

Join us in celebrating this holiday season!

Voice of English-speaking Québec, in partnership with the Literary and Historical Society of Québec, is once again delighted to invite you and your family to our annual Holiday Happy Hour at the Morrin Centre.

Be sure to bring your canned food items for the Community Christmas Hamper Campaign!

Support a good cause and take a moment to wish your colleagues, friends and partners a wonderful holiday season. Light refreshments and hors d'oeuvres will be served and there will be a cash bar benefiting the Community Christmas Hamper Campaign. Everyone attending will be entered to win some great door prizes!

Date: Wednesday, December 7th, 2016

Location: Morrin Centre, 44 chaussée des Écossais, Québec City

Time: 5 -7 p.m.

Please RSVP by November 30th to info@veq.ca or call (418) 683-2366 ext 221.

Important Notice: Please bring indoor footwear to protect the fragile wood flooring at the Centre. Parking is available on surrounding streets and under City Hall; the Morrin Center is wheelchair accessible.



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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 and performers who came out and celebrated Fall Fest with us. We must not forget our generous funders. This year, Fall Fest was made possible thanks to the financial support of: Canadian Heritage, Ville de Québec, Jeffery Hale Community Partners, Be Active Québec and ACA. The event was a wonderful success and we could not have pulled it off without such a committed community.

Your support and participation in this special event was sincerely appreciated. We hope you will join us next year for Fall Fest 2017! A special thank you to— The Shannon Irish Dancers, Pé Na Rua, Brazilian rhythms percussion group, Vibrant Voices Choir, and Honest Ed and the Crooked CuZins!, who provided the evening show.



Are you an email recipient who received the VEQ mail out?

If you have received this newsletter and are currently on our emailing list, we apologize. Our database crashed this summer. Please feel free to call us at 418-683-2366 ext 221 or email info@veq.ca to have your name removed. Thank you for your patience while we are sorting this out.

In addition, Voice of English-speaking Québec would like to thank everyone who voted on our Halloween theme this year!



VEQ team Halloween Costume: Wizard of Oz

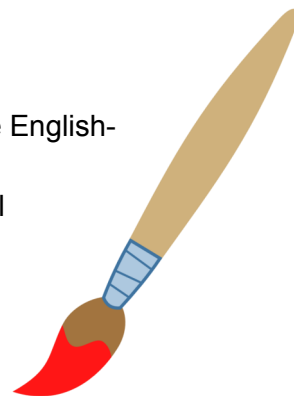
Community Mural

VEQ is looking for community members willing to submit a painting that represents what the English-speaking community means to them. This innovative project will bring community members and their paintings together through the creation of a collaborative mural. Participants of all ages will work together to create the mural, resulting in a lasting and permanent exhibit.

VEQ will supply all materials.

Upcoming date:

November 24th, from 1:30-3:30pm.



For more information or to participate in this project please contact the Voice of English-speaking Québec by phone at 418-683-2366 ext. 221 or by email at info@veq.ca

Volunteer Networking Event

Are you currently a volunteer or does volunteering interest you? Participate in this FREE, unique networking opportunity to connect, exchange ideas and learn more about volunteer opportunities from French and English volunteer organizations.

Next Networking event:

February 1st, 2017 (more details to come)

For more information 418-683-2366 ext.222, or daniel.potter@veq.ca

Québec ami des aînés (QADA) Ma communauté, j'y participe

The approach to meeting the needs of the aging demographic of Québec is constantly evolving, and we believe that communicating directly with seniors and adapting social activities available to them is essential. Our new project, *Ma Communauté, j'y participe*, aims to promote social participation among English-speaking seniors in the region. This is being achieved with the help of a steering committee who is overseeing the project, evaluating the overall effectiveness of our activities and providing feedback to better meet the diverse needs of our community's seniors. This project is generously funded through Québec ami des aînés. For more information, please contact Daniel Potter at (418) 683-2366 ext 222 or daniel.potter@veq.ca.

Digital Memories

VEQ is looking for English-speakers ages 65+ to participate in an intergenerational project. We want to preserve the cultural heritage of our English-speaking community by having seniors and youth partner together to create videos honouring the past.

If you would like to share your memories or for more information, contact VEQ by phone at 418-683-2366 ext. 221 or by email at info@veq.ca



News from the Newcomers Coordinator!

It has been a busy but exciting fall for the newcomers program at VEQ. With many newcomers moving to Quebec City over the summer months and in early fall, we try to focus many of our *Finding your Niche for Newcomers* events during this time of year. Our goal is to support newcomers with their transition moving to a new city through helping them find the services, resources and information that they may need to help settle in. We are here to help make this transition as comfortable as possible. For more information or if you are new to Québec City please get in touch with our Newcomers Coordinator Jessica Price at 418-683-2366 ext. 225 or newcomers@veq.ca

Recently Held Events:

Newcomers' Language Exchange Café / Café rencontre: anglais-français : November 9th, 2016

We are very pleased with our first Newcomers' Language Exchange Café that was held in partnership with the Centre R.I.R.E. 2000. It was a great evening for newcomers to come together and either practice their French or English through conversation and games. It was a night for stimulating conversations and meeting new friends. We hope to be able to do this event again in the future. Thank you to all the fantastic participants and volunteers that helped make it a success!



Newcomers Meet & Greet: Taste of Quebec: September 8th, 2016

This year we decided to expand upon the menu for Taste of Québec and offered a variety of Québécois dishes inspired by the cabane à sucre (sugar shack) theme. This was a fun night for people to get together, try some new foods, meet new people and learn a little about Québec.

Newcomers' Picnic in the park: August 20th, 2016

VEQ hosted its second Newcomers' Picnic in the Park this summer. It was a beautiful day and a great way for people new to Québec to get out and see one of the city's beautiful parks while meeting some new people.

Upcoming Newcomer Events:

Winds of Change Workshop: November 23rd, 2016

VEQ in partnership with Jeffery Hale Community Services is putting on a workshop for English-speakers who have moved to the Québec City region in the last few years. Mingle with other newcomers and understand how change impacts your life, while discovering methods of adapting to a new culture and language.

Newcomers Snowshoeing Excursion: February 2016

VEQ in partnership with Be Active Québec (BAQ) will be hosting a morning of snowshoeing this winter. Please 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



21st Annual Community Christmas Hamper Campaign

The excitement is building for the 21st 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 **Sunday, November 8th** and wraps up on **Saturday, December 17th**.

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

Give **money**: Visit 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 15th- December 17th on our website, www.qchampers.ca.

Share your giving story on our site and it may be published to our facebook page, Quebec City Community Christmas Hamper Campaign! Our page also keeps you connected with our many fundraising events. If you would like to request a hamper, please call 418-683-2366 ext. 221.



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:

November 30-December 1st, 2016

December 13th, 2016

January 18-19th, 2017

February 22-23rd, 2017 * \$20 file activation fee (refundable after 3 sessions), plus you will have

Seniors, Out & About

The Seniors, Out & About program provides English-speaking seniors with free transportation to community activities and outings. This winter seniors will participate in a variety of activities that will allow the participants to get out and enjoy good company.

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 Be Active Québec (BAQ)

BAQ has begun its fourth year of activities in the Greater Quebec City region and we have an exciting program ahead! Passing on information, sponsoring events and promoting health and fitness for children keeps the program busy. Fall Fest was a great opportunity to make smoothies for the community and meet new people.

So far this Fall, BAQ participated in the CQSB Cross Country Run, cheering on young athletes in the community. We also sponsored an English Bewitching Tour of the Plains of Abraham and learned the history of the haunted battlefields and the best way to ward off the spirits of Halloween. We also worked in partnership with different community groups to publicize events like the baby massage class on November 1st, which taught parents how to offer a soothing touch to comfort their infants. We also continue to publicize the upcoming Kindergarden Workshop on November 17th, which will teach parents how to prepare their 4 year olds for their entrance to school next fall. For more information or to reserve a space you can contact Jan Anderson at janderson@jhpartners.net



At the Travelin' Toddler Time on October 21st, Be Active Québec helped the little ones decorate pumpkins along side the seniors at St. Brigid's home. They were given recipes to try at home that used fresh pumpkin! More Travellin' Toddler Time sessions are planned for November 18th (Morrin Centre) and December 9th (St. Brigid's Home). For more information Contact the Quebec City Reading Council at info@qcrc.org

Be Active Québec continues to participate in community events such as, Take-a-Break Drop In, which will be held on November 11th and December 2nd as well as Baby Chat Café, with sessions on November 15th and December 6th. For more information about events or activities offered by BAQ, please contact Jeanne Nivischiuk at 418-683-2366 ext. 227 or email quebecenforme@veq.ca

Moms' Nite-Out (MNO) Party with Santa

To all parents and children who have been very good this year!!! Families are invited to this beloved community tradition which will include a special appearance from jolly ole Saint Nicholas!

Please join us on Saturday, December 10th, 2016 from 9:30 AM to 12 noon in the Coin soleil room (2nd floor of the Jeffery Hale Hospital, 1250 Chemin Ste-Foy. Quebec, Qc G1S 2M6)

There will be plenty of activities for the little ones, including crafts, cookie decorating, and games. Refreshments will be provided. This year Santa won't be passing out presents, but will instead read The Night Before Christmas, lead us in carols and pose for photos while children tell him their Christmas gift requests. The event and parking are free but a donation of a non-perishable item for the Community Christmas Hamper Campaign would be greatly appreciated!

Please R.S.V.P. by sending an email to Mrs. Claus at quebecenforme@veq.ca or feel free to sign up using the MNO Facebook page by Thursday Dec 8th, 2016. In addition, If anyone would like to help and volunteer at this event, we are always in need of more hands!

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

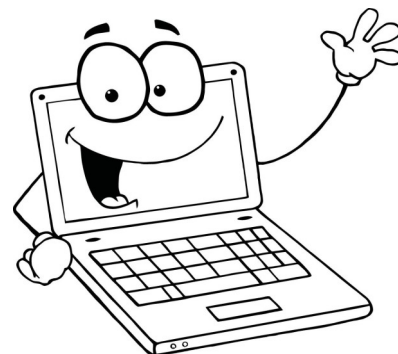


Seniors Technology workshops– Fall 2016-2017 schedule

VEQ is proud to announce the 2016-2017 installment of Technology Workshops for the seniors of our community. These workshops are hosted by Québec High School students who will teach a mini-lesson on the topic and then the participants will have time to practice what they have learned with the students on hand to ask any questions that may arise. Please feel free to bring your tablet, laptop or iPad to the workshops.

Upcoming Workshops:

December 2nd, at 2:00pm- Facetime 101
December 7th, at 10:35am– Safe online shopping
December 9th, at 9:15am– Snapchat 101
December 14th, at 12:45pm– Camera on apple device
December 16th, at 2:00pm– Website Creation
January 13th, at 2:00pm– Apps 101
January 17th, at 2:00pm– iCalendar 101
January 20th, at 10:35am– Gmail 101



Please confirm your presence to Jeanne Nivischiuk at quebecenforme@veq.ca or 418-683-2366 ext. 227.

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



**LIFELONG
LEARNING
QUEBEC**

Come Craft with us!

When: Wednesdays ongoing from 2:00 - 4:00 p.m. & 7:00 - 9:00 p.m.

Where: Kirk Hall, 45 Chaussée-des-Écossais, Old Québec

Who: All interested in crafting, experienced or beginner. Join this fun all-ages group and enjoy tea & a chat while working on your latest project! For more information call: Katherine 418-704-2278

Shannon Catholic Women's League: Community Breakfast

Shannon CWL BREAKFAST

Save the date !!

The CWL of Shannon will be holding its traditional community breakfast on Sunday, Nov 27, 2016 from 9a.m. to noon at the Shannon Hall, 75 Gosford Road.

Eastern Quebec's 2016 International Lunch

The International Lunch launches the start of the Community Christmas Hamper Campaign.

Place: Eastern Quebec Learning Centre (EQLC)
305 rue William Stuart
Québec, QC G1V 1V4

Date: November 23rd, 2016
Time: 12:00 p.m.

Price: \$15 per person
Accessible for all mobility levels

To reserve your tickets, please call 418-654-0537 ext 2852 or email: infoeastern@cqsbc.qc.ca

This year's cuisine will be brought to you by Africa. All Proceeds will go directly to the Community Christmas Hamper Campaign. To learn more, visit: www.qchampers.ca



Join Vibrant Voices!

The multilingual vocal ensemble Vibrant Voices – Voix Vivantes is beginning its new season and looking for new adult members of all ages.

If you have a good voice and are interested in singing in various languages, including English and French, please get in touch with Katharina Urbschat at k.urbschat@gmail.com or with Adrian Breton at 418-440-4233 for further information or check our website <https://vibrantvoicesvoixvivantes.wordpress.com/> We're looking forward to seeing you next Monday evening!

VEQ's Holiday Hours

Voice of English-speaking Québec, will be closed:

December 7th at 2:00p.m. – For the Holiday Happy Hour
December 14th at 12:00p.m. – Community Christmas Hamper Campaign
December 15th (all day) - Community Christmas Hamper Campaign
December 16th (all day) - Community Christmas Hamper Campaign

The VEQ office will be closed for the Holidays from:
December 19th to January 3rd

We apologize for any inconvenience .



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!

