

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



Vast range of activities this spring from VEQ and our partners in the English-speaking community!

In December, VEQ was excited to host our annual Holiday Happy Hour, welcoming many community members to celebrate the holiday season on a cold and dreary night. In February, a fun group of newcomers came out for the Info & Social Bowling Night to learn about employment services while getting to know a new group of friends. VEQ also promoted and provided transportation and the cost of tickets to 16 seniors for a play called *Grandpa is not a Cash Cow and Grandma Won't take any Bull* which looked at Elder Abuse.

During March break, Be Active Québec, VEQ and Jeffery Hale Community Services came together to organize a Move-a-Thon to teach kids that being healthy and active can be fun! Also in March, VEQ helped organize Central Quebec School Board's Performing Arts Festival, which brought together hundreds of high school students for a day of interesting workshops followed by a spectacular evening performance. On March 18, seniors were invited to the Seniors Community Forum where they enjoyed a buffet lunch and learned about community-based initiatives geared towards their needs.

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.

With the spring thaw finally on its way, there are more events and activities than ever before. 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.

Read on to hear about more happening in the community - everything from celebrating the Quebec Chronicle-Telegraph's 250th anniversary to exciting author events at the Morrin Centre.

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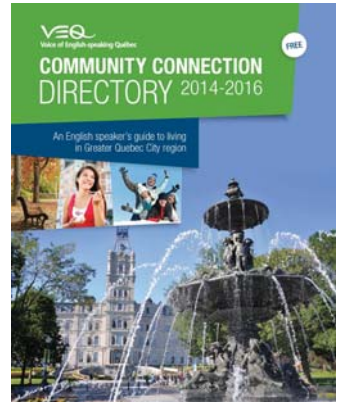
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New Community Connection Directory Launched!

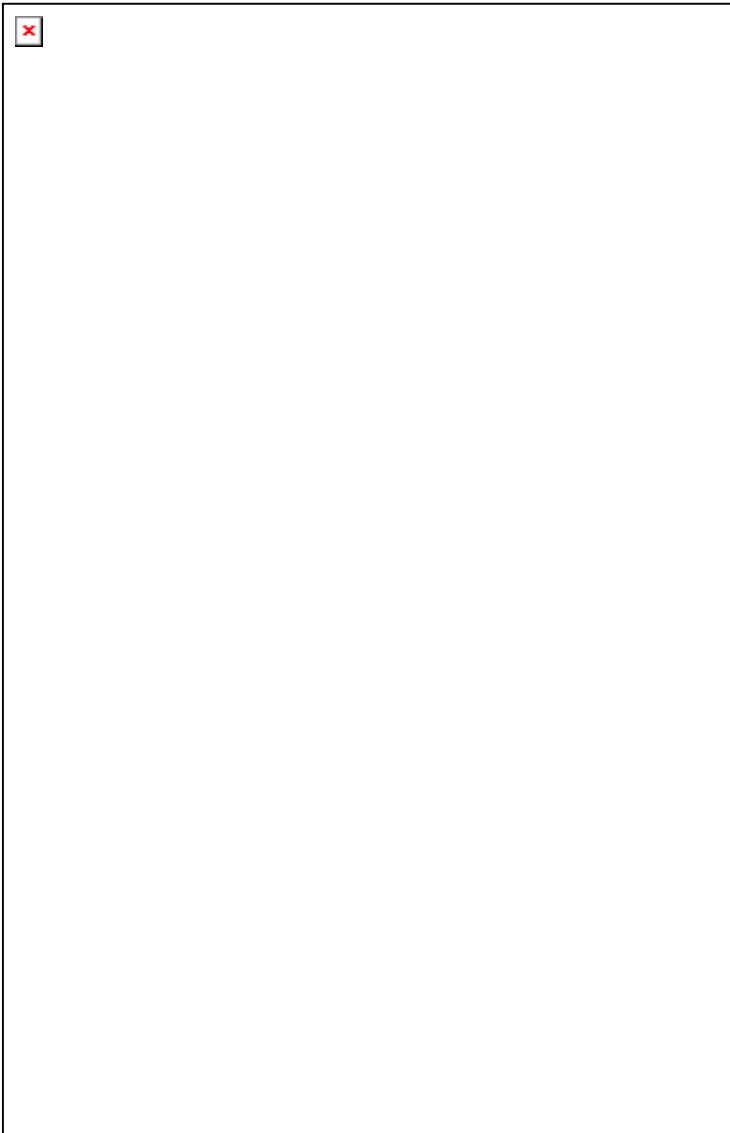
In December 2013, VEQ launched the new edition of the Community Connection Directory! This newly updated edition is an excellent resource for finding community groups and businesses that provide services in English, as well as a whole section with tips and information for newcomers. Over 5,000 copies have already been distributed to schools and partner organizations.

To see the online version, visit www.veq.ca/directories

If you haven't picked up your copy yet, contact VEQ to find out where you can get one.



Seniors Community Forum



Fit & Fun English Summer Day Camp - Register Now!

FIT & FUN ENGLISH SUMMER DAY CAMP



Voice of English-speaking Québec in partnership with Be Active Québec and Shape Up, is offering a one-of-a-kind summer day camp where children ages 5—12 can enjoy activities entirely in English. Summer break is a time for kids to be kids, it's time to run, play, have fun and be free!

When: June 30—August 8, 2014
Where: St. Vincent Elementary School
995 ave Wolfe, Québec, QC
Cost: \$125/week

Outings

Every Friday there will be an optional themed outing at an additional cost.

Sports and Activities

On a daily basis, campers will participate in numerous team and individual sports. Physical activity helps to foster a stronger understanding of leadership and teamwork in a fun and safe environment. Day Campers will benefit from our specialized coaches and will be grouped by age and ability.



Daily Smoothies

Each day, during snack time, campers will have the option of a freshly made smoothie—absolutely free! These smoothies will contain all the essential nutrients for children to remain focused and active during the day.



For more information or to register your child, please contact us at (418) 683-2366 ext. 221 or info@veq.ca. You can also register online at www.veq.ca!



Computer Class for Seniors

As part of the Seniors at the Heart of the Community project, a series of Computer Classes were offered this winter. In partnership with Quebec High School's Leadership class, these student-led computer courses were aimed at our senior community members to aid in their understanding of technology.

Classes were offered on a variety of topics, including Facebook, Skype, iPad, and Internet 101. VEQ received overwhelming positive response from these classes and over 60 seniors benefited from the opportunity to learn more about today's technology.

11th Annual Central Québec School Board Performing Arts Festivals

Culture is often treated like icing - it looks pretty but it costs too many calories! At The Central Québec School Board, the arts are treated not simply as a sweet reward, but as a basic food group in the raising of healthy students and healthy citizens.

Every year CQSB hosts a duet of Performing Arts Festivals – one for elementary and one for secondary. The festivals provide a unique opportunity for students of all ages 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, Chibougamau, and Jonquière to work with guest artists from around the province, and to perform their own acts on a professional stage. Whether they are working alongside Juno-nominated songwriters, beat boxing, or flying high with trapeze artists, students will be inspired to continue developing their artistic talents.



Quebec High School will host the high school festival during the day of March 21st. This year, Everest Elementary School is hosting the elementary festival on April 11th.

Active Living 50+

VEQ's Active Living 50+ series will be launched in April with a set of three nutritional talks with a professional dietician occurring Thursdays from 5-7 pm at the Jeffery Hale Pavillion. The sessions will touch on *Nutritional Guidelines for 50+* (changing eating habits and physical requirements for a well-balanced nutrition), *Helpful hints on reading food labels and wise choices for snacking*, *Easy steps to meal planning for 1-2 people* (minimize waste and conserve food better). These presentations, complete with take-home documents, will precede a period for open discussion and questions. Physical activities made available in English to be announced.

Nutritional Guidelines for 50+ - Thursday, April 10, 2014

Helpful hints on reading food labels and wise choices for snacking - Thursday, April 17, 2014

Easy steps to meal planning for 1-2 people - Thursday, May 1, 2014

Please RSVP no later than 3 days before each session. Call VEQ at 418-683-2366 ext. 221 to confirm your presence at these free community events.

VEQ's Annual General Meeting

Voice of English-speaking Québec is pleased to invite you to our Annual General Meeting.

Thursday, May 29, 2014 from 5:00 to 7:00pm

Coin Soleil Room, 2nd Floor, Jeffery Hale Hospital (1250, chemin Sainte-Foy). . .

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.

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

St Patrick's Day Parade



Voice of English-speaking Québec and Be Active Québec took part in the 5th edition of the Quebec City St. Patrick's Day Parade on Saturday, March 22.

It was a snowy day, but kids from Holland School had fun cheering in their Wixx gear and VEQ staff passed out lucky gold (chocolate) coins to fans in the crowd.



VEQ Staff with Mayor Régis Labeaume

Community Christmas Hamper Campaign Update

Over 295 volunteers, partners, organizations and institutions participated and together assisted 227 families in need during the 2013 holiday season! The 18th Annual Community Christmas Hamper Campaign Organizing Committee are very happy to announce our success this year in meeting our \$25,000 objective for this community initiative as received through personal donations, fundraising events, and the overall generosity of all those involved. We congratulate every contributor big and small for being that angel who, within the efforts of many, managed to provide a turkey dinner experience in each and every Hamper.

Seniors, Out & About



Free transportation offered to all seniors in the community. To reserve your spot, contact Voice of English-speaking Québec at 418-683-2366 ext.221 or info@veq.ca. Transportation is offered free of charge, but there may be costs for some activities. Stay tuned for more events. Visit www.veq.ca, call 418-683-2366 ext. 221 or email info@veq.ca

YES Professional Business Coaching in Québec City

Start, Grow and Expand Your Business TODAY!

On April 9 & 10, 2014, YES is providing its Business Coaching Services in Quebec City. This service is available by appointment only and is *first come, first served*.

One-on-One Business Coaching Sessions* (By appointment only)

Wednesday, April 9 - 12:00 pm – 7:00 pm and Thursday, April 10 - 10:00am - 3:00pm

Location: Jeffery Hale Pavilion, Suite 2141 (2nd Floor), 1270 chemin Sainte-Foy

*One-time \$20 file activation fee, plus you will have unlimited access to online coaching.

To register call 418-683-2366 ext. 221 or by email entrepreneur@veq.ca.



YES BUSINESS COACHING
Providing solutions to improve your operation, overcoming challenges and putting your business on the road to success.
→ OUR EXPERTISE AT YOUR SERVICE

The banner features the YES logo on the left, a central text block, and a collage of several small portrait photos of diverse individuals on the right.

VEQ's Job Bank

Looking for employment? Our job bank is constantly updated with new opportunities.

Visit www.veq.ca/category/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/employers/post-a-job, call 418-683-2366 ext. 221 or email info@veq.ca

Quebec Chronicle-Telegraph 250th Anniversary



Help the QCT celebrate its 250th anniversary in style

The *Quebec Chronicle-Telegraph* is gearing up for a jubilant 250th anniversary celebration in June, and would like to share some of the fun. We are looking for a handful of motivated QCT readers who are interested in volunteering on our anniversary committee. If you would like to contribute ideas and some hours towards anniversary activities such as a 5 à 7 and a community picnic or the special anniversary edition, all scheduled for the anniversary week (June 18 to 25), you'll be contributing to an historic effort. Special edition volunteers will also help us identify items of interest in the QCT's physical archives, so history buffs are most welcome! Please contact Bethann Merkle; she can be reached at celebrate250@gctonline.com or call **418 650-1764** and ask for Bethann Merkle.

Community Essay Competition

Here's your chance to put your thoughts on paper – The QCT will publish winning essays in a youth (under 18) and adult category in our historic anniversary edition. Answer the question "What does a community newspaper mean for our community in the 21st century and beyond?" and submit your essay of 300-800 words by March 31, 2014. Contact Bethann Merkle at celebrate250@gctonline.com or call 418 650-1764 for more details.

Life Long 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? Or further questions? Just call us at the following number: Quebec City Reading Council 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.

Imagination Writers' Festival

Over a dozen Canadian authors will take part in the fifth annual writers' festival to be held from April 9 to 13 at the Morrin Centre. 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 9 to Sunday, April 13 come meet Miriam Toews, Terry Fallis, Annabel Lyon, Jacob Richler, Johnathan Goldstein, Anne Fortier, Wayne Grady, Sheila Fischman, Mia Anderson, Rae Marie Taylor, Elizabeth Ruth, Catherine Bush, Rick Smith and Bruce Lourie. Full program to be announced.

For more information on the festival's lineup and schedule or to purchase tickets or passes, please visit www.morrin.org/imagination or call the Morrin Centre at 418-694-9147.

Québec 2014

imagiNation

Writers' Festival • Festival d'écrivains



Jeffery Hale Community Services Volunteer Appreciation Night

Every springtime, the Jeffery Hale Community Services team reserve an evening of entertainment & fun to showcase and share their appreciation of the volunteers that make our programs, services and events happen. A commitment to community programs and services has direct benefits on your health, your social network, your personal development and the capacity of your community to give back to you! Volunteer engagement is important to us and will continue to be at the forefront of our planning for the future. JHCS volunteers can expect a special invitation in their mailbox in time for this special event on April 24, 2014

Intrigued or interested in becoming a JHCS volunteer? Visit www.jhsb.ca > Get Involved > Jeffery Hale Community Services



Voice of English-speaking Québec

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Workshops for Parents at Jeffery Hale Community Services

All of the following workshops will take place in the Multipurpose Room in the Jeffery Hale Pavilion, 1270 chemin Sainte-Foy, 1st Floor. Free parking is provided. .



Jeffery Hale
Community Services

Red Cross First Aid Course in English

Parents, are you prepared to deal with the bumps, bee stings, and scraped knees that are all a part of childhood? Community Services is offering a one day workshop in English for parents of children 8 years old and under.

Accident prevention, Shock, Fainting and unconsciousness, Choking, Artificial respiration, and CPR including defibrillator demonstration, Burns, Bumps, fractures, minor scrapes and bleeding, Poisoning, Bites, Asthma, Epilepsy, Allergies

Date: Saturday, April 5, 2014 from 8am to 4 pm

Cost: \$62 entitles you to a manual (English) and a certificate valid for 3 years

To guarantee your place, a non-refundable payment for the full amount is required by: Friday, March 21, 2014.

Please register with our receptionist or send a cheque made out to Jeffery Hale Community Partners by mail in care of Community Organizer (Jeffery Hale Community Services 1250 chemin Ste-Foy, Quebec, QC G1S 2M6)

Cancellations with full refund will be accepted until March 21. Flexible payment plan is available, if needed.

Baby Massage Workshop

The Jeffery Hale Community of Care is now offering FREE baby Massage workshops for parents with infants aged newborn to nine months. Come meet other English-speaking parents and learn how to soothe your baby through massage.

Benefits: Relaxes and soothes · Helps your baby sleep better · Contributes to a healthy development · Fun and relaxing for both you and your baby · Become more at ease learning to read and act on your baby's cues · Provides a special time which helps you and your baby develop a closer relationship · Helps alleviate symptoms of Baby Blues and post-partum depression

Date: Saturday afternoon April 12, from 1:30 to 3 pm

Cost: FREE; registration deadline is Friday, April 4, 2014

To bring: Massage oil and a small and large blanket/towel to cover your baby

To register: Please call 418 684-JEFF (5333) ext. 1580 to register before 4:00 p.m. on Friday, April 4. Places are limited; first come, first served. Course may be cancelled if there are not enough participants

The Parent Toolkit

Free parent information sessions offered in English for parents of children four and under

“Through Your Child's Eyes”

· Learn more about normal child development · Find tools to help you handle difficult behaviours · Discover ways to stay calm and avoid spanking · Talk with other parents about ideas and experiences

These workshops are guided by Julie Fraser. A mother herself, Julie has been working with families for 18 years as a psychoeducator. She works in an elementary school setting and gives training to daycare workers, teachers, social workers, parents and foster parents on developing children's social skills.

Date: Monday, April 14, 2014 from 7 to 9 PM

Cost: FREE

To register: Call 418 684-JEFF (5333), ext. 1580

Toys & More Sale

Saturday, May 3, 9:00 a.m. to 12 noon

Toys & More Sale – Come find new and used items for kids of all ages: toys, books, games, clothing, accessories.

At the Eastern Quebec Learning Centre, 3005, rue William Stuart, (Ste-Foy) Québec.

For information or to rent a table, please contact Jill Gagnon at 418 650-9590.

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

Toys & More SALE

Come find new and used items for kids of all ages.

- Toys
- Games
- Books
- Clothing
- Various Accessories



For information or to rent a table, please contact Jill Gagnon at 418 650-9590

SATURDAY, MAY 3, 2014
9 am - 12 noon
Eastern Québec Learning Centre
3005, rue William Stuart (Ste-Foy)

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

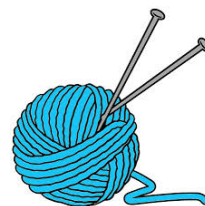
Come Knit with us!

When: Wednesdays ongoing from 2-4 pm & 7-9 pm

Where: Kirk Hall, 45 Chaussée-des-Écossais, Old Québec

Who: All interested in knitting, experienced or beginner

For more info call: Katherine 418-704-2278



Quebec Art Company presents *Lend Me a Tenor*

Quebec Art Company will be performing Ken Ludwig's furiously-paced comedy, *Lend Me a Tenor*. This farce, set in the 1930s of the US Midwest, revolves around a famous Italian tenor who arrives in town to perform at the local opera company. Marital problems, mistaken identity and artistic ambition collide to produce confusion, chaos, and an audience teary-eyed with laughter.

Performances will be at Holland School 940, ave Ernest-Gagnon in Quebec City, Friday and Saturday, April 25th-26th at 8:00 p.m., Sunday April 27th at 2:00 p.m. Tickets \$12 general, \$10 Seniors/Students/Groups 10+.

Voices of Victory - Chalmers-Wesley United Church

Voices of Victory Choir – a youth choir from Cambridge Street United Church in Lindsay, Ontario, will be presenting a concert at Chalmers Wesley-United Church, 78 rue Sainte-Ursule in Old Quebec, on Thursday, June 5, at 7:30 p.m. The first half of the musical program will consist of a mix of world and sacred music. During the second half they will present excerpts from Andrew Lloyd Webber's "Joseph and the Amazing Technicolour Dreamcoat." All are welcome and admission is free, but we do encourage a voluntary contribution of \$5 – \$10 at the door to help cover expenses. For further information, contact Shirley Nadeau at 418 649-5394.



Voice of English-speaking Québec



www.veq.ca

Betty's Quilters Exhibition and Sale

Betty's Quilters will be holding an exhibition of quilts and other quilted crafts on Sunday May 4th, 2014 from 10 AM to 3 PM at the Valcartier Community Center, 1743 Blvd Valcartier, St Gabriel de Valcartier.

Raffles and vendors on site. Refreshments and snacks will be available. Everyone is welcome. For info call Bev at 418-844-3578



CEGEP St. Lawrence Blood Drive

Keeping with tradition, the students, teachers and staff of CEGEP Champlain St. Lawrence will take part in their Annual Blood Drive on Tuesday April 15th from 9:00 to 17:00 in the college gymnasium. 790, Nérée-Tremblay.

Like every year, donors are expected for this special day to help Héma-Québec. This year's objective will be 115 donors. All our welcome.

Jerry Seinfeld - Live in Quebec City!

Saturday, June 14, 2014 at 8:00pm—Pavillon de la Jeunesse at Exposité

The Grand Rire launches with great fanfare the celebration of its 15th anniversary by announcing that the illustrious comedian Jerry Seinfeld's only performance in eastern Canada will be in Quebec City during the Festival Grand Rire, America's premier comedian, Jerry Seinfeld, will be performing his signature stand-up routine at the Exposité. Seinfeld has been hailed for his uncanny ability to joke about the little things in life that relate to audiences everywhere.

All members of VEQ receive a 10 % discount on the public rates of 129 \$ (+ taxes and service fee). For information, visit www.grandrire.com

30th Anniversary of Toastmasters Quest Club

Looking forward for the Best! That's what we have in mind as we celebrate with pride, 30 years of success obtained through the combined efforts of the members and officer teams. We want to pay tribute to former and current members, officers and founders.

We will celebrate this milestone at Hotel Alt, Ste-Foy, 1200 rue Germain des Prés, Sainte-Foy, Québec, G1V 3M7, Sunday AM., on June 1st 2014. Arrival time is 9h30. There will be a three-course brunch served at the tables. Numerous special guests will be present. Reserve this date in your agenda and be sure not to miss it. The organizing committee is preparing a delightful event. We will be glad to see you and share our joy with you!

For more information contact Sandra Holman, 418-573-1767 or sandra.holman@hotmail.com

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

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 am to 4:00 pm * Closed during lunch hour: 12:00 pm to 1:00 pm

Be sure to follow us on our Facebook page!

www.facebook.com/pages/Voice-of-English-speaking-Quebec/114198115271356

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