

VEQ NEWSLETTER

SEPTEMBER 2022



FALLING INTO PLACE

After an amazing summer filled with lots of (very) hot days, we are looking forward to cooler days, autumn layers and the beautiful changing of leaves in Québec City.

Newcomers! Get ready to play dodgeball with Maria Castro this September. Missed our crowd-pleasing Old Québec walking tours in summer? Join us on the new date added for September, and discover the various shades of your new city.

We are seeking youth for a new podcast club at VEQ! Interested in knowing more? Head to page 10 and contact Susanna Tang for details.

Our 50+ activities have bloomed under the welcoming sun these past few months—both in the Québec City region and in the Northern Perimeter. And it's not over yet! Read on, and let Dominique Paddack and Catherine Baboudjian tell you more.

Last but not least, hurray! A fall favourite is back this year. Join us on Saturday, September 24 for a much-awaited Fall Fest—details on page 3. We cannot wait 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.

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

2022

FALL FEST

FÊTE D'AUTOMNE

SATURDAY
SAMEDI 24 SEP

11 AM - 3 PM



SCAN FOR DETAILS



ST. VINCENT
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

As temperatures start to cool off, we are warming up our offering of events for the fall season! For the very first time, we will be hosting our Old Québec Walking Tour in September for those who have missed our tours, or simply moved to our city this summer. Keep on reading to find out what awaits you!

Are you new to the city or still learning how to adapt to life in Québec City? Join us for one of our Finding Your Niche for Newcomers (F.Y.N.N.) events! These events are a great way to connect with other newcomers while learning more about our community!

Keeping Busy!

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

Les Cascades

July 16—**NEW!** 21 people from all over the globe went on a leisurely hike to the Jacques-Cartier National Park—one of the most beautiful parks in the province. Some had never been there before, and it was an unforgettable experience!



A guided tour discovering the amazing Jacques-Cartier National Park.

Under the Giant Rocks



Aug 6—**NEW!** Back we went, to the Jacques-Cartier National Park for a whole different activity—a guided hike under giant rocks. Turns out that was the very first tour the park ever created. It continues to be a favourite three decades on!

Alice in Wonderland

Aug 20—**NEW!** This spur-of-the-moment event allowed newcomers to explore and re-explore Québec City while also getting to know each other! Funny story: we learned that one of the participants was a swimmer when he conquered a “blowing” challenge in only two seconds whereas it took others about a whole minute!



Continued on the next page!



Old Québec City Tour

Aug 21—Our tour guide, François Monet never disappoints! From Jacques Cartier's era to today's events, newcomers learned about their city, its streets, and the different influences on Québec's architecture.



Join in the fun in September and learn more about beautiful Québec on our guided tour!

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



Sep 1

DODGEBALL

5:15 p.m.—The Québec Dodgeball League is partnering up with us to introduce you to their Buddy Program. Try the sport and meet locals who are interested and eager to help you with your integration into the Québécois society (whether it is help you with French, or with understanding how things work, etc.)—all for *free*!

Sep 17

OLD QUÉBEC CITY TOUR

New to Québec and keen on discovering 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 reserve your spot soon!

Morning Tour

From 9:30 to 11:30 AM

Afternoon Tour

From 1:00 to 3:00 PM

Late September-October

STAY TUNED

Check our **Calendar of Events** regularly to find out what we have in store for you this fall!

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/



50+ Services

OUT & ABOUT SUMMER FUN



Taking the ferry to Lévis' Quai Paquet on a sunny day.



Picking blueberries and picnicking in St. Nicholas.



Île d'Orléans visit, followed by lunch with a view.

Out & About participants have been busy hopping on buses and enjoying the warm summer months filled with music, site visits, delicious food and taking advantage of the little pleasures of life!

In June, participants discovered Atelier Paré in Ste-Anne-de-Beaupré, a fascinating wood workshop museum where stories, told by Scott Kingsland, describe Québec's most famous legends in a personal and humorous approach.

Participants also discovered, or rediscovered, the beautiful Cap-Rouge Marina and took walks along the St. Lawrence River, visited botanical gardens, ferried over to Lévis' Quai Paquet for strolls, lunches, and of course indulged on ice cream!

In August, we pulled up our sleeves and went blueberry picking and picnicking in St. Nicolas, and also visited the quaint and charming Île d'Orléans with stops at farmer's markets, local cheese makers, and goat milk soap makers.

Outings participants particularly enjoyed (as well as their stomachs, to be quite frank!) were the outdoor concerts at Maison Hamel-Bruneau on August 3 and 10. Indeed, after these musical performances, we all headed for lunch to eat a traditional fish and chips at Phil's Fish & Chips restaurant. Some couldn't resist having a cold beer, for others it was tea...

which even included the "tea cosy" service, if you please!

September offers more exciting outings for the 50+ English-speaking community with Old Québec Bus Tours, apple picking, an aquarium visit, and a fall foliage ride in Stoneham-and-Tewkesbury.

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

Check out the VEQ webpage (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

Northern Perimeter

WHAT'S NEW?

The satellite office continues its role in expanding VEQ services to the English-speaking community in the Northern Perimeter of the region.

This fall, VEQ is excited to celebrate the second anniversary of the opening of our offices at Plaza Shannon! We are still working out the details, so be sure to stay tuned for updates via our [Facebook page](#) or our [website](#).

On August 20 in Valcartier, VEQ was proud to participate in a heritage event which was hosted and organized by the Saint-Gabriel-de-Valcartier Historical Committee along with the support of QAHN (Quebec Anglophone Heritage Network), a non-profit organization with whom VEQ has collaborated with in the past.

The event spotlighted the rich Scottish and Irish cultural heritage in Valcartier and the surrounding villages of Shannon and Ste-Catherine-de-la-Jacques-Cartier.

To celebrate the occasion, a restored historic 19th century map of the area (Redmond Road) was unveiled by John Neilson, the local historic figure himself, looking his best!

There was also traditional music,

led by Valcartier's own Wesley McCoubrey (and his sweet-sounding accordion). Local fiddlers and guitar players were present as well, and were enjoyed by some 40 participants.

You can view the event on QAHN's Facebook page [here](#).

VEQ is looking forward to meeting you at the Shannon office this fall! If you haven't met us at our offices or Community Space at Plaza Shannon yet, please feel free to stop by or contact us to schedule a meeting.

You can also join us for our monthly *Community & Coffee Chat*, or *In Stitches* meetings, which are drop-in activities!



Aug 20—Unveiling of historic 19th century map.



IN STITCHES
a tightly knitted club

Calling all knitters and crocheters of all skill levels and experiences (beginners welcome)!

Drop in at the Shannon Community space at 438 *boul. Jacques Cartier, Shannon* every second Monday of the month and join up with other English-speakers for an afternoon working on your projects.

Please bring your own materials. Coffee, tea and light refreshments will be provided.

If you want to get started or have questions, please contact Catherine.

Catherine Baboudjian

 (418) 683-2366 EXT. 228

 CATHERINE.BABOUDJIAN@VEQ.CA



Aug 20—Musicians at Heritage event.

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

50+ Northern Perimeter

OUT & ABOUT

On August 15, our Northern Perimeter *Out & About* participants were treated to a tour of Place Royal, one of the interesting services offered by the Museum of Civilization.

A very zen Cap-Rouge Marina outing was enjoyed by all on August 18, followed by a delicious lunch.



Here are a few outings coming up:

Sep 14—Apple Picking

To Look Forward To

More outings in late September and October will include Atelier Paré, Montmorency Falls and a Parliament visit.

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

Catherine Baboudjian



(418) 683-2366 EXT. 228



CATHERINE.BABOUDJIAN@VEQ.CA

ENGAGING IN COMMUNITY

Walking Distance

We walked and discovered historical Shannon through the newly launched Balado Découverte in July. In addition, our visit to the Marais du Nord allowed us to spot some frogs, ducks and even a majestic Great Blue Heron!

Will you be joining us on our next walk?

Mont Belair

Sep 12—A walk on well-groomed, gently sloping trails.

Looking to join us? 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.



Walking Distance participants getting in their daily steps!

COMMUNITY ACTIVITIES

Chair Yoga Classes

JOIN US ON TUESDAYS FOR
FREE CHAIR YOGA
CLASSES IN ENGLISH

WHEN:
EVERY TUESDAY
AS OF SEP 27 TIL NOV 15
FROM 9:30 AM TO 10:30 AM

**PLACES ARE LIMITED
MATERIALS PROVIDED**

Catherine Baboudjian
catherine.baboudjian@veq.ca
(418) 683-2366 ext. 228



Chair Yoga

Sep 27—Did you know that yoga can help improve breathing, muscle tone, balance, sleep and mood? Yoga can also help lower anxiety *and* blood pressure.

Exciting news! We will be offering **free** chair yoga courses every Tuesday from September 27 to November 15. Join us from 9:30 a.m. to 10:30 a.m.

Chair yoga modifies traditional standing poses and is great for people with mobility issues.

Materials provided.

Please note that spots are limited, contact Catherine to reserve your spot!

Hearing Loss Information Session

Oct 6—We are so lucky to have the Jeffery Hale Community Partners come to the Shannon Community space with a Lobe Audioprothesist for a **free** hearing loss workshop, on Thursday, October 6 from 2 p.m. to 4 p.m.

Learn about the causes, signs and impacts of hearing loss as well as tools that can help.

To register

Anaïs Fortin-Maltais, Caregivers Circle Coordinator
(581) 446-7476
afortinmaltais@jhparkers.net

Space is limited, and registration is on a first come first served basis. It will also be possible to watch the live presentation on Zoom.



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 28-29

Oct 26-27

No Coaching Dates in November

Dec 6-7

Contact María Castro for reservations:



(418) 683-2366 EXT. 225



NEWCOMERS@VEQ.CA

Podcast Broadcasts and Employability

RECORDINGS AND CLUBS

New Club at VEQ

Calling all youth (16-35 years)! Interested in creating a podcast episode with VEQ? We are looking to start a podcast club in October where we'll take you through the entire production process—from crafting your story to editing your podcast. We'll be meeting in-person at the VEQ office.

More details to come, but you can reserve a spot by emailing Susanna.

Podcasting with CIEC

This summer, Susanna recorded, edited, and produced a couple of podcasts with the gang from CIEC de Loretteville and CIEC de Val Bélair, a project of the Carrefour Jeunesse-emploi Chauveau.

The CIEC (*Coop d'initiation à l'entrepreneuriat collectif*) gathers a group of teens from the same community who are interested in launching and running a coop (business) together.

The members of the CIEC, called entrepreneurs, create their own summer jobs such as mowing lawns, babysitting, dog walking

and more. They also develop essential workplace skills like communication, budgeting and teamwork.

CIEC description adapted and translated from [here](#).



CIEC Coordinators (Clockwise L to R): Stéphanie, Maude and Alexandra



CIEC Youth: (First row L to R): Aurélie, Nathan, Élio, Lydia, Jessy, Déborah (Second row L to R): Ariane, Chloé, Susanna from VEQ, Alexandra CIEC Coordinator

Listen to the youth participants talking about their **CIEC adventures on our Facebook page**.

For more information about the CIEC, you can contact Audrey Carrier from the CJE Chauveau at acarrier@cjec.net

EMPLOYABILITY CQSB Info Session

On August 16, recruiters Mariève Tanguay-Lessard and Steven McCoubrey joined us for another information session about jobs with the Central Québec School Board that was held both in-person and online. Participants benefited from meeting with the recruiters and learning about teaching and non-teaching roles with the board.

Events In The Works

We are organizing an information session about jobs with the Government of Canada this fall. We are also looking at the possibility of hosting a networking session with a few employers.

#JobTipTuesdays

We're continuing our series about different employment service providers on **Facebook**. Find out more about these organizations every Tuesday!

For more information, contact:

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

Sep 8—Historian Jack Little will give a presentation on his book *Reading the Diaries of Henry Trent*.

Pixels & Pages

Learn more about *Pixels & Pages*, the Morrin Centre's book club!

Sep 13—Introductory meeting over Zoom

To learn more, please email library@morrin.org

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

QAC

The Quebec Art Company Casting Call

Sep 11 from 1 p.m. to 4 p.m.

Auditions are being held for roles in the Quebec Art Company late-November production of *The Game's Afoot* or *Holmes for the Holidays*, at Holland Elementary School at 940 Ave. Ernest-Gagnon, Québec.

The cast calls for five women with an age range of 20 to 70 and three men in the same age group.

For more information or to view the full audition package visit the QAC website at www.quebecartcompany.com.

All these events (and more!) here:

SCAN ME



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 14—Welcome Back Tea.

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

info@lifelonglearningquebec.org

... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

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 26th to sing with others on Zoom.

It's not too late to join in the fun, and sing your heart out until the end of September!

All levels and ages welcome.

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



The Singing Birds,
courtesy of Alexandra Saunders.

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:

Sep 6—Jump Start Your Job Search Express

Sep 8—Understanding HR and the Recruitment Process

Sep 12—Applying For Jobs In The Public Service Commission of Canada

Sep 13—How to Write a Winning Cover Letter

Sep 19—Interview Theory and Prep

Sep 20—Effective Communication: A Strategic Guide

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

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

Even 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 for more information about activities and volunteering.

Upcoming events:

Sep 10—Park Playdate: Parc des Gazouillis

Sep 13—Baby Chat: Welcome Back

Sep 14—It's Okay to Forget

Sep 16—Travellin' Toddler
Time: Space

Sep 24—Field Games and Motor Skills Stations at Fall Fest 2022

Sep 27—Café au Lait: You and your baby's feeding journey

Questions? Please email:
info@jhpartners.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

Upcoming events:

Sep 8—Parents' Night out: Pizza Planning Party

Y4Y

Y4Y Québec is a non-profit organization committed to addressing the issues facing English-speaking youth (ages 16-30) across Québec.

Mental Health Coffee Chat

Sep 8—Join the Mental Health Coffee Chat from 7 p.m. to 8 p.m. This chat will take place virtually and is open to anyone who is interested in joining the conversation or just listening.

[Register here](#)

For more information:
fernanda.rengel@y4yquebec.org

Meet Your Neighbour

Y4Y Québec is looking for "Human Book" volunteers (all ages) as well as Youth Advisors (ages 16-30) in the Québec City Area for their *Meet Your Neighbour* project!

If you, or anyone you know, are interested in participating in the project as a volunteer, or in the Youth Advisor Committee, please contact Gabe Steinbach at gabe.steinbach@y4yquebec.org

Learn more about *Meet Your Neighbour* here:

www.y4yquebec.org/meet-your-neighbour

ORGANIZING AN EVENT?

[Send it to VEQ, and post it on the QCT Community Calendar!](#)

To help minimize 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

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

MADE POSSIBLE THANKS TO

