needs. The survey is confidential and only takes 10 minutes. To participate, please contact Dominique to receive the survey by email or **visit the following link:** <https://forms.microsoft.com/r/4LHctyUU6T>

You can also pick up a copy of the survey at the VEQ Shannon office, mail it back, drop it back off, or fill it out directly in our offices. As a “thank you” for having taken the time to respond, you can enter your email at the end of the survey for a chance to win one of five \$25 gift cards!

We are looking forward to hearing your perspective on life as an English speaker in your respective community. And the VEQ satellite office in Shannon is looking forward to engaging with you once again in 2023-2024!

Get in touch with our Shannon team!

Contact Dominique Paddack

Email:

dominique.paddack@veq.ca

Tel:

(418) 683-2366 ext. 228

50+ Northern Perimeter

OUT & ABOUT

The Northern Perimeter O&A crew made their way to the Lavanderie de Île d'Orléans for a visit to the stunning and fragrant fields in full bloom! The more than 1000 plants were a delight to the senses as well as educational, as we learned about the multiple uses of lavender, which has been cultivated for thousands of years. Afterwards we enjoyed a meal and refreshments, perfect for a warm summer day. The weather and the view were unmatched and our merry group enjoyed the outing.

The August Out & About is to the Holy Trinity Cathedral to hear their Midi en Musique series and enjoy Old Quebec as we try to soak up as much of the summer as possible. On September 29, we will have a guided tour of the Governor General's Residence at the Citadelle de Quebec.

For more information or to join our outing, contact Jeanne Nivischiuk for more details!



The Northern Perimeter Out & About crew at the Lavanderie de Île d'Orléans on July 14

ENGAGING IN COMMUNITY

Summer will soon be over, but we have many things planned in the Northern Perimeter!

Our activities will be returning in September in full force:

September 12 — Chair Yoga (Shannon)

September 14 — Chair Yoga (St. Gabriel-de-Valcartier)

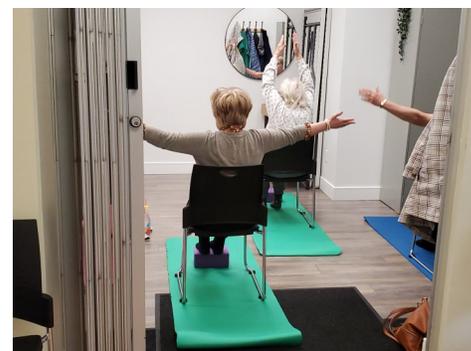
September 15 — Community Kitchen (Chinese Food Theme)

September 18 — Knitting Circle

We will also have special workshops and activities, so contact Jeanne Nivischiuk for more information on how you can participate!



Community Kitchen



Chair Yoga Classes activities

If you live in the Northern Perimeter (Saint-Gabriel-de-Valcartier, Shannon or Stoneham-et-Tewkesbury) and would like to participate in our outings or activities, don't hesitate to contact Jeanne.

Jeanne Nivischiuk



(418) 683-2366 EXT. 228



CATHERINE.BABOUDJIAN@VEQ.CA

Podcast Broadcasts and Employability

PODCAST NEWS

My Québec City 50+ Edition

Tell your friends, dentist and neighbour about VEQ's podcasts! **VEQ's YouTube channel** is where you'll hear the latest My Québec City episodes featuring high school students and graduates interviewing 50+ members of our community. Learn and laugh along with them as they share jokes, deep reflections, and stories.

Six episodes have been released so far and we'll conclude with three additional episodes in



September after Susanna returns from her vacation. You'll find all episodes on our **playlist**.



Coopérative CIEC de Loretteville

VEQ Project Coordinator Susanna, was thrilled to collaborate with CIEC de Loretteville (CJE Chauveau) for a second summer to record and edit a few French podcasts with the Coordinators and their team of teenage entrepreneurs. What's a CIEC? Find the answer by listening to Arianne and Jasmine **here**. Also, check out **the amusing commercial and interview** we recorded with



the youth. Thank you, Stéphanie Carrier from CJE Chauveau for bringing us all together.

EMPLOYABILITY

Volunteer Info Session

Diplôme avant la Médaille, VEQ and WE Volunteer (Wellness Centre at Jeffery Hale) are hosting an information session about volunteer opportunities. Volunteering is a great way to meet people, integrate in the community and develop your skills.

Contribute to a young person's future by becoming a tutor! If you like teaching and can give one hour a week, **Le Diplôme avant la Médaille (DAM)** needs 300 volunteer tutors this year to help student athletes overcome their academic difficulties. English, math, and science are the subjects most in demand.

Other volunteer options with WE Volunteer will also be shared.

Join us for the Info Session on Thursday, September 14 starting at 6pm. Light refreshments will be served. Time will also be set aside for mingling.

Pre-registrations required. Sign up **here!**

See you there!

Continued on the next page!



Table Talk Tuesdays with the FORT Program

Starting September 5, the career and employment counsellors at the FORT Program will be hosting a weekly drop-in called Table Talk Tuesdays at their Ste. Foy office: 2630 Boulevard Hochelaga (behind Laurier Québec shopping centre). Their goal is to create a space for an open forum on employment, integration, and career planning. Join them Tuesdays between 11:30 am and 1:30 pm.

Interview Skills Workshop Coming this Fall

In collaboration with Programme FORT, VEQ will host an interview skills workshop likely in October. This workshop will not only include helpful hints about how to ace your interview but will also cover the questions employers should never ask you and how to respond to them.

All these events (and more!) here:

SCAN ME



SEEKING: VOLUNTEER TUTORS

September 14
6:00 pm – 7:30 pm

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

Questions susanna.tang@veq.ca

REGISTER NOW

INFO SESSION
PRESENTED BY

VEQ
Voice of English-speaking Québec

DAM
LE DIPLOME
LA MEDAILLE



COACHING DATES

Are you an entrepreneur or have aspirations 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!

Sep 20-21

Oct 17-18

Nov 15-16

Contact **María Castro** for reservations:

 (418) 683-2366 EXT. 225

 NEWCOMERS@VEQ.CA

Community Happenings

COMMUNITY EVENTS
AND ACTIVITIES FOR YOU

The Morrin Centre

Summer Reading Challenge

Looking for a literary challenge this summer? You have until Sep 21 to complete **this list of reading prompts** from the Morrin Centre.

To learn more, please email library@morrin.org

Teatime

Enjoy tea and learn about Victorian etiquette every Sunday until Sep 3 at the Morrin Centre's library. Registration necessary.

Draw To Natural History

Enjoy this amazing workshop, which can take you from

“I can't draw” to “Look at all the ways I could use drawing!”

Double Book Launch – Evening Of Bilingual Poetry

On Sep 13, join the bilingual evening of poetry to celebrate the launch of D.M. Bradford's *Bottom Rail* on Top & T. Liem's *Slows: Twice!*

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

Email: info@morrin.org

Tel: (418) 694-9147

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 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@jhparkers.net

Upcoming events:

Sep 5, Sep 19 — Stay Sharp Drop In

Sep 12 — Wellness Café: Supporting A Loved One With Alzheimer

Sep 15 — Travellin' Toddler Time: Wild Animals

All these events (and more!) here:

SCAN ME



TABLE TALK TUESDAYS

BETWEEN
11:30 AM &
1:30 PM

2630, Hochelaga Blvd.,
Quebec (Qc) G1V 0H2

Open discussion for the English-speaking community on integration, employment and career planning.

Stop by on any Tuesday
Starting September 5th



ENGLISH

Share your experiences, challenges and questions with your peers and the career and employment counsellor.

