



Voice of English-speaking Québec

Connect with the
English-speaking community

VEQ's Spring 2019 Newsletter

The last few months have kept us busy here at VEQ— we hosted our annual Holiday Happy Hour fundraiser in December, welcoming over 130 community members to celebrate the holiday season and support the Community Christmas Hamper Campaign. The VEQ team also worked hard to help with the successful organization and delivery of over 200 hampers to families in need.

In February, a group of enthusiastic newcomers enjoyed a fabulous day of snow tubing at Village Vacances Valcartier's winter playground. It was a wonderful opportunity for newcomers to get out, get active and meet others on a beautiful winter day.

On Thursday, March 28, VEQ will kick winter to the curb and host its annual Spring Fest 5@7. We hope to see you there!

VEQ will be marching proudly in the St. Patrick's Day Parade this year on March 23rd! Community members are welcome to join us!



- VEQ's Spring Fest
- Hello/Bonjour
- Seniors Calendar
- Seniors Out & About
- Story time with seniors
- YES Business Coaching
- Québec St. Patrick's Day Parade
- Expanding Horizons Project
- Updates from the Newcomers Coordinator
- Employment Workshop with the FORT Program
- ImagiNation Festival at the Morrin Centre
- Québec Art Compay
- CQSB Performing Arts Festival
- VEQ Annual General Meeting
- Quebec High School Trivia Night
- Activities at the Morrin Centre
- Toys & More Sale
- Call for Nominations – Board of Directors
- The Wellness Centre at Jeffery Hale
- AMF Financial Workshop
- Shannon Historical Evening
- Lifelong Learning
- VEQ's Events Calendar
- VEQ's Job Bank
- VEQ's Community Bulletin Board
- Contact Us

Spring Fest 2019

VEQ is pleased to invite you to its annual Spring Fest 5@7. We look forward to seeing you there!

SPRING FEST 5@7

THURSDAY, MARCH 28, 2019

3 BRASSEURS LAURIER
PLACE STE-FOY
2450 BOULEVARD LAURIER

WE WILL BE ON THE 1ST FLOOR

HORS D'OEUVRES WILL BE SERVED
BRING A FRIEND!

COME HEAR ABOUT
WHAT WE HAVE BEEN UP
TO IN THE LAST YEAR,
AND LEARN MORE
ABOUT WHAT WE HAVE
IN STORE FOR YOU NEXT

PLEASE RSVP BY MARCH 22nd
info@veq.ca
(418) 683-2366 #221



Canadian
Heritage

Patrimoine
canadien



Hello/Bonjour

Voice of English-Speaking Québec's Promotion of Linguistic Duality project: Hello/Bonjour! We meet up twice a month in order to practice our second language while doing fun activities and meeting new people! Join us!

Funded through the Promotion of Linguistic Duality, Enhancement of Official Languages Program of the Department of Canadian Heritage.

HELLO/BONJOUR! UPCOMING EVENTS

- March 9th @ 6:00 P.M. - Game Night at La Revanche
- March 16th @ 9:00 A.M. - Sugar Shack
- March 27th @ 6:00 P.M. - Final Potluck at the Jeffery Hale Pavilion

For more information, or to register, contact Alexandra at 418-683-2366 ext. 224 or alexandra.hartley@veq.ca

You can also join our facebook group, Hello/Bonjour! to learn more about upcoming events!



Hello/Bonjour!

JOIN US FOR A TRADITIONAL
SUGAR SHACK EXPERIENCE!

Want to experience a staple of Canadian life, meet new people, contribute to a worthy cause all while practicing your second language? Here's your chance!

We will be providing free transportation from the Jeffery Hale Pavilion to a rustic sugar shack on Saturday, March 16th at 9:00 A.M., PLUS a discount on your meal! Spaces are limited, so signing up is mandatory.

~~19.95\$~~
14.95\$

For more information, or to register, contact Alexandra at 418-683-2366 ext. 224 or alexandra.hartley@veq.ca



Canadian
Heritage

Patrimoine
canadien



Seniors Out & About

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 Alexandra Hartley at (418) 683-2366 ext. 224, or alexandra.hartley@veq.ca

50+ in Québec?

Famille Québec

Check out our online calendar of local events at: www.veq.ca



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

Storytime with Seniors

STORYTIME WITH SENIORS

WE'RE LOOKING FOR SENIOR READERS TO TELL STORIES TO CHILDREN!

Are you 65+? Do you like to read? We need you!

FOR MORE INFORMATION OR TO REGISTER CONTACT ALEXANDRA AT
418-683-2366 EXT. 224 OR
ALEXANDRA.HARTLEY@VEQ.CA

VEQ
Voice of English-speaking Québec

Québec

VILLE DE QUÉBEC

This awesome initiative brings together seniors and children of the English-speaking community to foster a love of reading and a sense of connection between these two generations. Seniors go into schools and take the time to read stories with children, making reading a special and fun activity. The senior readers get to spend time with people that are excited to see them, and contribute to the future of our kids one story at a time. Our seniors have so much to give, and this project brings that to the forefront, allowing their experience and personality to shine. If you are interested in participating, please contact Alexandra at 418-683-2366 ext. 224 or alexandra.hartley@veq.ca

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:
March 26, 27, 28
April 30, May 1, 2
May 28, 29,30

To register call Voice of English-speaking Québec at 418-683-2366 ext. 225 or email jessica.price@veq.ca

YES Workshop: A Business Plan for Business Success

March 27th, 5:30-7:30 p.m.

A well-thought out business plan is not just required to secure funding at the start-up phase, but is a vital tool to help you manage your business more effectively. This workshop will walk you through, in a non-intimidating way, the key elements of a successful business plan and why having one is so vital to the health of your business no matter what stage your business is at.

SAY **YES** TO STARTING OR GROWING YOUR BUSINESS TODAY!

WHY NOT TAKE ADVANTAGE OF OUR 5+ YEARS OF EXPERIENCE COACHING ENTREPRENEURS IN QUEBEC CITY!



We're Here to Support Entrepreneurs Like You in DEVELOPING YOURSELF AND YOUR BUSINESS

AND BY THE WAY, IT'S FREE!

FREE* BUSINESS COACHING

TAKE ADVANTAGE OF THIS OPPORTUNITY!

Our professional business coaches are passionately committed to providing personal and private coaching to help you start, grow or expand your business.

- Through our coaching services you will receive:
- Answers to your business questions
 - Financing options and resources
 - Guidance in researching and evaluating your business ideas
 - Strategies for expanding your customer base
 - Succession planning advice
 - Knowledge on importing/exporting, online business, franchising and much more...

Jeffery Hale Pavilion, Quebec City
 1270, Chemin Ste-Foy, Suite 2141

Open to every age and stage of business. Contact Jessica Price at: 418-683-2366 ext. 225 or jessica.price@veq.ca

*A small fee activation fee is required. The fee will be refunded after three appointments.

We also offer a range of support and services online. Call 1-888-614-9788 or visit www.yesmontreal.ca

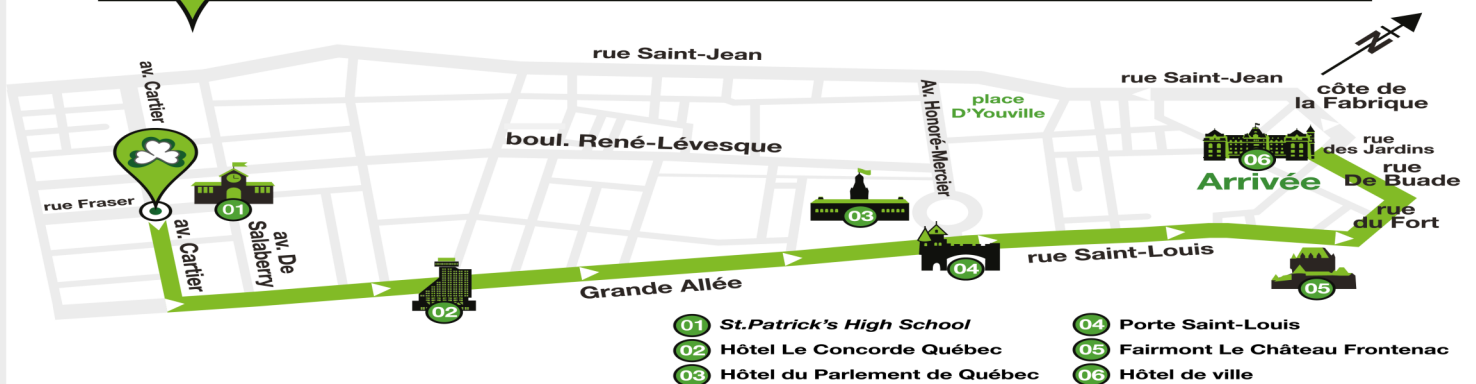


St. Patrick's Day Parade!

The 2019 Québec St. Patrick's Day Parade is happening on Saturday, March 23. The parade kicks off at 2:00 p.m. from the corner of rue Fraser and avenue Cartier. VEQ will be proudly walking in the parade and community members are welcome to join us! Contact us at 418-683-2366 x221 or info@veq.ca for more information. For more details about the parade, visit www.saintpatrickquebec.com

SAMEDI 23 MARS 2019 - 14 H

TRAJET DÉFILÉ de la SAINT-PATRICK de QUÉBEC
 DÉPART / Start rue Fraser, au coin de l'avenue Cartier





Expanding Horizons

Project for special needs and at-risk youth

The Expanding Horizons (EH) project, the two-year initiative which started in spring 2017 is concluding its final phase come March 31st 2019. EH stems from a need in the community to address the needs of special needs and at-risk youth of the Greater Québec City region, between the ages of 16 and 29 years old.

Funded by the Government of Canada via the Community Innovation Fund, EH was one of 10 projects chosen throughout the Province of Quebec to provide direct support to this vulnerable segment of our community, by creating work-plateaus and employment opportunities.

Through community, private and public partnerships, EH aimed to help youth develop and improve their employability skills, autonomy and confidence, while breaking social isolation and earning wages.

We are happy to share that in its 1st year (April 2017-March 2018), 10 work-plateaus were created for 5 special needs and at-risk youth. The 2nd year (April 2018-March 2019) continued to develop a network of partners and beneficiaries, enabling 19 on-the-job training opportunities for 10 young adults from our region.

The “Book Fair” work plateau is a successful example of how EH, through a partnership with SNACS Entrepreneurs enabled 4 young adults to work and help manage this year’s Book Fair. In its 2nd year, new partnerships were also created with Cegep Champlain - St. Lawrence, Mount Hermon Cemetery, private businesses such as Centre mosaïque de Québec and Boule Miche, a local bakery, helping to create several additional work-plateaus and full-time job opportunities.

To conclude, it has been enriching and inspiring to see how creative partnerships can fill a need for both special needs and at-risk youth and employers of the Greater Quebec city region. It is encouraging to know that some of these employment opportunities will be sustained after the end of the project which is also one of the objectives of Expanding Horizons. A step in the right direction, showing the constructive roles both these actors can play in our community and in today’s job market.

Thanks to all the participants, the partners and the special needs and at-risk youth from our community who made this project a success!



News from the Newcomers Coordinator!

So far, 2019 has been snowy and cold, however that hasn't stopped newcomers from getting outside and embracing the winter season. 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 also offer a continuous programme of activities and information sessions covering various topics that are relevant to our newcomer clientele. 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 Jessica Price at 418-683-2366 ext. 225 or 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! See below for more details!

Recently Held Finding your Niche for Newcomers Events:

Service Canada Information Session for Newcomers, February 21, 2019

On February 21st a Service Canada representative presented information regarding different Service Canada programs relevant to our newcomer clientele. Some topics covered were: social insurance number, employment insurance benefits, Canada child benefits, registered education savings plan (RESP), services available through their website and much more. This was a great opportunity for people to ask any specific questions they had directly to a Service Canada representative.

Newcomers' Winter Fun Excursion to Village Vacances Valcartier, February 9, 2019

On February 9th Voice of English-speaking Québec (VEQ) held our first *Newcomers Winter Excursion to Village Vacances Valcartier*. The goal was to get newcomers outside (during a time when many people are inclined to curl up indoors) and visit one of Québec's famous winter activity centres: Village Vacances's winter playground. Despite the chilly weather, newcomers snowtubed all day long under blue skies and sunshine. It was a great success and we hope to do it again in the future. Thanks to everyone that came out to make the day so wonderful!

Canada Revenue Agency (CRA) workshop: Newcomers and the Canadian tax system, January 30, 2019

We are very thankful that the Canada Revenue Agency came and did a presentation specifically for newcomers regarding taxes in Canada. Some of the topics covered were: filing a tax return, Canada Child Benefit, GST/HST Credit, the volunteer program and more! The information was very MUCH appreciated by participants and it helped to answer many questions. People left feeling a little more confident and equipped to tackle their taxes. We hope to be able to offer the same information session in January next year.

Upcoming Newcomers Events:

Revenu Québec Information Session for Newcomers to Québec, March 25, 2019

New to Québec? Doing your taxes? Join Revenu Québec for an information session in English for newcomers to Québec. For more details or to register contact 418-683-2366 ext 225 or email newcomers@veq.ca.

Newcomers' Paint Night, spring 2019 - Stay tuned for more details!

Newcomers' Walking Tour of Old Québec, May or June 2019 – Stay tuned for more details!

Employment Workshop with the FORT Program, February 6, 2019

The FORT program from the Valcartier Family Centre once again put on an excellent employment workshop. This time the topic was: *Promoting Yourself to an Employer*. The topic and content of the workshop was very well received, in particular the hands on portion where people prepared and practiced their own 30 second "pitch". Participants walked away feeling better prepared to approach employers and to attend the job fairs in the spring.

ImagInation Festival 2019 at the Morrin Centre



Come celebrate our tenth annual writers' festival from April 2 to 7, 2019.

In addition to inspiring, surprising, captivating, and often funny discussions with authors, join us for writing workshops, new musical events, our renowned Books and Wine event, as well as our Books and Brunch on Sunday.

Meet 30 authors and musicians at this annual celebration of English-language literature and arts taking place, for the most part, at the Morrin Centre, the home of the Literary and Historical Society of Quebec's library.

Quebec Art Company Presents: Noises Off Michael Frayn's comedy - directed by Cheryl Rimmer

Date: May 16-19, 2019

Location: Industrial Alliance Auditorium Cegep St. Lawrence, 790 Ave. Nérée-Tremblay, Québec

Tickets \$20 (Students or 65+ \$15, groups of 10+ \$15/person)

Tickets will be available on the Quebec Art Company website soon.

<https://www.quebecartcompany.com/upcoming-show.html>

Presenting the 16th CQSB Performing Arts Festival

This year, the Performing Arts Festival will give both secondary and elementary students a unique opportunity to come together from the far corners of the school board to share their enthusiasm and passion for the performing arts.

Quebec High School will host the secondary school festival on Friday, March 29, 2019. The evening performance will take place at JP-Tardif at Saint-Charles Garnier with 8 schools participating and a fresh line-up. The evening is open to the public, with the show starting at 6:00 pm. Come help support our young artists! Admission is free.

VEQ's Annual General Meeting

Voice of English-speaking Québec is pleased to invite you to its Annual General Meeting. Get together with old friends and meet new ones, learn about VEQ and hear about our highlights from the past year. Appetizers and refreshments will be served and parking is free.

Thursday, May 30, 2019 from 5:00 to 7:00 p.m.
Coin Soleil Room, 2nd Floor, Jeffery Hale Hospital (1250, chemin Sainte-Foy).

Please RSVP by calling 418-683-2366 ext. 221 or by emailing: info@veq.ca

Quebec High School Trivia Night

Quebec High School Presents: Game of Trivia

Saturday, April 6, 2019 at 7 p.m.

For more information or to obtain the registration form contact: Susan McBain at suemcpow@gmail.com



Teams of 5 players maximum
Dress up, create a team cheer or battle song, and prepare to have fun
6:30 - 7:00 pm registration
1st question starts at 7pm
For more information or to obtain the registration form contact:
Susan McBain at: suemcpow@gmail.com

Activities at the Morrin Centre

Saturday, March 9 at 10:30am
Storytime: How to Catch a Leprechaun?

Wednesday, March 20 at 7:30pm
My Morrin - Poetry Workshop

Saturday, March 23 at 10:30am
Musical Composition Workshop – Guest Symon Henry

Tuesday, March 26 at 6pm
S.T.E.M Club - All About Food

Saturday, March 30 at 10:30am
Storytime: The colour of emotions

For more details, visit
www.morrin.org



Toys & More Sale

The annual Toys & More Sale will take place on Saturday, May 4, 2019 from 9:00 a.m. to 2:00 p.m. at CEGEP Champlain – St. Lawrence.

Buy! Sell! Meet 'n' greet!
Toys, books, maternity items, games, baby goods, sports gear and clothing

Rent a table: \$15 for upper level or \$25 for main floor. Go to our online-payment page to rent your table. First come, first served!

CEGEP Champlain – St. Lawrence is located at 790, ave Nérée-Tremblay in Sainte-Foy, G1V 4K2 (behind the pyramid)



Call for Nominations – Board of Directors

POSITIONS TO BE FILLED FOR A THREE-YEAR TERM (2019-2022)

DEADLINE: March 25, 2019

The Nominations Committee of Voice of English-speaking Québec (VEQ) is seeking nominations to fill positions on their Board of Directors for a first three-year term.

The Board of Directors of VEQ is composed of a maximum of fifteen (15) members, all volunteers, and they meet at least eight (8) times a year.

The Board of Directors of VEQ ensures that the organization meets its objectives as set out in the strategic plan and oversees the operations.

The Nominations Committee is looking for persons with competencies in one or more of the following areas: accounting, legal and governance. They are particularly interested in striving to attain and maintain gender parity and regional representation.

For more information about VEQ and its mission, please consult the website at www.veq.ca

To submit your candidacy, please contact the Executive Director at (418) 683-2366, extension 223.

Candidates must be a member of VEQ before March 31, 2019.

Forms must be filled out and submitted before March 25, 2019.

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.



Centre
Wellness

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 for more information on volunteering, and on activities such as Caring Circle Café, community art programs, activities for parents of pre-schoolers, Moms' Nite Out, Chit Chat Club, and more!

First Aid Course for Parents: Saturday, March 30 from 8am - 4pm

Cost: \$70 entitles you to a manual (English) and a CPR/AED level 'C' certificate valid for 3 years

Questions? Please call Jan Anderson at 418 684-5333, ext. 1539.

AMF Financial Workshop March 19th, 2-3:30pm

Join us for a conference put on by the Autorité des marchés financiers (AMF) on March 19th.

Two topics will be covered: Insurance and protecting yourself against fraud.

To register or for more details, please contact: Voice of English-speaking Québec at 418-683-2366 ext. 225 or newcomers@veq.ca



AUTORITÉ
DES MARCHÉS
FINANCIERS

Fifth annual Shannon Historical Evening: The Log Drive on the Jacques-Cartier River

With special guest, Mrs. Dorothee Boilard

The Local Heritage Council and the Shannon Historical Society invite you to attend their fifth annual historical evening.

When : Thursday, May 2nd, 2019 at 6:30 p.m.

Where : Shannon Community Centre, 75 Gosford Road

Lifelong Learning (LLL)

Lifelong Learning provides opportunities for growth and intellectual stimulation for mature learners (predominantly seniors), placing an emphasis on idea exchange, peer learning, and inclusive participation. If you enjoy taking part in lively discussions, learning about a variety of topics, and meeting new people, please contact us to participate!

Ready to sign up? Have a question? Just call us at the Quebec City Reading Council at 418-681-1258 or email info@lifelonglearningquebec.org.

To view the calendar of upcoming events: <http://www.lifelonglearningquebec.org/events.html>

LLL is a collaborative effort of several community organizations and individuals with funding support from the Citadel Foundation.

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
For more information on how to post an event on the QCT Community Calendar visit 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 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 call 418-683-2366 ext. 221 or email 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, 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 * Website: www.veq.ca
Please call for an appointment for one-on-one referral services.

Regular Office Hours

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

Be sure to follow us on our Facebook page!



Newsletter Update

In an effort to promote a greener future, the 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, if you would like to receive an electronic copy instead of a print copy of the newsletter. Thank you!