



Voice of English-speaking Québec

Connect with the English-speaking community

Lots happening at VEQ!

The last few months have been full of excitement—we proudly hosted our annual Holiday Happy Hour fundraiser, welcoming over 150 community members to celebrate the holiday season and support the efforts of the Community Christmas Hamper Campaign. Thanks to our generous door prize sponsors—Lifelong Learning, Life in Québec and Livres Trois Canons. The VEQ team worked hard in December to help with the successful organization and delivery of over 200 hampers to families in need.

In February, a group of enthusiastic newcomers enjoyed a snowshoeing excursion at the Base de plein air de Ste-Foy. It was a great opportunity for newcomers to get out, get active and meet others.

On Thursday, March 30, VEQ will host Spring Fest, a 5 à 7 for the community to celebrate Spring and the culmination of two exciting projects—the Community Mural and the Digital Memories DVD. We hope to see you there!

Keep an eye out - or better yet- walk with us in the St. Patrick's Day Parade this year on March 25th!



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Kick Winter to the Curb with VEQ!

Join us at Spring Fest

Date: Thursday, March 30, 2017
Location: 3 Brasseurs, 650 Grande Allée Est
Time: 5:00—7:00 p.m.

Please RSVP by March 24th to info@veq.ca or
call 418-683-2366 ext 221

SPRING FEST 5@7

COME MINGLE
AND MEET NEW
PEOPLE.
HORS D'OEUVRES
& DOOR PRIZES
BRING A FRIEND!

THE DIGITAL MEMORIES DVD
AND THE COLLABORATIVE
COMMUNITY MURAL WILL BE
LAUNCHED AT THIS EVENT

.....
03.30.17

.....
**KICK WINTER TO THE
CURB WITH VEQ**

PLEASE RSVP BY
MARCH 24TH
INFO@VEQ.CA
(418) 683-2366
#221

**3 BRASSEURS
650, GRANDE ALLÉE EST
QUÉBEC QC G1R 2K6**



Canadian
Heritage

Patrimoine
canadien



Voice of English-speaking Québec

Join us at the St. Patrick's Parade on March 25th!

Saturday, March 25 at 2:00pm

Come out and walk with VEQ! The participant who wears the most green will win a special gift card. To participate, contact VEQ at info@veq.ca or 418-683-2366 x221

For details, visit: <http://saintpatrickquebec.com/>

WALK WITH VEQ

Contest: *GET YOUR GREEN ON!*



St. Patrick's Day Parade
Saturday, March 25, 2017

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IT'S YOUR LUCKY DAY!

Come out and show your community spirit. The participant who wears the most green will win a special gift card.

To participate, contact VEQ at:
info@veq.ca or call 418-683-2366 ext 221

SAMEDI 25 MARS 2017 - 14 H

TRAJET DÉFILÉ de la SAINT-PATRICK de QUÉBEC
DÉPART / Start rue Fraser, au coin de l'avenue Cartier



Arrivée

- 01 St. Patrick's High School
- 02 Hôtel Le Concorde Québec
- 03 Hôtel du Parlement de Québec
- 04 Porte Saint-Louis
- 05 Fairmont Le Château Frontenac
- 06 Hôtel de ville

Technology Workshops for Seniors

VEQ is proud to announce the Spring 2017 series of Technology Workshops for the seniors of our community. These workshops are presented by both Québec High School and the Quebec City Reading Council. The QHS hosted workshops will feature high school students giving mini-lessons on various computer topics. Please feel free to bring your tablet, laptop or iPad to the workshops. The Life Long Learning program will present the final technology workshop.

Date	Topic	Location
March 28 @ 10:35am	Technology 101	Québec High School
March 30 @ 9:15am	Reading on Mobile Devices	Québec High School
April 4 @ 12:45pm	Facebook 101	Québec High School
April 6 @ 2:00pm	Instagram and Snapchat	Québec High School
April 11 @ 10:35am	Planning Travel Online	Québec High School
April 13 @ 9:15am	Apps on Mobile Devices	Québec High School
April 21 @ 1:30pm	Internet Security	Jeffery Hale Pavillion

For more information or to RSVP for a workshop, please contact Jeanne Nivischiuk at quebecenforme@veq.ca or by calling 418-683-2366 ext. 227. Space is limited!

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 25, 2017 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

Voice of English-speaking Québec is seeking dynamic individuals interested in joining its board of directors. Being a board member provides an excellent way to participate in the community and to have a direct impact on issues affecting community vitality.

If you are interested in joining VEQ's board of directors, please contact Brigitte Wellens, Executive Director at 418-683-2366 ext.223 or at brigitte.wellens@veq.ca before Friday, May 5.



SENIORS CALENDAR

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



They were produced thanks to funding from the **Ministère de la Famille** through the **Québec amis des aînés** program and can be consulted on our website at: www.veq.ca or by dialing 418 683-2366 option 7.



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.

News from the Newcomers Coordinator!

It has been a busy but exciting fall & winter for the newcomers program at VEQ. We have had great deal of newcomers come through our office and a very high rate of participation this year at our different Finding Your Niche for Newcomers (FYNN) events (see below for more details). Our goal in 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 to help settle in to their new city. We strive to help newcomers feel connected with their new community and we aim help make the 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 Snowshoeing Excursion: February 18, 2017

VEQ in partnership with Be Active Québec (BAQ) hosted this year's snowshoeing excursion at the Base de plein air de Sainte-Foy. We were very fortunate to have a nice and mild February day. The location was beautiful and people had a great time experiencing a popular winter sport in Québec. This was a great activity for newcomers to get outside while mingling with other people! Thank you all the participants and to Be Active Québec (BAQ) for partnering with us for this event as well as to Holland Elementary, Québec High School and St.Patrick's High School for lending us the snowshoes for the day! It was a great day and we hope to do it again next year!



Winds of Change Workshop: November 23, 2016

VEQ in partnership with Jeffery Hale Community Services put on a workshop for English-speakers who have moved to the Québec City region in the last few years. It was an evening to mingle with other newcomers and understand how change impacts your life, while discovering methods of adapting to a new culture and language. Thank you to all those that participated.

Upcoming Newcomers Events:

Newcomers Walking Tour of Old Québec: June 2017

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

Community Cooking Cookbook now available!

Did you participate in the community cooking class that took place in 2015-16, brought to you by a collaborative partnership involving Voice of English-speaking Québec, SNACS Entrepreneurs, Be Active Québec and Jeffery Hale Community Partners? Are you simply a cooking enthusiast? The long awaited and much-anticipated *Community Cooking Cookbook* is now available for purchase.

The cookbook features a compilation of recipes produced by local chef Chris Wotherspoon of SNACS Entrepreneurs and reviewed by a registered dietician, Laura Vandervet. The cookbook includes all of the recipes you learned in the kitchen as well as new additions! Helpful tips and menu suggestions accompany many of the recipes as well as a Nutrition Facts Table outlining the nutrients per serving.



Purchase your copy for \$15 online at wejh.ca/programs/community-wellness/buy-community-cookbook/ and set aside for pick up! Have it mailed to your home for a whopping total of 20\$! Quantities are limited! For more information, contact Amy Bilodeau at 418-684-5333 x 1550

News from Be Active Québec (BAQ)

Be Active Québec is busy this Spring, taking part in Take-a-Break, with sessions still left on March 24th, April 28th and May 5th. Baby Chat Café also receives our ongoing support and offers a wonderful space for parents of infants to relax and bond. We are also taking part in Travellin' Toddler Time, helping out with the monthly sessions that will run from now until June. This activity for children between 3 and 5 promotes early literacy and includes a story, craft and snack. Be Active Québec will be sponsoring activities with the Mom's Night Out program, a great way for women to get out and meet new English-speakers in our community. We have activities all the way through June.

Be Active Québec welcomes members of the community and those that have supported the program to participate in our Game Night Gala on May 11th from 5 to 7pm at Quebec High School. Intended to highlight the work that Be Active Québec has done and thank the community members that have supported the initiative, we invite children and their families to participate in an evening of games and fruit cocktails. Admission is free and fun prizes will be given throughout the night. If you are interested in attending, please RSVP to quebecenforme@veq.ca by May 9th.



BE ACTIVE QUÉBEC PRÉSENTS

Game Night Gala!

A FREE EVENT FOR CHILDREN AND THEIR FAMILIES

MAY 11TH, 5:00-7:00 PM
QUEBEC HIGH SCHOOL

RSVP BY MAY 9TH WITH
QUEBECENFORME@VEQ.CA

 BE ACTIVE QUÉBEC

YES in Quebec City

Start, Grow & Expand Your Business TODAY! Looking to start, grow or expand your business? Youth Employment Services (YES) Montreal, in partnership with Voice of English-speaking Québec, offers Professional Business Coaching Services either in person or online. Make an appointment to meet with YES Montreal's business coach the next time that he is in Quebec City, or sign up for online business coaching! Receive practical and professional advice from YES' business coach on any matter relating to your business ideas or current business operations.

Outlined below are just a few of the services that coaches can offer to prospective or established entrepreneurs:

- Answering your business questions
- Evaluating your business ideas
- Providing advice on how to finance your business
- Helping you create or modify your business plan
- Providing assistance to reach your goals

Don't miss out on this fantastic opportunity to help you get your business ideas off the ground and running. Follow VEQ on Facebook and on our events page to see when the next YES business coaching session will take place in Quebec City!

Upcoming Business Coaching dates:

March 14, 15, 16th, 2017

April 19, 20th

May 24, 25th

June 21, 22nd

** \$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 Quebec City, please contact VEQ at newcomers@veq.ca or (418) 683-2366 ext. 225.



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.

Presenting the 14th CQSB Performing Arts Festival

At the Central Québec School Board, we believe the arts are fundamental for developing our identities, fostering empathy, and sparking creativity. We treat culture not simply as entertainment but as an important tool for educating healthy students and healthy citizens. That said, our students produce some of the most creative and entertaining work around!



This year the Performing Arts Festival will give secondary students a unique opportunity to come together from the far corners of the school board to share their enthusiasm and passion for the performing arts. This spring, students will be bussed into Quebec City from as far away as La Tuque, Thetford Mines, Three Rivers, and Jonquière to work with guest artists from around the province, and to perform their own acts in the evening. Whether they are working alongside sculptures and percussionists, or falling over practicing theatre stunt work, students will be inspired to continue developing their artistic talents.

Quebec High School will host the secondary school festival on April 7th, 2017. The evening performance will take place at QHS and is open to the public and starts at 6:00 pm. Come help support our young artists! Admission is free. 945 ave Belvédère, Québec

Goodbye Khrystyna and Daniel!



A big thank you to Khrystyna Merrithew, who left VEQ in February after covering for two maternity leaves—first as Newcomers Coordinator and then as Administrative Assistant.

Project Coordinator, Daniel Potter will be saying goodbye to the VEQ family at the end of March to be closer to family in Ottawa.

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



Quest Toastmasters Weekly Meeting

Breakfast at Pacini restaurant, Place Quatre-Bourgeois, 999 rue de Bourgogne, Quebec. 6:55am-8:30am

Develop your communication and leadership skills and learn to improve your English public-speaking skills. For more information call Sandra Holman at 418 573-1767 or Jean Racine at 418 623-0452 or visit www.toastmasters-quebec.com/quest.htm

Life is Good! Believe it...but how?

Do you sometimes wish you felt more hopeful about the future? Would you like to spend less time worrying and feeling frustrated with people around you? You're invited to join a series of 4 group sessions that will help you learn to break down the barriers to really believing that 'Life is good!'

These free sessions are offered in English by Jeffery Hale Community Services social workers in a warm and relaxed environment. Registrations will be accepted until March 30th. Maximum of 15 participants- first come first serve! Sessions will take place in April. For more information contact Shirley Jobson 418-684-5333 ext. 1570

**4TH ANNUAL
ST PATRICK'S DAY KITCHEN PARTY WITH THE
ONE NITE BAND**



Saturday, March 25th
Centre des Loisirs Saint-Sacrement
1360 Boul. De L'Entente, Québec
(Just around the corner from the Jeffrey Hale Hospital)
Doors open at : 7:30 pm
Tickets: \$10



St. Patrick's Day Celebration



St. Patrick's Church
1145, de Salaberry, Québec City

Friday, March 17, 2017
Mass 5:00 p.m. / Banquet 6:00 p.m.

Price \$35 Per Person
Children Under 12 Free
When Accompanied by an Adult
Tickets Required for Door Prizes



Don't Forget Your Green
Tickets Available after Weekend Masses
until March 12 or Call

Kay Bergeron @ 418-525-6203
Information: Call Parish Office @ 418-524-3544



Country Terrine with Hints of Maple
Terrine de campagne à l'érable
Cream of Butternut Squash & Sweet Potato Soup
Velouté de courge musquée et patate douce
Chicken Supreme with Pesto & Mustard Sauce
Suprême de poulet, gratiné de pesto
& sauce à la moutarde de Meaux
Scalloped Potatoes & Seasonal Vegetables
Gratin dauphinois et légumes de saison
Chef's Delight with Coulis & Field Berries
Dessert du chef pâtissier avec
coulis et petits fruits des champs
Tea / Coffee / Wine
Thé / Café / Vin



Red Cross First Aid Course and Parenting Workshop at the Wellness Centre

The Wellness Centre <http://wejh.ca> operated by Jeffery Hale Community Partners is offering two Spring learning sessions to local English-speaking parents.

Saturday, April 1 from 8 am to 4 pm : **Red Cross First Aid Course** with a CPR /AED level C certificate valid for 3 years. REGISTRATION FEE of \$ 65. Payment deadline is March 22. CQSB daycare personnel/ lunchtime supervisors are welcome to sign-up.

Monday, May 1 from 7 to 9 pm **PARENTING 101** free workshop for parents (toddlers to kindergarteners). <http://wejh.ca/parenting-101/>

For more information or to register, call Jan Anderson, Community Organizer at 418 684-5333, ext. 1539.

Toys & More Sale

The annual Toys and More Sale is happening Saturday, May 6 from 9 am to noon at the Eastern Quebec Learning Centre, 3005, rue William Stuart, (Ste-Foy) Québec. Great bargains to be had on children's gear of all kinds.

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

This event is made possible by Moms Nite Out volunteers with Jeffery Hale Community Partners

APPEAL is looking for New Monitors

APPEAL (Apprentissage, pratique, perfectionnement et enrichissement de l'anglais... à loisir) is a non-profit organization that offers conversation workshops to Francophones or immigrants in Ste-Foy. Because of an increase in our membership, we are looking for monitors to host conversation in small groups of 3 to 5 members, either on Monday or Tuesday nights from 7:00 to 10:00 PM or on Wednesday afternoon from 1:00 to 3:00 PM. Monitors are hired by the Board of Directors.

We are looking for native Anglophone people who have competencies related to teaching adults. An interview is required. Anyone interested should send his or her resume to appeal1984inc@gmail.com or phone at (418) 659-7616. For more information, you are invited to consult our website at www.appealquebec.org

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



Québec 2017

imagination

WRITERS' FESTIVAL D'ÉCRIVAINS

Featuring/
Mettant
en vedette

ELEANOR WACHTEL
MERILYN SIMONDS
PATRICK DEWITT
C.C. HUMPHREYS
JANE UROUHART
MARIE-LOUISE GAY
MARK ABLEY
D. PETER MACLEOD
ALICE ZORN
DONNA MORRISSEY
IAIN REID
DANIEL GRENIER
PATRICK MATHIEU
CATHERINE LEROUX
JONAH KERI
JOHN McFETRIDGE
JAMES GRAY
GENEVIEVE CÔTE
ELISE MOSER

morrin.org/imagination

**APRIL 5
- 9 AVRIL**

morrin
centre culturel • cultural centre
44 Chaussée des Écossais
Québec City, Québec G1R 4H3
418-694-9147 info@morrin.org

TRIVIA NIGHT at Quebec High School

SAVE THE DATE

Friday, April 21, at 6:30 p.m. at Quebec High School
945 ave Belvédère

Check www.veq.ca for more details

VEQ's 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.



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!

