



Voice of English-speaking Québec




www.veq.ca

Connect with the English-speaking community . . .



NEWCOMERS YOUTH MEMBERS COMMUNITY EMPLOYERS




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 and take a moment to wish your colleagues, friends and partners a wonderful holiday season. Light refreshments and hors d'oeuvres will be served and there will be a cash bar benefiting the Community Christmas Hamper Campaign.


Date: Wednesday, December 2, 2015
Time: 5:00 - 7:00 pm
Location: Morrin Centre,
44, chaussée des Écossais, Québec City



Please RSVP by November 30 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!





VEQ
Voice of English-speaking Québec

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.

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Welcome from VEQ's new Executive Director, Brigitte Wellens

I am happy to report that my first few weeks here at VEQ, 10 to be precise, have been very rewarding and productive. There is no doubt in my mind that the coming weeks will be as rewarding.

There has been a whirlwind of activity here in the office, but I have had a chance to participate in some of our activities as well as a few events hosted by our partners.

Our Taste of Quebec event and the Winds of Change workshop both had a great turnout. The Diversity of Voices project activities also attracted quite a few participants. English speakers and French speakers came together to practice their second language through various activities such as bowling, board games and ceramics to name just a few.

Don't tell anyone but I'm convinced I saw elves in the building. I bet they were working on the Community Christmas Hamper Campaign. There is indeed quite a bit going on in our community and as you read on, you will notice there is a lot more to come.

See you at VEQ's Holiday Happy Hour on December 2nd!

"As we gather together this holiday season may our hearts be grateful, our mugs be full, and our pants be stretchy!"

– Brigitte



Technology Workshops for Seniors

VEQ is proud to announce the first installment of Technology Workshops for seniors of our community. These workshops are hosted by high school students who will teach a mini-lesson on the topic and then the participants will have time to practice what they have learned with the students on hand to ask any questions that may arise. Quebec High School will host the first session of workshops. St. Patrick's High School will host a second set of workshops in 2016.

Please confirm your presence to Heather McRae at heather.mcrae@veq.ca or 418-683-2366 ext. 224.

At Quebec High School, 945 avenue Belvedere, Québec:

Monday, November 30th @ 2:00pm – Skype 101

Monday, December 7th @ 10:35am – iPad 101

Thursday, December 10th @ 9:15am – Facebook 101

Wednesday, December 16th @ 12:45pm – Online Cooking

Thursday, December 17th @ 2:00pm – Google 101

Wednesday, January 6th @ 10:35am – Email 101



20th Annual Community Christmas Hamper Campaign

The Community Christmas Hamper Campaign is in its 20th year and we have taken a big leap into the digital era with a fresh new website www.qchampers.ca !

The excitement is building! Every year, we distribute over 200 Christmas hampers to homes in the Quebec City region. This is an enormous challenge, which we can once more answer to with your help! Our heartfelt thanks go to our partners, donors and volunteers who give, support, promote and dedicate themselves to this campaign so that we can deliver some goodness!

Our Community Christmas Hamper Campaign begins **Sunday, November 8th** and wraps up on **Saturday, December 19th**.

Give to the campaign; help deliver some goodness this holiday season!

Give food: Drop off donations of canned foods and hygiene products at local sites from November 8th - December 14th. See the list of drop-off sites online at www.qchampers.ca. Not sure what to donate? Check out our wishlist on the web.

Give money: Visit our website and select Donate online with Canada Helps. Receive a tax receipt immediately.

Give your time: Volunteer with us by checking out which opportunities suit your schedule from December 15-December 19 on our website.

Share your giving story on our site and it may be published to our facebook page, Quebec City Community Christmas Hamper Campaign! Our page also keeps you well connected with our many fundraising events. Keep track of where we are landed every step of the way and share your experience with our brand new Twitter #qchampers.

If you would like to request a hamper, please call 418-683-2366 ext. 223.



**GIVE TO THE CAMPAIGN
HELP DELIVER SOME
GOODNESS**

YOUR help will help us meet the huge annual challenge of filling hundreds of hampers for over 200 families in need in our community.

Please give **FOOD, MONEY** or your volunteer **TIME** between November 8 and December 14, 2015.

Please send your cheque to: *Community Christmas Hamper Campaign*, 1270 chemin Sainte-Foy, Bureau 2000, Québec Qc G1S 2M4

www.qchampers.ca 418 684-5333, #1580 



ARE YOU LOOKING TO **PRACTICE ENGLISH OR FRENCH** IN AN INFORMAL, DYNAMIC ENVIRONMENT?

Each month, VEQ's Diversity of Voices project hosts bilingual activities for young adults aged 20-35 giving participants an opportunity to practice their second language.

For more information: www.veq.ca/diversity-of-voices
Phone: 418-683-2366 ext.222
Email: dov@veq.ca


Voice of English-speaking Québec

 Canadian Heritage
Patrimoine canadien


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www.veq.ca

Community Cooking Classes

Sign up for a variety of individual cooking classes that are as diverse as your tastes! Voice of English-speaking Québec is collaborating with Be Active Québec and the Wellness Centre to once again bring SNACS Entrepreneurs Chef Chris Wotherspoon back into our Community Cooking program for many more to enjoy!

These classes will provide a hands-on opportunity to learn about healthy recipes, apply new food skills and foster a social and fun atmosphere for cooking under the guidance of the SNACS Entrepreneurs Chef Christopher Wotherspoon. The 20\$ fee covers your registration and food. Should you wish to make an extra portion for yourself or a loved one, simply add the 10\$ additional portion fee to your payment.

Classes in **bold** are open and friendly to young families (bring your child 5 years +). The 20\$ fee includes your registration and that of your child. If you have another younger child who is too young to participate, please let us know and Be Active Québec can make accommodations for you.

January 22nd Intro to cooking with your child
February 4th Cost-cutting meals
February 18th 30 minute meals
March 11th Healthy & easy snacks for lunches
March 24th Fresh pasta
April 7th Creative and healthy desserts (diabetic friendly)
April 21st Vegetarian meals

Time: Thursdays from 4 – 6 pm * Location: SNACS Kitchen (875 Père-Marquette, QC G1S 2A5)
Parking around Quebec High School
Register at veq.ca/community_cooking

Join Forces for the Future: Intra-Regional Forum for Québec and Chaudière-Appalaches Youth

The purpose of this project is to organize an intra-regional 1 1/2 day forum for the English-speaking youth living in the regions of Greater Quebec City and Chaudière-Appalaches. This project will specifically target Secondary III, IV, V and will run from January 21st to January 22nd at the Grand Village in Saint-Nicolas.

During the forum, three main areas will be addressed: cultural roots, healthy living and employability/ entrepreneurship. Speakers and facilitators will be recruited to address the participants, and to lead, animate and record group discussions. Local English-speaking community leaders and artists will be present to inspire youth and demonstrate the potential for a great future in our regions. Afterwards, a report on the findings (priorities, needs, challenges, success stories) and potential solutions will be prepared for the benefit of both organizations, posted on VEQ and MDCDC websites, and made available to participants and partners.

For more information, contact daniel.potter@veq.ca or 418-683-2366 x222



Voice of English-speaking Québec

Seniors, Out & About

The Seniors, Out & About program provides English-speaking seniors with free transportation to community activities and outings. This fall 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



Youth Voices: Community Talks Employment

Voice of English-speaking Québec is hosting a traveling video booth for YES Montreal. This booth is aimed at hearing stories of employment, underemployment and unemployment of English-speaking youth in various Québec regions. This event is for individuals aged 20-35. If you are interested in partaking in this event please contact newcomers@veq.ca or call 418-683-2366 ext 225.



Community Talks Employment

Everyone experiences the path to employment differently and we want to hear your story! Over the next six months, we will be exploring, documenting and sharing the voices of young people around Québec. Here's your chance to have your voice heard about employment issues. In our first series, we asked youth across the province to share with us how they feel about Québec's current job market.

If you want to tell us about your experiences, visit our video booth currently located at the Voice of English-speaking Québec **or you can also use your DSLR camera, video camera, or camera phone to capture your story.** More information about filming your story on your own can be found here: http://yesmontreal.ca/en/job_seekers/resources/community-talks!

You can also take part in the online survey and have your voice heard! It will take approximately 5 minutes to complete. Please select the answer(s) that best reflect your view(s) or opinion(s) towards the statement or question. Your participation is voluntary and your responses will remain anonymous and confidential. The survey can be found here: <https://www.surveymonkey.com/r/YESYouthSurvey>

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

Upcoming Business Coaching dates:

December 15th, 2015
January 20 & 21st, 2016
February 10 & 11th, 2016
March 9 & 10th, 2016

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.

News from Be Active Québec

Promoting health and wellness in youth is the core of Be Active Québec's initiatives and lately several events and activities have allowed these objectives to blossom. Back in September at Fall Fest Be Active Québec welcomed many children to ride the infamous smoothie bike and test their climbing skills on the exciting bouncy castles. Additionally, Be Active Québec had the pleasure of meeting several new faces, and sharing resources all while chatting about upcoming events.

Soon after Fall Fest the leaves continued to change colour and apple picking season was in full swing. Be Active Québec was thrilled to have over 40 community members join them on a wonderful fun-filled Autumn day of apple picking at a local orchard.

At the end of September Be Active Québec also hosted a popular aromatherapy yoga with the Moms Night Out group where mothers and their children were able to practice various yoga poses and unwind with soothing essential oils.

At the Travelin' Toddler Time on October 16th Be Active Québec had the little ones build edible monsters with apples and yogurt chips. This well-liked activity showed the children that eating healthy can be both yummy and FUN! Be Active Québec continues to participate in community events like Take-a-Break Drop In and Travelin' Toddler Time. We will be a part of planning the Mom's Night Out Christmas Party with Santa in December and will provide a helping hand for the Community Christmas Hamper Campaign. Be Active Québec intends to continue supporting and coordinating several community events in order to reach as many youth and families as possible to help them achieve and lead the healthiest lifestyles they can!

For more information, contact Sally St.Amant at 418-683-2366 ext. 227 or email quebecenforme@veq.ca



Moms' Nite-Out Party with Santa

To all parents and children who have been very good this year!!! You're invited to the Moms' Nite-Out upcoming Christmas party, complete with a special appearance by that magical man...Santa Claus!

Please join us on Saturday, December 5, 2015 from 9:30 AM to 12 noon in the Coin soleil room (2nd floor of the Jeffery Hale Hospital, 1270 Chemin Ste-Foy. Quebec, Qc G1S 2M6) Parking is free.

There will be plenty of activities for the little ones, including crafts, cookie decorating, and Christmas activities. Juice and coffee will be provided. Santa will be arriving, so please bring a gift costing around \$5.00 wrapped with your child (ren)'s name(s) clearly marked so that Santa can pass them out during his visit. A donation of a non-perishable item for the Community Christmas Hamper Campaign would be greatly appreciated as well.

Please R.S.V.P by sending an email to Mrs. Claus: kclacombe@gmail.com by Thursday Dec 3, 2015; just so none of our little ones go without!

For more information check us out on Facebook: <https://www.facebook.com/groups/MomsNiteOutQC>

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



Updates from the Newcomers Program

Recently Held Events:

Newcomers Meet & Greet: Taste of Quebec—October 8th 2015

VEQ, along with 60 newcomers, participated in a fun filled evening of tasting traditional Québécois dishes. The taste of Québec included a bit of history on the dishes provided and information on VEQ's services. This event was a great way to bring newcomers together, break isolation and have fun with other Anglophones.



Newcomers Winds of Change - November 3rd 2015

VEQ in partnership with Jeffery Hale Community Services hosted the "Winds of Change" information session. This session is designed to help newcomers understand how change can impact their lives and provides an opportunity for newcomers to hear success stories from a newcomer who has gone through the process of change. Thank you to Connie and Shirley (JHCS Social Workers) for conducting the information session, Phil Almaguer for providing an excellent speech and to all of those who attended.

Upcoming Newcomers Events:

Newcomers Snowshoeing Excursion: January 2016

VEQ in partnership with Be Active Québec (BAQ) will be hosting an afternoon of snowshoeing. Please stay tuned for more details!

Cabane à sucre (Sugar Shack): March 2016

VEQ in partnership with BAQ will be heading out for a fun filled day at a sugar shack. Please stay tuned for more details!

Sign-up to our Newcomers e-mailing list to receive more information about all up-coming events at www.veq.ca.

A little more about the Newcomers programs:

One of the goals of the newcomers program is to assist people in feeling more comfortable while adapting to life in Quebec City. The Newcomers Coordinator is responsible for helping individuals find resources, services and information that they may need while settling in. If we can help in anyway please do not hesitate to contact Khrystyna Merrithew, Newcomers Coordinator at newcomers@veq.ca or at 418-683-2366 ext 225.

EQLC International Lunch

Annual Eastern Quebec Learning Centre INTERNATIONAL LUNCH (a fundraiser for the Community Christmas Hamper Campaign). 3005, rue William-Stuart, Quebec
Wednesday, December 9, at 12 noon

St. Lawrence College Open House

Champlain-St.Lawrence's Open House is held once a year in January. Our next Open House will be held on Saturday January 30th, 2016. This is a great opportunity for you to meet with teachers, staff and students who will be happy to answer your questions concerning academics, student services and student life.

For details visit <http://www.slc.qc.ca/>

Welcome our new staff members Brigitte and Sally!

Brigitte Wellens, Executive Director

Originally from Montreal, Brigitte moved to Quebec City in 2005 after living in St-Gabriel-de-Brandon, a small municipality in the Lanaudière region for 13 years. Having worked in the forestry industry most of her life, Brigitte found VEQ through her participation in a mentorship program that allowed her to be a silent member of the Board of Directors for 6 months, enabling her to learn how boards function.

Wanting to continue the experience and with the desire to give back, she asked to join a VEQ committee, the Newcomers committee specifically. It wasn't long before she joined the Board of Directors, getting involved in several more committees over a period of 8 years.

Thrilled to take on this new role; Brigitte wishes to continue serving the English-speaking community of Quebec City and looks forward to working with the team at VEQ and the various partners and community members to maintain the quality services VEQ offers.

Sally St.Amant, Be Active Québec Coordinator

Native to the small town of Lafontaine in Tiny Ontario, growing up Sally was surrounded by farmland, beaches, and not many people! Throughout her time living in Lafontaine she was happy and proud to represent a strong and vibrant Franco-Ontarian community. At a very young age Sally was introduced to the great outdoors as her parents are avid canoe trippers and would frequently go on trips all across Ontario with her and her younger brother. These canoe trips consisted of portaging over hilly terrains, lifting canoes over fallen debris in the water, and paddling swiftly to reach the camp sites according to schedule. Although they were challenging, she is very thankful for them as she feels they are the reason she became so passionate about health and fitness.

After high school she went on to complete a degree in Health Promotion at Queen's University, which allowed her passion to ignite. Through various volunteer opportunities Sally became invested in the health and wellness of her community and she gained experiential knowledge of preventative healthcare seeing hands on just how important it is. She also kept her athletic side alive when she was introduced to powerlifting and fell in love with the sport. Sally moved to Québec in June 2015 and she is thrilled to have the opportunity to follow her dreams and continue devoting herself to the health of her community as the Project Coordinator of Be Active Québec.

Quebec City English-speaking Toastmasters Clubs

Develop your communication and leadership skills with Toastmasters. Weekly meetings—visitors are always welcome.

Mondays 7:00pm – Quality Speakers Club FSA Université Laval

Université Laval, Pavillon Palasis-Prince, local 1609 (salle Télésystème) Québec QC G1V 0A6

Jean Racine jeanracine@oricom.ca, 418-623-0452

Tuesday at noon – D'Estimauville Club

Federal Building, 1550, av. d'Estimauville, Québec QC G1J 0B9

Seng Krui Seng.Krui@tc.gc.ca, 418-648-5403; Kambale Katahwa Kambale.Katahwa@ceaa.acee.gc.ca

Wednesdays 7:00pm – Viewpoint Club

Centre municipal Mgr de Laval, 2, rue du Fargy, Arr. Beauport, Québec QC G1E 5B2

Annette Côté annette.cote@videotron.ca 418-661-6107

Diane Bourassa Diane.Bourassa3@videotron.ca 418-661-1169

Fridays 6:55am – QUEST Club

Restaurant Pacini, 999, rue de Bourgogne, Place Quatre-Bourgeois, Québec QC G1W 4S6

Sandra Holman sandra.holman@hotmail.com, 418-573-1767



Voice of English-speaking Québec



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? 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.

Join Vibrant Voices!

The multilingual vocal ensemble Vibrant Voices – Voix Vivantes is beginning its new season and looking for new adult members of all ages. If you have a good voice and are interested in singing in various languages, including English and French, please get in touch with Katharina Urbschat at k.urbschat@gmail.com or with Adrian Breton at 418-440-4233 for further information or check our website <https://vibrantvoicesvoixvivantes.wordpress.com/>. We're looking forward to seeing you next Monday evening!

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



Life is good! Believe it...but how?

Do you wish you felt more hopeful about the future, felt less frustrated with people around you, or wish you spent less time worrying? Come to a 4 session group that will help you learn to break down the barriers to really believing the phrase 'Life is good'.

Offered by Jeffery Hale Community Services social workers in a warm and relaxed environment.

It's free and in English! Coming soon in January

For more information contact Shirley Jobson at 418-684-5333 ext. 1570 or shirley.jobson@ssss.gouv.qc.ca

*a maximum of 15 registrations will be accepted



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

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!



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