



Voice of English-speaking Québec

Connect with the  
English-speaking community

## VEQ's Spring 2018 Newsletter

The last few months have kept us busy here at VEQ—we hosted our annual Holiday Happy Hour fundraiser in December, welcoming over 150 community members to celebrate the holiday season and support the Community Christmas Hamper Campaign. The VEQ team also worked hard 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 Domaine Maizerets. It was a wonderful opportunity for newcomers to get out, get active and meet others on a beautiful winter day.

On Wednesday, March 28, VEQ will host Spring Fest, a 5 à 7 for the community to celebrate the launch of two exciting book projects—*Tell me a Story/Raconte-moi une histoire* and the *Connect with your City* guidebook. We hope to see you there!

VEQ will be marching proudly in the St. Patrick's Day Parade this year on March 24th! Community members are welcome to join us!



- VEQ's Spring Fest
- Technology Workshops for Seniors
- Seniors Calendar
- Seniors Out & About
- ABC's of Business Workshop
- YES Business Coaching
- Québec St. Patrick's Day Parade
- Expanding Horizons Project
- Géraldine! - VEQ & JHCP Intern
- Updates from the Newcomers Coordinator
- Shannon Community Breakfast
- ImagiNation Festival at the Morrin Centre
- Quebec Art Company—Jesus Christ Superstar
- CQSB Performing Arts Festival

- VEQ Annual General Meeting
- Quebec High School Trivia Night
- Activities at the Morrin Centre
- Toys & More Sale
- The Wellness Centre at Jeffery Hale
- Pickleball
- Come Craft with us!
- Musical Wednesdays Concert Series
- Lifelong Learning
- VEQ's Events Calendar
- VEQ's Job Bank
- VEQ's Community Bulletin Board
- Contact Us

# Spring Fest 2018

VEQ is pleased to invite you to our joint launch of two important projects: the *Connect with your City* guidebook and the bilingual children's story book entitled *Tell me a story/Raconte-moi une histoire*.

The bilingual children's stories were created during the twelve, bi-monthly (two times per month) two hour language exchange workshops that were held from June to November 2017 by members of the French and English-speaking communities.

For the guide book, community members were invited to complete a short survey from April to November 2017, whereby they shared a place of significance to them in the greater Quebec City region. Those places were then researched by VEQ staff and students at Quebec High School to detail the historical contribution of English-speakers in our region.

These two projects represent the culmination of months of hard work from members of both linguistic communities that reflect the rich, cultural and diverse heritage and history of our English-speaking community and Quebec City both past and present.

These initiatives were made possible by the support of Canadian Heritage as well as the joint partnership with staff and students at Québec High School.

This community event is open to the public, and free copies of the two books will be available on site. We look forward to seeing you at the launch. Please RSVP by March 21!

## BOOK LAUNCH 5@7

WEDNESDAY, MARCH 28, 2018

3 BRASSEURS LAURIER  
PLACE STE-FOY  
2450 BOULEVARD LAURIER  
QUÉBEC QC G1V 2L1

COME CELEBRATE THE  
CULMINATION OF TWO  
EXCITING PROJECTS!

HORS D'OEUVRES WILL BE SERVED  
BRING A FRIEND!

PLEASE RSVP BY MARCH 21st  
info@veq.ca  
(418) 683-2366 #221

OFFICIAL LAUNCH OF THE **CONNECT**  
**WITH YOUR CITY** GUIDE AND THE **TELL**  
**ME A STORY/RACONTE-MOI UNE**  
**HISTOIRE** CHILDREN'S BOOK



Canadian  
Heritage

Patrimoine  
canadien



# SENIOR TECHNOLOGY WORKSHOPS

February - March 2018

## 50+ in Québec?

Check out our online calendar of local events at: [www.veq.ca](http://www.veq.ca)



Students from Quebec High School's Leadership Class will be available to answer all your technology-related questions in this open-forum workshop. Bring your questions and your devices, and let's get learning!

# SCHEDULE

- 10:30 AM MONDAY, FEBRUARY 26
- 9:00 AM TUESDAY, FEBRUARY 27
- 12:45 PM MONDAY, MARCH 12
- 2:00 PM TUESDAY, MARCH 13
- 10:30 AM MONDAY, MARCH 19
- 9:00 AM TUESDAY, MARCH 20

For more information, and to register, please contact Alexandra at 418-683-2366 ext. 224 or [alexandra.hartley@veq.ca](mailto:alexandra.hartley@veq.ca)



Prefer using the phone? Call our phone line to find events happening near you: 418-683-2366 option 7



## SENIORS OUT & ABOUT

### Attention *English-Speaking* seniors!

The next Seniors Out and About Project activity will be in

APRIL OF 2018

Looking to get out and about? Voice of English-Speaking Quebec provides transportation, adventure, and accompaniment. Activities include visiting the Isle of Orleans, blueberry picking, visiting a sugar shack, visiting museums, brunch, and much more! We would love to have you join us, so what are you waiting for? Let's get out and about!



For more information about the project, to give suggestions or to register for activities please contact Alexandra at 418-683-2366 ext. 224 or [alexandra.hartley@veq.ca](mailto:alexandra.hartley@veq.ca)

# YES Montreal in Quebec City

YES Montreal, in collaboration with VEQ, is hosting a free workshop on Wednesday, March 21 from 6:30-8:30pm. “The ABCs of Business” will help you define your business idea, introduce you to the world of value proposition, marketing and market research, and guide you through the financial, legal, and regulatory hurdles you may encounter. Contact us at [info@veq.ca](mailto:info@veq.ca) or 418-683-2366 x221 to reserve your spot.

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:

**March 21-22 \* April 17, 18, 19**  
**May 23-24 \* June 19, 20, 21**

To register call Voice of English-speaking Québec at 418-683-2366 ext. 221 or email [info@veq.ca](mailto:info@veq.ca)

**ARE YOU READY TO BE YOUR OWN BOSS?**

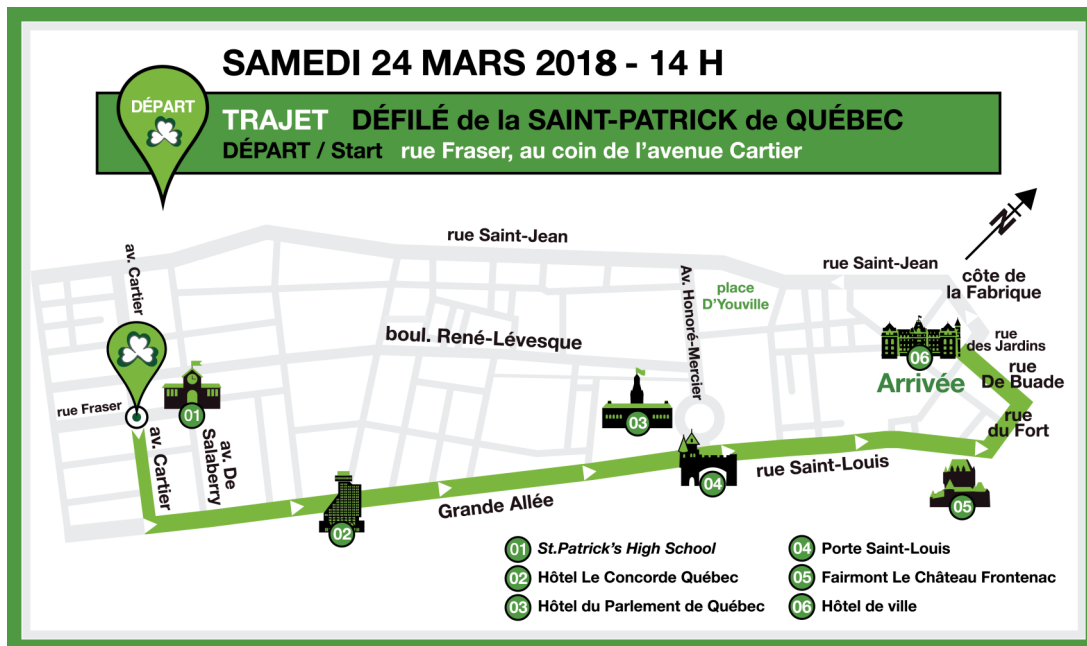
**THE ABC'S OF BUSINESS**  
 FREE WORKSHOP  
 Wednesday, March 21: 6:30 PM – 8:30 PM  
 Jeffery Hale Pavilion  
 1270, chemin Sainte-Foy, Room 1135

**BOOK YOUR SEAT TODAY!**  
[info@veq.ca](mailto:info@veq.ca)  
 418-683-2366 ext. 221

Successful futures start with [www.yesmontreal.ca](http://www.yesmontreal.ca)

# St. Patrick's Day Parade!

The 2018 Québec St. Patrick's Day Parade is happening on Saturday, March 24. The parade kicks off at 2:00pm from the corner of rue Fraser and avenue Cartier. VEQ will be proudly walking in the parade and community members are welcome to join us! Contact us at 418-683-2366 x221 or [info@veq.ca](mailto:info@veq.ca) for more information. For more details about the parade, visit [www.saintpatrickquebec.com](http://www.saintpatrickquebec.com)





# Expanding Horizons Project

The first year of the *Expanding Horizons* project (EHP) is coming to a close at the end of March 2018. This two-year initiative is an important community project funded by the Community Innovation Fund. EHP seeks to create work-plateau and employment opportunities for the English-speaking special needs and at-risk youth (16-29 years old) of Quebec City and the Greater Quebec City area.

So far, *Expanding Horizons* has created 9 on-the-job training opportunities for 5 youth from our community. Many of these employment opportunities have stemmed from community organizations and various community events. This is also one of the objectives of *Expanding Horizons*: to develop community, private and public partnerships to create these opportunities and win-win situations. On the one hand, youth gain valuable work experience, improving employability skills, increasing their confidence level and acquiring some socioeconomic security. On the other hand, employers benefit from their new employees while making a meaningful social gesture.

The EHP is looking forward to the upcoming year, and to continue developing employment opportunities for our community's youth. It is also looking forward to engaging and creating new partnerships whether it be in the private, public or community realm.

For more information or questions on the *Expanding Horizons* project (EHP), please contact Mr. Dominique Paddock at 418 683-2366 ext. 227 or [dominique.paddock@veq.ca](mailto:dominique.paddock@veq.ca)

## Géraldine! - VEQ's and Jeffery Hale Community Partners' Intern

Everyone in the community *Wellness Centre* knows Géraldine Poulin - especially those working at VEQ and at Jeffery Hale Community Partners (JHCP). We've had the pleasure and privilege of having Géraldine intern with us for the past several years; and as she finishes her final year at Quebec High School, we are somewhat saddened to realize that this coming spring will be her final internship moment with us.



Géraldine continues being, with enthusiasm, diligence and care, an essential part of *Take-a-Break* (TAB) and *Travellin Toddler Time* (TTT) which are on-going community activities which toddlers enjoy so much. "They adore Géraldine," says Alexandra Hartley, the VEQ project coordinator who oversees TAB. As do parents, who restfully appreciate this moment as well!

"The first time that I was introduced to TAB, says Géraldine, is when I met Jan [Jan Anderson is the Community Organizer at JHCP]. She came to our class one day and talked about TAB and I was really interested." Volunteering, she says, eventually turned into a two-day internship here, "and at Jeffery Hale, I go to TAB, Chit-Chat Club, TTT, Be Active Québec... and I volunteer in many different events, personally I like doing this because...it helps me give back to the community."

"In my leisure time, on Fridays, two times per month, I'm part of the SNACS (Special Needs and Community Services) program, we get to hang with my friends, plan out what type of meals we want to make, and then plan out the types of games we play...and we also sometimes go out to eat for dinner, go to Quillorama, and play bowling."

In addition to these activities, Géraldine assists VEQ and JHCP with numerous administrative tasks, community events, as well as preparing care baskets for the palliative care unit at the Jeffery Hale Hospital. Always dependable, attentive in her tasks, and with a smile on her face.

All your VEQ colleagues wish you the best of luck in the future and we will miss you. Thank you Géraldine!

## News from the Newcomers Coordinator!

It has been a busy winter 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 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](mailto: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:

#### **Newcomers' Snowshoe Excursion: February 17, 2018**

We had a beautiful day for this year's Snowshoe Excursion at Domaine de Maizerets. It was a fun-filled morning exploring beautiful trails on snowshoes. For most newcomers this was their first experience on snowshoes. We had a lot of fun and are already looking forward to next year!



#### **Newcomers' Creative Corner Art Group, Winter session**

In partnership with Jeffery Hale Community Partners, VEQ puts on the Newcomers' Creative Corner Art Group bi-weekly throughout most of the year. It is a wonderful activity and a fantastic way for newcomers to explore their creative side while mingling with other newcomers.



#### **Winds of Change workshop: November 23, 2017**

This year's Winds of Change workshop had a great turn out. Thank you to the social workers at Jeffery Hale Community Services for a fantastic and informative presentation on change and how it impacts your life. It was also a great opportunity to mingle with other newcomers

### Upcoming Newcomers Events:

#### **Newcomers' Creative Corner Art Group, Spring session**

We will once again be offering the Newcomers' Creative Corner Art Group this spring. For more information or to register please contact: 418-683-2366 ext. 225 or [newcomers@veq.ca](mailto:newcomers@veq.ca)

**Newcomers Walking Tour of Old Québec – June 9, 2018 - Stay tuned for more details!**

**Newcomers Picnic in the Park – Summer 2018 - Stay tuned for more details!**

Sign up to our Newcomers e-mailing list to receive more information about all upcoming events at [www.veq.ca](http://www.veq.ca)

## Shannon Spring Community Breakfast

Sunday, May 27, 2018

9am – 12pm

Shannon Hall, 75 chemin de Gosford

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

Hosted by CWL of Shannon



# ImagiNation Festival 2018 at the Morrin Centre



Two dozen Canadian authors will take part in the ninth annual writers' festival, to be held from **April 3-8**. A variety of literary events such as readings, discussions and book signings will allow you to meet your favourite writers and discover emerging artists. For more information [visit www.morrin.org](http://www.morrin.org)

## Quebec Art Company Presents: Jesus Christ Superstar

**April 12, 13, 14 and 19, 20, 21, and 8 p.m.** –Quebec Art Company presents *Jesus Christ Superstar*, the rock opera, at Chalmers-Wesley United Church in Old Quebec (78, rue Sainte-Ursule). Order your tickets (\$20) at [www.quebecartcompany.com](http://www.quebecartcompany.com)

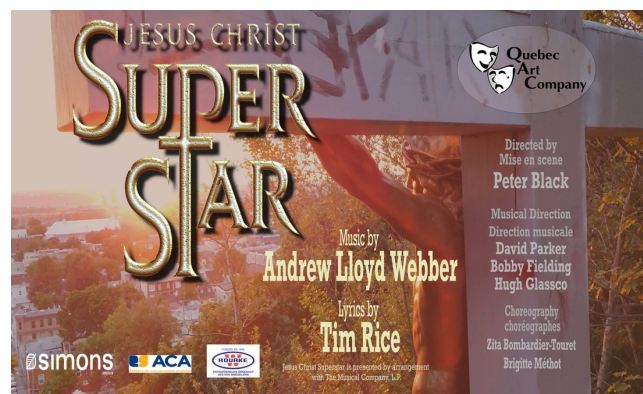
Voice of English-speaking Québec will provide free bus transportation from Shannon and Saint-Gabriel-de-Valcartier for the performance of 'Jesus Christ Superstar' on **Thursday, April 19**.

\* Departure **Shannon Community Centre** (75 Gosford Road): 6:45pm

\* Departure **Valcartier Community Centre** (1743 boulevard Valcartier): 7:00pm

Return: after the performance

Please RSVP by **Friday, April 13** (and indicate at which location you will be picked up) to [info@veq.ca](mailto:info@veq.ca) or 418-683-2366 ext. 221. Minimum of 10 people required.



## PAF! Performing Arts Festival

Friday, April 6 at 6:00 p.m. – Central Québec School Board Performing Arts Festival: PAF! Workshops at Quebec High School during the day.

Evening performances at Salle J.P. Tardif, 9500 ave. Joffre, Quebec. FREE admission.

For more information, visit [cqsperformingartsfestival.com](http://cqsperformingartsfestival.com)



# 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 31, 2018 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](mailto: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](mailto:brigitte.wellens@veq.ca) before Friday, May 4.

## Quebec High School Trivia Night

Quebec High School presents

**TRIVIA NIGHT**

10th annual community fun-filled evening!

**7PM FRIDAY APRIL 20th**

**10th Annual**

Time to get my think on!

Teams of 5 players maximum

Dress up, create a team cheer or battle song, and prepare to have fun

6:30 - 7:00 pm registration

1st questions starts at 7pm

For more information or to obtain the registration form contact:

Susan McBain at: [suemcpow@gmail.com](mailto:suemcpow@gmail.com)

## Activities at the Morrin Centre

Saturday, March 24 at 10:30am  
Storytime (Pre-Readers)

Sunday, March 25 at 1:00pm  
Our Writings: Guided Tour of Literary Landmarks

Wednesday, March 28 at 7:00pm  
Courtepointe Creative Workshop

Saturday, March 31 at 10:30am  
Storytime (Readers)

Saturday, April 21 at 10:30am  
Pick-a-Book Earth Day

For more details, visit [www.morrin.org](http://www.morrin.org)



## Save the Date: Toys & More Sale

The annual Toys & More Sale will take place on Saturday, May 5, 2018. Stay tuned for more details...



# 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](http://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!

**Red Cross First Aid Course:** Saturday, April 21 from 8am-4pm, register by April 7 by calling 418 684-5333, ext. 1265

**Parenting 101 Workshop:** Tuesday, May 1 from 7-9pm



Centre  
Wellness

## Pickleball

Discover a fun sport that can be played by all ages and all levels. Never played before?...no worries  
No equipment?...no worries. We have you covered!  
Come out and explore this fun sport.

Quebec High School  
945 ave Belvedere (enter from the parking lot by the back door marked 'gymnasium')  
Monday Evenings 7:15-9:15pm

Questions? 418-575-1414

## 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.



## Musical Wednesdays Concert Series

**From June 27 to August 29** (Possible concert on Tuesday evening, June 26 - to be confirmed)  
at Chalmers-Wesley United Church, 78, rue Sainte-Ursule in Old Quebec City.

Every Wednesday from 12:05 p.m. to 1 p.m.

ADMISSION IS FREE - Donations welcome to support the musical outreach program.

Information: 418 649-5394 or [scanadeau@videotron.ca](mailto:scanadeau@videotron.ca) or visit our website at [www.chalmerswesleyunited.ca/news-from-the-pews](http://www.chalmerswesleyunited.ca/news-from-the-pews)

## 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](mailto:info@lifelonglearningquebec.org).

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

## 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](mailto:info@veq.ca)  
For more information on how to post an event on the QCT Community Calendar visit [www.qctonline.com/event](http://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](http://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](http://www.veq.ca/employment/employers/post-job) call 418-683-2366 ext. 221 or email [info@veq.ca](mailto:info@veq.ca)

## 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](mailto: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.

## 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](mailto:info@veq.ca) \* Website: [www.veq.ca](http://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](mailto:info@veq.ca), if you would like to receive an electronic copy instead of a print copy of the newsletter. Thank you!