



Voice of English-speaking Québec

Connect with the English-speaking community

## 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 Quebec, 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 season. Proceeds from the cash bar help support the Community Christmas Hamper Campaign. Hors d'oeuvres are provided compliments of VEQ.

Wednesday, December 5, 2018 - 5:00-7:00pm  
Morrin Centre: 44, chaussée des Écossais, Québec  
Please RSVP by Friday, November 30 to [info@veq.ca](mailto:info@veq.ca) or 418-683-2366 x221

**BE SURE TO BRING YOUR CANNED FOOD ITEMS FOR THE COMMUNITY CHRISTMAS HAMPER CAMPAIGN!**

Important Notice : Please bring indoor footwear to protect the fragile wood flooring at the Morrin Centre

Parking is available on surrounding streets and under city hall. **\*\*The Morrin Centre is wheelchair accessible\*\***



VEQ's  
*Holiday Happy Hour*

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5:00 - 7:00PM  
Morrin Centre  
44 chaussée des Écossais, Québec

Please RSVP by Friday, November 30  
to [info@veq.ca](mailto:info@veq.ca) or 418-683-2366 x221

Proceeds from the cash bar help  
support the Community Christmas  
Hamper Campaign.



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## 23rd Annual Christmas Hamper Campaign

The excitement is building for the 23rd annual Community Christmas Hamper Campaign. Every year, over 200 Christmas hampers are delivered to homes in the Quebec City region. This is an enormous challenge, which we can answer once again 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 to people during the holidays.

**The Community Christmas Hamper Campaign begins on Sunday, November 18th and wraps up with deliveries on December 15th.**

Give food: Drop off donations of canned foods and hygiene products at local sites from November 18th - December 9th. See the list of drop-off sites online at: [www.qchampers.ca](http://www.qchampers.ca)  
Not sure what to donate? Check out the wishlist on the web.

Give money: Visit [www.qchampers.ca](http://www.qchampers.ca) and select Donate online with Canada Helps and receive a tax receipt immediately.

Give your time: Volunteer with us by checking out which opportunities suit your schedule from December 12 - December 16 on our website, [www.qchampers.ca](http://www.qchampers.ca).

Visit the campaign on Facebook @CommunityChristmasHamperCampaign



23rd annual  
COMMUNITY CHRISTMAS HAMPER CAMPAIGN

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

For the past 23 years, the English-speaking community of Quebec City has come together to run a very successful Community Christmas Hamper Campaign.

HELP us meet the huge annual challenge of filling hundreds of hampers for over 200 families in need within our community.

Please give food, money, or your volunteer time.  
*Merci de donner de la nourriture, de l'argent, ou de votre temps en bénévolat.*

[qchampers.ca](http://qchampers.ca) 

## International Lunch at Eastern Québec

This year's cuisine is Persian themed

Place: Eastern Quebec Learning Centre, 3005 rue William Stuart  
Accessible for all mobility levels

Date: Wednesday, November 28

Time : 12:00 NOON - 1:00PM

Price : \$20 general admission or \$15 age 65+

Ticket reservation call 418-654-0537 x2852 or email [infoeastern@cqsbc.qc.ca](mailto:infoeastern@cqsbc.qc.ca) or at <https://www.eventbrite.ca>

All proceeds go to the Community Christmas Hamper Campaign  
[www.qchampers.ca](http://www.qchampers.ca)



Eastern Quebec Learning Centre's  
annual  
International Lunch  
On the menu this year  
"Tastes of Persia"

**Place:** Eastern Quebec Learning Centre  
3005 rue William Stuart  
Quebec, Qc. G1W 1V4

**Date:** Wednesday, November 28th

**Time:** 12:00 Noon

**Price:** \$20 over 65 yrs. \$15  
Ticket reservations until Nov. 23rd  
Call: 418-654-0537 ext. 2852  
Email: [infoeastern@cqsbc.qc.ca](mailto:infoeastern@cqsbc.qc.ca)

To purchase tickets online visit our website to see the link to the eventbrite ticket service.

All proceeds go to the Community Christmas Hamper Campaign

For more information visit [www.qchampers.ca](http://www.qchampers.ca)

# News from the Newcomers Coordinator!

It has been a very busy fall for the Newcomers program at VEQ. This fall the program has had a very full agenda offering a record number of activities and information sessions. We have also had a great deal of newcomers come through our office and we look forward to many more. Our goal is to support newcomers in their transition by helping them find the services, resources, and information they may need to help them settle into their new city. We strive to help newcomers feel connected with their new community and we aim to help make the transition as comfortable as possible. For more information or if you are new to Quebec City please get in touch with our Newcomers Coordinator Jessica Price at 418-683-2366 ext. 225 or [newcomers@veq.ca](mailto:newcomers@veq.ca)

Are you new to the city or still feel like a newcomer? Join us for one of our Finding Your Niche for Newcomers events! These events are a great way to connect with other newcomers while learning more about our community! See below for more details!

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

### **Newcomers' Paint Nights, November 8 & 22, 2018**

This is a very pleasant activity where newcomers paint under the guidance of our talented host, Elsa Moreau. The Newcomers Paint Nights are becoming extremely popular to the extent that we have needed to add a second night and take a waiting list. Stay tuned, we will be offering this lovely activity again in the winter and spring. Register fast because seating is limited!



### **Managing Your Money in Canada- Workshop for Newcomers and Recent Immigrants, November 6, 2018**

As part of Financial Literacy month, VEQ offered this workshop put on by the Canadian Foundation for Economic Education. It was an educational afternoon where newcomers could learn a little bit about Canada's banking system and ask their own financial questions.

### **Winds of Change Workshop, November 15, 2018**

This was a great evening for newcomers to meet some new people while learning about how change can impact your life. We also had a wonderful guest speaker with a very relatable story. Thank you to our partners at Jeffery Hale Saint Brigid's for presenting the workshop, our guest speaker and all the participants.

### **History of Québec presentation, October 24, 2018**

What an informative and educational evening learning about the history of the city we live in! We had a wonderful group of people for this fantastic, historical presentation that we hope to be able to offer again in the future.

### **Health 101 & Winter in Québec, September 27, 6:30 - 8:30pm**

In partnership with Jeffery Hale Saint-Brigid's and the Wellness Centre at Jeffery Hale, VEQ offered its first *Health 101 and Winter in Québec* event. The event was a great success and a VERY informative evening. We will definitely be offering the event again in the future. Some topics covered were: Information on health services, where to go or call when you are sick and various other medical topics. Each participant received a health passport and a health 101 guide. If you missed this event but would like to consult the Health 101 guide, contact us at VEQ or [click here](#). For the winter portion of the evening, we covered topics such as winter attire, activities and how to get the most out of this wonderful season!

## YES Business Workshop & Networking Event: The Perfect Pitch

On November 21<sup>st</sup>, YES Montreal in collaboration with VEQ hosted the “The Perfect Pitch” FREE Workshop & Networking Event.

In a world where networking is everything and people rarely have more than a couple of minutes to spare to hear you out, make sure your first impression has impact. Whether it’s an elevator pitch, a financing pitch or you’re pitching an idea to a potential business partner, all business owners need to know how to promote their business.

In this interactive workshop, YES identified the key elements of a good pitch, showed how to adapt your pitch for different audiences and work with each participant to develop an initial pitch structure for their company.



**THE PERFECT PITCH**  
FREE BUSINESS WORKSHOP  
& NETWORKING EVENT

BOOK YOUR SEAT TODAY!  
jessica.price@veq.ca  
418-683-2366 ext. 225

Wednesday, November 21: 5:30 PM – 7:30 PM

Successful futures start with **yes**

Jeffery Hale Pavilion  
1270, chemin Sainte-Foy, Room 1123

Refreshments will be served.  
yesmontreal.ca

financed by  
Canada Economic  
Development  
la Québec Régionale

partenariat with  
Développement  
économique Québec  
pour les régions du Québec

partenariat with  
VEQ  
Voice of English-speaking Québec

YES  
YES is a not-for-profit organization

## Upcoming Newcomers Events:

YES Business Coaching: December 11-12th, January 29, 30, 31st, February 26-27th

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

Canada Revenue Agency (CRA) workshop: Newcomers and the Canadian tax system, January 30th, 5-7pm

Some of the topics covered will be: filing a tax return, Canada Child Benefit, GST/HST Credit, the volunteer program and more!

Winter Sliding: Newcomers' Adventure to Valcartier Villages Vacances, February 2019

This year we will be trying something new and getting a bus to take newcomers up to Village Vacances Valcartier for a day of sliding fun!

Newcomers' Paint Night, Winter & Spring 2019

With great success at each of our other Newcomers' Paint Nights we will continue to offer one or two painting evenings for newcomers each season.

Employment Workshop with the FORT Program, February 2019

Join us for a great employment workshop with the FORT team. The focus for this workshop will be making connections and approaching employers.

Newcomers' Sugar Shack Excursion, March 2019

We are excited to be offering this fun spring activity this year. Stay tuned for more details!

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

## Expanding Horizons Project for special needs and at-risk youth

The *Expanding Horizons* project is a two-year VEQ initiative whose objectives are to create employment opportunities for English-speaking special needs and at-risk youth (16-29 years old) of the Greater Quebec City region.

We are happy to share that *Expanding Horizons*, in its second year, has currently assisted 10 beneficiaries since March 2018, who have worked on 12 different work-plateaus. These employment opportunities have given young adults from our community a chance to gain work experience, increase their confidence, autonomy and socialization, while earning some money.

The “Book Fair work plateau” was a successful example of how *Expanding Horizons*, through community partnerships, enabled 4 youth to help manage and prepare for this year’s Book Fair. Much work was put in from June to November by these employees hired by SNACS Entrepreneurs, allowing the Book Fair to be a success. Indeed, 25,000 books were sorted by genres, alphabetized, labeled and boxed helping to achieve an increase in book sales and benefits!

*Expanding Horizons* continues its work to develop employment opportunities for our community’s youth with adapted partnerships. We have collaborated since the beginning of the school year with CEGEP Champlain St. Laurence helping to create 4 part-time jobs. More recently, we have partnered with the *Centre Mosaïque de Québec*, a speech-language pathology clinic, who will start employing a past beneficiary of *Expanding Horizons* part-time as an office assistant at the end of November.

The *Expanding Horizons* project will continue looking for employment opportunities and the interests of our community’s special needs and at-risk youth while pursuing new partnerships whether it be in the private, public or community realm.

For more information or questions on the *Expanding Horizons* project, please contact Mr. Dominique Paddack, project coordinator at 418 683-2366 ext. 227 or by email:

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



## Story Time with Seniors

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 the schools and take the time to read stories with the 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](mailto:alexandra.hartley@veq.ca)

## Hello/Bonjour!

Voice of English-Speaking Quebec's latest Linguistic Duality project: Hello/Bonjour! We meet up once or 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

- December 1st @ 11 A.M. - Bilingual Cookie Decorating and Exchange - Jeffery Hale Pavilion
- January 15th @ 5:00 P.M. - Bon Cop/Bad Cop Viewing - Pub Galway
- February 5th @ 6:00 P.M. - Tea Tasting - La Maison des 100 Thés
- March 9th @ 6:00 P.M. - Game Night at Cavano
- March 27th @ 6:00 P.M. - Final Potluck - Jeffery Hale Pavilion

For more information, or to register, contact Alexandra at 418-683-2366 ext. 224 or [alexandra.hartley@veq.ca](mailto:alexandra.hartley@veq.ca)

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

# 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



## 50+ in Québec?

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



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



## Technology Workshops for Seniors

VEQ in partnership with Quebec High School is proud to announce the 2018 – 2019 series of Technology Workshops for the seniors of our community.

The workshops will focus on using social media, making the most of your devices, and troubleshooting. QHS high school students will present the various topics and provide hands on assistance to help increase the digital literacy of our seniors. Please feel free to bring your tablet, laptop or iPad to the workshops.

- All workshops take place at Quebec High School, 945 ave Belvédère
- Tuesday, November 27-2pm – 3pm : Youtube
- Wednesday, November 29 - 9:20am - 10:20am: Finding Lost Files
- Thursday, December 6- 2pm – 3pm: Email and Emojis

For more information or to RSVP for a workshop, please contact Alexandra Hartley at [alexandra.hartley@veq.ca](mailto:alexandra.hartley@veq.ca) or by calling 418-683-2366 ext. 224. Space is limited!



# Thank you to everyone who made Fall Fest a Success!

We wanted to send a huge thank you to all of our community members, businesses, organizations, volunteers and performers who came out and celebrated Fall Fest with us on September 15. This year, Fall Fest was made possible thanks to the financial support from: Canadian Heritage, Ville de Québec, and Jeffery Hale Community Partners. A strong team of dedicated volunteers helped make the day run smoothly and performances by the Shannon Irish Dancers, Bharatanatyam and Bhangra dances (India), dances from Indonesia and a performance from the Quebec Art Company provided fantastic entertainment and added to the energy of the festivities.

The event was a great success and we could not have pulled it off without such a committed community. We look forward to seeing you next year for Fall Fest 2019!



## Quebec Art Company Fundraiser

Quebec Art Company presents "A Streetcar Named Desire" directed by of Mark Lepître. This classic drama by Tennessee Williams will be performed from November 30 to December 8 at the new performance space at CEGEP Saint Lawrence. Tickets now on sale <https://www.quebecartcompany.com/tickets-streetcar.html>

Dates & Time: Nov 30 & Dec 1 (8PM)  
Dec 2 (2PM); Dec 6, 7 & 8 (8PM)

Location: Industrial Alliance Auditorium  
Cegep St. Lawrence  
790 Ave Nérée-Tremblay, Québec, G1V 4K2

English Theatre / Théâtre en anglais

Quebec Art Company

Tennessee Williams's  
**A Streetcar Named Desire**

A Streetcar Named Desire is presented by special arrangement with Dramatists Play Service, Inc., New York

Directed by Mark Lepître

Nov 30 & Dec 1 - 8:00 p.m.; Dec 2 - 2:00 p.m.; Dec 6, 7, & 8 - 8:00 p.m.  
Le 30 nov. & le 1 déc. à 20hrs; le 2 déc. à 14hrs; les 6, 7 & 8 déc. à 20hrs  
Industrial Alliance Auditorium - CEGEP St. Lawrence, 790 Ave Nérée-Tremblay, Québec, G1V 4K2

Reservations: [www.quebecartcompany.com](http://www.quebecartcompany.com)

Tickets \$ 20 (students or 65+ \$18, groups of 10+ \$15/pers.) / Billets 20\$ (étudiants ou 65+ 15\$, groupes de 10+ 15\$/pers.)



## Activities at the Morrin Centre

December 1 at 10:30am- Storytime (Winter)  
December 8 at 10:30am- Storytime: Art workshop with Philippe Bettinger  
December 15 at 10:30- Storytime: Special Guest James Veilleux (astronaut candidate)  
December 22 at 10:30- Storytime: Christmas celebration  
For more details, visit [www.morrin.org](http://www.morrin.org)



## Activities for young families at the Wellness Centre

All activities take place in the Jeffery Hale Pavilion, 1270 chemin Sainte-Foy. Parking is free.

Baby Chat Café—A great chance to meet and chat with other parents of babies under one year of age  
January 8: Conversation over Hot Chocolate  
February 5: When to call 811? with Info Santé Nurse  
March 12: Parents Exchange

Breastfeeding Get-together—Join us and benefit from parent-to-parent contact, encouragement, valuable information and breastfeeding support  
When: 10 to 11:30am once a month on Tuesdays  
November 27: Breastfeeding and post-partum depression  
December 11: Breastfeeding and the holidays

Take-a-Break Drop-in—in partnership with VEQ  
When: Fridays once or twice a month from 9:30-11:30am  
December 7: Festive Gathering  
January 18: Articulation (clear speech) Fun for Toddlers Kristy Findlay, Speech Pathologist  
February 1: Coffee and Conversation  
February 15: Getting to Know FORT Better with Dana Conrado, Integration & Development Agent  
March 1: Celebrate Nutrition Month with Laura Vandervet, Nutritionist  
March 15: Tisane and Parent Talk

Travellin' Toddler Time—A free activity in English for children 3 and 4 years old and their parents/ caregivers or grandparents. Sing songs, hear stories, make crafts and enjoy a snack.  
When: Fridays once a month from 9:30-11:00am  
December 14th **Location:** Saint Brigid's Home, Kildare Lounge 1645, chemin St. Louis **Theme:** Elves  
February 8th **Location:** Quebec City Reading Council Eastern Quebec Learning Centre **Theme:** Valentines  
March 8th **Location:** Morrin Centre 44, chaussée des Écossais **Theme:** Pirates  
For more information, visit [www.wejh.ca](http://www.wejh.ca)

## Moms' Nite Out

### HOHOHO Here we go Holiday Children's Christmas Party

Location: Coin Soleil room— J.H. Hospital Date: December 8th Time: 10AM— 11:30AM

### Cross Country Skiing & Snowshoeing Fun Day

Date: Saturday, January 19, 2019

To learn more about this event please visit the MNO Facebook page or contact Jan Anderson, Community Organizer 418-684-5333 Ext. 1539.

## VEQ's Job Bank

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

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

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

In an effort to help minimize event scheduling conflicts in the English-speaking community, VEQ, in partnership with the Quebec Chronicle-Telegraph, is urging community partners to send us their events and to post upcoming events on the community calendar. To send an event to VEQ, email [info@veq.ca](mailto:info@veq.ca)  
For more information on how to post an event on the QCT Community Calendar visit [www.qctonline.com/event](http://www.qctonline.com/event)

## VEQ's Community Bulletin Board

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

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

## Contact Us: Voice of English-speaking Québec

1270, chemin Sainte-Foy, suite 2141  
Jeffery Hale Pavillion (to the right of the Jeffery Hale-Saint Brigid's Hospital)  
Québec (Québec) G1S 2M4  
Telephone: 418-683-2366 \* Fax: 418-688-3273 \* E-mail: [info@veq.ca](mailto:info@veq.ca) \* Website: [www.veq.ca](http://www.veq.ca)  
Please call for an appointment for one-on-one referral services.

### 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.

Please note that our offices will be closed:

December 5 at 2:00pm – For the Holiday Happy Hour

December 12 at 12:00pm – Community Christmas Hamper Campaign

December 13 & 14 (all day) - Community Christmas Hamper Campaign

The VEQ office will be closed for the Holidays from: December 21, 2018 to January 7, 2019

We apologize for any inconvenience.

**Be sure to follow us on our Facebook page!**