



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 4, 2019 - 5:00 - 7:00pm  
Morrin Centre: 44, chaussée des Écossais, Québec  
Please RSVP by Friday, November 29 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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## 24th Annual Christmas Hamper Campaign

For the last 24 years, the English-speaking community of the Greater Québec City region has collaborated in running a successful Community Christmas Hamper Campaign. We distribute Christmas hampers to over 200 homes in need, which is an enormous challenge with a most heart-warming outcome.

Jeffery Hale Community Partners coordinates the campaign's central registry of English-speaking community members who need help during the holiday season.

Help deliver some goodness, give to the campaign in any or all of these ways: by offering your volunteer time, by donating non-perishable food, or by making a monetary donation.

Give food: Drop off donations of canned foods and hygiene products at local sites from November 17th - December 15th. 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 on our website, [www.qchampers.ca](http://www.qchampers.ca).

Visit the campaign on Facebook @CommunityChristmasHamperCampaign



24<sup>th</sup> annual

COMMUNITY CHRISTMAS HAMPER CAMPAIGN

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

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 between November 17 and December 15, 2019.

Please donate online @ qchampers.ca  
or send your cheque to: Community Christmas Hamper Campaign, 2000-1270 chemin Sainte-Foy, Québec QC G1S 2M4

qchampers.ca  
#QcHampers  
418 684-5333, #1474



## International Lunch at Eastern Québec

Come support your Community Christmas Hamper Campaign by attending this great event! This year's theme is VENEZUELAN Luncheon. Join us for lunch and donate to a worthy cause.

RSVP before November 13th online - limited space available  
<https://eqlcinternationallunch2019.eventbrite.ca>

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

Date: Wednesday, November 20

Time : 12:00 P.M.

Price : \$20 general admission

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

## International Luncheon Fundraiser November 20th, 2019

**Support your community!**

Join us for lunch and donate to a worthy cause.

**November 20<sup>th</sup> at 12 pm  
20\$ - Venezuelan Luncheon**

Eastern Québec Learning Centre  
Cafeteria, 3005, rue William-Stuart  
Québec, G1W 1V4

RSVP before November 13<sup>th</sup> online  
Limited space available

<https://eqlcinternationallunch2019.eventbrite.ca>





## News from the Newcomers Coordinator!

It has been quite a fall for the Newcomers program at VEQ! The coordinator, Jessica Price, recently welcomed her second baby. Jessica, as many of the newcomers know her, is fine and well and will be returning next fall. In the meantime, María Castro, has replaced her during her maternity leave and will continue to keep up her good work. Since the beginning of the fall, we have had the honour of meeting many newly arrived people from all over the globe! We will continue offering tailored events and activities for those who recently moved to our beautiful City, as well as support and assist them in finding services, resources and the information necessary to settle nicely in their new home.

For more information or if you are new to Quebec City please get in touch with our Newcomers Coordinator María Castro at (418) 683-2366 ext. 225 or [newcomers@veq.ca](mailto:newcomers@veq.ca)

If you are new to the city or still feel like a newcomer, then please 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 about our community. See below for more details.

Recently held Finding your Niche for Newcomers Events:

History of Quebec, November 6, 2019

For the first time (and hopefully not the last), we had the honour of having this presentation at the Morrin Centre, a national historic site of Canada! We were even spoiled and given a brief tour of the old prison cells. Stephen Marchessault gave a detailed lecture, followed by a Q&A and a meet & greet.



Open Book: Intercultural Dialogue, October 18 and 24: The Morrin Centre kindly included us in their series of literary events with acclaimed authors, who were once too, newcomers to Canada.

Health 101 and Winter in Quebec, Oct. 8: In partnership with Jeffery Hale Saint-Brigid's and the Wellness Centre at Jeffery Hale Pavilion, VEQ once again offered this very important and necessary info session. The participants were able to learn and understand Quebec's health system. If you missed it and would like to access the Health 101 Guide please contact us at VEQ or click here (<https://veq.ca/wp-content/uploads/2018/10/Health-101-booklet-complete-electronic-version.pdf>) . Winter is getting started, so if you'd like to know how to better prepare or make the most of it, don't hesitate to contact us.

Newcomers Potluck, September 28, 2019: If you want to hear the funny anecdote about the potluck, ask María about it! This activity allowed participants to delight themselves with delicious home cooked meals. If you are interested, we may have a second potluck next year once the snow melts in a picnic fashion.

Do let us know your opinions on the events!



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

# YES Business Workshop & Networking Event: The Art of Sales and Negotiation

On October 30th, YES in collaboration with VEQ hosted “The Art of Sales and Negotiation” free workshop and networking event. In this interactive workshop, participants were able to explore many useful ways to improve their sales, foster successful negotiations skills, and learn how to strategically apply them as an entrepreneur. It was also an opportunity to discover various subtle techniques that enhance communication, help you to prepare for uncertainty, and to successfully close the sale with both parties (customer and business). The workshop was followed by a networking event where attendees had the opportunity to meet local entrepreneurs.

The event was co-hosted by YES’ Business coaches Ruchy Khurana and Coby Ingham. Ms. Khurana now joins Coby Ingham in Québec City and will help provide additional coaching to clients in the Quebec City market. This will also act as part of YES’ ELLEvate program which aims to help over 1,000 women entrepreneurs across Quebec over the next 3.5 years.

## Upcoming Newcomers Events:

**YES Business Coaching:** November 19 and 20, December 10 and 11, January 21 and 22, February 25 and 26, March 24 and 25. 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)

**Newcomers’ Wind of Change:** November 21st, 6:30 to 8:30 p.m. In collaboration with Jeffery Hale Community Services, this event has been designed to help newcomers understand the different stages we go through when dealing with change.

**Open Book: Intercultural Dialogue:** November 27th. Come meet author Veena Gokhale, who will discuss her latest book, Land for Fatima, during a moderated talk. A signature session will follow.

**Game Night:** December 11th, 6-8 p.m. In collaboration with Canadian Parents for French, we will have a bilingual game night, a perfect occasion to practice your French and broaden your local social network.

**Canada Revenue Agency (CRA) and Service Canada Workshop:** January 22nd, 2020. Newcomers and the Canadian tax system. Come learn about how to file a tax return, Canada’s Child Benefit, GST/HST Credits, compassion benefits, volunteering programs and more!

**Silence, On Tourne!:** January 25, 2020: A short French film followed by movie-related crafts. This event is co-hosted by Canadian Parents for French and it provides a fun, relaxed environment to not only practice your French, but also to learn about the film industry’s beginnings. All ages welcome!

**Revenu Québec Workshop:** February 12th: If this is the first time you have to file provincial taxes, then we got you covered! Got questions or doubts about Quebec’s tax system? Start jotting them down and have them cleared out by our guest from Revenu Québec.

**Winter Fun at Village Vacances Valcartier:** February 22nd: For the second year in a row and thanks to last year’s huge success, we are organizing a day trip to Village Vacances Valcartier along with Canadian Parents for French. Stay tuned for more details!

## Enhancing Regional Community Capacity (ERCC) – Expanding VEQ Services in the Greater Quebec City Area

The ERCC program, funded by the Government of Quebec through the Secretariat for relations with English-speaking Quebecers and managed by the Community Health and Social Services Network (CHSSN), aims to provide local and community English-speaking organizations in the province of Quebec increased capacity to expand their mandate or the territory they serve.

VEQ's objective is to develop collaborative partnerships, bring services, activities, events and innovative projects directly to the residents of the northern perimeter of Quebec City.

Focus group meetings were held in Shannon and St. Gabriel-de-Valcartier in early October with key local actors to discuss and evaluate the strengths and needs of locals. Furthermore, VEQ's experience facilitates the development of new projects to increase community vitality and initiatives for seniors, youth and families.

VEQ is happy to offer bus transportation for Shannon and St. Gabriel-de-Valcartier residents for an afternoon at the theater to see "Fiddler on the Roof" at Cegep St. Lawrence's auditorium on November 24th.

VEQ's physical presence will also enable the implementation of many of its current services including acting as a hub of information, Newcomers' services, community outreach and development. In that sense, VEQ is looking to open a satellite office in Shannon in 2020 to better connect with English-speaking residents of Quebec City's northern rim.

For more information - Contact Dominique Paddack: **418 683 2366 ext. 227** or [dominique.paddack@veq.ca](mailto:dominique.paddack@veq.ca)

## New Projects!

VEQ recently received confirmation of funding for two new initiatives that will focus on youth employability. The objective of the first project is to help youth of our community discover the various post-secondary opportunities and programs, vocational, technical or other, in the Greater Quebec City region. This will be accomplished through a variety of career day type workshops aimed at not only highlighting the programs themselves, but also introducing them to employers and employees in the various fields and sectors that they could pursue studies in, and eventually build a career. Our goal is to introduce them to the wealth of possibilities and opportunities that are available, show them that they are a valuable asset to the local job market, and that there is a future for them right here, in the Greater Quebec City region.

The second project will allow us to establish links with the different Carrefour jeunesse emploi (CJE) locations in the region. The project's main objectives will be to survey youth on their knowledge and use of the services of the CJE, work with the CJE to help them better understand the needs of our community, help to translate some of their important resources, and promote their services to English-speaking youth aged 16-35.

We are excited about both initiatives and look forward to updating you on their progress in the near future. Stay tuned!



## Out & About

The gang from Out and About had a busy summer! Activities included a visit to the Historic Henry Stuart House, a ferry ride to Lévis, ice cream at Chocolat Favoris, the annual and ever popular trip to île D'Orleans. During the fall, the group visited the Aquarium, discovering the new jellyfish pavilion, returned to île D'Orléans for cider tasting and apple picking and explored the Museum of Civilization's exhibits.

Out and About will continue during the fall and winter. Upcoming outings include a trip to Galeries de la Capitale, the Shannon Catholic Women's League Brunch and Christmas shopping.

Upcoming Out and About outings can be found on VEQ's online 50+ calendar. If you prefer using the phone, you can call 418-683-2366 option 7.

For more information contact Catherine at 418-683-2366 x 224 or [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@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



**VEQ**  
Voice of English-speaking Québec

## Tech Workshops for Seniors

Tech Workshops for Seniors are back for another session!

These free workshops are offered by Quebec High School's Leadership students.

The workshops are held in the conference room at Quebec High School's Library.

For more information, and to register, please Contact Catherine at 418-683-2366 ext 224 or [Catherine.baboudjian@veq.ca](mailto:Catherine.baboudjian@veq.ca)



## SENIOR TECHNOLOGY WORKSHOPS

Students from Quebec High School's Leadership Class will be available to answer all your technology-related questions in this series of themed workshops. Bring your questions and your devices, and let's get learning!

### SCHEDULE

- 1 PM November 8: Mobile phone settings
- 1 PM November 18: Photos on phone & PC
- 1 PM January 15: Facebook security settings
- 1 PM January 16: Safe online shopping
- 1 PM February 6: PC maintenance and updates
- 10:40 AM February 7: Social media culture
- 10:40 AM February 24: Videos and music online

For more information, and to register, please contact Catherine at 418-683-2366 ext. 224 or [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca)

# Connecting the Community Through Creativity

VEQ is pleased to announce it's programming for a new project that will be offered between November and February; Connecting the Community Through Creativity. Taught by local artists and crafters, these workshops are open to all who wish to learn the basics of a craft. The workshops are free and materials are included; space is limited for the workshops and registration is required. Though it is best to attend all classes in the workshop series in order to finish the project, it is not mandatory.

For more information contact Catherine at 418-683-2366 x 224 or [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca)

## Upcoming workshops:

### Beginner's Knitting:

November 26th, December 3rd, 10th and 17th from 10 AM to noon

Come create a cozy toque, perfect for a holiday gift.

Location: 1270 Chemin Ste-Foy, room 1125

### Community Weaving Night:

Wednesday November 27th from 6 to 7:30 PM.

Weaving has always been an important part of Quebec culture from the large industrial looms of Dominion Textiles of Beauport, the home-sized LeClerc looms to the small looms to create Bonhomme's ceinture fléchée.

What they have in common is stretching yarn on a frame and weaving the weft through. This project aims to make small mats to be donated to animals shelters in the city using recycled t-shirts and yarn for materials.

Location: 1270 Chemin Ste-Foy, room 1125

### Introduction to Watercolour:

November 19th, 26th, December 3rd, 6th and 10th from 6-7:30 PM

The watercolor workshop is an introduction to a very fun painting technique, which allows for beautiful results without having much previous experience. Watercolor is characterized by its fluidity and naturalness, and the main secret is to know how to control the water. That is what gives freshness to the painting. These workshops will have you experiment with layering colours, paint a traditional landscape and finally use elements, such as salt or bleach, to explore even more and make creative composition.

Materials are provided. Places are limited; to register, contact Catherine at 418-683-2366 x 224 or [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca)

Location: 1270 Chemin Ste-Foy, room 1125





# 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 21. 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, Pé Na Rua – Brazilian rhythms, the Quebec Art company, Local vocals Choir and Nations Québec Intégrations (Pilipino Dance) 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 2020!



## Quebec Art Company presents: Fiddler on the Roof

Music by Jerry Bock, lyrics by Sheldon Harnick and book by Joseph Stein, directed by Patricia Grimaud, musical direction by Bobby Fielding.

**Location:** Industrial Alliance Auditorium CEGEP St. Lawrence,  
790 Ave. Nérée-Tremblay, Québec

**Date:** November 21, 22 and 23 at 7:30p.m. • November 24 at 2p.m. •  
November 28, 29 and 30 at 7:30p.m.

Tickets on sale now

<https://www.quebecartcompany.com/tickets-purchase-fiddler-on-the-roof.html>





## Activities at the Morrin Centre

December 3 at 6p.m.- Special Effects: Part 2  
December 7 at 10:30am - Storytime: Put me in a book!  
December 7 at 2p.m.– Kids' Writing Workshop  
December 10 at 6p.m.– Drama Club  
December 14 at 10:30am—Holiday Celebration  
For more details, visit [www.morrin.org](http://www.morrin.org)



## Activities for young families at the Wellness Centre

For more information on the events below, please visit: <https://wejh.ca/programs-and-activities/family-matters/>

### **Baby Chat Afternoon: For parents of babies under one year of age**

Dec 10: The Importance of Story time and Nursery Rhymes  
Jan 14: Let's Talk: When the Baby Blues Won't go Away  
Feb 11: Coffee & Conversation  
Mar 10: Baby's First Tooth: Teething Strategies

**Where:** Community Wellness Centre in the Jeffery Hale Pavilion—1270 chemin Sainte-Foy

**When:** Monthly, Tuesdays from 1:15 to 3:15pm

### **EPIQ (English-speaking parents in Quebec)**

Thurs. 14: Escape Room Adventure Host– Teri  
Fri. 29: Crack Pot Café Host - Shelley

Dec Sat. 14: HOHOHO Here We Go Christmas Party Hosts - Elise & Amanda

Please check Toddler Talk Online newsletter or follow the EPIQ Facebook page for all the details:

<https://www.facebook.com/groups/EPIQevents/>

### **Take-a-Break Drop In: For parents and their preschoolers**

Nov 15: Welcome Back

Nov 29: Why Your Child's Hearing is so Important and How to Protect it

Dec 6: Festive Holiday Gathering 2020

Jan 10: How to Practice Yoga with Your Kids

Jan 24: Family Literacy Day Celebration

Feb 7: Antibiotic Resistance: What Parents Should Know

Feb 21: Raising Bilingual Children

**Where:** Multipurpose room in the community Wellness Centre 1270 chemin Sainte-Foy

**When:** Fridays once or twice a month from 9:30 to 11:30am

### **Dadventures: Activities for guys raising kids**

The community Wellness Centre has lined up some free, fun, active living outings for guys raising kids in the Quebec City region. Dads, step-dads, grandpas and maybe even uncles!

Nov 30: Ramp-up Your Motor Skills Rally / Location: Quebec High School For kids 1 to 5 years old

Feb 29: Build a Snow Creature/Sledding Adventure / Location: Eastern Quebec Learning Centre For kids 2 to 8 years old

### **Breastfeeding Information Sessions: For moms and dads**

Kate Nadeau, breastfeeding coach with Allaitement Québec and mother of two will offer practical advice to expectant parents about breastfeeding.

**When:** 7:00pm to 9pm, January 29, 2020 and March 18, 2020

**Where:** Community Wellness Centre in the Jeffery Hale Pavilion Board room 1123/25 1270 chemin Sainte-Foy Free parking in the hospital parking lot

## 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 4 at 2:00pm – For the Holiday Happy Hour

December 18 at 12:00pm – Community Christmas Hamper Campaign

December 19 & 20 (all day) - Community Christmas Hamper Campaign

The VEQ office will be closed for the Holidays from: December 23, 2019 until January 6, 2020

We apologize for any inconvenience.