

**Connect with the
English-speaking
community . . .**

NEWCOMERS

YOUTH

MEMBERS

COMMUNITY

EMPLOYERS

Our community is active this fall!

Voice of English-speaking Québec staff were busier than ever this fall and are looking forward to interesting events and projects coming up this winter!

Fall Fest 2014 was a huge success with over 650 people coming out to St. Vincent Elementary on Saturday, September 20. Activity in the gym was buzzing with over 50 community groups and businesses showing the community who they are and what they do. St. Vincent's corn roast and the SNACS Bar kept the crowd fed while kids enjoyed facepainting, the balloon artist and other great family activities. Thanks to our collaboration with Be Active Québec, family Zumba sessions were held and a huge climbing wall was available for everyone to enjoy. Performances this year from the Shannon Irish Dancers, a Brazilian group called Pé Na Rua and the Blair Family Musicians rounded out the day, along with a fun Flash Mob performance by dancers from Quebec High School. As always, thanks to everyone who came out to celebrate the English-speaking community! See you again next year!



The SNACS Bar team providing treats for the crowd at Fall Fest

Our Newcomers Program has been very active this fall. In October, Newcomers were welcomed at the Meet & Greet: Taste of Québec and Winds of Change events followed by the Learn French & Teach English Fair in November. To read more about these fun evenings and hear about what's ahead in the Newcomers calendar, visit page 6.

Read on to learn about great activities coming up for community members of all ages, including our Holiday Happy Hour on Wednesday, December 3!

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VEQ's Holiday Happy Hour

Join us in celebrating the holiday season!

Voice of English-speaking Québec, in partnership with the Literary and Historical Society of Québec, is delighted to invite you and your family to our annual Holiday Happy Hour at the Morrin Centre.

Support a good cause, enjoy a good glass, savour a bite and take a moment to wish your colleagues, friends and partners a wonderful holiday season.

Date: Wednesday, December 3, 2014

Time: 5:00 - 7:00 pm

Location: Morrin Centre,
44, chaussée des Écossais, Québec City

Please RSVP by December 1 to info@veq.ca
or call 418-683-2366 ext 221

Be sure to bring your canned food items for our Christmas Hamper Campaign collection!

Important Notice: Please bring indoor footwear to protect the fragile wood flooring at the Center. Parking available on surrounding streets and under City Hall; the Morrin Center is wheelchair accessible.



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 Québec City every month to meet with people! Book your appointment today.

Business Coaching dates for the coming year:

- December 10th, 2014
- January 14th, 2015
- February 11th, 2015
- March 11th, 2015

**NEED HELP WITH
YOUR BUSINESS?**

**START, GROW OR EXPAND
YOUR BUSINESS TODAY!**

YES, in partnership with Voice of English-speaking Québec, is providing its Free Professional Business Coaching Services.

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



Update on VEQ's advocacy involvement against proposed Bill 10

VEQ and the Quebec Community Groups Network (QCGN) effectively voiced the English-speaking community's strong reservations about the Health Minister's proposed Bill 10 (*Loi modifiant l'organisation et la gouvernance du réseau de la santé et des services sociaux*) at parliamentary hearings held recently.


Community leaders are cautiously optimistic that the government has heard our concerns and is ready to discuss ways to secure the future of Jeffery Hale — Saint Brigid's as a health and social service provider for Quebec City's English-speaking population for generations to come.

Jeffery Hale – Saint Brigid's: *Our Community, Our Health, Our Future*

If Bill 10 is passed in its present form, Jeffery Hale – Saint Brigid's, its services and board of directors will be swallowed up by one giant health establishment.

The English-speaking community must maintain its capacity to be directly involved in the control and management of Jeffery Hale – Saint Brigid's so that it can continue to fulfill its leadership role in providing innovative, efficient, culturally and linguistically appropriate services to the English-speaking community.

Stay informed!
Please visit veq.ca
or call 418 683-2366



Please stay informed about the **Jeffery Hale — Saint Brigid's: Our Community, Our Health, Our Future** campaign and stand by for action. Visit Voice of English-speaking Québec's online information/action hub at www.veq.ca or VEQ's Facebook page.

Seniors, Out & About

The Seniors Out and About program is continuing after a successful summer! This project provides English-speaking seniors with free transportation to community activities and outings. This fall and winter seniors will participate in a variety of activities that will allow the participants to get out and enjoy good company, such as shopping trips and movie matinées.



For more information about the project, to offer your suggestions or to register for Activities, please contact Heather McRae at 418-683-2366 ext. 224

19th Annual Community Christmas Hamper Campaign

For 19 years now, the English-speaking community has been jointly coordinating the success of a Community Christmas Hamper Campaign for families in need. We distribute about 230 Christmas hampers to English-speaking households in the Quebec City region, which is an enormous challenge with a most heart-warming outcome. The holiday spirit is about giving and whether its food, a monetary donation or simply the time in your schedule, we appreciate every member and volunteer who contributes to this incredible community experience!

Our Community Christmas Hamper Campaign starts **Sunday, November 9th**. Here's how you can get involved:

- Donate **non-perishable goods**: We will be collecting non-perishable foods and hygiene products in English-speaking schools, churches and community organizations around town from November 9th - December 14th. A detailed drop-off list can be found on our facebook page.
- Donate **monetarily**: Online at Canadahelps.org >search Jeffery Hale Community Partners > Select our campaign and receive a tax receipt immediately. You may also donate by cheque payable to Jeffery Hale Community Partners. All cash donations will be used to purchase such perishables as fresh fruit & vegetables, flour, beef, and turkey to complement the canned good donations.
- Donate **your time**: Volunteer with us by registering with Amy Bilodeau, campaign Volunteer Coordinator at 418-684-5333 ext. 1550 or e-mail amy.bilodeau@ssss.gouv.qc.ca to sign up for one or more of these volunteer opportunities:

Wednesday, December 17

9 a.m. - 2 p.m. - Non-perishable collection crew needed to pick-up canned goods from various sites across the city, deliver to our main center – CEGEP Champlain St. Lawrence and unload items.

2 – 5 p.m. - Sorting crew needed to sort and count donated items.

6 – 9 p.m. - Sorting crew needed to sort and count donated items.

Thursday, December 18

12 - 4 p.m. - Strong team needed to unload delivery trucks of frozen turkeys & fresh produce.

2 - 4 p.m. - Box-makers needed to prepare and label Hamper boxes.

Friday, December 19

9 a.m. - 12 p.m. - Hamper packing crew needed to pack Hamper boxes with food.

1 - 4:30 p.m. - Hamper packing crew needed to pack Hamper boxes with food.

Saturday, December 20

8:30 - 11 a.m. - Teams of drivers and helpers with strong backs needed to deliver Hampers from our main center CEGEP Champlain St. Lawrence to homes of families in need. Morning coffee, map and instructions will be provided. Strong arms, happy drivers and good cheer are particularly appreciated!

Follow our campaign on our Facebook page: **Quebec City Community Christmas Hamper Campaign** to stay on top of all Hamper-related events and donation updates. While you're there, **LIKE** us, because we know you already do!



Community Christmas Hamper Campaign

Please give • generously

Financial donations are very important to the Community Christmas Hamper Campaign, as all proceeds go to buying such perishables as eggs, turkey and bread which complete a holiday meal.

Donate online at CanadaHelps.org, search Jeffery Hale Community Partners and select our Community Christmas Hamper Campaign!

DONATE NOW **FAITES UN DON**

Active Living 50+ offers Zumba, Yoga and Cardio-dance at the YWCA

Last spring Voice of English-speaking Québec received funding from MADA (Municipalité amie des aînés) to offer a program responding to our priority for offering services to those in our community committed to healthy aging.

Hence came our Active Living 50+ initiative, kicking off with a series of nutritional talks with a professional dietician, Laura Vandervet. These talks included take-home documents (web-accessible at www.veq.ca) and a group consultation period, entirely in English. The talks were an excellent source for those wishing to brush up on the nutritional guidelines for 50+ (Canada's Food Guide) and the changing eating habits and physical requirements for a well-balanced nutrition in your fifties and up.

Active Living 50+ group members were satisfied and motivated, as one participant stated: “[It was] a great help for someone recently diagnosed with diabetes. Everything [was] explained very clearly, very professional[ly]. I feel more motivated to eat well.” The last session discussed balancing activity and nutrition into a daily routine.

This fall VEQ solidified a partnership with the YWCA Quebec to extend our Active Living 50+ program and offer Zumba, Yoga and Cardio-dance classes, in English! These 8 week classes held Mondays and Tuesdays provided an excellent opportunity to stay active, try new physical activities and feel comfortable going at your rhythm *entirely in English!* These classes are adapted to meet your physical needs and respect your limitations. The winter session is scheduled to begin January 5th with Cardio-dance on Tuesdays at 1:00pm. Due to the popularity of these classes, the YWCA has opted to continue its Hatha Yoga class into the winter session, on Tuesdays at 4:00pm. We are optimistic that this partnership will carry on strong, serving our 50+ active community into 2015!

Registration for Cardio-dance and Hatha Yoga this winter begins November 24th at www.ywca.quebec.ca

Be Active Québec

Be Active Québec has been busy the last few months. At Fall Fest, Be Active Québec had kids climbing to new heights, trying new smoothie recipes and learning about events that BAQ will be hosting the rest of the year. Be Active Québec helped sponsor and appeared at the Vieux Québec Feis and the Central Québec School Board Cross Country Meet. They hosted the DBL Ball Jamboree at Holland Elementary School, inviting children throughout the entire English-speaking community to learn a new sport. BAQ then organized a family pumpkin carving event with the Mom's Night Out group that drew families together to celebrate Halloween. Be Active Québec continues to participate in community events like Take-a-Break Drop In and Travelin' Toddler Time. We will be playing an active part in the Mom's Night Out *Party with Santa* in December and will provide support for the Community Christmas Hamper Campaign. Be Active Québec plans to keep up their momentum into the new year, aiming to reach more children and their families to increase their fitness.

For more information, contact Jeanne Nivischiuk at 418-683-2366 ext. 227 or email quebecenforme@veq.ca

BE ACTIVE QUÉBEC UPCOMING EVENTS

2014		
SEPTEMBER	OCTOBER	DECEMBER
20 Wixx Kid Zone at Fall Fest at St. Vincent's school ● 27 Vieux Québec Feis at PEPS-UVal ●	4 COSB Cross Country Run ● 10 DBL Ball Jamboree at Holland School (8-12) ● 18 MNO Pumpkin decorating ●	13 MNO Christmas party ●
2015		
JANUARY	FEBRUARY	MARCH
5-31 Ice Castle Competition for all members of the community ●	6 Pur Instinct Jamboree at Québec High School (13-17) ●	6 Wixx Move-a-thon at EASTERN QUEBEC LEARNING CENTER (0-7) ● ● 21 St. Patrick's Day Parade at St. Patrick High School ●
APRIL	MAY	JUNE
18 MNO Pizzo and a Movie at the Jeffery Hale ●	2 Toys n' More Sale at Eastern Québec Learning Center ● 10 Ste. Foy Spring Run ● ●	Québec City Reading Council PICNIC ● 13 MNO Sushi ● NEW
ALL YEAR LONG Take-a-Break at Jeffery Hale Pavillion (1-5) ● Baby Chat Cafe at Jeffery Hale Pavillion (0-12 months) ● Travellin' Toddler Time at various locations (3-5) ●		
		Legend ● Preschool ● High school ● Elementary ● All ages

For more information contact:
Jeanne L. Nivischiuk
quebecenforme@veq.ca

www.beactivequebec.org



Voice of English-speaking Québec



www.veq.ca

News from the Newcomers Coordinator!

It has been a busy but exciting fall for the newcomers program at VEQ. With many newcomers moving to Quebec City over the summer months and in early fall, we try to focus many of our *Finding your Niche for Newcomers* events during this time of year. Our goal is to support newcomers through their transition moving to a new city through helping them find the services, resources and information that they may need to help settle in. We are here to help make the transition as comfortable as possible. For more information or if you are new to Québec City please get in touch with our Newcomers Coordinator Jessica Price at 418-683-2366 ext. 225 or jessica.price@veq.ca

Past Events :

Newcomers Meet & Greet: Taste of Québec: October 8, 2014

We had a great turn out of over 40 fantastic people for our annual *Taste of Québec* event this fall, put on in partnership with the Valcartier Family Centre. It was a delicious evening full of tortière, paté chinois, Québec cheeses and tarte au sucre! It was a great occasion to meet friends new and old. Thank you to all the businesses that donated outstanding door prizes and thank you to everyone for making it a great event!



Newcomers Winds of Change Workshop: October 29, 2014

We were very pleased with the turnout for this year's *Winds of Change Workshop* put on in partnership with Jeffery Hale Community Services. It was an excellent opportunity to learn about how change impacts our lives, while discovering methods to adapt to a new culture and language. Thank you to all the guest speakers, door prize donors and to the participants for making it a successful evening.

Upcoming Events :

Learn French and Teach English Fair: November 20, 2014

We are excited to once again be hosting the *Learn French and Teach English Fair* this fall and expect to have a great level of participation. This event is an opportunity for newcomers to discover French as a Second Language (FSL) institutions and English as a Second Language (ESL) teaching opportunities. It is an evening to meet and mingle with other newcomers in an informal atmosphere, present yourself to prospective ESL employers, and find out which FSL institution is right for you.



Newcomers Snowshoeing Excursion: February 2014

Whether you are already a winter enthusiast or are new to winter activities, snowshoeing is a fun and easy activity for the whole family. Come out and join us for a Saturday of snowshoeing! It will be a great afternoon to meet other newcomers and to enjoy one of Québec's best seasons: winter! Stay tuned for more details.

Party with Santa



Join other English-speaking families with babies and preschoolers for a family *Party with Santa* event to be held Saturday, December 13 from 9:30am-12:00pm in the Coin Soleil Room, 2nd floor of Jeffery Hale Hospital, 1250 chemin Sainte-Foy. Admission is free, but we will be collecting non-perishable food items for the Community Christmas Hamper Campaign. Please discreetly bring a wrapped gift costing around \$5 with your child's name clearly marked for Santa to pass out.

For more information or to register, please call 418-684-5333 ext. 1580 or check us out on Facebook: <https://www.facebook.com/groups/MomsNiteOutQC>

Thanks to Be Active Québec for helping to make this event possible.

New projects at VEQ

Hundreds of Years of Contribution

VEQ has been working on a new project called *Hundreds of Years of Contribution*. This initiative aims to promote the cultural heritage and history of our linguistic minority and strengthen the sense of belonging among high school youth. This project will culminate in an educational calendar showcasing significant places and events within our local English-speaking community.

Students from local high schools will be invited to submit a painting of a place or specific activity that concretely highlights the contribution of our linguistic community to the development and history of our region. A total of 18 paintings will be selected for the calendar by a committee made up of community members and youth. All paintings submitted will be presented in an electronic exhibit on our website. For more information, contact Daniel Potter at 418-683-2366 x222 or email daniel.potter@veq.ca

Once Upon a Memory

VEQ is currently working on a new project that will bring together three generations to create a children's book of stories by seniors in our community. Seniors will share their favorite childhood memories with students at our local high schools who will transform them into children's stories that will be illustrated by students at our local elementary school. If you are a senior and have a story you would like to share or a teacher that would like to participate in this project, please contact Heather McRae at 418-683-2366 ext. 224 or email heather.mcrae@veq.ca. Look for more details about both of these exciting projects in March 2014!

Welcome Daniel!

VEQ is pleased to welcome our new Project Coordinator, Daniel Potter



Originally from the Eastern townships, Daniel spent most of his childhood in Fredericton New Brunswick where he enjoyed running and playing tennis competitively in his spare time. After finishing high school at École Sainte-Anne, Daniel went on to complete a bachelor's degree with a double major in Psychology and Spanish at St. Thomas University. Passionate about helping people, Daniel spent his young adulthood volunteering extensively in the health sector where he focused on helping seniors at the Veterans Health Unit and Everett Chalmers Hospital. Seeking new challenges and hoping to be closer to his family, Daniel moved to Quebec City in the summer of 2014 and has fallen in love with the city. Having benefitted first hand from the services at VEQ, Daniel is thrilled to be part of the team and to give back to the English-speaking community in Quebec City.

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!



**LIFELONG
LEARNING
QUEBEC**

Ready to sign up? Or 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: www.lifelonglearningquebec.org/schedule.html.

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

Computer Workshops

VEQ, in partnership with Quebec High School and the Community Learning Centre are presenting a series of youth led computer workshops for seniors. Each workshop is approximately an hour at Quebec High School in the VCN room. Students work together with the seniors to improve their understanding of different computer programs and functions. Come and learn something new in a fun environment! Participants are welcome to bring their laptops and tablets to the workshops. For more information and to RSVP, please contact Heather McRae at 418-683-2366 ext. 224 or heather.mcrae@veq.ca.



- December 2nd at 2:00pm - **Email 101** If you want to learn the basics of emailing on an iPad, you are a perfect candidate for this workshop. Everything from creating an account to sending an email.
- December 5th at 10:35am - **iPad 101** Come join us to learn the pros and cons of iPads. Learn how to use the basic functions of this great interactive tool like a pro!
- December 9th at 9:15am - **Word 101** Do you want to expand your knowledge of typing styles, tips and tricks with Microsoft Word? Sign up for Word 101!
- December 12th at 12:45pm - **Photo 101** Are taking, uploading, sharing pictures something you just can't grasp? Let us help you!
- December 16th at 2:00pm - **Online shopping** Come learn about the benefits and "how to" of ordering online made easy and safe :)
- January 7th at 9:15am - **Facebook 101** This workshop will teach you the essential tips and tricks on how to use Facebook such as: adding new friends, send a message, and sharing pictures
- January 12th at 12:45pm - **YouTube 101** Come join us in this fun, creative workshop where you will discover how to use YouTube. A fun and enjoyable way of watching videos about anything you like... from cooking to music to how-to!
- January 14th at 2:00 - **Pinterest** Come discover the Pinterest world online! Discover any topic you want and create boards of useful and beautiful things. A great way to discover new things...

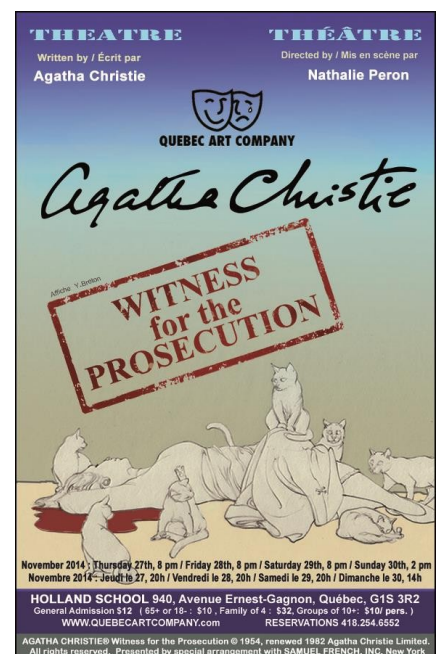
Quebec Art Company Presents "Witness for the Prosecution"

Agatha Christie's courtroom drama "Witness for the Prosecution"
November 27 - 29th 8:00 p.m.
November 30th 2:00 p.m.

Holland School
940, avenue Ernest-Gagnon
Québec City
\$12 general, \$10 students/seniors/groups, \$32 family of four

Reservations: (418) 254-6552
www.quebecartcompany.com

A tense courtroom drama by this best-selling novelist and master of the mystery. Set in the 1950's of London, the plot twists around the murder trial of a young man whose life hangs on the testimony of his wife.
Directed by Nathalie Peron.



Voice of English-speaking Québec

Jeffery Hale Community Partners is offering a special teleconference in honor of Movember

Do you want to learn more about prostate cancer? If so, please join us for an interactive videoconference with psychologist Kees Maas to increase your awareness and understanding of prostate cancer and its impacts. In addition to the speaker, representatives from a local prostate cancer support group will be present to answer your questions about available resources. This free activity is scheduled for Thursday, November 27 from 6:30 to 8:30 p.m. in the board room of the Jeffery Hale pavilion (1270 chemin Ste-Foy, G1S 2M6).

“Prostate cancer is the most common form of cancer among Canadian men....One out of seven men is at risk of developing prostate cancer.” (Procure, 2014).

This session will explore: A male survivor’s perspective on prostate cancer; The impact of the illness and treatments on personal; family and work life; Getting through the initial shock and ongoing concern about your health; The value of a local support group.



Please call 418-684-5333 ext. 1580 to register. Free parking is available in the hospital parking lot.

A CHSSN initiative funded by Health Canada through the Roadmap for Canada’s Official Languages 2013-2018: Education, Immigration, Communities.

St. Andrew’s Church International Supper

Saturday, November 29, from 5:00 – 7:00 p.m., St. Andrew’s Presbyterian Church (106, rue Sainte-Anne, Old Quebec) will be hosting an International Supper. Come and sample foods from around the world! There will also be a baked goods table, and a new-to-you table. Tickets are \$10 for adults, and \$6 for children. It is strongly recommended that you get your tickets in advance. You may get them from a member of the St. Andrew’s Guild, or by calling the church office at 418-694-1347.

Annual International Luncheon at Eastern Quebec Learning Centre

The ever popular International Lunch/Christmas Hamper fundraiser is back! This year the luncheon features a menu from India and will be held on Wednesday, December 10 starting at noon in the cafeteria of the Eastern Québec Learning Centre (3005, rue William-Stuart).

The cost is \$12 for the general public and \$5 for students. Proceeds go to the Community Christmas Hamper Campaign. For more information, please call 418-654-0537 ext. 2852.

Come Knit with us!

When: Wednesdays ongoing from 2:00 - 4:00 pm & 7:00 - 9:00 pm

Where: Kirk Hall, 45 Chaussée-des-Écossais, Old Québec

Who: All interested in knitting, experienced or beginner. Join this fun all-ages group and enjoy tea & a chat while working on your latest knitting or crochet project!

For more information call: Katherine 418-704-2278



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/category/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/employers/post-a-job, call 418-683-2366 ext. 221 or email info@veq.ca

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
Canada
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!

VEQ

Voice of English-speaking Québec