

VEQ NEWSLETTER

JULY 2023

SOUNDS LIKE SUMMER!

Three cheers for sunshine! Sandals and sunscreen days are here. Some of our staff members are taking time off in the coming months, but rest assured that our services will remain unchanged for you.

Our AGM was held in person on June 28, and we were so glad to see so many familiar faces. Read on to learn about how a few of our projects are faring, and what we have planned for you—including a Rabaska tour for newcomers, exciting activities for our 50+ community and much-anticipated podcast episodes!

Save September 23 in your calendar for Fall Fest 2023—we hope to see you at this well-attended, family-friendly event. Last but not least, please take note of our summer hours until September 1:

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.



Old Québec Walking Tour for Newcomers

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!

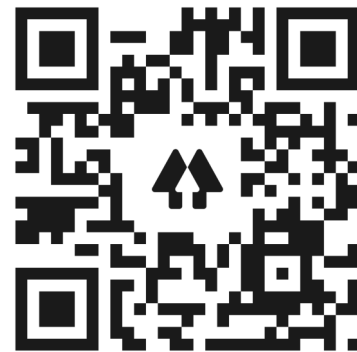
We have made it easier for you to connect with us!
Here is how it works:

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 2023



Close to 40 people attended the Voice of English-speaking Québec's Annual General Meeting, held on Wednesday, June 28, 2023. We were glad to once again be able to welcome members in person at the Jeffery Hale Hospital's Coin Soleil.

Attendees heard about the details of VEQ's projects and successes of the past year, and stayed back to enjoy a few nibbles and

socialize afterwards.

The following departing Board members were thanked for their important contribution to VEQ and the community:

Kaley Hall and Marguerite Spik.

VEQ was happy to have a number of community members wishing to join the Board of Directors and welcomed 3 new Board members.

2023-2024 Board of Directors

Executive Committee:

Razvan Petre, *President*

Amanda Heath, *Vice President*

Kristy Findlay, *Treasurer*

Chantal Dubois, *Secretary*

Warren Thomson, *Member-at-large*

Members:

Loch Baillie,

Ashley Byrne,

Joan Chandonnet,

Philip Goyer,

Balazs Hajek,

Maximilienne Machungwa,

Aliyeh Rasooli Zadeh,

Edward Sweeney.

SEE YOU LATER, MELISSA!

At the beginning of July, VEQ's Communications Agent, Melissa Wan, will be going on

maternity leave. We cannot wait to welcome a new member to the community. We will miss you, Melissa!

Meet her maternity leave replacement, Viktoriia Poulin Gareau, in the next issue of our newsletter.



50+ Activities

FUN TIMES WITH *OUT & ABOUT*

Out & About is revving up for the summer months and has had a busy May and June!

As early spring gave way to some much-anticipated warmer weather, Out & About participants enjoyed a hilarious showing of the Quebec Art Company's Production of *Perfect Wedding*, and ventured to the top of Québec City's tallest building to see a 360-degree view of the city at the Observatoire de la Capitale.

On Sunday, May 28, 25 participants enjoyed a wonderful breakfast hosted by the Catholic Women's League of Shannon—eggs, bacon, and muffins were enjoyed by all!

On May 31, VEQ's Out & About teamed up with Lifelong Learning and the South Shore English Network to offer an outing to Lévis to enjoy lunch

and a tour of La Maison Alphonse Desjardins. 26 participants learned about the history of the first Credit Union in Québec and the incredible couple who made it happen and would change the lives of millions of people across Canada.

In June, members of the 50+ community were invited to a "Seniors Prom" at Québec High School and were welcomed with tea, cookies, performances, and even some dancing! Members of Out & About joined over 30 people enjoying themselves and reminiscing about their days in high school.

Later in June, participants enjoyed an informative and tasty Teatime and tour at the historic Morrin Centre, along with a beautiful stroll and lunch at the Marina de Cap Rouge.

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



May 28—CWL Breakfast in Shannon



May 31—Day trip to Lévis with Lifelong Learning and the South Shore English Network



June 15—Teatime at the Morrin Centre

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

Calendars are filling up fast with summer activities—as they should! We hope you enjoy everything Québec City has to offer during these fleeting warm months. Please note that Newcomers Coordinator, María Castro, will be out of the office from July 18 to July 27, and August 11 to August 18. For general enquiries during that time, please email info@veq.ca. Thank you for your understanding!

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.

Never miss an event again.

Sign up for our emailing list:

SCAN ME



Jul 4

INITIATION TO PÉTANQUE

6:00 p.m.—*May be postponed, please check the calendar of events for new date!* Don't miss this opportunity to learn how to play this sport originating all the way from France!

Discover what a "cochonnet" is, how it fits in the game, and the rules you must follow to win.

Register now.

Jul 22

HIKE AND RABASKA

Sous les roches guided tour followed by a rabaska activity—an adventurous day awaits you and other newcomers at Le parc national de la Jacques-Cartier!

Please note that these activities are not suitable for children under 6.

Tickets and more details here.

Aug 5

BASEBALL FOR NEWCOMERS

We are thrilled to invite you to a baseball game! Come see Les Capitales de Québec go head-to-head against the Sussex County Miners. **Get your tickets now**—they are completely free!

Aug 19

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.

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!

Northern Perimeter

WHAT'S NEW?



Art Workshop in Shannon.



Smoothie Bike fun on June 18 for Dad Fest at Valcartier Military Family Resource Center.



The Shannon Irish Show (SIS) has been a landmark event in Shannon, as well as to folks from Québec and its northern perimeter for many years now—since 1966, to be exact! Behind the scenes of this wonderfully entertaining cultural gift to us, stand those who have organized the event with all the hard work that goes into it. VEQ was excited to nominate the Catholic Women's League of Shannon for QAHN's (Quebec Anglophone Heritage Network) 2023 Richard Evans Award and was thrilled to recently find out they won the award as the *Organizing Committee of the Shannon Irish Show*. Bravo to the committee for the countless hours of work put in this year, and over generations, to make this show happen year after year!

The VEQ community space

continued to host its *Arts and Crafts in Shannon* sessions during the months of May and June on Wednesday afternoons with participants continuing to experiment and enjoy molding clay, painting, and rock painting! The last session before a summer pause will be held on July 5. Activities will resume in the fall. These free art activities have been held for adults of all ages and are intended for both the curious and more seasoned artists. Do you have an artistic talent that you'd like to share and lead in our community space? Please do not hesitate to let us know!

VEQ is also looking forward to offering more art sessions by engaging local youth—namely elementary students and young families—to discover the joys of art during the 2023-2024 school

Get in touch with our Shannon team!

Contact Dominique Paddack

Email:

dominique.paddack@veq.ca

Tel:

(418) 683-2366 ext. 227

Contact Jeanne Nivischiuk

Email:

catherine.baboudjian@veq.ca

Tel:

(418) 683-2366 ext. 228

year. Stay tuned!

Smoothie Bike news! Yes, good question...what exactly is a "smoothie bike" and does it really make smoothies? It does and good ones too! And the faster you pedal, the quicker your super succulent smoothie will be ready thanks to the blender and blender-structure attached to the back wheel. VEQ is always happy to share its smoothie bikes with local schools just as it did last April at Valcartier Elementary School, during their Healthy Habits Month. More recently, it travelled to the Valcartier Military Family Resource Center for Dad Fest on June 18 to the delight of over 50 kids and curious bystanders.

50+ Northern Perimeter

OUT & ABOUT

Our sense of adventure took us to the Morrin Centre for a chance to experience their guided Teatime in the beautiful library, followed by a tour of the historic building. This adventure was enjoyed by all as we learned not only “tea etiquette” but felt first-hand the darkness of the notorious “black cells”.

Our next trip will be to the blooming Lavender Fields on the l’île d’Orléans, and a wine tasting at the Vignoble Ste. Petronille on July 14.

For more information, contact Jeanne Nivischiuk. See below for contact information.



ENGAGING IN COMMUNITY

Community Potluck Picnic

On June 8, the members of the Shannon and Saint-Gabriel-de-Valcartier communities came together to enjoy a potluck picnic and good company.

The food was abundant and we made the best of a rainy day when we took corn-hole and other lawn games inside.

Community Kitchen

On June 15 and 29, the members of the Northern Perimeter engaged in a new activity in partnership with the municipality of Saint-Gabriel-de-Valcartier, using their community kitchen to work together and create new recipes for everyone to enjoy. The cooking session was followed by lunch and there was enough for everyone to take portions home to freeze. The Community Kitchen series will resume in September where we will have “guest chefs” to teach everyone new recipes monthly.



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

It's finally here! We're so pleased and proud to present the first episode of our **My Québec City 50+ edition podcast** series where students from Quebec High School, Dollard-des-Ormeaux School and St. Patrick's High School interviewed English-speaking members of our 50+ community.

To prepare the student interviewers, Susanna facilitated a workshop in which students learned about different types of interview questions and practiced using the podcast recording equipment.

Interesting fact: while each guest provided a topic for discussion, the interview questions came from the students themselves and the guests had no prior knowledge of what they would be asked. So, we really want to applaud both the student interviewers and the podcast guests for putting such great conversations on tape!

Later, these episodes were edited by a team of volunteer podcast editors. We wish to also thank and high five Kawthar, Kevin, and Alex for their incredible work editing these episodes.

Angles Series

Must watch! A trio of My Québec City podcasters, Kayla, Rameen and Agrima were featured in a video along with our Executive Director, Brigitte Wellens, talking about our podcast project.

The video is the first in the Angles series filmed at the beautiful Morrin Centre by Frangin and funded by Bell TV and Heritage Canada.

Watch it here!



Pictured (L to R): Kayla, Rameen and Agrima in the Morrin Centre library

secretary and instructor, Orlando Pimentel, provided testimonials about their experience working in schools. We appreciate all three for their contributions and send our best wishes to the job seekers.

We'd also like to acknowledge the Valcartier Military Family Resource Center (FORT Program) who hosted a CV Clinic earlier that week in part to support candidates interested in CQSB positions. Thank you!



Attendees and speakers at CQSB Info Session #3

EMPLOYABILITY

CQSB Careers Info Session

Our third edition of the CQSB Info Session was the most popular one yet with 21 participants in attendance!

Mariève Tanguay-Lessard provided an overview of the CQSB and the different job positions. St. Patrick's teacher Katherine Lefebvre and EQLC



Pictured (L to R): Mariève, Orlando, Susanna, Katherine

Continued on the next page!



Unlocking Potential



Susanna and Chloé (fourth and fifth from the left) on stage at the Unlocking Potential conference

On May 31, Susanna Tang and Chloé Breton of Libre Emploi took to the stage as part of a panel at the Unlocking Potential

conference in Montréal where they spoke of the success of their collaboration on the first all-English edition of the Événements emploi éclair job networking events. This event hosted by Libre Emploi with help from VEQ and the Valcartier Military Resource Centre (FORT Program) resulted in a record-breaking 100 phone calls made between employers and job candidates.

organizations to learn more about their current offerings such as GIT's role in Vision Inclusion—a program that pairs job seekers with employers who have prioritized diversity and inclusion. **Learn more about it here.** (In French only).

For more information about VEQ podcasting or employment initiatives, contact:

Susanna Tang



(418) 683-2366 EXT. 222



SUSANNA.TANG@VEQ.CA

Vision Inclusion

June has also been a good month to connect with partner



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!

No sessions in July

Aug 9-10

Sep 20-21

Oct 17-18

Nov 15-16

Contact María Castro for reservations:



(418) 683-2366 EXT. 225



NEWCOMERS@VEQ.CA

MEET YOUR NEW YES BUSINESS COACH!

Miriam Gaudelli

Miriam Gaudelli, author of S.L.A.M. D.U.N.K. Your Way to Goal Setting has been a business owner since she was in her twenties. Having earned her bachelor's degree at Concordia University in the Exercise Science department and a master's degree in the Health, Kinesiology and Applied Physiology Department, she started her path as an entrepreneur in the health care field. She owned a clinic that specialized in treating individuals who had suffered from cancer and individuals with post-concussion syndrome.

Having owned a clinic and then a coaching business, Miriam became affluent in creating client avatars and profiles, marketing, blogging, budgeting, goal setting

and business expansion partnerships. Miriam learned early on the importance of networking and proceeded to meet business owners from all over the world. She studied at Canada Coach Academy and became a certified business coach with the ICF. As a business coach, Miriam works to help her clients realize their true potential and power to succeed. Her experience and ability to problem solve and break things down allows both the client and coach to look at the business from a different perspective. Miriam also adds a creative twist to her coaching, allowing people to think outside of the box. Miriam's experience as a small business owner and working with larger corporations has allowed her to help people from many different domains.

Community Happenings

COMMUNITY EVENTS
AND ACTIVITIES FOR YOU

The Morrin Centre

Book Quest

From Jul 8 to Aug 26, discover the Summer Youth Program for children aged 3-6 YO and 7-12 YO. Free at the Morrin Centre. Registrations required.

Arts Alive

Concerts, artisan fair, theatre, improv and family activities await you on Aug 25-26 at Arts Alive 2023! The schedule is now out. See you there!

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.

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.

Upcoming events:

Jul 5—Wellness Yoga in the

Park

Jul 7, Aug 4—Stay Sharp Drop In

Jul 19, Aug 23—Caregivers' Circle

Questions? Please email: info@jhparkers.net

All these events (and more!) here:

SCAN ME



... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

CHALMERS-WESLEY

Mercredis Musicaux 12h05 – 13h05

GRATUIT – dons bienvenus
à l'Église Unie
Chalmers-Wesley United Church
78, rue Sainte-Ursule, Vieux Québec

June 28 juin – Francis Gagnon (organiste de
Chalmers-Wesley 1987-1990)

July 5 juillet – David Jacques (guitare baroque)
& Lawrence O'Hearn (flûte irlandaise)

Sunday at 1:30 p.m. / dimanche à 13h30
July 9 juillet – Mark Damish (piano)

July 12 juillet – CRÉPUSCULE: Christian
Haerinck, Marie-Noelle Harvey
& Dominic Haerinck

July 19 juillet – 78th Fraser Highlanders (pipes
and drums / cornemuses et tambours)

July 26 juillet – Denis Poliquin (guitare classique)

August 2 août – Songe d'été en musique (quintette)
(string ensemble) Midsummer Music Dream

August 9 août – Alain Châteauvert (piano)

August 16 août – Sharon MacLeod & Laura
Palladino (sopranos) accompagnés par
Marc-André Marquis (piano)

August 23 août – Peter Calkins, Marc-André
Marquis (flûtes) & Alain Châteauvert (piano)

August 30 août – Jacquelin Rochette (organiste
de Chalmers-Wesley 1980 – 1987)

Musical Wednesdays

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



David Jacques & Lawrence O'Hearn (July 5 juillet)



CRÉPUSCULE (July 12 juillet)



78th Fraser Highlanders (July 19 juillet)



Jacquelin Rochette (August 30 août)

ENTENTE
DE DÉVELOPPEMENT CULTUREL

VILLE DE
QUÉBEC Québec



« Ensemble pour notre
communauté »

Jean-Yves
DUCLoux
Député fédéral de Québec

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nos
commanditaires
pour leur soutien.

Pour information : chalmerswesley.org
téléphone : 418-692-2640
courriel : mail@chalmerswesley.org

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](http://www.facebook.com/groups/epiqevents)

Upcoming events:

Jul 7, 15, 21, 29—Park
Playdates

PLACE YOUR EVENT HERE

Would you like to see your
event in this section?

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

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



**\$12 000
bursary**

Support for Assistive Care in Long-Term Care Centres



Civic leadership institute for Quebecers aged 18-26

This initiative is supported by the Quebec Government's *Secrétariat aux relations avec les Québécois d'expression anglaise*.

BISHOP'S FORUM 2023

CONNECTING QUEBEC'S
ENGLISH-SPEAKING YOUTH

REGISTRATION
NOW OPEN

AUGUST 11-16, 2023
SAVE THE DATE!



LEADERSHIP | NETWORKING | COMMUNITY