



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 6, 2017 - 5:00-7:00pm
Morrin Centre: 44, chaussée des Écossais, Québec
Please RSVP by Friday, December 1 to 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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22nd Annual Christmas Hamper Campaign

The excitement is building for the 22nd 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 on Sunday, November 19th and wraps up with deliveries on December 16th.

Give food: Drop off donations of canned foods and hygiene products at local sites from November 19th - December 10th. 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 13 - December 16 on our website, www.qchampers.ca.

Visit the campaign on Facebook
@CommunityChristmasHamperCampaign



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

For the past 22 years, the English-speaking community of Quebec City has come together to run a very successful Community Christmas Hamper Campaign.

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.
Merci de donner de la nourriture, de l'argent, ou de votre temps en bénévolat.

www.qchampers.ca 



Christmas Elves for sale at the VEQ offices

\$10 each, with 100% of proceeds benefitting the Community Christmas Hamper Campaign. Contact us at 418-683-2366 x221 to reserve yours!

International Lunch at Eastern Québec

This year's cuisine is brought to you by JAPAN

Place: Eastern Quebec Learning Centre, 3005 rue William Stuart

Accessible for all mobility levels

Date: Wednesday, November 29

Time : 12:00 NOON

Price : \$20 general admission or \$15 age 65+

Ticket reservation call 418-654-0537 x2852 or email infoeastern@cqsbc.qc.ca or at <https://www.eventbrite.ca>

All proceeds go to the Community Christmas Hamper Campaign www.qchampers.ca



News from the Newcomers Coordinator!

It has been a busy fall 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. 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 successful 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

Are you new to the city or still feel like a newcomer? 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 more about our community!

Recently Held Finding your Niche for Newcomers Events:

Language Exchange Café - Café rencontre anglais-français: October 26, 2017

What a fun night of games and conversation in English and French! This activity took place during Quebec Intercultural Week (SQRI). The goal of this activity was to bring newcomers together to practice either or both their English and/or French. This is the second time that we have held this event and once again it was a success! The majority of the participants expressed an interest in having more activities like this in the future!

Newcomers Meet & Greet: Taste of Québec: September 14, 2017

This year we had a great group of people made up of all ages and backgrounds at our Newcomers' Meet & Greet: Taste of Québec event. It was a wonderful opportunity for newcomers to try some authentic Québec foods while meeting new people and learning a little bit about the Québec culture. On the menu this year: Tourtière, baked beans, creton, cheese, homemade sucre à la crème, maples cookies and more! Thank you to all the volunteers, and participants for making it a success.



Upcoming Newcomers Events:

Winds of Change workshop: November 23, 2017

Voice of English-speaking Québec in partnership with Jeffery Hale Community Services is providing a free workshop for English-speakers new to the Quebec City region. Mingle with other newcomers and understand how change impacts your life, while discovering methods of adapting to a new culture and language.

Newcomers Snowshoe Excursion –February 2017

Newcomers Bowling Night – March 2017

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

VEQ
Voice of English-speaking Québec

Finding Your Niche for Newcomers
Winds of Change Workshop
November 23, 2017

Are you new to Québec? Or do you still feel like a newcomer?

Voice of English-speaking Québec in partnership with Jeffery Hale Community Services is providing a workshop for English speakers who have moved to the Quebec City region in the last few years. Mingle with other newcomers in an informal atmosphere and understand how change impacts your life, while discovering methods of adapting to a new culture and language. Also hear testimonials from different newcomers and their experiences.

Please RSVP by November 22nd to 418-683-2366 ext. 225 or newcomers@veq.ca

Time: 6:30-9pm
Location: Jeffery Hale Pavilion, Multi-purpose room, 1st floor, 1270 chemin Sainte-Foy
Free event -- Free refreshments -- Free parking -- Handicap accessible

Funded by
CITADEL FONDATION
Fondation CITADEL Foundation

In partnership with
Canadian Heritage / Patrimoine canadien
VILLE DE QUÉBEC
Partenaires communautaires Jeffery Hale Community Partners

Expanding Horizons Project for special needs and at-risk youth

The development of new initiatives that benefit the Greater Quebec City region's English-speaking community is one of the objectives of Voice of English-speaking Québec's (VEQ) and part of its mission.

The *Expanding Horizons* Project is a two-year project being carried out by VEQ and funded by the Government of Canada, through the Community Innovation Fund. More information about the fund can be found in the following link: <http://qcgq.ca/community-innovation-fund/>

The main objective of this important project is to develop community, private and public partnerships to create work-plateaus and concrete work opportunities in the Greater Quebec City region, for English-speaking special needs and at-risk youth between the ages of 16 and 29.

VEQ has been active in promoting this project with key resources working both with the special needs and at-risk youth of our community. Several work-plateaus have been created and identified while continuing to engage local businesses and community partners to develop on-the-job training experiences for potential beneficiaries. For more information, contact Dominique Paddack at dominique.paddack@veq.ca or 418-683-2366 x227

Tell me a story/Raconte-moi une histoire

The workshops for the *Tell me a story/Raconte-moi une histoire* project will be coming to an end November 27. The objective of the project has been to promote the importance of linguistic duality within the English and French-speaking communities in the Greater Quebec City region. This was achieved by offering twelve bi-monthly language exchange workshops that brought the two communities together, with the task of creating a series of bilingual stories for children.

Many of the participants, who come from all over the world, were already multi-lingual with various professional backgrounds. One of the direct results of the workshops is that several participants have begun volunteering or found employment in their area of expertise while others are improving their French at second-language institutions. Special thanks to our volunteer language monitors- George Kotiuga, Ide Pelletier, Geneviève Fily-Paré and Alexandra Hartley whose presence at the workshops has been both invaluable.

The stories are being illustrated by students at Quebec High School, before being assembled to make a book. There will be 1000 copies printed which will be distributed to children and families in both the English and French-speaking communities. Keep your eyes peeled for information in the New Year about the official launch of the *Tell me a story/Raconte-moi une histoire* book.

If you would like to participate in the last workshop, please register your interest with Juanita Craig at: juanita.craig@veq.ca or at: (418) 683 2366 ext 222.

Connect with your City Project

Submissions for the *Connect with your City* guidebook to community history, discovery and exploration closed on Friday October 27. The community was asked to provide their significant place or places in the Greater Quebec City region by completing an online survey or by completing hand-in forms. A total of 163 places and events have been identified as being cultural and historical for English-speakers in our region.

The objective of this project is to provide community members with a unique opportunity to connect or reconnect with the rich cultural heritage of our city with the goal of strengthening their sense of pride and belonging to our community. VEQ is working with Quebec High School, whose students are working to ensure that the places are well researched and documented. There will be an official launch of the guidebook in early 2018. More details will be released about it in the New Year.



CLOSE-KNIT:

SENIORS BUILDING A COMMUNITY ONE STITCH AT A TIME

Come join us for senior lead knitting workshops! Learn the art of knitting from experienced experts in a fun environment, all while giving back to the community! Materials are provided! Completed items will be distributed to families in need.

Not interested in knitting but still want to help? We are also seeking assemblers!

For more information, or to sign up, please contact Alexandra Hartley at alexandra.hartley@veq.ca or by calling 418.683.2366 ext. 224.



Canada

This project is funded in part by the Government of Canada under the New Horizons for Seniors.

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SENIORS CALENDAR

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



This calendar can be consulted in the calendars section of our website at: www.veq.ca If you do not have access to a computer, you can learn more about upcoming activities by dialing: (418) 683-2366 option 7

For more information:

418-683-2366 x224 or alexandra.hartley@veq.ca

Famille
Québec

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Technology Workshops for Seniors presents the *Volunteer Series!*

VEQ in partnership with Quebec High School and the Wellness Centre at Jeffery Hale is proud to announce the 2017 – 2018 series of Technology Workshops for the seniors of our community. The new *Volunteer Series* workshops will focus on using a new volunteer platform. Access your profile, choose your volunteer activity and then participate – just a few clicks away!

QHS high school students will introduce this new volunteer platform and provide hands on guidance on getting familiar with it so that you can pick and choose your volunteer opportunities with ease and stay connected to the community! Please feel free to bring your tablet, laptop or iPad to the workshops.

All workshops take place at Quebec High School, 945 ave Belvédère
Monday, November 27—10:40-11:40am
Tuesday, November 28—9:20-10:20am

Not a volunteer yet? No problem! Follow a workshop and get all set up.
For more information or to RSVP for a workshop, please contact Alexandra Hartley at alexandra.hartley@veq.ca or by calling 418-683-2366 ext. 224. Space is limited!

Additional sessions covering other topics will be planned after the holidays. Check back for more information.



Centre
Wellness



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 23. This year, Fall Fest was made possible thanks to the financial support of: Canadian Heritage, Ville de Québec, and Jeffery Hale Community Partners. A strong team of dedicated volunteers helped make the day run smoothly and performances from Pé Na Rua Brazilian rhythms percussion group, Sandokwa Huron-Wendat Dance Troupe, Paul Hinton & Dave Parker Duo, Ukulélé Club de Québec and the Vibrant Voices Choir provided wonderful 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 hope you will join us next year for Fall Fest 2018!



Information Session on Applying for Employment with the Federal Public Service

Did you know that the Public Service of Canada recruits thousands of qualified Canadians across the country every year? Come optimize your chances of landing a job within the Federal Public Service.

Monday, November 27 from 1:30-3:30pm at the Jeffery Hale Pavilion, 1270 chemin Sainte-Foy

Registration is required for this event due to limited spacing. Sign-up now before it is full!

For more information or to register please contact: jessica.price@veq.ca or 418-683-2366 x225

Quebec Art Company Fundraiser

Quebec Art Company is undertaking its most ambitious production ever, including live music and a unique venue. Come out for a lovely evening at the Morrin Centre to enjoy a wine-and-cheese, meet the talented cast and hear a sneak preview of this famous rock opera, all while supporting this major endeavor.

Saturday, December 2 – 8:00pm

Morrin Centre : 44 chaussée des Écossais, Québec

Tickets : \$25

Information & Reservations :

<https://qactheatre.weebly.com/fund-raiser.html>



Turkey Supper at the Cathedral of the Holy Trinity

Annual Turkey Supper at the Cathedral of the Holy Trinity, 31 Rue des Jardins, in Old Quebec.

Saturday, November 25 at 5:00pm

Delicious turkey with all the trimmings. \$15.00 for adults, \$5.00 for those under 12 yrs old, and children under 5 yrs old are free.

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:

December 12-13th * January 24-25th * February 20th-22nd * March 28-29th

To register call Voice of English-speaking Québec at 418-683-2366 ext. 225 or email jessica.price@veq.ca



Shannon Community Breakfast

Sunday, November 26th, 2017

9am – 12pm

Shannon Hall, 75 chemin de Gosford

Adults 8\$: Children (6-12) 5\$: Children (5 and under) Free

Hosted by CWL of Shannon



Moms' Nite-Out Christmas Party

It's the most wonderful time of the year...

Come join us December 9th from 9:30 till 11:30am at the Coin Soleil room at the Jeffrey Hale Hospital, 1250 chemin Sainte-Foy.

Please RSVP by visiting the event page:

<https://www.facebook.com/events/381318205658554/>

Ho Ho Hope to see you all soon!



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.

Activities at the Morrin Centre

Saturday, November 25 at 10:30am—Storytime (Readers)
Saturday, December 2 at 10:30am—Pick-a-Book Astronomy Day
Sunday, December 10 at 10:30—Graphic Novel Workshop
Saturday, January 20, 2018 at 10:30—Pick-a-Book Winter Trees
Saturday, February 17 at 10:30—Pick-a-Book Family Day
For more details, visit www.morrin.org



Activities for young families at the Wellness Centre

All activities take place in the Jeffery Hale Pavilion, 1270 chemin Sainte-Foy. Parking is free.

Baby Chat Café—A great chance to meet and chat with other parents of babies under one year of age

Tuesdays once a month from 1:15-3:15pm

January 16 : Introducing Books and Signing to Baby with Kristy Findlay, Speech Pathologist

February 13 : Language Development with Marilyn Baxter, Social Worker

March 13 : Poison Prevention with Veronique Lavertu, RN from Centre Anti-poison Québec

Breastfeeding Get-together—Join us and benefit from parent-to-parent contact, encouragement, valuable information and breastfeeding support

Tuesday, November 28 from 10:30-11:30am

Take-a-Break Drop-in—in partnership with VEQ. For children ages 18months and up.

Fridays twice a month from 9:30-11:30am

December 1 : Tisane & Parent Talk

January 12, 2018 : Insights into Quebec Family Law with social worker/family mediator Carmen Cameron

January 26 : Introducing the Alphabet to Preschoolers: Geneviève Fily-Paré, Speech Pathologist

February 9 : Parents' Gab Session

February 23 : Dealing with Meltdowns: Early Childhood Team, JH Community Services

March 23 : Understanding Your Health Care Rights & the Complaint Process: Ian Renaud-Lauzé, C.A.A.P & Annalisa Turner, JHSB Users' Committee

Travellin' Toddler Time—A free activity in English for children 3 and 4 years old and their parents/caregivers or grandparents. Sing songs, hear stories, make crafts and enjoy a snack.

Fridays once a month from 9:30-11:00am

December 8 : Saint Brigid's Home, Kildare Lounge, 1645, chemin St. Louis—Theme: Christmas

February 16, 2018 : Quebec City Reading Council, Eastern Quebec Learning Centre, Room 201, 3005, rue William-Stuart—Theme: Family

March 17 : Morrin Centre, 44, chaussée des Écossais—Theme: Pets

For more information, visit www.wejh.ca

Speech Therapy Screening

Free clinic for children five and under * Wednesday, November 29, 8:30 a.m. to noon

Do you or others have trouble understanding your child? Does your child mix up sounds or leave out syllables? Small delays in speech and language abilities are easier to address at a young age.

If you have such concerns about your child aged five and under, the Wellness Centre offers families with English-speaking children the opportunity to meet with a speech-language pathologist for a free screening session. It will take place in the Partners' meeting room on the 2nd floor in the Jeffery Hale Pavilion, 1270 chemin Sainte-Foy, Quebec, G1S 2M4. Free parking! To register, contact Jan Anderson, Community Organizer at 418 684-5333 x1539

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.



St. Andrew's Day : 78th Fraser Highlanders and Crépuscule

Sunday, Dec. 3 at 2:30 p.m. – St. Andrew's Day: a celebration by the 78th Fraser Highlanders Pipes and Drums and Crépuscule at CEGEP Champlain-St. Lawrence, 790 Avenue Nérée-Tremblay, Quebec City. After the show there will be haggis and a cash bar.

Admission \$20. RSVP at www.78thfraser.ca

To reserve by phone, call Alan Stairs (418) 848-0745. Free parking at the Cégep and along neighbouring streets.

Robbie Burns Day Concert with Crépuscule

Valcartier Elementary School celebrates Robbie Burns Day with the great Scottish Folk Band Crépuscule.

Saturday, January 20

Saint-Gabriel-de-Valcartier Community Centre – 1743 boul Valcartier

Doors open at 7:00pm (18+) Show starts at 8:00pm

Proceeds will go to the school's Charitable Organization – Friends of Valcartier Elementary

Info : Jayne Doddridge 418-844-2233 x8800

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.

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 6 at 2:00pm – For the Holiday Happy Hour

December 13 at 12:00pm – Community Christmas Hamper Campaign

December 14 & 15 (all day) - Community Christmas Hamper Campaign

The VEQ office will be closed for the Holidays from: December 20, 2017 to January 2, 2018

We apologize for any inconvenience.

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!