

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

NEWCOMERS

YOUTH

MEMBERS

COMMUNITY

EMPLOYERS

Spring is around the corner!

Throughout the winter months our Diversity of Voices project has successfully hosted various bilingual activities for 20 to 35 year olds practicing their second language. These events have ranged from ceramics painting to board game nights to curling and even whiskey tasting!

We proudly hosted our annual Holiday Happy Hour fundraiser, welcoming nearly 100 community members to celebrate the holiday season and support the efforts of the Community Christmas Hamper Campaign. The VEQ team gave their time, good spirits and efforts to the successful delivery of over 200 hampers to families in need.

A group of VEQ newcomers enjoyed an afternoon of snowshoeing on the beautiful Plains of Abraham this January. This guided tour provided an opportunity for newcomers to get out, get active and meet others.

January was also a great month for VEQ to see the successful fruition of the anticipated Youth Forum hosted in collaboration with MCDC and aimed at keeping young adults engaged and interested in a future in their region. Inspiring young leaders such as musical success David Hodges and bronze, silver and gold-medal Olympian Kalyna Roberge welcomed and spoke with youth from Thetford Mines and Quebec City.

In the upcoming weeks, VEQ will be hosting Spring Fest, a 5-7 aimed at bringing the community together we will be putting on the green for the St.Patrick's Day Parade, offering busing to those wishing to attend the Shannon Irish Dancing show, and assisting in the production of the Central Quebec School Board's annual Performing Arts Festival, bringing together hundreds of high school students for a day of creative workshops followed by a spectacular evening performance.

VEQ and Be Active Québec's *Fit & Fun Summer Day Camp* is on the horizon again this year for 6 weeks of fun. This one-of-a-kind summer day camp provides English-speaking children ages 5 - 12 with the opportunity to enjoy activities entirely in English. Register your child today!

Keep an eye out - or better yet- walk with us in the St.Patrick's Day Parade this year on March 19th!



VEQ Staff enjoying the Holiday Happy Hour

In this edition:

- Spring is around the corner!
- Come join us for the St. Patrick's day parade
- Annual General Meeting
- YES Business Coaching
- Spring Fest
- DOV- upcoming events
- Intergenerational Youth forum
- Community Cooking Classes
- Be Active Québec
- Seniors, Out & About
- News from the Newcomers Coordinator
- Lifelong Learning
- Centre de Foires Job Fair
- Volunteers Matter: Regional Workshop
- Shannon Irish Show
- Triple Author event: Livres Trois-Canons
- Events at St. Lawrence College
- Quest Toastmasters: Open House
- St. Patrick's Day Celebration at St. Patrick's Church
- Trinity Church Annual Spring Pot luck & Coffee Party
- Come Knit with us!
- Upcoming Events at the Morrin Centre
- Positions with Census Canada
- VEQ's Job Bank
- Contact us

Join us in the St. Patrick's Day Parade, March 19th!

Voice of English-speaking Québec will once again be proudly wearing the green for the annual Défilé de la St-Patrick de Québec taking place Saturday March 19th 2016.

We need YOUR volunteer help!

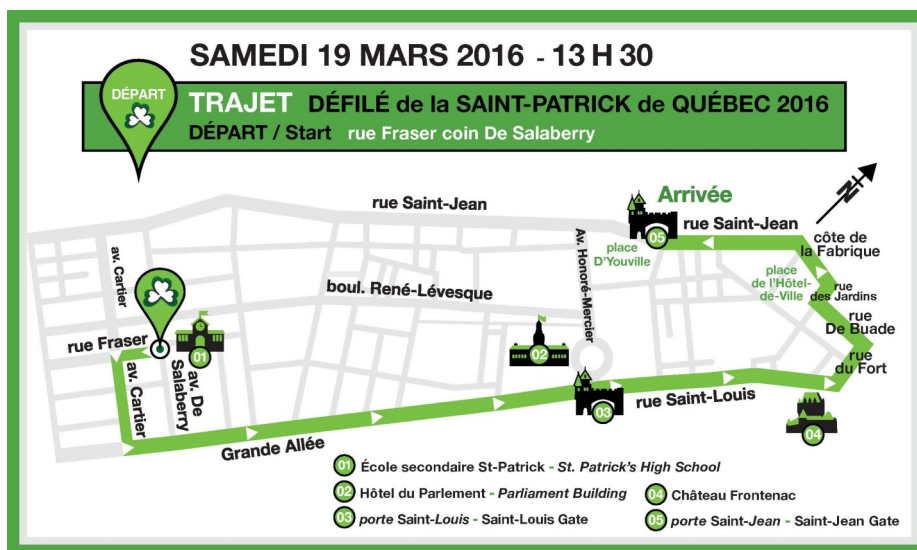
Help us inflate a ton of balloons and string them to our truck

Be a part of the action by handing out fun shamrock stickers

Walk the parade proudly with us

This volunteer opportunity takes place at St. Patrick's High School (75 de Maisonneuve), begins with balloon making from 9 a.m to 12:00 p.m ending with the parade walk from 1:20 – 3:00 p.m. You may see the brand new parade trajectory at www.qcpatrick.com.

To volunteer, communicate with info@veq.ca or call 418-683-2366 ext 221



VEQ's Annual General Meeting

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

Thursday, May 26, 2016 from 5:00 to 7:00pm
*****Please take note that this year the AGM will be at the following location*****

Centre des Loisirs St-Sacrement (1360, boulevard de L'Entente, Québec, QC, G1S 2T9)*

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

YES Business Coaching

Are you an entrepreneur or have aspiring ideas to start your own business? Sign-up for the next YES Business Coaching session! This service has become so popular that we now have a YES business coach coming to Quebec City every month to meet with people! Book your appointment today.

Upcoming Business Coaching dates:

April 13 & 14, 2016

May 18 & 19, 2016

To register call Voice of English-speaking Québec at 418-683-2366 ext. 221 or email entrepreneur@veq.ca



Voice of English-speaking Québec



www.veq.ca



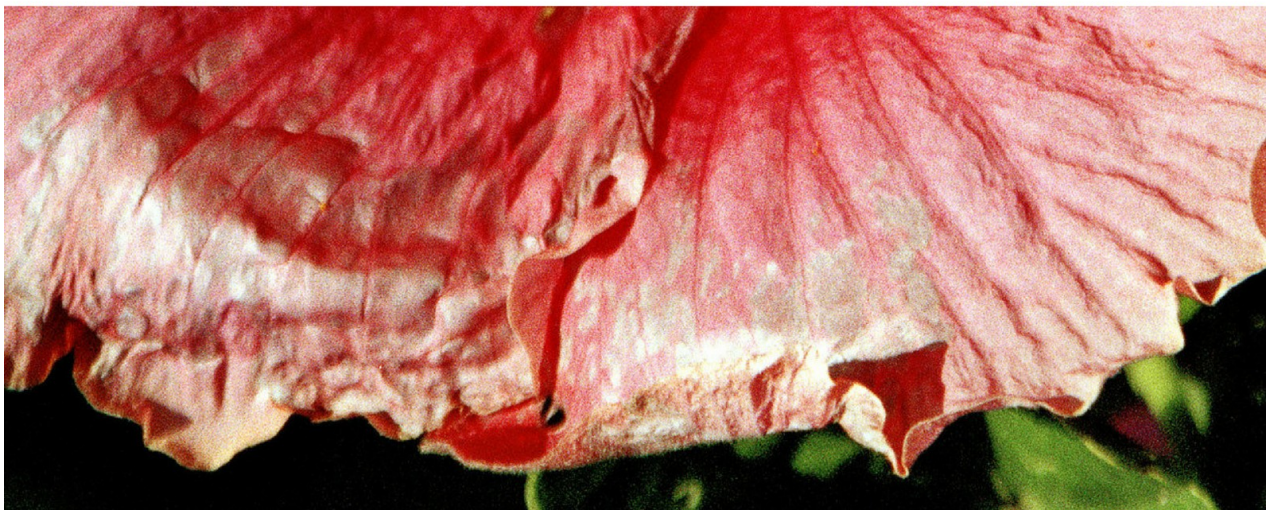
March 30, 2016

Spring Fest 5@7

**KICK WINTER TO THE
CURB WITH VEQ**

COME MINGLE AND MEET NEW PEOPLE.
2 FOR 1 MEAL COUPONS, DOOR PRIZES
BRING A FRIEND!
SPACE IS LIMITED, PLEASE RSVP BY MARCH 25TH
info@veq.ca (418) 683-2366 #221

**PUB ST-ALEXANDRE, 3RD FLOOR
1087 RUE ST-JEAN, QUÉBEC (QC)**



Diversity of Voices: Upcoming event



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

  Canadian Heritage  Patrimoine canadien

Date	Activity
Saturday, March 12th, 2016 from 1:00-3:00PM	Dooly's Ste-Foy Duplessis 3291 Ch Ste-Foy
Wednesday, March 16 th , 2016 from 6:00-8:00PM	Bilingual Cooking class (265 Boulevard René- Lévesque)
Sunday, March 20 th 2016, from 2:45-4:00PM	Escape the room (2500 Jean-Perrin street #150)
Wednesday, March 30th 2016, from 5:00-7:00PM	Spring Fest Pub St-Alexandre, 3rd floor 1087 rue St-Jean, Québec (QC)

Intra-regional Youth Forum

Thanks to funding from the Department of Canadian Heritage, VEQ was once again able to undertake a new project this year which set out to inspire youth and demonstrate the potential for a great future in our regions. In partnership with MCDC, VEQ hosted a day and a half forum from January 21st to 22nd for English-speaking youth living in the Greater Quebec City and Chaudière-Appalaches regions.

Twenty-one youth from Quebec High School and A.S. Johnson High School participated in the forum, which focused on three main areas: cultural roots, healthy living and employability/entrepreneurship.

Four speakers lead and animated group discussions: David Hodges (Cultural roots), Kalyna Roberge (Healthy living), Coby Ingham (YES Montreal) and Audrey Saint Pierre (Comité sectoriel de main-d'oeuvre de l'industrie des mines).

Community Cooking Classes:

Healthy lunchtime snacks! Fresh pasta! Creative desserts! Vegetarian cooking!

Sign up for our popular upcoming cooking classes in English for only \$20! Get your hands-on opportunity to learn healthy recipes, apply new food skills and enjoy a fun atmosphere for cooking under the guidance of the SNACS Entrepreneurs Chef Christopher Wotherspoon.

Classes in orange are open and friendly to young families (bring your child 5 years +). Register today at www.veq.ca/community-cooking/

The Community Cooking Cookbook will be available soon, cataloguing all of the exceptional dishes prepared in the 10 classes provided this season.

What's Happening with Be Active Québec?

Be Active Québec has resisted the winter blues by encouraging families in our community to get outside and enjoy the cold. On January 16th, in partnership with VEQ, Be Active Québec participated in a snowshoeing event where newcomers were invited to explore the exciting winter sport and learn some of Québec's history.

In partnership with SNACS Entrepreneurs, the Jeffery Hale Community Partners and VEQ, Be Active Québec has been actively involved with the community cooking classes. These classes offer a fun opportunity to spend time with your child while learning about innovative cooking techniques. The next class takes place on March 11th, if you would like to register please visit www.veq.ca.

This March Break, BAQ hosted activities all over the city to get people out and into the elements. From cross-country skiing at the Base de plein air de Sainte-Foy and tobogganing at the Eastern Québec Learning Centre, families were offered the opportunity to enjoy themselves indoors and outdoors. The week finished with a Pizza Pool Party, hosted at Jeffery Hale Pavilion and the YWCA. Children were offered a wide array of crusts, cheeses and toppings, allowing them to explore their culinary side and invent their own healthy version of this popular dish.

On top of the fun March Break activities, BAQ has many other plans for the springtime. On April 16th BAQ plans on participating in the SNACS forum at Quebec High School by offering attendees delicious smoothies and plenty of useful information and handouts. On May 7th BAQ and VEQ will be on hand for the Toys n More sale, helping to set up and pass out information to the community. If you are interested in participating in any of the upcoming events you can contact the Be Active Québec Coordinator, Sally St. Amant, at 418-683-2366 ext. 227 or by email at quebecenforme@veq.ca



Register Now for the Fit & Fun English Summer Day Camp!

From now until June 17th, VEQ in conjunction with Be Active Québec are accepting registrations for children ages 5-12 for the Fit & Fun English Summer Day Camp. The camp will be located at St. Vincent Elementary School (955 Ave. Wolfe) and will run from June 27th to August 5th, 2016. English-speaking children will have the opportunity to attend a summer camp completely in English in a safe and fun environment. Children will have the option of participating in weekly outings to places like the Village Vacances Valcartier, the Québec Circus School and Île d'Orléans for strawberry picking.

FIT & FUN
ENGLISH SUMMER DAY CAMP

Voice of English-speaking Québec, in partnership with Be Active Québec, is offering a one of a kind summer day camp experience where English-speaking children ages 5 to 12 can enjoy themselves.

When: June 29-August 7, 2015
Where: St. Vincent Elementary School
995 ave Wolfe, Québec, QC
Cost: \$125/week

For more information or to register your child, please contact us at 418-683-2366 ext 221 or info@veq.ca to register online at www.veq.ca

VEQ Voice of English-speaking Québec BAQ BE ACTIVE QUEBEC SHAPE UP

Seniors, Out & About

The Seniors, Out & About program will be up and running this spring. This project provides English-speaking seniors with free transportation to community activities and outings. This spring and summer 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



News from the Newcomers Coordinator!

So far, 2016 has been a cold one, however that hasn't stopped newcomers from getting outside and embracing the winter season. On January 16th Voice of English-speaking Québec (VEQ) in partnership with Be Active Québec (BAQ) held our first Newcomers Snowshoe Excursion on the beautiful Plains of Abraham. The goal was to get newcomers outside to try one of Québec's popular winter activities, snowshoeing, while meeting and mingling with other newcomers. It was a great success and we hope to do it again in the future. Thanks to everyone who came out to make the day so wonderful!



Upcoming Newcomer Events:

Newcomers Creative Corner

This continuous event is hosted in partnership with Jeffery Hale Community Partners. It is an excellent way for newcomers to come together and have rich conversations while creating beautiful pieces of art. Please contact, Khrystyna, at newcomers@veq.ca if you would like to join.

A little about the newcomers program... One of the goals of the newcomers program is to support newcomers with their transition moving to a new city and help them find the services, resources and information that they may need for settling into their new city. We are here to help make the transition as comfortable as possible. If we can be of any service please do not hesitate to get in touch with us at newcomers@veq.ca or at 418-683-2366 ext 225.

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? Simply call us at the Quebec City Reading Council at 418-681-1258 or email info@lifelonglearningquebec.org. LLL is a collaborative effort of several community organizations and individuals with funding support from the Citadel Foundation.

Capitale Nationale: Job Fair

Where: 250, boul. Wilfrid-Hamel, édifice
Québec (Québec) G1L 5A7

When: Friday, April 1st, 2016 from 10am-8pm
Saturday, April 2nd, 2016 from 10am-5pm

Services offered on site: Visitor's guide, resume express, icebreaker workshop, resume modification, conferences, and a Multilingual Zone.

Volunteering Matter: Regional Workshop

Healthy organizations depend on active volunteers to deliver all kinds of vital community services, yet many organizations today are struggling to find the people they need to carry out their mission. You are cordially invited join the Quebec Anglophone Heritage Network (QAHN) as we take a close look at current volunteering trends and explore key challenges that community groups must address in order to thrive in the years to come. Discover how your group can start building a more effective volunteer program.

Where: Morrin Centre, 44 Chaussée des Écossais, Quebec City

When: Friday, March 18, 2016

From 8:45 a.m. to 4:45 p.m.

This day-long event is particularly suited to governing-board volunteers and/or senior staff members. Improve your skills at recruiting, training and managing voluntary workers

Cost: \$35 for QAHN members; \$45 for non-members. Price includes lunch and refreshments. For more information please contact Dwane Wilkins at: 819-564-9595

Shannon Irish Show- 50th Anniversary

The Catholic Woman's League of Shannon cordially invites you to the 50th Anniversary of the Shannon Irish Show on March 12th, 2016. Come and join us on Saturday, March 12th, 2015. A choice of two performances awaits you.

Afternoon performance - 1 pm (doors will open at noon).

Evening performance - 8 pm (doors will open at 7 pm).

Price: 10\$ per adult, 3\$ per child (6-12 yrs), 5 and under free.

Where: Shannon Community Centre, 75 Gosford Road

Tickets are available at the door only. So dig out your green attire! Come one, come all and join us on Saturday, March 12th to celebrate.



Triple Author Event: Livres Trois

Place: Livres Trois Canons, Place Naviles, 3400-SS2, Chemin des Quatre-Bourgeois, Québec G1W 2L3.

Date: Wednesday, 16 March, 2016.

Time: 7.30 pm

On Wednesday 16 March 2016 we will welcome three authors to Livres Trois Canons. Chuck Carter, Andrew Caddell, and Simon Jacobsare are coming to our Quebec City English bookstore to talk about their writing, their books and answer any questions you may have about them and their work. <http://www.livrestroiscanons.com/author-event-wednesday-16-march-2016/>

Events at St. Lawrence College

SLC Fashion Show - Hotel Le Concorde, 1225 Cours du Général de Montcalm Friday, April 3rd 8 p.m. to 9:30 p.m.

SLC Annual Blood Drive - In the gym, 790, Nérée-Tremblay. Free parking for donors Tuesday, April 14th, 9:00 to 5:00pm

Rock Band Spring Show put on by What the Heck group- in the SLC cafeteria, 790, Nérée-Tremblay, Saturday April 18th at 7:30. Tickets may be purchased from the band members or in room 272.

Call (418) 656-6921 for more information.

Quest Toastmasters OPEN HOUSE

Join us on the first Friday of each month: March 4th, April 1st, May 6th and June 3rd, 6:50 - 8:30 a.m.- Quest Toastmasters OPEN HOUSE, breakfast at Pacini restaurant, Place Quatre-Bourgeois, 999 rue de Bourgogne, Quebec. Develop your communication and leadership skills and learn to improve your English public-speaking skills.

For more information please call Sandra Holman at 418 573-1767 or Jean Racine at 418 623-0452 or visit www.toastmasters-quebec.com/quest.html

St. Patrick`s Day Celebration at St. Patrick`s Church

Where: St. Patrick`s church, 1145, de Salaberry, QC.

When: Thursday March 17, 2016. Mass at 5pm, Banquet at 6pm

Price: \$35 per person (Children 12 and under free)

Door prizes will be handed out!

Tickets available after week-end masses until March 13th, or by calling Kay Bergeron at 418-525-6203.

For more information please contact the Rectory at 418-524-3544

Menu includes: Liver and maple terrine, Cream of butternut squash and sweet potato soup, chicken supreme, potatoes and seasoned vegetables, and apple crumble.

Trinity Anglican Church Potluck Supper & Coffee Party!

Thursday, March 24th at 6 pm, you are invited to a pot luck supper following a service of Holy Eucharist.

Saturday, May 7th you are invited to attend from 10 until 12 noon a coffee party and spring sale in Collie Hall, 2687 .Quatre Bourgeois, St. Foy.

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




Events at the Morrin Centre:

Launch of temporary exhibit on Hong Kong and the home front: The Morrin Centre is launching an exhibit to mark the 75th anniversary of the battle and fall of Hong Kong on March 24, 2016 at 7 p.m. From March 24, 2016 until January 1, 2017, visit [Hong Kong and the Home Front](#), and discover how the Royal Rifles of Canada, Quebec City's main English-speaking regiment, took part in the battle to defend Hong Kong, until Great-Britain surrendered the colony to the Japanese on Christmas Day in 1941.

ImagiNation Writers' Festival: Over a dozen Canadian authors will take part in the Morrin Centre's sixth annual writers' festival, to be held from April 6 to 10th. A variety of literary events such as readings, discussions and book signings will allow you to meet your favourite writers and discover emerging artists. From Wednesday, April 6 to Sunday, April 10 come meet Heather O'Neill, Will Ferguson, Sonia Faruqi, Jeffery Deaver, Jane and Anna McGarrigle and more. Full program to be announced soon.



All events held at the Morrin Centre, 44 chaussée des Écossais, Québec QC
For more details, visit www.morrin.org

Proud Community
Supporter 
2016
CENSUS

Census jobs

The 2016 Census is staffing 35,000 jobs across Canada

Period of employment:

early March to end of July 2016 (start date varies by assignment)

Hours of work:

flexible, but must commit to at least 20 hours per week

Rate of pay:

\$16.31 to \$19.91 per hour plus authorized expenses

Requirements:

must be 18 years of age or older and eligible to work in Canada



Apply now / tell a friend

www.census.gc.ca/jobs

1-877-325-2016

TTY (a telecommunications device for people who are deaf): 1-866-753-7083



Voice of English-speaking Québec



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

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