

COMMON THREAD

THE VEQ NEWSLETTER

SUMMER SNAPSHOTS

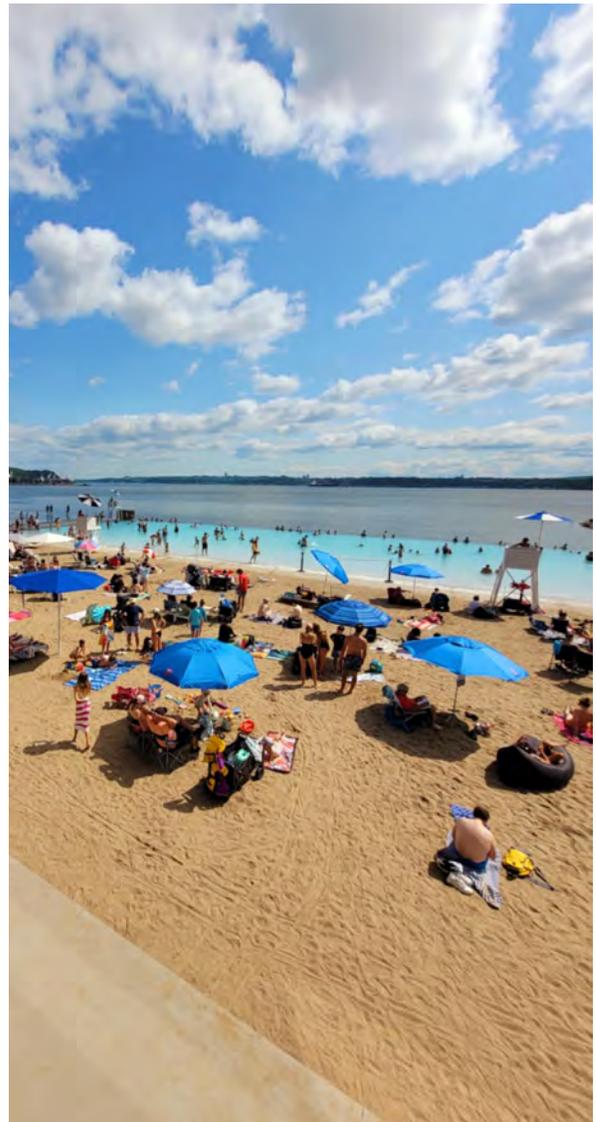
TYING TOGETHER
SUN-FILLED MOMENTS AND
COMMUNITY CONNECTIONS

As summer winds down and fall approaches, we're taking a moment to look back at the many ways our community came together these past few months. From blueberry picking and beach days to sunset ferry rides and museum visits, it's been a season full of connection, discovery, and shared experiences.

In this issue, you'll find highlights from our 50+ Out & About program, newcomers news, updates from our Arts & Crafts sessions in Shannon, and more. We also share what's coming up next, with opportunities to explore local culture, enjoy outdoor activities, and participate in hands-on workshops for all ages.

Fall Fest 2025 is rapidly approaching! We're planning a day full of local talent, delicious food, fun activities for the whole family, and a chance to celebrate the vibrancy and spirit of the English-speaking community in Québec City.

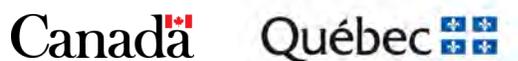
We hope to see you soon at one of our events or activities this fall!



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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) 688-3273
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

THREE CHEERS FOR OUR TAX VOLUNTEERS

VEQ is fortunate to work with extraordinary volunteers who support our community. We would like to shine a special spotlight on a few who have gone above and beyond to help low-income individuals and families through the Community Volunteer Income Tax Program. They have shown patience, expertise, and a genuine commitment to helping others.

Beyond providing technical assistance, they offer kindness and reassurance, ensuring that clients receive the support they need and making a real difference in people's lives.

We extend our heartfelt thanks to each of them.

Dorrit, Mary, and Ros: your generosity, energy, and professionalism have not gone unnoticed. Thank you for making a positive impact and for helping others feel supported, confident, and cared for.



Looking to volunteer?

Are you interested in volunteering? There are many ways to get involved, not just with taxes! Please check out the link below for more information:

www.wejh.ca/volunteer

If you have any questions, contact Elise Holloway, Volunteer Coordinator at Jeffery Hale Community Partners.

Elise Holloway



(418) 684-5333 EXT. 11948



EHOLLOWAY@JHPARTNERS.NET

YOUR VEQ NEWSLETTER IS PREPARED WITH CARE BY THE PARTICIPANTS OF THE R.I.S.E. PROGRAM!



VEQ is proud to collaborate with the R.I.S.E. Program, who help assemble your newsletters for mailing every couple of months.

The R.I.S.E. Program, an initiative by the Jeffery Hale Community Partners, is a full-time program designed for English-speaking adults with special needs. Its mission is to maximize each individual's potential and foster a sense of purpose and community through activities that cultivate life and social skills.

To R.I.S.E. participants—thank you for your invaluable help and enthusiasm. We look forward to continuing this partnership and witnessing the amazing growth of all involved.

2025

FALL FEST

FÊTE D'AUTOMNE

SATURDAY
SAMEDI **20 SEP**

11 AM - 3 PM



SCAN FOR DETAILS



**QUEBEC HIGH
SCHOOL**

945 AVENUE BELVÉDÈRE, QUÉBEC

Newcomers' Corner

NEW TO THE CITY? WANT MORE INFORMATION?

Get in touch with Viktoria Poulin Gareau at (418) 683-2366 ext. 225 or newcomers@veq.ca

Welcome back from summer holidays! At VEQ, we're already getting ready for the fall season with lots of exciting events. One of the biggest celebrations will be our annual Fall Fest, where different organizations, artists, and community members will prepare plenty of activities for you.

Stay tuned on Facebook and our website, and don't miss our events especially organised with *you* in mind!

Keeping Busy!

RECENTLY HELD EVENTS YOU MAY HAVE MISSED

Lavender Fields



Jul 12—We visited Île d'Orléans, where we enjoyed the lavender fields, the Zen Park, the garden labyrinths, and the beautiful shore of the St. Lawrence River.

Montmorency Falls

Jul 19—We explored Montmorency Falls, where we tried the newly opened cabin lift, giving us the chance to admire the falls from all sides.

Sunset Ferry Ride

Jul 23, Aug 20—This summer's ferry ride outing to Quai Paquet was such a hit, we ran it not once, but twice this year! Think it'll be just as popular next year? We have a feeling it might be...



Blueberry Picking

Aug 2—We spent a beautiful day out in nature picking blueberries, soaking up the sunshine, and indulging in some delicious blueberry-themed treats along the way!

RTC Workshop

Aug 6—We learned how Québec City's public transit works, then put it to the test on a sweet trip to the Chocolate Museum!

Old Québec Walking Tour

Aug 16—We explored Old Québec on foot again, and we had an amazing time connecting with one another while discovering the city.

Mark Your Calendars

UPCOMING EVENTS YOU DO NOT WANT TO MISS.

OPEN TO ALL!

PLEASE CHECK OUR **CALENDAR OF EVENTS** FOR MORE DETAILS ON HOW TO REGISTER FOR THESE EVENTS.

Never miss an event again.

Sign up for our emailing list:

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OPEN TO ALL

Titanic. The Human Story Exhibit

Sep 14

FROM 11 AM TO 1 PM
AT LE MUSÉE DE LA CIVILISATION

MORE INFORMATION: NEWCOMERS@VEQ.CA
(418) 683-2366 EXT. 225

This activity takes place as part of the financial support for intercultural events for welcoming and inclusive communities:



Sep 11, Sep 30

Game Nights

Join us for fun games (we have many!), good conversations, and the chance to make new friends in a relaxed and welcoming atmosphere.

Sep 14

Musée de la civilisation

Join us for the Titanic exhibition at the Musée de la civilisation. Discover the fascinating stories and artifacts behind one of history's most unforgettable tragedies.

Oct 8

Immigration Information Session

Don't miss our Immigration Info Session, where a licensed

representative will answer all your questions. Registration strongly recommended, as space is limited.

Oct 19

Pumpkin Picking

It's harvest time! We'll visit a farm with animals, tractor rides, and endless photo opportunities.

Nov 6

History of Québec

Join us at the Morrin Centre for our History of Québec Workshop! This fascinating lecture is prepared by a speaker with many years of experience and a passion for Québec's history.

Podcast Broadcasts

Mini Pep Talks

Get a dose of inspiration from hearing the job success stories of our podcast guests.

Special thanks to our guests:

Abadallah, Silvana, Flora, Chelsea, Tory, and Viktoria for sharing their insights, and our volunteer Kevin for hosting and editing.

Check out the playlist here:

www.tinyurl.com/7a4z3k86



Employability

D'une pierre, deux coups

French immersion in the workplace pilot project

We are off to great start with our participants and a few potential candidates, too.

How about you? Is this the right program for you?

Are you an English speaker with an intermediate level of French working (or hoping to work) in a francophone environment. We're recruiting through the first week of October.

Fill out this questionnaire and Susanna will follow up with you.

www.tinyurl.com/53vd3j7j

Note: Due to funder requirements, the program is only open to permanent residents and Canadians for the time being.

Are you an employer? We're also seeking employers to partner with us on this initiative.

Upcoming Job Fairs

Sep 18

Carrefour de l'emploi at SOIT Office

www.tinyurl.com/2v4h7ews

Society for Canadian Women in Science & Technology's Career Fair—online only

www.tinyurl.com/yheanurt

Oct 1

Carrefour de l'emploi at University Laval

www.tinyurl.com/yxp47ext

Get in touch for more information about VEQ's employability initiative, the French immersion project or podcasting.

Susanna Tang



(418) 683-2366 EXT. 222



SUSANNA.TANG@VEQ.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:

Sep 9-10

Oct 7-8

Nov 4-5

Dec 9-10



(418) 683-2366 EXT. 225



NEWCOMERS@VEQ.CA

50+ Services

PERFECT SUMMER WITH OUT & ABOUT!



Plage Samuel de Champlain Outing.

During the warm month of July, VEQ welcomed Léa Bureau, our new Project Coordinator for the 50+ Out & About program!

Jul 29, Aug 5—Plage Samuel de Champlain: Out & About returned with a perfect beach day. Some participants took a refreshing dip in the infinity pool, while others relaxed with ice cream under the sun.

Aug 8—Brunch & Shopping: We savoured a delicious brunch before enjoying some retail therapy.

Aug 14—Blueberry Picking: A stroll through the blueberry fields in Saint-Nicolas was a sweet summer highlight! We shared brunch in great company and indulged in blueberry soft serve to stay cool.



Titanic Exhibit Outing.

Aug 15—Titanic Exhibit: Our participants explored Titanic: The Human Story at the Musée de la civilisation, discovering authentic artifacts, life-size room recreations, and engaging audio guides that brought the history of the Titanic to life.

Looking Ahead

In the coming month, we plan to visit the Musée des Beaux-Arts du Québec, the Atelier Paré Économusée, an orchard on Île d'Orléans, and Cap Tourmente to see the snow geese.

We are so grateful to everyone who joined these outings. Whether you relaxed at the beach or explored the museum, each experience brought us closer together. Stay tuned for more events, and don't forget to share your reflections with us!

Are you interested in participating in our 50+ activities or know someone who would be interested?

Contact Léa Bureau at



(418) 683-2366 EXT. 221



LEA.BUREAU@VEQ.CA

Welcome to the team, Léa!

If you have joined any recent Out & About outings, chances are you've already met Léa, our new friendly Project Coordinator! She will be leading upcoming outings, and we're so thrilled to have her on the team.



Northern Perimeter

What's new?

It's been a busy and fun-filled summer! From blueberry picking on our Out & Abouts to Arts & Crafts workshops, Origami sessions (David's now a pro!), and our new summer Community Kitchenettes, we've made the most of the season.

On Jul 24 and Aug 14, our Arts & Crafts group got creative with Shadow Painting and Macramé (bottle holders this time!). It's amazing what you can do with a few knots and good company. Thanks to Ramona for guiding us through the ropes. Our next Arts & Craft session is on Sep 18. Check our Facebook or contact Dominique for details.

On Aug 21, we revisited Anne's Garden in Shannon, now in full bloom. Along with gardening tips, participants made Anne's Bread-and-Butter pickles using fresh cucumbers, spices, and a little help from VEQ. Make your own at home using Anne's recipe! Thank you, Anne, for opening your garden once again—we look forward to returning in the spring!

As fall approaches and school begins again, we're excited to resume our regular activities: In-Stitches, Chair Yoga (in both Shannon and Valcartier), and Community Kitchen. We're also continuing our collaboration with Valcartier Elementary and Dollard-des-Ormeaux Schools to offer creative, cultural, and

educational activities to youth, including Storytime and Arts & Crafts for DDO kindergarten classes.

Interested in volunteering at schools or in the community? We'd love to hear from you!

Last but not least, **Let's Play** is back, and better than ever! Come join us for a fun-filled community game night in Shannon on Sep 24 from 6PM to 7:30PM at the VEQ Community Space. Light snacks will be provided, and the atmosphere is relaxed and welcoming. Mark your calendar for future game nights too: Oct 16, Nov 20, and Dec 10. Don't miss out on the fun. We can't wait to see you there!

Get in touch
with our
Shannon team!

Dominique Paddock

Email: dominique.paddock@veq.ca

Tel: (418) 683-2366 ext. 227

David Zhu

Email: david.zhu@veq.ca

Tel: (418) 683-2366 ext. 228



Aug 21—Making of bread and butter pickles.

Anne's Bread-and-Butter Pickles Recipe

- Ingredients:
- 2½ lbs cucumbers (approx. 5½ inches)
 - 2 cups sugar
 - 2 medium onions (1½ lbs)
 - 1 tbsp pickling spice
 - ¼ cup pickling salt
 - 1 tsp turmeric
 - ¾ cups vinegar
 - ice
 - 1 cup apple cider vinegar

Directions:

1. Cut veggies in ¼ inch slices, mix together and cover with ice. Let sit for a minimum 4 of hours.
2. After 4 hours, wash and rinse thoroughly.
3. In a pan, add vinegar, apple cider vinegar, sugar, pickling spice and turmeric. Bring mixture to a boil.
4. While the mixture boils. Fill jars with veggies.
5. Cover the veggies with boiling syrup mixture. Screw lids on.
6. Let sit for 2 weeks before eating.

(Makes 2 litres)

50+ Northern Perimeter

Out & About

Last month, we made the journey to Montmorency Falls, and boy was it a sight to see! The beautiful falls seen from the observation bridge is truly a staple in the Québec City sites.



The summer festivities continued this month, as we went blueberry picking in Lévis. The blueberries were sprawling as far as the eye could see, and they were perfectly ripe. The brunch offered on site was delicious, and their blueberry soft-serve was a perfect way to end a beautiful, sunny day out!

Chair Yoga, Knitting and Community Kitchen

The Northern Perimeter activities are back! All our regularly scheduled programming for the fall-winter season will resume mid-September. For a full list of

dates and times please reach out to David.

Community Kitchenette

A fiery kitchen might be a bit unbearable during hot summer days, but a relaxing kitchen adjacent activity in our air-conditioned community space? Now that sounds like a plan!

Last month we tried our hand at recreating dry mason jar recipes, for those nights that you want something quick and easy to put together!

Here were the results:



Join us this month for a pickling session! Spices, vinegar, and a whole lot of vegetables just waiting for their briny bath.

Origami Workshop

Our newest summer activity has been a hit! We're excited to keep the fun going with monthly

sessions in our VEQ Community Space. Spots are limited, so be sure to sign up in advance!

Brain Power

Brain power is ongoing, and sessions occur on the first of every month, please contact David directly to sign up.

Crust Collective

Rye and shine fellow bread lovers! There's a new baking club in town and the only thing that beats my love for puns, is my love for carbs. Introducing the newest addition to our Northern Perimeter activities, our very own baking club. Whether you're a seasoned baker or someone completely new to the craft, all are welcome!

Spaces will be limited so please reserve a spot if you are interested!

Coming up...

There's plenty to look forward to with our lineup of brand-new activities. Look forward to our upcoming outings as well, such as apple picking and more! Stay tuned for more details on what's ahead—you won't want to miss it!

David Zhu



(418) 683-2366 EXT. 228



DAVID.ZHU@VEQ.CA

Community Happenings

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 11—Partners in Care: Residents' Rights

Sep 23—Young and Empowered Ambassadors: Introduction Meeting

Sep 24—Safe at Home Workshop

Sep 26—Parents and Petits Get-

together, WE Dads Movie and Pizza Night

Sep and Oct Tuesdays—Brain Power drop-in, WE Mind Yoga, Wellness Walks*

Sep and Oct Wednesdays—Wellness Walks*

Oct 4—First Aid Workshop for Parents

October Thursdays—Prenatal Information Meetings

Oct Fridays—Parents and Petits

Questions? Please email: info@jhpartners.net

The Morrin Centre

The Morrin Centre is a nationally recognised heritage site and leading English-language cultural centre located in the heart of historic Old Québec.

Events:

Sep 11—STAGES: The Theatre of Life

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

E: info@morrin.org

T: (418) 694-9147

QCRC

Quebec City Reading Council is a volunteer-based not-for-profit organization that provides literacy resources and services.

Family Programmes

Connect with others at activities specifically designed for children.

Upcoming events:

Sep 12—TTT: Wild Animals

Sep 25—Early Learning Café

Lifelong Learning (LLL)

Lifelong Learning provides

opportunities for growth and intellectual stimulation for mature learners.

Upcoming events:

Sep 17—Musée de la Civilisation self-guided tour

Sep 24—QCRC presentation

Sep 29—QCRC AGM

W: www.qcrc.org

E: info@lifelonglearningquebec.org

T: (418) 681-1258

All these events (and more!) here:

SCAN ME



... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

Trellis Micro-Grants



TRELLIS MICRO-GRANTS:
*Supporting Artists,
Growing Community*

ELAN's Trellis Micro-grant project, supported by The Department of Canadian Heritage's Official Languages Support Programs, offers grants of up to \$25,000 for English-language artists and organizations to make them visible to a broader community, and build bridges between Québec's English-speaking minority and Francophone majority.

Call for jury members opens September 1st
Call for applications opens October 20th

Find out more at
trellismicrogrants.com

f i b
@trellismicrogrants

Local Vocals

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

The Local Vocals Singing Ensemble is back after the summer break.

Join the group and sing your heart out every Wednesday from 2:30 PM to 3:30 PM.

No experience necessary. All levels and ages welcome.

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

DAM

Le Diplôme avant la médaille (DAM) is looking for over **300 volunteer tutors** who care about the well-being of young people.

DAM is an organization that promotes the academic perseverance and success of students at risk of dropping out by using sports as an intervention lever.

Note: Volunteers must speak and write French at an upper-intermediate or higher level.

For more information, join their information sessions:

Date: Sep 9, or Sep 18

Time: 12:30 PM to 1:00 PM

Join here:

www.tinyurl.com/3jk6zdbf

For any questions, contact the service managers:

tutorat@diplomeavantlamedaille.org

PLACE YOUR EVENT HERE

*Would you like to see your
event in this section?*

Melissa Wan

 (418) 683-2366 EXT. 226

 MELISSA.WAN@VEQ.CA

Email the Québec Chronicle-
Telegraph to advertise your
event:

editor@qctonline.com