

# VEQ NEWSLETTER

JULY 2025

Summer is here, and we're excited to share everything we've been up to. From gardening and guided tours to arts & crafts and market strolls, our community has been buzzing with activity.

In this issue, you'll find updates from our Annual General Meeting, highlights from recent outings, and a preview of upcoming projects and events.

Save the date for *Fall Fest 2025*—our biggest community celebration of the year! We're already planning a day filled with local talent, food, fun activities for the whole family, and a chance to celebrate the diversity and spirit of the English-speaking community.

Please note that our summer hours are now in effect:

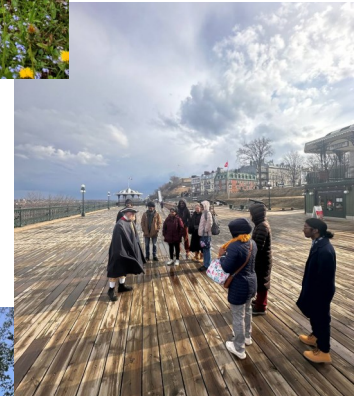
**Monday to Thursday –**

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.

Enjoy the sunshine, and we look forward to seeing you at an upcoming event!



**A SUMMER TO GATHER** .....

**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!

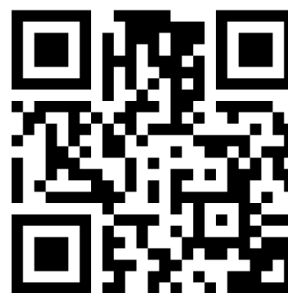
We have made it easier for you to connect with us!  
Here is how it works:

*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](mailto: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](mailto:info@veq.ca)  
W: [www.veq.ca](http://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 2025



AGM in full motion.



Top row (L-R)—Balazs Hajek, Eashwar Balaji, Philip Goyer, Amanda Heath, Kristy Findlay, Razvan Petre, Edward Sweeney, Rebecca Gowins Boucher

Bottom row (L-R)—Chantal Dubois, Laura Mott, Maximilienne Machungwa, Stéphanie Tassé

Not in the photo—Marilyn Marshall



The welcome table at our AGM.

We were thrilled to see everyone who attended our Annual General Meeting on Thursday, June 5! It was a pleasure to welcome our members in person once again at the Jeffery Hale Hospital's Coin Soleil.

Attendees got an inside look at VEQ's projects and highlights from the past year, followed by a

chance to connect over light refreshments.

A special *thank you* to our departing Board members for their dedication, and a warm welcome to our newest additions: Eashwar Balaji, Stéphanie Tassé and Rebecca Gowins Boucher.

## 2025-2026 Board of Directors

### Executive Committee:

Razvan Petre, *President*

Amanda Heath, *Vice President*

Kristy Findlay, *Treasurer*

Chantal Dubois, *Secretary*

Maximilienne Machungwa, *Member-at-large*

### Members:

Balazs Hajek

Eashwar Balaji

Ed Sweeney

Laura Mott

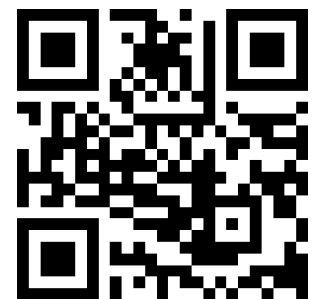
Marilyn Marshall

Philip Goyer

Stéphanie Tassé

Rebecca Gowins Boucher

Scan here for our  
2024-25 Annual Report



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](mailto:newcomers@veq.ca)

Looking ahead, you won't believe how many exciting activities we've prepared just for you. To stay in the loop and be the first to hear about upcoming events, be sure to subscribe to our **e-bulletin**. Over the past few months, we have shared some truly memorable experiences. Continue to read to learn more...

Stay tuned on Facebook and our website to be the first to celebrate summer with us, and don't miss our events especially organised with *you* in mind!

## Keeping Busy!

### RECENTLY HELD EVENTS YOU MAY HAVE MISSED

#### Parliament of Québec Tour

May 24—More than 30 participants joined us on a guided tour of the National Assembly, discovering the rich history and importance of this iconic institution in Québec's political life.



#### Old Québec Walking Tour

Jun 14—Francois Monet led another unforgettable walk through Old Québec. His tours are never the same twice, each one offering new stories and perspectives. If you missed it, be sure to join the next one in August.

#### Potluck Party

Apr 30—A warm and welcoming gathering where participants brought delicious homemade dishes, sharing culinary traditions and creating a sense of community.



*Old Québec Walking Tour on June 14.*

#### RTC Info Session

Jun 25—We explored public transit options and learned about transportation deals and services tailored for different community groups.

***Did you miss these activities?***

*Don't worry! Check out the next page and sign up for a new adventure with us!*

# Mark Your Calendars

UPCOMING  
NEWCOMER EVENTS  
YOU DO NOT WANT  
TO MISS!

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:

SCAN ME



**Sunset  
Ferry Ride**

OPEN TO ALL

**July 23**

FROM 5 PM TO 8:30 PM  
AT THE GARE FLUVIALE DE QUÉBEC

MORE INFORMATION: [NEWCOMERS@VEQ.CA](mailto: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:



## Jul 12

### Lavender Fields

We're off to the stunning lavender fields at the Seigneurie de l'île d'Orléans. Perfect outing for photos, and a relaxing day.

## Jul 19

### Montmorency Falls

Join us for a day trip to Montmorency Falls—taller than Niagara and surrounded by great trails, so wear comfy shoes!

## Jul 23

### Sunset Ferry Ride

Take in the best view of Château Frontenac on a scenic sunset ferry ride, with good company, great conversation, and unforgettable sights.

## Aug 2

### Blueberry Picking

Enjoy a day in the countryside with blueberry picking, pancakes, ice cream, and more! Spaces are limited, so register soon before tickets sell out.

## Aug 6

### RTC Workshop+Chocolate Museum

Join us for a free 1-hour session at the RTC office and get an introduction to navigating Québec City's bus system.

## Aug 16

### Old Québec Walking Tour

Missed the tour in June? Reserve your spot for the last free guided tour of the year!

# Employability

## CQSB Careers Info Session The 6th Edition



Steven McCoubrey and Laurie Laflamme provided overviews of the different jobs, schools, and benefits available at the Central Québec School Board. They were also joined by Carla Martinez, a school secretary, who shared her experience getting hired and working at Quebec High School.

Our thanks to all attendees, and to Steven, Laurie, and Carla for contributing to its success.

*Interested in working for the CQSB?*

Check out their careers page:  
[www.cqsb.qc.ca/en/web/csqb/careers](http://www.cqsb.qc.ca/en/web/csqb/careers)

## Introducing: D'une pierre, deux coups

### A French immersion in the workplace pilot project

The idea is to help English-speakers with an intermediate level of French better integrate in French-speaking workplaces. VEQ supports the employee through a tailored approach including learning materials, individual and group meetings, mentorship, and more!

**We're currently recruiting participants and employers!**

*Are you an employee or job seeker?* You may be eligible to participate if you were hired between January 2025 to now, **OR** you are aiming to find a job between now and the end of September.

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

Sign up here to register your interest in the program and Susanna will follow up:

<https://forms.office.com/r/n4GZx6gaw7>

*Are you an employer?* We can assist your current employees, provide referrals of qualified candidates and help you explore formal and informal French language learning options. These services are free.

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

## LOOKING TO USE ENGLISH AT WORK?

Check out this list of employers who look for people with English language skills!



D'UNE  
PIERRE

DEUX  
COUPS

C'EST EN  
IMMERSION  
QUE LE FRANÇAIS  
PROGRESSE.

IT IS THROUGH  
IMMERSION  
THAT FRENCH  
IMPROVES.



→ Passez des  
applications  
à la réalité!  
*Move from  
apps to reality!*

→ Pratiquez  
votre français  
au travail.  
*Practice your  
French at work.*

Questions?  
(418) 683-2366 x 222  
susanna.tang@veq.ca

Avec la participation financière du  
*With financial support from*

Un programme du  
*A program by*

Secrétariat aux relations  
avec les Québécois  
d'expression anglaise

Québec 

**VEQ**  
Voice of English-speaking Québec

**RDN**  
Regional Development Network  
Réseau de Développement Régional

# 50+ Services

## KEEPING COOL WITH *OUT & ABOUT!*

Our highlights from May and June are up ahead:

**May 6, 13**—Brunch & Bowling: A tasty brunch, and fun rounds of bowling were on the agenda.

**May 8, 15**—Floralies Jouvence: We enjoyed a lovely stroll through blooms.

**May 27**—Musée de la civilisation: We learned a lot through a guided tour of the *In Other Words, Quebec* exhibit.

**May 29**—Îlot des Palais: We spent time exploring rich history and discovering secrets, followed by a relaxing lunch in Old Québec.

**Jun 3**—Ice Cream Social: What a sweet treat!

**Jun 10, 12**—Walk and Lunch: The scenic walk along Sentier des Grands Domaines was well-liked—a perfect day of fresh air

and great company!

**Jun 13**—SNACS Book Fair: We browsed through thousands of books at the Book Fair, finding great reads and connecting with fellow book lovers.

**Jun 17, 19**—Grand Marché: A fun day of fresh local flavors at the lively market. We even had a special guest with us at one of the outings—stay tuned!

**Jun 23**—Brunch & Botanicals: A lovely outing with good food and peaceful nature.

### Looking Ahead

After a quick break in our outings until around mid-July, we are excited to bring you out again to enjoy summer together. Stay tuned for more outings in the coming months!

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

Contact us at



(418) 683-2366 EXT. 221



MARIA.HOYT@VEQ.CA



Bowling Outing.



Floralies Jouvence Outing.



Guided exhibit at the Musée de la civilisation.

# Northern Perimeter

## What's new?

We're embracing the season and wishing you all a great summer ahead!

While a few regular activities—like Chair Yoga and Community Kitchen—are taking a break, others are going strong. Out & About outings, Arts & Crafts workshops, and a brand-new Origami session are on the summer schedule.

Missed our gardening events this spring? Good news—there's more to come! In April, VEQ kicked off Earth Day celebrations, which led to a second planting workshop in Shannon on May 31, thanks to local gardening expert Anne Feeney. Her lush organic garden provided a beautiful setting for learning and relaxing.



May 31—Anne welcomed us in her amazing garden!

We will be back this August, just in time to see the garden in full bloom—and to learn the basics of preserving and pickling. *To register, contact Dominique.*

Our monthly Arts & Crafts workshops at the Community Space introduced macramé on May 15, and brought back rock painting on June 10, celebrating the colours of summer. These free workshops continue into July and August—watch our Facebook page for updates. Have an art or craft you'd like to lead? We'd love to hear from you!

We would also like to send out a huge **THANK YOU** to our creative volunteers—Ursula for the card making workshop, Ramona for the felting and



May 15—Macramé workshop in full-swing. Keep knotting!

macramé workshops, and all those who helped bring these workshops to life. Special thanks to our Storytime team: Mead, Jennifer, and Frances-Ann, who visited three kindergarten classes this school year as part of the VEQ/DDO Storytime initiative. With 19 sessions and 276 total student participations, your impact was incredible.

Last but not least, our beloved Smoothie Bikes are still pedaling strong! Recently featured at Portneuf, and Valcartier Elementary Schools, they continue to serve up fun, fitness, and fruity treats.

Looking to get involved? Reach out to explore volunteer opportunities in your community!

## Get in touch with our Shannon team!

**Dominique Paddack**

Email: [dominique.paddack@veq.ca](mailto:dominique.paddack@veq.ca)

Tel: (418) 683-2366 ext. 227

**David Zhu**

Email: [david.zhu@veq.ca](mailto:david.zhu@veq.ca)

Tel: (418) 683-2366 ext. 228

# 50+ Northern Perimeter

## Out & About



We traversed to the grand Château Frontenac for a breathtaking tour of the hotel!

An experience filled with history, charm, and period-appropriate clothing!

## Chair Yoga, Knitting and Community Kitchen

Our sessions for these activities are paused for the summer. Stay tuned for our scheduling in the fall!

## Origami Workshop



Our newest addition to our summer activities! We had an absolute blast during our first session, and it will continue once per month in our Community Space (spots limited).

## Brain Power

Our Brain Power activities remain ongoing. Watch your inbox for updates!

## Community Kitchenette

It may be too hot for the kitchen, but come cool off in our air-conditioned community space with our first-ever Community Kitchenette: Mason Jar Recipes!

We'll be putting together easy, ready-to-make mixes like cookies, soups, and more. Stay tuned—details coming soon to your inbox!

## Coming up...

There's plenty to look forward to with brand new activities. Stay tuned and check your inbox for more information!

David Zhu



(418) 683-2366 EXT. 228



DAVID.ZHU@VEQ.CA

## 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.

# 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](http://www.wejh.ca) for more information about activities and volunteering.

#### Upcoming events:

**July Tuesdays**—Wellness Pilates, Brain Power drop-in: Summer Edition, Wellness

Walks\*

**July Wednesdays**—Wellness Walks\*

**August Tuesdays**—Brain Power drop-in: Summer Edition

**Aug 8**—Outdoor Parents and Petits at Saint Brigid’s Home

\*Wellness Walk schedule below

Questions? Please email: [info@jhpartners.net](mailto: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:

**Jul 13**—Tea Time

**Jul 16**—Dance Workshop

**Jul 27**—Tea Time

#### Summer Programming:

S.T.E.A.M Club, Book Quest 2025, Tween-Tales Book Club

Visit [www.morrin.org](http://www.morrin.org) to learn more about the Morrin Centre.

E: [info@morrin.org](mailto:info@morrin.org)

T: (418) 694-9147

WED, JUNE 11 - 9:15 AM	Bois-de-Coulonge Park
THURS, JUNE 12 - 9:15 AM	Bois-de-Coulonge Park
FRI, JUNE 13 - 5 PM	Bois-de-Coulonge Park
TUES, JUNE 17 - 5:45 PM	Bois-de-Coulonge Park
WED, JUNE 18 - 9:15 AM	Bois-de-Coulonge Park
SUN, JUNE 22 - 2:30 PM	Plains of Abraham
WED, JUNE 25 - 9:15 AM	Promenade Samuel Champlain
THURS, JUNE 26 - 5:45 PM	Promenade Samuel Champlain
SUN, JUNE 29 - 2:30 PM	Plains of Abraham
WED, JULY 2 - 9:15 AM	Promenade Samuel Champlain
THURS, JULY 3 - 5:45 PM	Promenade Samuel Champlain
TUES, JULY 8 - 5:45 PM	Promenade Samuel Champlain
WED, JULY 9 - 9:15 AM	Promenade Samuel Champlain
TUES, JULY 15 - 5:45 PM	Promenade Samuel Champlain
WED, JULY 16 - 9:15 AM	Promenade Samuel Champlain
TUES, JULY 22 - 5:45 PM	Jacques-Cartier Beach Park
WED, JULY 23 - 9:15 AM	Jacques-Cartier Beach Park
TUES, JULY 29 - 5:45 PM	Jacques-Cartier Beach Park
WED, JULY 30 - 9:15 AM	Jacques-Cartier Beach Park

All these events (and more!) here:

SCAN ME



# ... More COMMUNITY EVENTS AND ACTIVITIES FOR YOU

## Y4Y Québec

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

[www.y4yquebec.org](http://www.y4yquebec.org)

### Should I Stay or Should I Go?

Enrolled in an English-language school for September 2025? Apply for a 20-month study!

**Find out more here.**



**Should I stay  
or should I go?**

**APPLY NOW**

**TO JOIN OUR PAID STUDY!**

#### Criteria

- Must be enrolled at an english-language high school, CEGEP, or university (September 2025)
- 20-month study with surveys every ~2 months

Funded by

Canada

Secrétariat aux relations  
avec les Québécois  
d'expression anglaise  




## CJE Chauveau

Carrefour jeunesse-emploi Chauveau's mission is to take action alongside youth aged 15 to 35, supporting them on their path to employment.

[www.cjec.net](http://www.cjec.net)

### Mosaïque

Join CJE Chauveau for events that are part of the Mosaïque project which aims to create a welcoming space where intercultural exchange thrives and everyone feels a sense of belonging.

These events are free to attend and open to all. Perfect opportunity to practice your French, and make connections!

**Jul 7**—RTC and àVélo (Bike rental) Presentation

**Jul 11**—Cooking for a community kitchen

**Jul 16**—Bonfire and Smores

**Jul 22**—Gardening

*Questions and registrations:*

**Stéphanie Carrier**

T: (418) 847-0308 #117

E: [entrepreneuriat@cjec.net](mailto:entrepreneuriat@cjec.net)

# Even More!

## COMMUNITY EVENTS AND ACTIVITIES FOR YOU

### Mercredis Musicaux 12h05 – 13h05

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

**GRATUIT – dons bienvenus**

**June 25 juin – Sharon MacLeod** (soprano)  
& **Marie-Hélène Greffard** (piano / organ)

**July 2 juillet – Priscilla-Ann Tremblay**  
(contralto) & **Jean-François Mailloux**  
(piano)

**July 9 juillet – Lance Nagels** (tuba)  
& **Jean Sutherland** (piano)

**July 16 juillet – Élise Guay**  
& **Liette Remon**  
(vieux airs traditionnels du Québec)

**July 23 juillet – Eline Brock** (viola)  
& **Gordon Brown** (organ)

**July 30 juillet – Denis Poliquin**  
& **Marc Bélanger** (guitar classique)

**August 6 août – Alain Châteauvert** (piano)

**August 13 août – Le Duo Czifra**  
**Ludmilla Guilmault & Jean-Noël Dubois**  
(quatre mains – piano – four hands)

**August 20 août – Alan Stairs & Yves**  
**Michaud** (cornemuses & tambours)  
des **78<sup>th</sup> Fraser Highlanders**

**August 27 août – Saxophone quartet de la**  
**Musique du Royal 22<sup>e</sup> Régiment**

**Sept. 3 septembre – Jacquelin Rochette**  
(organiste de Chalmers-Wesley, 1980-1987)

**ENTENTE**  
DE DÉVELOPPEMENT CULTUREL

VILLE DE  
QUÉBEC Québec



Cette série de concerts est dédiée à la mémoire de **Mme Ada Ward Shaw**, ancienne membre de l'Église unie Chalmers-Wesley. *This concert series is dedicated to the memory of Mrs. Ada Ward Shaw, a former member of Chalmers-Wesley United Church.*

### Musical Wednesdays 12:05 – 1:05 p.m. FREE – donations welcome



Alain Châteauvert (August 6 août)



Alan Stairs & Yves Michaud  
78<sup>th</sup> Fraser Highlanders (August 20 août)



Jacquelin Rochette (Sept. 3 septembre)

Pour information visitez [chalmerswesley.org](http://chalmerswesley.org)



### COACHING DATES

Are you an entrepreneur or have aspiring ideas to start your own business?

Sign-up for the next YES Business Coaching session:

**Aug 5-6**

**Sep 9-10**

**Oct 7-8**

**Nov 4-5**

**Dec 9-10**



(418) 683-2366 EXT. 225



NEWCOMERS@VEQ.CA

### 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](mailto:editor@qctonline.com)