



Voice of English-speaking Québec

Connect with the English-speaking community

## VEQ's Summer 2018 Newsletter

Voice of English-speaking Québec is keeping busy during the summer with a wide range of activities and projects!

Out & About activities have started again with some great outings for members of the community aged 50+ – from free museum visits to a wonderful oboe concert at St. Brigid's Home put on by our summer student, Emma Ahern.

The Newcomers program started off the summer with two walking tours on May 26th and 27th. Jessica, our Newcomers Coordinator, is busier than ever meeting with newcomers from all over the world and helping to introduce them to our beautiful city.

The Hello/Bonjour! linguistic duality project has already held activities in different key spots in the city. Interested in practicing your second language? Join us for more!

Mark your calendar for Fall Fest 2018! Join us on Saturday, September 15th at St. Vincent Elementary. Come visit local community groups and businesses, catch up with old friends and participate in activities for the whole family.

Check out the rest of our newsletter to read more about what's happening at VEQ and throughout the community. As always, feel free to contact us for more information! 418-683-2366



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# VEQ's Annual General Meeting

Over 60 people attended Voice of English-speaking Québec's 37th Annual General Meeting held on Thursday, May 31 in Jeffery Hale Hospital's Coin Soleil. Members had the chance to hear about VEQ's successes this past year and learn about the many exciting new initiatives taking place this year.

This year, VEQ was fortunate to have a number of community members wishing to join the board of directors. VEQ welcomed 4 new board members, and 3 current board members were renewed for a second term. After the meeting, VEQ staff and community members had the opportunity to mingle while enjoying refreshments.

VEQ wishes to thank Mr. Bill Donnelly, Master of Ceremonies, and Mr. Ted Gunn, Electoral Officer, for their contribution to the evening.

VEQ is pleased to welcome its 2018-2019 board of directors:

Warren Thomson, President  
Brian A. Garneau, Vice-President  
Phil Almaguer, Treasurer  
Hoffman Wolff, Corporate Secretary  
Kristy Findlay, Member at large

Members: Christian Brosseau, Michael Lewis, Emad Louis, Ann Martell, Carrie Anna McGinn, Michelle Osbourne, Joseph Ramunni, Isabel Sullivan and Ed Sweeney

Thank you to everyone who participated in our events this year. We look forward to an exciting year ahead!



## Community Connection Directory 2018

VEQ is starting production of a new Community Connection Directory!

The 10<sup>th</sup> edition of this useful guide will contain a wealth of information about businesses and organizations that can offer their services in English. Do you run a business or community group? Don't miss this opportunity to connect with the English-speaking community. All advertisements will be published in both the print and online versions (with a direct link to your website!)

Have you received great service from a local business and you want to help spread the word? VEQ is always looking to expand the resources available in our Community Connection Directory. Pass the word along by sending them to [www.veq.ca/directory2018](http://www.veq.ca/directory2018), or send us their contact information at [info@veq.ca](mailto:info@veq.ca) and we will reach out directly. Help us make our directory the best it can be!

All details, including advertising rates, can be found online at [www.veq.ca/directory2018](http://www.veq.ca/directory2018). For more information, call 418-683-2366 x221 or email [info@veq.ca](mailto:info@veq.ca)

## COMMUNITY CONNECTION DIRECTORY 2018

AN ENGLISH SPEAKER'S GUIDE TO LIVING IN THE GREATER QUEBEC CITY REGION

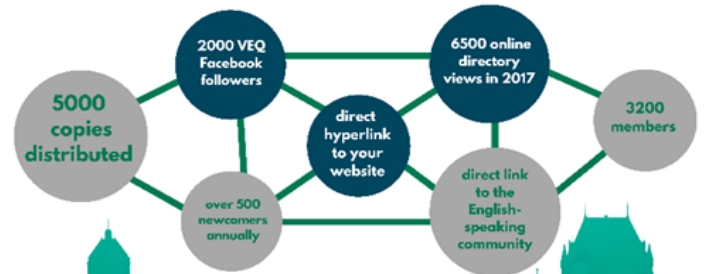
## ADVERTISING RATE CARD

Voice of English-speaking Québec is an active, non-profit organization with over 3200 members. VEQ helps individuals participate in community life in the Greater Québec City region, in both French and English. We welcome newcomers, sponsor community events and celebrations, research needs, inform citizens, provide support and services for seniors, and promote the interests of the community by providing a framework for effective action.

The community directory is one of the main tools we use to connect with the English-speaking community. Directories are distributed to and by VEQ partners, at community events and in all newcomer packages. The online directory is one of the most frequently visited sections of our website.



### WHY ADVERTISE IN THE COMMUNITY DIRECTORY?



VEQ  
Voice of English-speaking Québec

Connect with the English-speaking community

To reserve your ad space contact VEQ at 418-683-2366 ext.221 or by email at [info@veq.ca](mailto:info@veq.ca)

## 50+ in Québec?

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



Famille  
Québec



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

## 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 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](mailto:alexandra.hartley@veq.ca)

### HELLO/BONJOUR!

#### UPCOMING EVENTS

- July 14th @ 10 A.M. - Bilingual Nature Walk - Domaine Maizerets
- July 24th @ 5 P.M. - Bilingual Game Night - La Revanche
- August 11th @ 10 A.M. - Bilingual Nature Walk - Bois de Coulonge
- August 24th @ 5 P.M. - Bilingual Game Night - La Revanche
- September 22nd @ 10 A.M. - Bilingual Downtown Exploring
- October 10th @ 5 P.M. - F.O.R.T. Bilingual Business 5 à 7
- October 25th @ 5:30 P.M. - Bilingual Spooky Stories + Games - Jeffery Hale Pavilion
- November 7th @ 5:30 P.M. - Bilingual Potluck - Jeffery Hale Pavilion
- December 1st @ 11 A.M. - Bilingual Cookie Decorating and Gift Exchange - 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!

# 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:

**July 18-19<sup>th</sup>**

**August 29-30<sup>th</sup>**

**September 25,26,27<sup>th</sup>**

**October 22-23<sup>rd</sup>**

**November 20,21,22<sup>nd</sup>**

**December 11,12<sup>th</sup>**

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)

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!



## YES Art Pop-up

### CALL FOR SUBMISSIONS:

Emerging artists working in any medium, and who are based in Quebec, are invited to submit to participate for FREE in the upcoming YES Art Pop-up series entitled WHAT THE POP!

For more info, visit <http://bit.ly/WHATTHEPOP>

## Free Books Available for Pick Up!

The *Tell me a Story/Raconte-moi une histoire* and *Connect with your City* projects have officially come to an end, which means we have plenty of bilingual children's storybooks and city guides available for those interested in getting a copy!

Contact us at 418 683 2366 or [info@veq.ca](mailto:info@veq.ca) to reserve your free book written and illustrated by members of the community.



CONNECT WITH YOUR CITY GUIDE

YOUR GUIDE TO DISCOVER AND EXPLORE THE HISTORY AND CONTRIBUTION OF THE ENGLISH-SPEAKING COMMUNITY IN THE GREATER QUEBEC CITY REGION

# Expanding Horizons Project

Summer started off on a positive note for the Expanding Horizons project. The Book Fair, once managed by Quebec City Women's Club is now managed by SNACS Entrepreneurs (<http://snacs.ca/>), along with VEQ's Expanding Horizons project and the Jeffery Hale Community Partners.

The Book Fair is now run as a work plateau for special needs youth in our community, and Expanding Horizons has actively assisted in managing, hiring and subsidizing 4 beneficiaries. This experience is enabling on-the-job training opportunities to develop their life skills and social and vocational abilities.

The energetic team of 4 has already sorted by genre, in both English and French, over 5,000 books since June 18<sup>th</sup>. The work plateau is being run in the Jeffery Hale Pavilion, and you are welcome to drop off your books at the Pavilion (1270 chemin Sainte-Foy) or at Eastern Québec Learning Centre (EQLC). The Book Fair will be held at EQLC on November 3<sup>rd</sup>.

In parallel to the Book Fair project, Expanding Horizons continues to collaborate with employers and 2 other special needs youth from our community who have been working part-time since January 2018.

One of the employers, who had hired a beneficiary via Expanding Horizons, believes that "this experience will have given him confidence that he is capable of performing effectively given clear direction and a defined role...and he will do very well at anything he wants to do." Indeed, this beneficiary is on the verge of finishing off his work plateau experience there because of a potential full-time job opportunity.



Expanding Horizons continues to develop employment opportunities for our community's youth with special needs by engaging and creating new partnerships, whether they 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)

## Join us at Fall Fest!

Voice of English-speaking Québec is pleased to invite you to Fall Fest. Come visit local community groups and businesses, catch up with old friends and participate in activities for the whole family. Fall Fest will feature live performances by cultural groups, inflatable games, face painting, and more! For more information contact: Voice of English-speaking Québec by phone at 418-683-2366 ext. 221 or by e-mail at [info@veq.ca](mailto:info@veq.ca). We look forward to celebrating with you!

Community groups and businesses interested in having an information table at Fall Fest can contact [info@veq.ca](mailto:info@veq.ca) or 418-683-2366 ext.221.

Interested in volunteering? VEQ is seeking dedicated volunteers for the day. To sign up or for more information contact [info@veq.ca](mailto:info@veq.ca) or 418-683-2366 ext.221.

**Fall Fest**  
**Fête d'automne**

Saturday  
Samedi

September  
**15**  
septembre  
2018

11 am - 3 pm

Free admission  
Entrée gratuite

St. Vincent Elementary School (995, avenue Wolfe, Québec)

For more information • Pour plus d'informations  
418 683-2366 • [info@veq.ca](mailto:info@veq.ca) • [www.veq.ca](http://www.veq.ca)

# News from the Newcomers Coordinator!

It has been a busy spring and start of summer for the Newcomers program at VEQ. We have had a great deal of newcomers come through our office and we look forward to seeing many more. 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 strive to help newcomers feel connected with their new community and we aim to 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!

## Recently Held Finding your Niche for Newcomers Events:

### **Newcomers' Paint Night – May 17, 2018**

What a fun night we had at our first Newcomers' Paint Night! This was a great evening to create a beautiful painting (no experience necessary) while mingling with other newcomers. Thank you to our partners at Jeffery Hale Community Partners and to Elsa Moreau, our wonderful teacher, for her patience and guidance. Due to the popularity of this activity, we hope to be able to offer it once again in the fall and the winter.



### **Newcomers' Walking Tours & Ferry Ride in Old Québec – May 26 & 27, 2018**

Once again, this activity proved to be extremely popular, so we decided to offer a second walking tour the following day! We were fortunate to have great weather for both days. This activity is an excellent way for people new to Québec to learn a little bit about the Old City while meeting other newcomers. The ferry ride was a nice way to finish the morning and enjoy one of the best views of the city. Thank you to all the participants and our wonderful guide.



## Upcoming Newcomers Events:

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

We will be offering this workshop looking at healthcare and winter life in Québec in partnership with the Jeffery Hale Community Services. It should be a very informative evening!

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

Join us for a historical presentation about Québec followed by some light refreshments.

### **Winds of Change Workshop, November 14, 2018**

VEQ will be providing this free workshop in partnership with Jeffery Hale Community Services. Mingle with other newcomers and understand how change impacts your life, while discovering methods of adapting to a new culture and language.

### **Paint/Art evening, Stay tuned for more details**

Join us for an artistic and relaxing evening!

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

## Upcoming Employment Events:

**Professional Transitions - Finding your place in the Québec City job market - October 18, 2018**

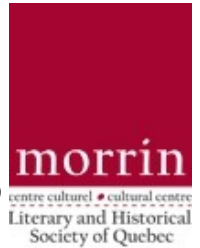
# Activities at the Morrin Centre

## Book Quest 2018: Let's Explore!

This free book club offers children ages 3 to 12 the opportunity to explore their passions through reading, as well as participating in activities related to the readings.

Activities will take place on Saturdays from 10:30 to 11:30 a.m. (for children ages 3-7) and from 1:30 to 2:30 p.m. (for children ages 8-12) at the Morrin Centre Library.

For more information, please contact [library@morrin.org](mailto:library@morrin.org) or visit [www.morrin.org](http://www.morrin.org)



## Arts Alive! Festival (August 3rd & 4th)

ELAN Arts Alive! Québec is the brainchild of ELAN Québec, the English-Language Arts Network, which connects and supports Québec's English-speaking artists and art communities. Stay tuned for the full festival programme at [www.morrin.org/en/upcoming-events/](http://www.morrin.org/en/upcoming-events/)

## Register now for a Discovery Tour

Visit what used to be part of the first modern prison in Canada. Visitors will discover a hidden, dark and almost unknown part of the city's history by exploring the building's past, the life of its prisoners and the conditions of their imprisonment. Learn also about Morrin College, the city's first English-language institute of higher education. Then, let yourself be spellbound by the haunting stories surrounding the Morrin's charming Victorian library.

This National Historic Site is yours to discover! Head over to [www.morrin.org](http://www.morrin.org) to reserve your tour.

## News from Toastmasters

The QUEST Toastmasters club is on vacation during summer, but will resume its activities Friday, September 7th, 2018.

Meet with us every Friday morning to develop your public speaking skills and leadership abilities. Breakfast from \$10-\$12 at 7 a.m. at Pacini restaurant in Place Quatre-Bourgeois .

For more information contact Sandra Holman 418-573-1767, or Jean Racine 418 623-0452.

Viewpoint Toastmasters Club is off for the summer, but will be glad to greet you every Wednesday evening, from 7:30 p.m. to 9:00 p.m., at Fraternité St-Alphonse, Room Alfred-Pampalon, at 3812, St. Anne Blvd, Quebec City (Beauport District), from September 5th 2018 to June 2019.

## SNACS Entrepreneurs Book Fair (November 3rd)

The Quebec City Women's Club has passed the torch for its Book Fair into the capable hands of SNACS Entrepreneurs, an innovative social enterprise that is a spin-off from the SNACS Program.

In keeping with its mission, SNACS Entrepreneurs will run the Book Fair as a work plateau for special needs adults and youth in our community. The goal of SNACS Entrepreneurs is to offer on-the-job training opportunities and employment to people with special needs to help them develop their life skills and social and vocational abilities, while also providing the community with quality services.

The Book Fair will take place on **Saturday, November 3rd** this year. It will be held at Eastern Québec Learning Centre as usual, and you are welcome to continue to drop off your books there as always. **You can now also drop off your books at the Jeffery Hale Pavilion (1270 chemin Sainte-Foy).**

SNACS Entrepreneurs will also be collaborating with Jeffery Hale Community Partners and Voice of English-speaking Québec to run the sale. Stay tuned for more news about the Book Fair in weeks to come. In the meantime, if you have any questions, please call Nectaria Skokos, Program Coordinator, Community Support and Development with Jeffery Hale Community Partners, at 418 684-5333, ext. 1517.

## Come Craft with us!

Wednesdays from 1-3 p.m. and/or 7-9 p.m. - The Kirk Hall Crafters, a bilingual group of craft-minded people that meets weekly in the Kirk Hall, 45 Chaussée-des-Écossais, Old Québec.

Join this fun all-ages group and enjoy tea and a chat while working on your craft project!

For more information, call Katherine at 418-704-2278.



## Pickleball

Discover a fun sport that can be played by all ages and all levels. Never played before?...no worries. No equipment?...no worries. We have you covered! Come out and explore this fun sport **starting this September.**

Quebec High School  
945 ave Belvedere (enter from the parking lot by the back door marked 'gymnasium')  
Monday Evenings 7:15-9:15pm

Questions? 418-575-1414

## 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](mailto:info@lifelonglearningquebec.org).

To view the calendar of upcoming events: [www.lifelonglearningquebec.org/schedule.html](http://www.lifelonglearningquebec.org/schedule.html). LLL is a collaborative effort of several community organizations and individuals with funding support from the Citadel Foundation.

## Musical Wednesdays Concert Series

**From June 27 to August 29** at Chalmers-Wesley United Church, 78, rue Sainte-Ursule in Old Quebec City. Every Wednesday from 12:05 p.m. to 1 p.m. **ADMISSION IS FREE** - Donations welcome to support the musical outreach program.

### Upcoming concerts:

- July 18 juillet – Douglas Renfroe (bass-baritone) & Kasia Borkowska (piano)
- July 25 juillet – David Jacques (classical guitar)
- August 1 août – Julien Girard (organ)
- August 8 août – La Band'Accordéons de Québec
- August 15 août – Jacques Boucher (organ) & Désirée Till (soprano)
- August 22 août – 78th Fraser Highlanders: Alan Stairs (bagpipes), Don Neilson (drums)
- August 29 août – St. Brendan's Ensemble: Musique de chambre Baroque (chamber music)

Information: 418 649-5394  
or [scanadeau@videotron.ca](mailto:scanadeau@videotron.ca) or visit their website at [www.chalmerswesleyunited.ca/news-from-the-pews](http://www.chalmerswesleyunited.ca/news-from-the-pews)

## Music at the Cathedral of the Holy Trinity

### Upcoming events:

- 15 July at 4pm – Brass Quintet (free will donations)
- 19 July at 12:30pm – Midi en Musique with Chantal Parent, soprano, Luce Vachon, mezzo-soprano & Claude Soucy, piano (free will donations)
- 26 July at 12:30 – Midi en Musique with Alcée Chriss III, organ & Thomas Leslie, tenor (free will donations)
- 28 July at 7pm – Les chanteurs de Lorraine, QC (free will donations)

Visit [www.cathedral.ca/music/](http://www.cathedral.ca/music/) to view the full calendar of musical events for the summer!





# 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.

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](http://wejh.ca) for more information on volunteering, and on activities such as Caring Circle Café, art therapy sessions, Moms' Nite Out, Chit Chat Club, and more!



**Baby Chat Café: Progressing from Baby to Table Foods** — Tuesday, July 17th, 1:15 to 3:15 p.m., 1270 chemin Ste-Foy.

**Caregivers' Café: Stress Relief Using Yoga with Sule Tomkinson** — Thursday, August 9th, 10 to 11 a.m., 1270 chemin Ste-Foy.

**Breastfeeding Get-together** — Tuesday, August 21st, 10 to 11:30 a.m., 1270 chemin Ste-Foy.

For more information on the above events, please contact Jan Anderson, Community Organizer at 418-684-JEFF (5333), ext. 1539



## Park Playdates all summer long!

Join other English-speaking parents and their preschool children for free get-togethers at the park:

- Fridays from 10 AM to noon
- May to September

Parent volunteers host these free events in different parks around the city all summer long.

Locations are listed in **Toddler Talk Online**, so be sure to sign up for this e-newsletter on our website:



For more information



[MomsNiteOutQC](#)



Community Organizer:  
418 684-5333, ext. 1539



April 13, 2017

## 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.

Fridays 9:30 to 11:00 a.m., starting in September

- September 21, 2018 — Valcartier Family Centre (Valcartier) Building 93—place Vanier, Courcelette G0A 4Z0 — Theme: Recycling
- October 19, 2018 — Saint Brigid's Home, Kildare Lounge 1645, chemin St. Louis, Sillery G1S 4M3 — Theme: Halloween
- November 16, 2018 — Morrin Centre 44, chaussée des Écossais, Québec G1R 4H3 — Theme: Winter
- December 14, 2018 — Saint Brigid's Home, Kildare Lounge 1645, chemin St. Louis, Sillery G1S 4M3 — Theme: Elves

Join us each month and get to know your English-speaking community! Reserve your place by calling the Quebec City Reading Council at 418-681-1258.

# 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 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)

## 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.

### Summer Office Hours

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

Friday 8:30 a.m. to 12:00 p.m.

### Regular Office Hours (starting September 4th)

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, 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](mailto:info@veq.ca), if you would like to receive an electronic copy instead of a print copy of the newsletter. Thank you!