



Voice of English-speaking Québec

Connect with the  
English-speaking community

## VEQ's Summer 2019 Newsletter

Voice of English-speaking Québec is keeping busy during the summer with a wide range of activities and projects!

Out & About activities have started again with some great outings for members of the community aged 50+ - From brunch and shopping trips to visits to Île d'Orléans.

Mark your calendar for Fall Fest 2019! Join us on Saturday, September 21st at St. Vincent Elementary. Come visit local community groups and businesses, catch up with old friends and participate in activities for the whole family.

Check out the rest of our newsletter to read more about what's happening at VEQ and throughout the community. As always, feel free to contact us for more information! 418-683-2366



- VEQ's Annual General Meeting
- Save the date: VEQ's 2019 Fall Fest
- 50+ Calendar
- 50+ Outings
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# VEQ's Annual General Meeting

Over 60 people attended Voice of English-speaking Québec's Annual General Meeting held on Thursday, May 30 in Jeffery Hale Hospital's Coin Soleil. Members had the chance to hear about VEQ's successes this past year and learn about the many exciting new initiatives taking place this year.

VEQ was fortunate to have a number of community members wishing to join the board of directors - VEQ welcomed 4 new board members. After the meeting, VEQ staff and community members had the opportunity to mingle while enjoying refreshments.

VEQ wishes to thank Mr. Bill Donnelly, Master of Ceremonies for his contribution to the evening.

VEQ is pleased to welcome its 2019-2020 board of directors:

Warren Thomson, President  
Brian A. Garneau, Vice-President  
Hoffman Wolff, Treasurer  
Carrie Anna McGinn, Corporate Secretary  
Christian Brosseau, Member at large

Members: Ann Martell, Joseph Ramunni, Isabel Sullivan, Ed Sweeney, Joan Chandonnet, Kurt doyle, Razvan Petre, Marguerite Spik and Kristy Findlay

Thank you to everyone who participated in our events this year. We look forward to an exciting year ahead!



## Join us at Fall Fest!

Voice of English-speaking Québec is pleased to invite you to Fall Fest. Come visit local community groups and businesses, catch up with old friends and participate in activities for the whole family. Fall Fest will feature live performances by cultural groups, inflatable games, face painting, and more! For more information contact us at 418-683-2366 ext. 221 or by e-mail at [info@veq.ca](mailto:info@veq.ca) We look forward to celebrating with you!

Community groups and businesses interested in having an information table at Fall Fest can contact [info@veq.ca](mailto:info@veq.ca) or 418-683-2366 ext.221.

Interested in volunteering? VEQ is seeking dedicated volunteers for the day. To sign up or for more information contact [info@veq.ca](mailto:info@veq.ca) or 418-683-2366 ext.221.

**Fall Fest 2019**  
**Fête d'automne**  
SATURDAY, SEPTEMBER 21/SAMEDI 21 SEPTEMBRE  
TIME/HEURE: 11 A.M.-3 P.M.  
WHERE/OU: ST. VINCENT ELEMENTARY (995 AVE. WOLFE)  
FOR MORE INFORMATION/POUR PLUS D'INFORMATION  
(418) 683-2366 - INFO@VEQ.CA

## 50+ in Québec?

Check out our  
online calendar  
of local events  
at: [www.veq.ca](http://www.veq.ca)



Famille  
Québec



Prefer using the  
phone? Call our  
phone line to find  
events happening  
near you:  
418-683-2366  
option 7

**VEQ**  
Voice of English-speaking Québec

## 50 + Outings

We're back! The Out & About program has begun again and will be running all summer long. This program focuses on offering English speakers aged 50+ free transportation to various community activities and outings while providing them with opportunities to get out, socialize, and bond with members of their community.

Such activities include shopping trips, afternoon tea, tours of l'Île d'Orléans, visits to museums and art galleries, brunch, and more!



To offer your suggestions or to register for activities, please contact Catherine Baboudjian at: (418) 683-2366 ext. 224, or at: [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca)

# Out & About Outings

## August

Tuesday, Aug 20 and Thursday, Aug 22 - Sebz Tea



Tuesday, Aug 27 and Thursday, Aug 29 - Shopping at HomeSense and Winners



Tuesday, Sept 4 and Thursday, Sept 5 - Aquarium



## September

Wednesday, Sept 25 - Apple picking (More info to come)



**\*More events to come. Stay tuned!\***

# News from the Newcomers Coordinator!

It has been a busy spring and start of summer for the Newcomers program at VEQ. We have had a great deal of newcomers come through our office and we look forward to many more. Our goal in the Newcomers program is to support newcomers in their transition by helping them find the services, resources, and information they may need to help them settle into their new city. We strive to help newcomers feel connected with their new community and we aim to help make the transition as comfortable as possible. For more information or if you are new to Quebec City please get in touch with our Newcomers Coordinator at 418-683-2366 ext. 225 or [newcomers@veq.ca](mailto:newcomers@veq.ca) Are you new to the city or still feel like a newcomer? Join us for one of our Finding Your Niche for Newcomers events! These events are a great way to connect with other newcomers while learning more about our community!

## Change is in the air!

As the summer wraps up, Jessica Price, your current newcomers coordinator, will also be wrapping things up before departing on maternity leave at the end of August for a year. She is happy to announce that she is expecting another boy in September!

VEQ's Newcomers Program will have a new face, Maria Castro. She brings a wealth of experience and skills to the position, as well as a shining personality and a contagious smile! Welcome to the team Maria!

### Recently Held Finding your Niche for Newcomers Events:

#### **Newcomers' Paint Night, May 2019**

This was a great evening to paint a beautiful painting (no experience necessary) while mingling with other newcomers. Thank you to our partners at Jeffery Hale Community Partners and to Elsa Moreau, our wonderful teacher for her patience and wonderful guidance. It was another great paint night with a great group!



#### **Newcomer's Boat Tour of Québec City, June 1, 2019**

On June 1st, newcomers enjoyed a gorgeous and sunny day aboard the AML Louis Jolliet cruise along the St. Lawrence river. We are so happy with how our very first and sold out Newcomer's boat tour turned out. We had beautiful weather. One of the first gorgeous sunny and warm days of the season! We enjoyed a great view of the city as we cruised up and down the St. Lawrence while being told about the interesting history of the area from our very competent and extremely bilingual guide. What a wonderful day!



## Upcoming Newcomers Events:

### **Health 101 & Winter in Québec, Fall 2019, Stay tuned for more details**

We will be offering this workshop that focuses on healthcare and winter life in Quebec in partnership with the Jeffery Hale Community Services. It should be a very informative evening!

### **Winds of Change Workshop, Fall 2019**

VEQ will be providing this free workshop in partnership with Jeffery Hale Community Services. Mingle with other newcomers and understand how change impacts your life, while discovering methods of adapting to a new culture and language.

### **Newcomer's Potluck supper, Fall 2019**

Join us for an evening of meeting and mingling over yummy food!

### **Paint/art evening, Stay tuned for more details**

Join us for an artistic and relaxing evening!

**Sign up to our Newcomers e-mailing list to receive more information about all upcoming events at [www.veq.ca](http://www.veq.ca)**

## Upcoming Employment Events:

### **Employment Workshop with the FORT program, October 2019**

Join us for the practical and hands on workshop about approaching employers in Québec.

## **YES Business Coaching**

Are you an entrepreneur or have aspiring ideas to start your own business? Sign-up for the next YES Business Coaching session! This service has become so popular that we now have a YES business coach coming to Quebec City **every month** to meet with people! Book your appointment today.

Upcoming Business Coaching dates:

**August 27, 28<sup>th</sup>**  
**September 24-26<sup>th</sup>**  
**October 29-31<sup>st</sup>**  
**November 19-21<sup>st</sup>**  
**December 17, 18<sup>th</sup>**

To register call Voice of English-speaking Québec at 418-683-2366 ext. 225 or email [jessica.price@veq.ca](mailto:jessica.price@veq.ca)

## **NEW PROJECT!**

### **CONNECTING THE COMMUNITY THROUGH CREATIVITY**

Are you passionate about quilting, knitting, clayworks pottery, weaving, etc. and would like to transmit that passion? Contact us!

Are you a community member who would like to learn a traditional art? Stay tuned. We have some exciting things coming up!

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VEQ RECENTLY RECEIVED FUNDING FROM CANADIAN HERITAGE TO CARRY OUT A PROJECT THAT WILL GIVE COMMUNITY MEMBERS OF ALL AGES, AN OPPORTUNITY TO EXPLORE AND PRACTICE DIFFERENT CREATIVE AND TRADITIONAL ARTS AND CRAFTS.

KEEP AN EYE ON OUR EVENTS CALENDAR FOR UPCOMING ACTIVITY DATES OR CONTACT US FOR MORE INFO

For more details, contact: Catherine Baboudjian  
[catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca)  
418 683-2366 ext. 224

# Activities at the Morrin Centre



## Book Quest 2019:

**Natural World— Colourful World: Saturday, August 17 @ 10:30 a.m. \*Ages 3-7**

**Natural World—Colourful World: Saturday, August 17 @ 1:30 p.m. \*Ages 8-12**

**Natural World—Closing Party: Saturday, August 24 @ 10:30 a.m.**

Activities will take place on Saturdays from 10:30 to 11:30 a.m. (for children ages 3-7) and from 1:30 to 2:30 p.m. (for children ages 8-12) at the Morrin Centre Library. For more information, please visit [www.morrin.org](http://www.morrin.org)

## Imagination off-festival: Cartooning with Aislin— Tuesday, September 17 @ 7:30 p.m.

Join the artist often called "Canada's nastiest political cartoonist" for a conversation on editorial cartooning. Aislin (Terry Mosher) will provide an in-depth presentation on political cartooning, followed by a question and answer session including tips for budding artists. <http://www.morrin.org/en/events/imagination-off-festival-cartooning-with-aislin/>

## Literary Feast 2019—Wednesday, October 30 @ 4:30 p.m.

Keynote Speaker: Robert Lepage

For more information and to purchase tickets please visit: <http://www.morrin.org/en/events/2019-literary-feast/>

## SNACS Entrepreneurs Book Fair—Saturday, October 26

The Book Fair will take place on **Saturday, October 26** this year. It will be held at Eastern Québec Learning Centre as usual, and you are welcome to continue to drop off your books there as always.

SNACS Entrepreneurs will also be collaborating with Jeffery Hale Community Partners to run the sale. Stay tuned for more news about the Book Fair in weeks to come. In the meantime, if you have any questions, please call Nectaria Skokos, Coordinator, Community Development and Vitality with Jeffery Hale Community Partners, at 418 684-5333, ext. 1517.



For more information call  
418 570-8355



@SnacsEntrepreneursQuebec  
[www.snacs.ca](http://www.snacs.ca)

**SATURDAY,  
OCTOBER 26**

9:00am to 3:00pm  
Eastern Québec  
Learning Centre  
3005 rue William-  
Stuart, Québec

# BOOK FAIR



# The Wellness Centre at Jeffery Hale

The community Wellness Centre at Jeffery Hale promotes the personal and shared well-being of English speakers in the Quebec City region by offering a range of healthy living programs. The Wellness Centre, managed by Jeffery Hale Community Partners, embodies the spirit of the *Community of Care* slogan thanks to dynamic partnerships and strong volunteer engagement.

The Wellness Centre's aim is to provide you with quality services and to continue developing programs and activities adapted to meet the health and social services needs of the English-speaking community.

Visit [wejh.ca](http://wejh.ca) for more information on volunteering, and on activities.



## Baby Chat Afternoons

A great chance to meet and chat with other English-speaking parents of babies under one year of age.

- Guest speakers on subjects of interest to new parents
- You do not have to register to participate and it is free of charge
- Expectant parents also welcome
- Scale available to weigh your baby

**Where:** Community Wellness Centre in the Jeffery Hale Pavilion 1270 chemin Sainte-Foy

**When:** Monthly, Tuesdays from 1:15 to 3:15pm 2019

Aug 20: Sleep like a Baby: Share Your Nap and Bedtime Strategies

Sept 3: Pelvic Floor Exercise Advice from a Physiotherapist

Oct 1: Yoga Workout with Baby

Nov 5: Handling Your Baby's Fever

Dec 10: The Importance of Story time and Nursery Rhymes

## Park Playdates

Join other English-speaking parents and their children for free get-together at the park:

**Where:** Parent volunteers host these free events in different parks around the city all summer long. Locations are listed in Toddler Talk Online, so be sure to sign up for this e-newsletter on our website [www.wejh.ca](http://www.wejh.ca)

**When:** Fridays from 10:00 a.m. to 12:00 p.m. from May to September

# Moms' Nite-out is now EPIQ!

Moms' Nite-out has just undergone a name change! A recent Wellness Centre focus group and online evaluation completed by our parents indicated that it's time for a new more inclusive group name going forward. Moms Nite-out (MNO) has traditionally been a group for local English-speaking mothers with preschool children. Each year mom volunteers with the support of Jeffery Hale Community Partners organize a variety of fun activities. Some events are for moms only, some for couples and there always a few events designed for whole family.

A Doodle poll allowed members of the Moms' Nite-out (Qc) Facebook group to suggest and vote for a new name that would make dads feel welcome as well. EPIQ (English-speaking Parents in Quebec City) proved to be the most popular name. It's now our new fb page handle. If you haven't already done so, why not start inviting local fathers to like and follow our EPIQ fb page? <https://www.facebook.com/groups/EPIQevents/>

This year for the first time ever dads will be invited to join the moms for the annual pizza party planning session to take place on Wednesday, September 4 starting at 6:30 pm.



## Take-a-Break Drop In

- A great chance to meet and chat with other English-speaking parents of preschool-aged children.
- Hear guest speakers on topics of interest to parents.
- Talk about being a parent and get support.
- Exchange ideas and share information.
- You do not have to register, and it is free of charge.
- Parents must stay on site.

Where: Multipurpose room in the community Wellness Centre 1270 chemin Sainte-Foy

When: Fridays once or twice a month from 9:30 to 11:30am 2019

Nov 15: Welcome Back

Nov 29: Why Your Child's Hearing is so Important and How to Protect it

Dec 6: Festive Holiday Gathering

For more details, please visit [wejh.ca](http://wejh.ca) or call 418-684-5333, ext 1539

The poster for "Local Vocals" is set against a light blue background with yellow stars and musical notes. At the top, the title "Local Vocals" is written in a bold, blue, sans-serif font. Below the title, the text asks: "Do you enjoy singing or would like to learn? Do you want a chance to shine and bring joy to your community?" It then invites people to join the "Local Vocals choir" and lists activities: "Join our Local Vocals choir! We are offering regular practices, special workshops, and putting on performances for our community." A yellow starburst on the left side of the poster contains the text "No Experience Required!". At the bottom, contact information is provided: "For more information, contact: catherine.baboudjian@veq.ca 418 683-2366 ext. 224". Logos for "VEQ Voice of English-speaking Quebec" and "Canada New Horizons for Seniors" are also present. Below the poster, a section titled "Rehearsal Dates" is enclosed in a dotted border. It states: "Monday afternoons starting at 3:30 in the multipurpose room at McGreevy Manor: 1623 Chemin Saint-Louis light snacks &amp; refreshments will be provided." A small blue bird icon is at the bottom right of this section.





Discover • Learn • Achieve

Who We Are

Travellin' Toddler Time (TTT) is free activity in English for children 3 and 4 years old and their parents/ caregivers or grandparents. Participants sing songs, hear stories, make crafts and enjoy a snack.

Join in on the fun!

Reserve your place by calling the Quebec City Reading Council at 418.681.1258.



PLEASE VIEW OUR **CURRENT SCHEDULE** BELOW

2019-2020 • Monthly on Friday's at 9:30A – 11:00A

SEPTEMBER 13 <sup>th</sup>	Valcartier Family Centre (Valcartier) Building 93-place Vanier, Shannon G0A 4Z0	ZOO
OCTOBER 18 <sup>th</sup>	Saint Brigid's Home, Kildare Lounge 1645, chemin St. Louis, Sillery G1S 4M3	COLOURS
NOVEMBER 22 <sup>nd</sup>	Morrin Centre 44, chaussée des Écossais, Québec G1R 4H3	MITTENS
DECEMBER 13 <sup>th</sup>	Saint Brigid's Home, Kildare Lounge 1645, chemin St. Louis, Sillery G1S 4M3	ELVES
FEBRUARY 14 <sup>th</sup>	Quebec City Reading Council Eastern Quebec Learning Centre, Room 201 3005, rue William-Stuart, Québec G1W 1V4	FAMILY
MARCH 13 <sup>th</sup>	Morrin Centre 44, chaussée des Écossais, Québec G1R 4H3	PETS
APRIL 17 <sup>th</sup>	Valcartier Family Centre (Valcartier) Building 93-place Vanier, Shannon G0A 4Z0	DINOSAURS
MAY 8 <sup>th</sup>	Saint Brigid's Home, Kildare Lounge 1645, chemin St. Louis, Sillery G1S 4M3	SPRING

This schedule is subject to change.

For all the latest updates, sign up to receive the free Toddler Talk Online e-newsletter

Let's Connect! We'd love to hear from you!

TRAVELLIN' TODDLER TIME

3005 William-Stuart, #202 Quebec (QC) G1W 1V4

418.681.1258 | info@qcrc.org | www.qcrc.org/family-programs | @quebeccityreadingcouncil



# Have an Event? Send it to VEQ and post it on the QCT Community Calendar!

In an effort to help minimize event scheduling conflicts in the English-speaking community, VEQ, in partnership with the Quebec Chronicle-Telegraph, 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)  
For more information on how to post an event on the QCT Community Calendar visit [www.qctonline.com/event](http://www.qctonline.com/event)

## VEQ's Job Bank

Looking for employment? Our job bank is constantly updated with new opportunities. Visit [www.veq.ca/employment/job-bank](http://www.veq.ca/employment/job-bank) and don't forget to sign up for the Job Notifier to receive a notice each time VEQ has a new job posting.

Recruiting new talent? The bilingual community is filled with educated and talented individuals. To advertise your employment postings on the VEQ Job Bank, visit [www.veq.ca/employment/employers/post-job](http://www.veq.ca/employment/employers/post-job), call 418-683-2366 ext. 221 or email [info@veq.ca](mailto:info@veq.ca)

## VEQ's Community Bulletin Board

Looking for a babysitter or a handyman? Cleaning your house and hosting a garage sale? Want to start a book club or other activity in English? VEQ's Community Bulletin Board is your FREE resource for posting information and classifieds within the community.

To post, simply email a short description of what you're looking for or selling to [info@veq.ca](mailto:info@veq.ca), along with up to three photos. Information will be reviewed and posted within 48 hours and will expire automatically after 30 days.

## Contact Us: Voice of English-speaking Québec

1270, chemin Sainte-Foy, suite 2141

Jeffery Hale Pavillion (to the right of the Jeffery Hale-Saint Brigid's Hospital)

Québec (Québec) G1S 2M4

Telephone: 418-683-2366 \* Fax: 418-688-3273 \* E-mail: [info@veq.ca](mailto:info@veq.ca) \* Website: [www.veq.ca](http://www.veq.ca)

Please call for an appointment for one-on-one referral services.

### Summer Office Hours

Monday to Thursday 8:30 a.m. to 4:00 p.m. \* Closed during lunch hour: 12:00 p.m. to 1:00 p.m.

Friday 8:30 a.m. to 12:00 p.m.

Be sure to follow us on our Facebook page!



## Newsletter Update

In an effort to promote a greener future, Voice of English-speaking Québec is interested in reducing the number of print copies of our General Newsletter - and we need your help!

Please take a moment to contact us by phone, 418-683-2366 ext. 221, or email [info@veq.ca](mailto:info@veq.ca), if you would like to receive an electronic copy instead of a print copy of the newsletter. Thank you!

