



Voice of English-speaking Québec

Connect with the English-speaking community

Summertime at VEQ!

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

Seniors Out & About is up and running, organizing some great outings for seniors in the community – from museum visits to a wonderful oboe concert at St. Brigid's Home put on by our summer student, Emma Ahern.

Due to popular demand, the Newcomers program started off the summer with two walking tours on June 3rd and 17th. 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.

Workshops have already started for the *Tell me a Story/Raconte moi une histoire* project, where participants work together to create bilingual stories for children. *Connect with your City* is calling for submissions from community members in order to create a guidebook that will outline important local places which have helped shape the English-speaking community.

The *Close Knit* project is seeking knitters of all ages and experience levels to join senior-led knitting workshops. Have you always wanted to learn how to knit? Now's your chance!

Mark your calendar for Fall Fest 2017! Join us on Saturday, September 23rd 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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Save the Date: Fall Fest 2017!

Voice of English-speaking Québec, in partnership with the Central Québec School Board, is excited to announce that Fall Fest 2017 will take place on **Saturday, September 23rd** from 11:00 a.m. to 3:00 p.m. at St. Vincent Elementary (995, ave Wolfe).

This event is designed to showcase the many community groups, businesses and English language organizations that serve the local English-speaking community. It's a fun day for everyone, with activities for children and youth, a BBQ and performances by different cultural groups from our community.

If you are a representative of a community group or business, we invite you to participate in the showcase. All participants will be provided with a table, two chairs and a table cloth. Spaces will be granted on a first come, first serve basis. Tables are \$25 for businesses and free of charge for non-profit community groups.

To reserve a table or for more information, please contact us at 418-683-2366 ext. 221 or email info@veq.ca



Fall Fest
Fête d'automne

Saturday
Samedi

September
23
septembre
2017

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 • www.veq.ca

VEQ's Annual General meeting

Over 60 people attended Voice of English-speaking Québec's 36th Annual General Meeting held on Thursday, May 25th 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 2 new board members and 2 current board members were re-elected 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. Jean-Sébastien Jolin-Gignac, Master of Ceremonies, and Mr. Ted Gunn, Electoral Officer, for their contribution to the evening.

VEQ is pleased to welcome its 2017-2018 board of directors:

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

Members: Rebecca Boucher, John Karkosak,
Michael Lewis, Ann Martell, Michelle
Osbourne, Ed Sweeney, Marie White and
Hoffman Wolff

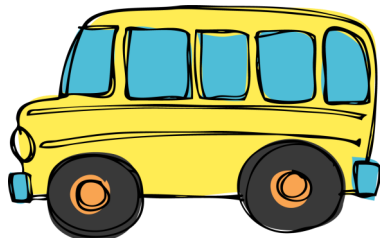
Thank you to everyone who participated in our events this year. We look forward to an exciting year ahead!



Seniors Out & About

We're back! The Seniors Out & About program has begun again and will be running all summer long. This program focuses on offering English-speaking seniors 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 l'île d'Orléans, visits to museums and art galleries, brunch, and more!

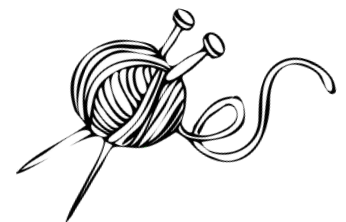
To offer your suggestions or to register for activities, please contact Alexandra Hartley at (418) 683-2366 ext. 224, or alexandra.hartley@veq.ca



Close Knit: Senior-led Knitting Workshops

Seeking knitters of all ages and all experience levels! Join us during our senior-led knitting workshops happening across the city from July to November. We will be working on 4 inch by 4 inch squares that will be assembled into baby blankets and scarves for families in need. No needles? No problem! We will be providing all materials, though you are certainly free to use your own.

To find a workshop near you, please contact Alexandra Hartley at (418) 683-2366 ext. 224 or alexandra.hartley@veq.ca



Connect with your City Guidebook

Voice of English-speaking Québec is calling for submissions for its *Connect with your City* project! We want to know what your significant places are in the Greater Québec City area. Whether you are a newcomer or a descendant from one of the founding families, your input is valuable to us! From this project, a guidebook will be created that will outline the important local places that have helped shape the English-speaking community. Contents will include buildings, natural areas, monuments, prominent citizen's homes, cultural and historic events and anything else you feel is significant. Please send your submissions to Juanita Craig at: juanita.craig@veq.ca or by phone (418) 683-2366 ext 222.



Tell me a Story/Raconte-moi une histoire Linguistic Duality Project

*Tell me a story
Raconte moi une
histoire*

- Practice your French
- Use your creative side
- Become a language monitor
- Pratiquez votre anglais
- Utilisez de votre créativité
- Devenez moniteur de langue



VEQ is offering free workshops to improve one's capacity to use French or English with the objective to create bilingual stories for children. It is an amazing opportunity to fine tune one's speaking, listening and writing skills in one or both of the official languages of Canada, while at the same time creating an interesting and engaging bilingual resource for our city that parents, caregivers, and teachers can use to stimulate our youth to enhance their ability (and ultimately, career, travel and communication opportunities for the future) to express themselves in both French and English. Workshops will be held twice a month, in the Multi-Purpose room in the Jeffery Hale Pavilion, situated at 1270, chemin Ste Foy.

To register, or for more information, please contact Juanita Craig at (418) 683 2366 ext 222 or juanita.craig@veq.ca

Goodbye Heather & Jeanne!



A very big thank you to Heather McRae, who left VEQ after 7 dedicated years to pursue further studies. We wish you the very best and look forward to seeing you around in the community!

Jeanne Nivischiuk, Be Active Québec coordinator, left the VEQ team in May to move with her family to Kansas. Thank you for your hard work over the past 3 ½ years!

We wish you both all the best in your future endeavours and thank you for having been a part of the VEQ team. We will miss you both!



News from the Newcomers Coordinator!

It has been a busy but exciting spring and summer for the Newcomers program at VEQ. We have had a great deal of newcomers come through our office and we look forward to many more people moving here over the summer. 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 help make the transition as comfortable as possible. For more information or if you are new to Quebec City please get in touch with our Newcomers Coordinator Jessica Price at 418-683-2366 ext. 225 or newcomers@veq.ca

Recently Held Events:

Walking Tours of Old Québec – June 3 & 17, 2017

This year, due to popular demand, we offered two Newcomers' Walking Tours of Old Québec. We had a wonderful group each time and were lucky to not get rained on. The tour was a great way for newcomers to learn a little about the Old City while meeting new people. A new addition this year was the ferry ride to Lévis at the end of the tour. This was a great way to finish off the day and get a fantastic view of the city at the same time. Overall, a great activity. Thank you to all the participants, Be Active Québec and our fantastic guide!



Upcoming Newcomers Events:

Newcomers Meet & Greet: Taste of Québec: September 14th

Winds of Change workshop: October

Language Exchange Café: November

Sign up to our Newcomers e-mailing list to receive more information about all upcoming events at www.veq.ca

Welcome to VEQ's newest staff members!

VEQ is pleased to welcome three new staff members:

Alexandra Hartley, Project Coordinator : Alexandra spent most of her life in Kingston, Ontario in a family of strong, intelligent women who were driven to leave their mark on the world. From an early age she enjoyed social and creative pursuits and knew she wanted to contribute in some way to the well-being of others. Having been on the receiving end of VEQ's support when she was a newcomer, she understands the positive impact the organization has in the community and is grateful for the opportunity to be part of such a great team. Alexandra is working on the Seniors, Out & About program, the Be Active Québec program, as well as coordinating the *Close Knit* project.

Juanita Craig, Project Coordinator : Born and raised in Auckland, New Zealand, Juanita first came to *La Belle Province* in 1996. Twenty years later, she became a Canadian citizen. Her tertiary studies include a BA (Honours) in Maori language and culture and a Graduate Diploma of Teaching (Secondary) specialising in second language acquisition. Juanita is passionate about Indigenous cultures, education, history, travelling (having travelled to more than 40 countries), music and writing. Over the past twenty-one years, she has lived in Québec under different capacities: a high school student, new immigrant, worker, wife and mother. Now she is proud and delighted to be working for VEQ, an organization that has been of great assistance to her in the past. Juanita is coordinating two projects for VEQ : *Tell me a Story/Raconte moi une histoire* and *Connect with your City*

Dominique Paddack, Project Coordinator : Originally from Washington, D.C., raised in a multicultural background, Dominique has lived and worked abroad in various countries, namely Chile, Haiti, Tanzania, Spain, and back to the U.S., before calling Quebec City his home in the Summer of 2010. He completed his bachelor's degree in political science from Georgetown University and has always had a passion for multiculturalism, justice, and assisting those in need. Dominique is excited to join the VEQ team, to work with the various partners, and to serve the English-speaking community of Quebec City. Dominique is working on the *Community Innovation Fund* (CIF) project to assist our community's Special Needs Youth.

Chalmers-Wesley Musical Wednesdays

- **July 26th:** Samuel Croteau (organ) & Antoine Trépanier (bassoon)
- **August 2nd:** Band d'Accordéons (Jean-Guy Gobeil & friends)
- **August 9th:** Jacques Boucher (organ) & Sophie Poulin de Courval (saxophone)
- **August 16th:** Mathieu Blain (organ)
- **August 23rd:** The Sundance Trio: GERALYN GIOVANNETTI (oboe), JED MOSS (piano) & CHRISTIAN SMITH (bassoon)
- **August 30th:** St. Brendan's Trio: Eline Brock (violin), France Dupuis (cello), & Lawrence O'Hearn (Baroque oboe).



All concerts at 12:05 p.m. A free-will offering of \$10 or more would be much appreciated. Thank you!
Chalmers-Wesley Church is situated at 78, rue Sainte-Ursule, Québec

Midi en Musique & Concerts—Cathedral of the Holy Trinity

- **July 27th at 12:30pm:** Nataliya Labiau (piano) & Natalia Kononova (violin) – free-will donations
- **August 3rd at 12:30pm:** El camino flamenco (flamenco guitar duo) – free-will donations
- **August 4th at 8:00pm:** Festival d'opéra de Québec – Quartom Acte III
- **August 9th at 7:00pm:** Village Voices Chorale – free-will donations
- **August 10th at 12:30pm:** Douglas Renfroe (bass baritone) & Nataliya Labiau (piano) – free-will donations
- **August 17th at 12:30pm:** Cathedral's Choir and String Quartet – free-will donations
- **August 24th at 12:30pm:** Trio Beau Soir (viola, flute and harp) – free-will donations

The Cathedral of the Holy Trinity is situated at 31, rue des Jardins, Québec

Activities with Irish Heritage Quebec

Irish Heritage Quebec will go to Grosse Île on August 5th. Those wishing to come on this excursion must reserve as soon as possible at [https://reservation.groupeaml.com:444/res\(L10%7CGroup=VEN\)?](https://reservation.groupeaml.com:444/res(L10%7CGroup=VEN)?). Please take note that there is no refund possible once you have reserved. Each person or group must have a reservation for the 10:00 a.m. departure. Boarding is at 9:45 a.m. and passengers are requested to arrive at Berthier-sur-Mer by 9:00 a.m. Irish Heritage Quebec is not providing transportation to the departure point at Berthier-sur-Mer. The cost of the excursion is \$65. A boxed lunch can be purchased when you reserve for an additional \$15. Once you have reserved, please advise Irish Heritage Quebec at newsihq@videotron.ca



Irish Heritage Quebec will conduct an English-language tour of St. Patrick's Cemetery, 1601 Chemin Saint-Louis in Québec on Sunday October 1, 2017 at 1:00 p.m., weather permitting. The cemetery is a testimonial to the men and women who contributed to the development of the Irish community of Québec City, the province of Québec, and Canada. Please enter the cemetery by either access road and go down the road until you reach the service buildings. There is ample free parking space available. Participants are requested to register by calling 418-704-3404 or by email at newsihq@videotron.ca

YES in Quebec City

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

Upcoming Business Coaching dates:
August 8th, 9th — September 19th, 20th, 21st
October 17th, 18th — November 14th, 15th, 16th
December 12th, 13th

* \$20 file activation fee (refundable after 3 sessions), plus you will have unlimited access to online coaching. For all inquiries about Professional Business Coaching in Québec City, please contact VEQ at newcomers@veq.ca or (418) 683-2366 ext. 225.

Quebec City Celtic Festival

August 17-20, 2017

Discover Québec's deep Celtic roots by taking part in festival activities as unique as they are astonishing! Celebrate the many different Celtic cultures from Brittany, Ireland, Scotland, Wales, Cornwall, the Isle of Man, Galicia, and Asturias.

Visit <http://www.festivalceltique.com/> for program details.



The Philanthropist—Multimedia Theatre Presentation

To mark the 150th anniversary of the opening of the Jeffery Hale Hospital, don't miss "The Philanthropist", a multimedia presentation to be performed at CEGEP Champlain – St. Lawrence's brand new theatre.

"The Philanthropist" tells the riveting but little-known life story of Jeffery Hale, a true humanitarian whose legacy has had a strong influence on our community for well over a century.

Showtimes

Thursday, August 24th – 7:30 p.m. (cash bar at 6:30 p.m.)

Friday, August 25th – 7:30 p.m. (cash bar at 6:30 p.m.)

Saturday, August 26th – 7:30 p.m. (cash bar at 6:30 p.m.)

Sunday, August 27th – 2:00 p.m. (cash bar at 1:00 p.m.)

LIMITED SEATING! \$15 (Reserve at wejh.ca/philanthropist)

NOTE: Cash bar one hour before each show!

QUESTIONS? 418 684-5333, ext. 1384

LOCATION CEGEP Champlain – St. Lawrence Campus, 790 Avenue Nérée-Tremblay, Quebec City, QC G1V 4K2



Oh Canada! Book Quest 2017 at the Morrin Centre

Book Quest, the Morrin Centre's English summer reading club for children, is celebrating its 13th anniversary! This year's Oh Canada! Book Quest offers children ages 5 to 12 the opportunity to explore the theme of the 150th anniversary of Canada by reading magazines, comic books, and short novels, as well as participating in activities. Activities will take place on Saturdays from 10:30 to 11:30 a.m. and from 2 to 3 p.m. at the Morrin Centre library. All Book Quest activities are free. For more details, visit <http://www.morrin.org/en/events/oh-canada-book-quest-2017/>

For more information, please contact library@morrin.org

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.

Découvrir ma cité / Discover My City & Intercultural Supper

Get out and see the city with *Découvrir ma cité* each weekend in July. This event is in French and intended for immigrants. A great way to practice your French, see the city, and meet new people! Also, participate in the **intercultural supper on July 22nd**. For more details contact: Robinson Ngametché at: mgametch@gmail.com or 418-953-0807.



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: wejh.ca

For more information



MomsNiteOutQC



Community Organizer:
418 684-5333, ext. 1539

April 13, 2017



Caring Circle Café—Protect Vulnerable Loved Ones (August 10th)

If you are caring for an aging loved one, you won't want to miss this interactive discussion with notary Laurence Martineau on how to protect vulnerable loved ones who are experiencing loss of autonomy. Come learn more about drawing up and enacting a protective mandate. We will also be taking a closer look at the topic of advanced medical directives.

This session begins at 10 a.m. in room 1135 on the main floor of the Jeffery Hale Pavilion. Light refreshments will be served.

This activity is free and so is parking in the hospital parking lot. Participants are asked to call 418 684-5333, ext 1539 to register.

If you are reluctant to attend because you cannot leave your loved one alone, please call us so we can find a way to assist you.

This activity is made possible thanks to funding from: L'APPUI Capitale-Nationale pour les proches aidants d'aînés.

Breastfeeding Get-Together (August 22nd)

Join us and benefit from parent-to-parent contact, encouragement, valuable information and breastfeeding support.

- * Come as you are
- * Connect with other English-speaking parents
- * Find answers to your parenting questions
- * Support provided by a helpful Certified Breastfeeding Consultant from Allaitement Québec
- * Scale available to check baby's growth
- * Everyone is welcome – including expectant moms, moms who previously breastfed, those who didn't, as well as big brothers and sisters!

Where: Room 1135 on the main floor of the Jeffery Hale Pavilion (1270 ch. Ste-Foy) Québec, Qc G1S 6M4

When: 10 to 11:30 a.m. August 22, 2017

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 for more information on volunteering, and on activities such as Caring Circle Café, art therapy sessions, Moms' Nite Out, Chit Chat Club, and more!



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.



SENIORS CALENDAR

Voice of English-speaking Québec is happy to announce the launch of an online calendar for English-speaking seniors' activities (50+) in the Québec City region.



This calendar was produced thanks to funding from the **Ministère de la Famille** through the **Québec amis des aînés** program, and can be consulted in the calendars section of our website at: www.veq.ca

For more information:
418-683-2366 or info@veq.ca



50+ Activities Phone Line

Call us to learn more about our upcoming activities!

418 683 2366 option 7



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, along with up to three photos. Information will be reviewed and posted within 48 hours and will expire automatically after 30 days.

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.

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 5)

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!