

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

NEWCOMERS

YOUTH

MEMBERS

COMMUNITY

EMPLOYERS

Spring is around the corner!

In December, VEQ was excited to host our annual Holiday Happy Hour, welcoming nearly 100 community members to celebrate the holiday season. In February, a fun group of newcomers came out for an afternoon of snowshoeing to enjoy a beautiful winter day while getting to know a new group of friends.

Our partnership with YES Montreal to provide business coaching services in English in Quebec City continues to grow in popularity, with more people signing up each month for a session with our fantastic business coach. In February, VEQ hosted a group of 20 seniors who enjoyed a lunchtime session to learn about recent research pertaining to aging in Québec.

In March, VEQ will be helping to organize Central Quebec School Board's Performing Arts Festival, which brings together hundreds of high school students for a day of interesting workshops followed by a spectacular evening performance.

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

We are extremely proud to announce the launch of our redesigned website, featuring easier navigation and some great new tools. Check it out at www.veq.ca! The staff at Voice of English-speaking Québec has been busy organizing and preparing for a number of great events coming up this spring and there is also a huge range of events coming up from our partners in the community. Look for the VEQ team at the St. Patrick's Day Parade this year on March 28!



VEQ Staff enjoying the Holiday Happy Hour

In this edition:

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You are cordially invited to celebrate the launch of two cultural projects involving youth and seniors of the English-speaking community.

Voice of English-speaking Québec is pleased to invite you to the joint launch of two projects: “Hundreds of years of contribution” calendar and “Once upon a Memory” children’s storybook about seniors in our community. These two projects represent the culmination of months of hard work from seniors, students and teachers and reflect the rich cultural heritage and history of our English-speaking community. These initiatives were made possible by the support of Canadian Heritage and were a joint partnership with local schools: Quebec High School and Ste-Foy Elementary School.

Light refreshments will be served.

Date: Thursday, March 26
Time: 5:00-7:00pm

Location: Morrin Centre
44, Chaussée des Écossais
Québec, QC G1R 4H3

Parking is available under city hall

Please R.S.V.P by Tuesday, March 24th to info@veq.ca or 418-683-2366 ext. 221.



Canadian
Heritage

Patrimoine
canadien



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 and parking is free.

Thursday, May 28, 2015 from 5:00 to 7:00pm
Coin Soleil Room, 2nd Floor, Jeffery Hale Hospital (1250,
chemin Sainte-Foy).

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

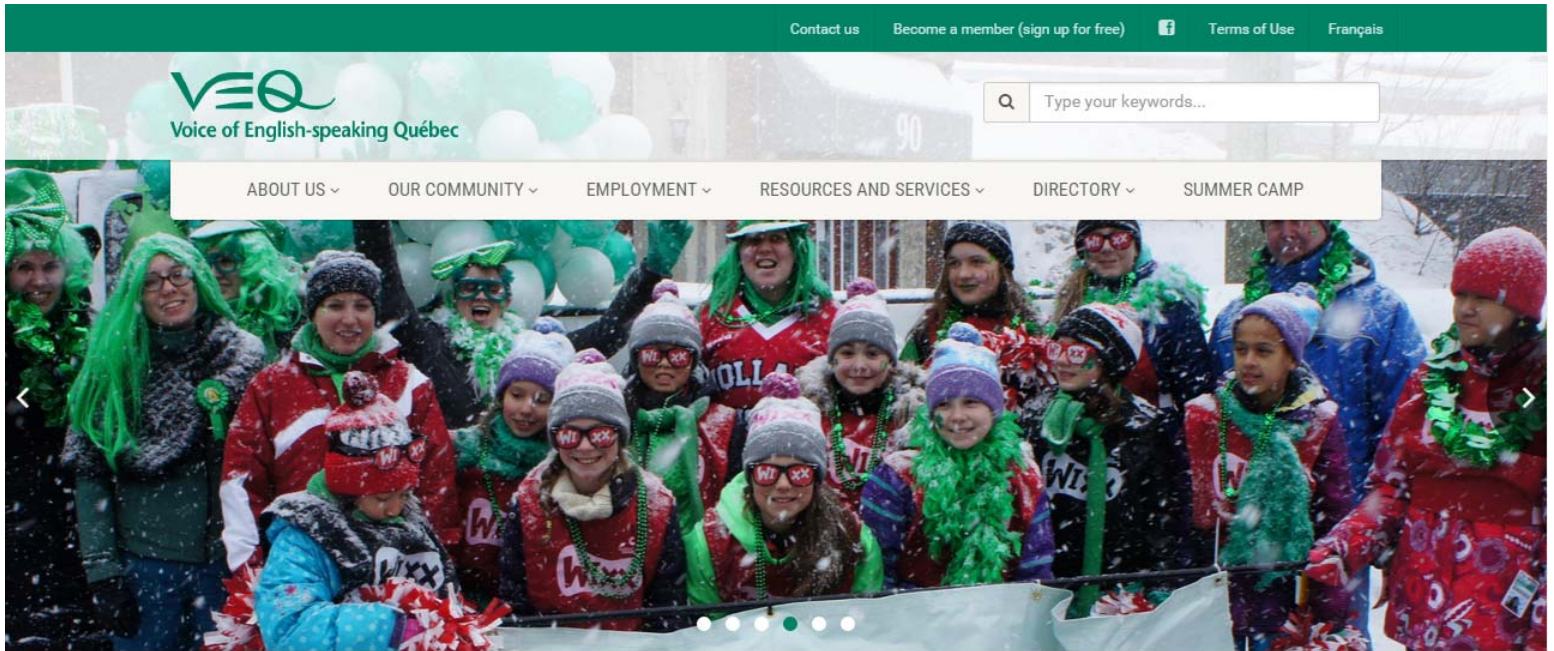
Active Living 50+ Community Kitchen Sessions

VEQ in partnership with SNACS Entrepreneurs is happy to announce the start of its community kitchen sessions for the Active Living 50+ group this spring!

These sessions provide a hands-on opportunity to apply food literacy skills, boost confidence and foster a social and fun atmosphere for cooking, under the guidance of SNACS Entrepreneur Chef, Christopher Wotherspoon.

Active Living 50+ members are invited to communicate with Project Coordinator, Amy Bilodeau at amy.bilodeau@veq.ca for further details.

VEQ has a new website!



VEQ is pleased to announce that we have launched a newly redesigned website. We've worked hard to create easier navigation and develop some great new tools. Keep up to date with current projects and activities, visit the Job Bank and learn about what's going on in the community. **Check it out at www.veq.ca!**

New Community Bulletin Board!

Looking for a babysitter or a handyman? Cleaning house and hosting a garage sale? Want to start a book club or other activity in English? VEQ's new 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.

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 15 & 16, 2015

May 20 & 21, 2015

June 17 & 18, 2015

NEED HELP WITH YOUR BUSINESS?

START, GROW OR EXPAND YOUR BUSINESS TODAY!

YES, in partnership with Voice of English-speaking Québec, is providing its Free Professional Business Coaching Services.

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

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. This year for March break, BAQ hosted activities all over the city to get people out into the elements. From snowshoeing at the Base de plein air de Sainte-Foy and sledding at the Eastern Québec Learning Centre to doing Zumba in the Jeffery Hale Pavilion, families had the opportunity to enjoy themselves indoors and outdoors. The week finished with the Wixx Move-a-thon, hosted at Eastern Québec Learning Centre, where more than 50 children got to practice their motor skills with fun games and have a Zumba session with a special guest instructor. Whether they made delicious edible creations, built towers, crab walked with oranges or stacked apples they all walked away with a smile and a cool Wixx prize!



Be Active Québec has several events coming up over the new few months. On the 27th of March, BAQ will sponsor a Pur Instinct Jamboree at Quebec High School. The event will teach secondary students how to play a new sport that has been invented here in Québec and allow them to participate in a small tournament. On the 21st of April, the Mom's Night Out group from Jeffery Hale Community Services will partner with BAQ to have a Pizza and a Movie day. Offering children a wide array of crusts, cheeses and toppings, the activity will allow children to explore their culinary side and invent their own version of this popular dish. Afterward, the children can enjoy a movie while they eat the fruit of their labors. On May 2nd BAQ and VEQ will be on hand for the Toys n More sale, helping to set up and pass out information to the community. In partnership with VEQ, Be Active Québec will host a Newcomer's Picnic in the Bois de Coulonge on the 23rd of May from 11:00am to 1:30 pm. We plan to play Frisbee, lawn games and mingle as we bask in the spring sun (hopefully!) If you are interested in participating in any of the upcoming events you can contact the Be Active Québec coordinator, Jeanne Nivischiuk, at 418-683-2366 ext. 227 or by email at quebecenforme@veq.ca

Register Now - Fit & Fun English Summer Day Camp!

From now until June 19th, Voice of English-speaking Québec 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 29th to August 7, 2015. 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. For more information about the camp or how to register, you can contact VEQ at 418-683-2366 ext. 227, by email at info@veq.ca or by visiting the summer camp section of the VEQ website at www.veq.ca

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 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, 2015 has been a cold one, however that hasn't stopped newcomers from getting outside and embracing the winter season. On February 21st Voice of English-speaking Québec (VEQ) in partnership with Be Active Québec (BAQ) held our first **Newcomers Snowshoe Excursion**. The goal was to get newcomers outside (during a time when many people are inclined to curl up indoors) 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 that came out to make the day so wonderful!



With a new year comes change and trying new things. This year for the first time we hosted the **Newcomer's Creative Corner** in partnership with Jeffery Hale Community Partners. This was an opportunity for newcomers to get together in a relaxing setting to meet and mingle with other newcomers while painting. We had a lovely group and overall it was a great success. We hope to do a similar event in the future!

Upcoming Newcomer Events:

Newcomers Picnic in the Par - May 23, 2015, 11:00am to 1:30pm

Voice of English-speaking Québec in partnership with Be Active-Québec (BAQ) is putting on a spring picnic for newcomers! Join us in the Bois de Coulonge park with your picnic lunch, blanket and games to play outdoors. Please bring your family and/or children! Meet and mingle with other newcomers in a relaxing atmosphere while enjoying a nice spring afternoon. Hope to see you there! For more details visit the event section on our website!

Newcomers Walking Tour of Old Quebec - June 2015

Join us for a fun-filled Saturday afternoon as we embark on a historic walking tour of Old Québec. Designated as a UNESCO world heritage site, Old Québec is filled with magnificent architecture, artistic street vendors, and dainty shops and restaurants that will delight your senses. Stay tuned for more details regarding this event or check our website regularly!

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 through helping 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!



**LIFELONG
LEARNING
QUEBEC**

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.

6th Annual St. Patrick's Day Parade

Join Voice of English-speaking Québec for the Défilé de la St-Patrick de Québec (St. Patrick's Day Parade) on Saturday March 28, 2015 starting at 1:30pm at St. Patrick's High School (75 de Maisonneuve).



For more information visit <http://www.qcpatrick.com>.



VEQ Staff with Mayor Régis Labeaume

Quebec City Reading Council Annual Book Swap

Tuesday, April 7 - 5:00-7:00pm
in partnership with Valcartier Family Centre
1039 avenue Wolfe, Quebec, QC G1V 3J9

QCRC welcomes books in good condition.

- Please understand that we can't accept text books, periodicals or books that are not in good condition.
- Not sure if a book is appropriate? Don't worry - our volunteers will be available to help decide.
- Books can be in any language.
- Children's books are always appreciated!
- Maximum number of ten swaps per person.

For more information please call 418-681-1258.

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 8 to 12. 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 8 to Sunday, April 12 come meet Claire Cameron, Sean Michaels, Joan Thomas, Mari Hill Harpur, Kenneth Opel, Marc Dauphin, Jacques Poitras, Helen Humphreys, Steven Galloway, Julian Armstrong, Nancy Lee 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



Quebec High School Trivia Night

Join us for Quebec High School's 7th Annual Trivia Night

Where? Quebec High School Cafeteria—945 ave Belvedere

When? Friday, April 10th 6:30pm (social and pre-lim. questions) Round 1 starts @ 7:00pm

How? Assemble a team of 5 people. Mix it up in gender, mother tongue and interests for the best chance at winning the most points. Must be 18 and over. Male and female, Anglophone and Francophone, movie fans, music fans, history buffs, "foodies", math & science "keeners", travelers, book worms...etc.

Cost? A mere \$50 PER TEAM! Send a check payable to QHS to the Attention of Ed Sweeney.

Hints! * BYO snacks and refreshments (It's brain fuel for the evening!) Consider costumes for your team! Come up with a team battle cry! Places are limited so register your team NOW!

For more information email suemcpow@gmail.com

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 17:00.

What the Heck, St. Lawrence College Rock Band Spring Show

Saturday April 18th at 7:30 in the SLC cafeteria, 790, Nérée-Tremblay

Tickets may be purchased from the band members or in room 272. Call (418) 656-6921 for more information.

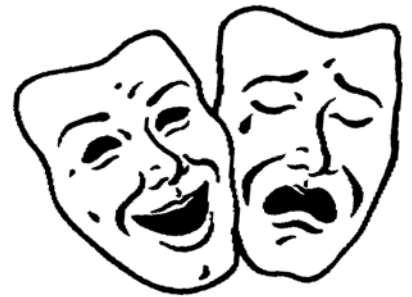
Quebec Art Company Presents: *Rosencrantz and Guildenstern are Dead*

The Quebec Art Company invites you into a world of Shakespearean intrigue, absurdity and laughs with Tom Stoppard's *Rosencrantz and Guildenstern Are Dead*. Mark your calendars for April 16-19 and stay tuned for further details about a play you won't want to miss.

Performances will be at Holland School 940, ave Ernest-Gagnon in Quebec City, Friday and Saturday, April 17-18th at 8:00 p.m., Sunday April 19th at 2:00 p.m.

Tickets \$12 general, \$10 Seniors/Students/Groups 10+.

www.quebecartcompany.com



Trinity Church Annual Spring Coffee Party

Trinity Church, Anglican Church Women, will be hosting their Annual Spring Coffee Party in Collie Hall, 2687 des Quatres Bourgeois, on Saturday morning, May 2nd from 10 a.m. until noon.

Everest Elementary School – Official Opening of the A.Casadei Pavillion

Spaghetti Supper and Play! Thursday April 23, 2015 starting at 4:30pm
\$5.00 for children and \$7.00 for adults.

For more information visit our website: www.cqsb.gc.ca/everest or call 418-688-8229
Hope to see you there!

Toys & More Sale

Come find new and used items for kids of all ages: toys, books, games, clothing, accessories.

Saturday, May 2 from 9:00 a.m. to 12 noon
At the Eastern Quebec Learning Centre, 3005, rue William Stuart, Québec.

For information or to rent a table (25\$), please contact Jill Gagnon at 418 650-9590.

Brought to you by Jeffery Hale Community Services and
Moms' Nite-Out Volunteers.

Toys and More

Come find new and used items
for kids of all ages



For information or to rent a table (25\$),
please contact Jill Gagnon at 418-650-9590

SATURDAY MAY 2nd 2015

9 am – 12 noon

Eastern Quebec Learning Centre
3005, rue William-Stuart (Ste-Foy)
(corner Lavigerie and chemin St-Louis)

Brought to you by Moms' Nite-Out Volunteers with the Jeffery Hale Community of Care

Arts Alive! Festival

The Morrin Centre, Quebec City's English-language cultural centre, will be holding its Arts Alive! festival in conjunction with the English-Language Arts Network on June 12 and 13, 2015.

As part of the event, the Morrin Centre will be hosting an outdoor arts fair on Saturday, June 13 from 11:00 a.m. to 3:00 p.m. in the courtyard in front of the Morrin Centre, located at 44 Chaussée des Écossais in Vieux-Québec. At each hour on the half-hour (11:30, 12:30, 1:30 and 2:30), a local arts organization will perform live in the courtyard.

In addition, various arts organizations from throughout the region will be on hand with tables and booths to hand out information and explain their goals and objectives.

The event will be heavily promoted throughout the province (your name will appear on marketing materials), and we expect hundreds of attendees throughout the afternoon.

If your organization would be interested in having a table and presenting at the arts fair, please let the Morrin Centre know – there is no charge. You would receive a 4' to 5' table.

Please let Hoffman Wolff hoffmanwolff@morrin.org know if you have an interest in joining us at the arts fair – we would love to have you on hand.



Voice of English-speaking Québec

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www.veq.ca

Authors for Indies Day at La Maison Anglaise

Saturday May 2nd, all day at La Maison Anglaise, Place de la Cité, Laurier, 2600 Boulevard Laurier

Authors come to La Maison Anglaise to meet you. Prizes, special offers, coffee and lots of fun. Details to follow on La Maison Anglaise Facebook page. Join us!

Programs at CEDEC

Youth Enterprise Program: *How entrepreneurial are you?*

Are you between the ages of 18 and 35? Do you have an idea for a project or business? Put your entrepreneurial qualities to the test, explore your idea and learn how to take it further! Participate in a free workshop on Wednesday, March 25, 2015, from 5 pm to 7 pm, at the Eastern Québec Learning Centre, 3005 rue William-Stuart, Quebec. To register, or for further information, simply email youth@cedec.ca or call 418-681-2345. This workshop is part of CEDEC's Youth Enterprise Program, held in collaboration with Eastern Québec Learning Centre.

Upcoming CEDEC Small Business Support webinars:

Webinar - Confident Communication: Negotiation Skills for Women - Tuesday March 17, 12:00-1:00 pm

Webinar - Breaking Down Barriers to Women's Success – Tuesday March 31, 12:00-1:00 pm

To register or to find out more about our 2015-2016 webinar line-up please visit: <http://www.cedec.ca>

CEDEC Business Services: Business Growth Simplified

- Business Consultation Services: get the business advice you need for your business with a certified GrowthWheel® Advisor.
- Mentoring Services: Mentors are an invaluable asset to the success of your business. Did you know that 73% of businesses run by entrepreneurs with a mentor will succeed through the first five years of operation and continue to prosper? We can help you find your Match!

Become a member to access our services. Contact our Member Relations Agent Kimberley Griffith at 1-888-641-9912 or sbs@cedec.ca to find out how.

Diversify with 45+ Campaign

As a part of our Mature Workers initiative, CEDEC's awareness campaign on the benefits of hiring mature workers in the labour market is encouraging employers and recruiters to diversify their workplace with 45+. This segment of the labour force includes individuals from a variety of job sectors, equipped with different levels of education, job experience and skills. You can follow and contribute to the discussion on Twitter: [#cedec_qc #diversifywith45+](https://twitter.com/cedec_qc) and see all the campaign materials at www.cedec.ca/diversity.

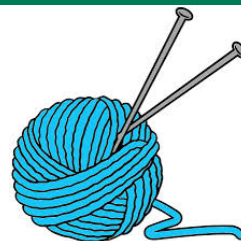
Come Knit with us!

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



Voice of English-speaking Québec



www.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
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
Canada
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