

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

NEWCOMERS

YOUTH

MEMBERS

COMMUNITY

EMPLOYERS

Annual Report 2012 - 2013



Voice of English-speaking Québec



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Mission Statement

Voice of English-speaking Québec is an autonomous non-profit organization dedicated to the preservation of a dynamic English-speaking community in the Greater Québec Chaudière-Appalaches regions, and to the promotion of its interests.

The following four roles characterize VEQ's goals and all its actions:

Act as a hub of information for the community

VEQ offers information and referral services to members of the community and newcomers. Throughout the year, statistical data and information on the community is gathered and disseminated. Other activities related to this goal include the posting of employment offers on the Job Bank and the preparation and distribution of the *Community Connection* directory.

Foster community cohesiveness

VEQ creates opportunities for social interaction and professional networking for various segments of the community to gather together whether to simply get to know one another, or working together for a common cause to meet the needs of the English-speaking community.

Activities such as Fall Fest and semi-annual Happy Hours help provide these opportunities for our community.

Support the development of the community

VEQ acts as a catalyst for the development of new initiatives that will benefit the community. Generally this involves obtaining funding for and managing short-term projects, which are then expected to become self-sustaining. In addition, VEQ also helps other organizations to get off the ground.

Recent projects such as Performing Arts Festival with CQSB, Art for All Project, the Employability and Entrepreneurship workshops, and Seniors, Out & About and Seniors Day activities are great examples of how VEQ is supporting the ongoing development of the English-speaking community.

Promote the interests of the community

VEQ identifies issues of interest to the community, researching and preparing positions and, if appropriate, presenting these positions to the proper forums or authorities. VEQ views their advocacy role within the community as critical to ensuring the preservation of English-speaking institutions, traditions and cultural significance in the region.

This year, VEQ met with various politicians from the three levels of government in addition to being an active member of different regional consultation tables such as the Leadership Table and the *Table de Concertation en Immigration de la Conférence Régionale des Élus de la Capitale-Nationale*. VEQ also gave multiple presentations about the needs and priorities of our linguistic community in front of governmental officials regarding the proposed Bill 14.

President's Message

As I review all the activities that VEQ has provided over the last 12 months, I am truly impressed at how the organization has continued to maintain and develop high quality programs and services to meet the needs of our English-speaking community. This extensive list of activities addresses all four of VEQ's goals: to act as a hub of information for the English-speaking community; to foster community cohesiveness; to support the development of the community; and to promote the interests of the community. These objectives have been the cornerstones of the organization since its inception more than 30 years ago and as President, I am extremely proud to say that VEQ is as strong as ever.

This year VEQ was particularly active on the advocacy level as a result of Bill 14 — (Act to amend the Charter of the French language, the Charter of human rights and freedoms and other legislative provisions) that was tabled by the Québec Government in December. VEQ submitted and presented a brief to the parliamentary commission in order to explain to the Government, as well as all the other provincial parties, the many negative consequences that Bill 14 could have on our linguistic minority community if adopted in its present form. Be assured that next year, VEQ will continue to advocate on behalf of our community to defeat this Bill and to build stronger links with the regional Francophone majority.



Helen Walling, President

The VEQ Leadership Table was also extremely active this year. In addition to meetings aimed at sharing information and establishing productive partnerships amongst the English-speaking community, the Leadership Table efforts led meetings with key politicians such as Quebec City Executive Council member and Vice-Mayor Michelle Morin-Doyle, Ms. Diane De Courcy, Minister responsible for the Charter of the French Language, the regional caucus of the Quebec Liberal Party, and the Honourable Alice Wong, Federal Minister of State (Seniors). The Leadership Table also concerted a Community Future Forum to discuss important issues to the **community's vitality and well-being**. More than 75 people participated to this very successful community initiative.

VEQ also continued to focus on providing high quality services to English-speaking newcomers in our beautiful region, which includes the following services: a full-time coordinator available in person or

President's Message

through phone and email, a monthly electronic newsletter, a Newcomers' welcome package, an English-speaking community directory and the traditional series of Finding Your Niche networking and information sessions. VEQ has recently developed, in partnership with the Jeffery Hale Community Services, a new tool called the Health Passport. This useful tool facilitates the access to health and social services in English in our region for newcomers as well as the entire community. Furthermore, this year VEQ has continued to support the Night-goers initiative to help newcomers create their own social network. Over 400 newcomers participated in our various services and benefited from our information referral service. It is worth mentioning that approximately 84% of these **newcomers benefited from VEQ's services** within the first year following their arrival.

In collaboration with our partners the Megantic English-speaking Community Development Corporation (MCDC), VEQ coordinated an exciting project aimed at preserving the cultural heritage and history of our linguistic minority communities in Quebec City and the Chaudières-Appalaches region through the production of a book of memoirs. Three local high schools, approximately 40 seniors and over 55 students directly participated in the creation of the book.

Once again this year, VEQ organized its traditional Fall Fest. More than 600 people gathered at Quebec High School to enjoy activities for kids, performances by cultural community groups and members of the Royal 22e Régiment Band, and a chance to learn about various institutions and groups serving the English-speaking community. A health and social services corner was added to the event this year for the benefit of our community members. Overall, the event was a great success and we are looking forward to repeating it again this coming fall.

I would like to take this opportunity to say a special thank you to the board members that have left us during the year or that are finishing their terms now after many years of dedication and hard work. Our sincere thanks to Jan Anderson, Lori Godon and Miranda McKee. Your contribution has been crucial to **VEQ's success!**

I also extend special thanks to the Executive Committee members as well as our Board of Directors for their essential commitment and **d e d i c a t i o n t o V E Q .**

I look forward to the challenges and successes the next year will bring!

Sincerely,

Helen Walling, President

Executive Director's Report

As we finish another busy year at VEQ, I reflect on the past 12 months with a great deal of satisfaction. VEQ maintained and improved some of our key initiatives but also took on some new exciting programs.

Before highlighting some of the key successes that we have enjoyed this year, I want to take time to thank my staff: Ellie Fleming, Community Events & Administrative Coordinator, Heather McRae, Project Coordinator, Kayress dela Cruz, Newcomers Coordinator, Ayla Foers, Project Coordinator, Amy Bilodeau, Project Coordinator, David Bonneville, Be Active Québec Coordinator and Amy Miron, Administrative Assistant. As the Executive Director, I strongly believe that one of the most important skills for any leader is the capacity to surround yourself with a highly qualified and dedicated team. I can guarantee you that its exactly what you will find here at VEQ. What a privilege it is for me to lead this team of strong, smart and passionate individuals.

This year VEQ has continued to improve its employability services to English speakers in our region. Indeed, thanks to the crucial support of Canada Economic Development for Quebec Regions, the City of Quebec and the Citadel Foundation, we have been able to offer a variety of high quality services for English-speaking jobseekers such as business coaching sessions, workshops for entrepreneurs, the organization of a day of



Jean-Sébastien J. Gignac
Executive Director

Employability workshops, a bilingual job fair, and of course our appreciated job bank. All these initiatives enabled us to bridge together English-speaking job seekers and local employers who have needs for English-speaking or bilingual resources, while also setting the groundwork for motivated entrepreneurs.

VEQ was also in charge of a very exciting project called Art for All, All for Art. This project was made up of two major components: the implementation of a series of after-school art classes and the organization of a performing arts festival. The after school art project enabled us to work with 6 of our elementary schools and over 140 youth. Each participant benefited from 8 different artistic sessions that helped the participants discover various artistic techniques. In addition, VEQ supported the CQSB in the organization and production of their 2013 Performing Arts Festival. Over 400 high school students participated in a full day of artistic

Executive Director's Report

workshops and activities that concluded by an evening show of various performances offered by the high school students and professional artists which was enjoyed by over 500 spectators. This initiative was a real success and VEQ is certainly looking forward to collaborating with the CQSB on similar initiatives.

VEQ was also very proactive in implementing a variety of useful services for seniors of our community. Indeed, thanks to a strong partnership between VEQ, the VEQ Foundation and the financial support of the Jeffery Hale Foundation, VEQ was able to provide weekly transportation for English-speaking seniors. This project called Seniors Out and About enables English-speaking seniors to keep their independence and reduce social isolation through safe and free transportation on a weekly basis to help them in activities that are generally considered fundamental tasks and to allow them to participate in community activities. Over 300 seniors participated in the outings which included lunches out, shopping trips, restaurants, community events, movie matinees and visits to local spots such as Île d'Orléans.

In addition to this great service, VEQ also implemented an elder abuse prevention campaign called the Many Faces of Elder Abuse for the English-speaking community of our region. This important initiative led

to the organization of a formal media campaign in our community as well as the development of various tools which help seniors to recognize and understand the various forms of elder abuse.

VEQ also organized a Seniors' Day in November 2012 to help seniors and their families gain awareness of the services available for seniors in English in our region. More than 70 seniors participated in this great initiative that also included lunch and entertainment.

I am really excited to start my sixth year as ED of VEQ and feel most confident in our ability to keep expanding our services for the benefit of the members of our English-speaking community.

And another special thank you to all our volunteers, partners, funders and supporters!

Sincerely,

Jean-Sébastien J. Gignac
Executive Director

Community Events



Amy Miron
Administrative Assistant

VEQ has a mandate to organize community events that bring members of the English-speaking community together to socialize. Throughout this past year, VEQ once again organized and sponsored a series of exciting events.

The AGM was held on May 31, 2012 in the Coin Soleil Room of the Jeffery Hale Hospital. Over 110 people joined us to hear about activities from the previous year as well as exciting new initiatives. Elections for Board Members took place and the community selected 10 new Board Members from a list of 14 possible candidates.



Annual General Meeting 2012

Thanks to our partnerships with Citizenship and Immigration Canada, Jeffery Hale Community Partners, Department of Canadian Heritage and the Ville de Québec, hundreds of community members joined VEQ on



Fall Fest 2012

Saturday, September 8, 2012 for the Annual Fall Fest at Quebec High School. The indecisive weather brought some of the activities **indoors but that didn't stop a great** crowd of over 600 people from enjoying the celebrations. Activities for all ages as well as inflatable games for the kids, a circus **workshop through l'Ecole de Cirque Québec**, face painting and more were provided. Through a partnership with the Quebec Celtic Festival, the event also included Highland Games demonstrations, refreshments and a Celtic Football game on the field.



Fall Fest 2012

Community Events



Circus Class—Fall Fest 2012

Over 40 community groups also set up booths in the gym in order to showcase the wide variety of groups and businesses that serve our English-speaking community, including a new health and social services corner. The day could not have been complete without great performances from Natan Alonso, the Shannon Irish Dancers, Duo Mai Acrobatics, the Filipiniana Dance Troupe and a Dixieland band from La Musique du Royal 22e Régiment.

A huge thank you from VEQ to everyone who participated in Fall Fest 2012!



Holiday Happy Hour 2012

VEQ's Holiday Happy Hour was held on December 13, 2012 at the Morrin

Centre in Old Québec. Over 125 community members spent the evening socializing with friends old and new while partaking in the abundance of refreshments and merry entertainment. This year, 15 local businesses that serve our English-speaking community donated generously towards 4 large door prizes that were drawn to those in attendance. VEQ would also like to give a warm thank you to all the local businesses who graciously donated to the door prizes, as well as the community members in attendance. We could not have asked for a better way to ring in the Holidays.



VEQ staff at Holiday Happy Hour 2012

This year's spring Happy Hour was held in conjunction with VEQ's Memoirs of the English-speaking community project. The official Quebec City book launch was held on March 14, 2013 at the Espace Hypérion, with over 70 people coming out to celebrate the book's success, with the young authors and highlighted seniors of our community while enjoying excellent food.

Future Forum



The Leadership Table, a networking group composed of key institutions serving the English-speaking community, hosted a community Future Forum on Saturday November 24, 2012. VEQ coordinated and staffed the event held at Eastern Québec Learning Centre. The forum successfully saw an impressive turn-out of 75 community members willing to open the panel on important issues to the **community's vitality and well-being**. Many dedicated institution leaders and representatives rubbed shoulders with our younger and sometimes newer community members, demonstrating a balanced and open dialogue on the future of our community.

The presence of Mr. Royal Orr as key moderator was very much appreciated, as were the two informative presentations by Mr. Richard Walling, Executive Director at Jeffery Hale Community Partners and Mr. Louis Hanrahan, Director General of Jeffery Hale - Saint Brigid's Hospital. "Where are we now? Portrait of our community institutions" was followed by

"Our changing demographic: the English-speaking community" with the most recent census data 2011.

Three guest Vision Speakers also spurred the afternoon discussions: Mr. Bob Donnelly, Mr. Farnell Morisset and Ms. Juanita Craig. They shared their visions for our **community's future**.

Dedicated community members participating in the Future Forum, discussed topics such as Community Identity and Renewal, Community Schools, the Future of our Institutions and Organizations, the Relationship with the Regional Majority and Partnership Communication and Collaboration.

A luncheon was served following the group discussions. In the afternoon, group moderators shared their **impressions of the morning's** discussions and brought key points to light. The forum concluded with final remarks by Ms. Helen Walling, President of VEQ.



Key Moderator, Presenters and Vision Speakers , Future Forum 2012

Future Forum

Highlights:

- Assembled the community at large to exchange opinions on the current state, needs and challenges of the ESC.
- Discussions were lively, productive and offered a lot of great feedback that will be **helpful to the Leadership Table's** assessment and future strategies.
- Members who attended expressed appreciation for the event and saw it as a great momentum for continual discussion and communication in the community.



Moderators, Future Forum 2012

Due to our collaborations, ESC organizations are able to work together to find solutions, increase funding for local initiatives and share resources to better serve our linguistic community.

"Very well organized, topics for discussion were productive. It is a very clever initiative and one that deserves to be repeated so as to maintain this momentum. What's next?"



Community members gather for the presentations

The extensive feedback collected as a result of the event will enable the institutions and organizations serving the community, represented in part by the Leadership Table, to address areas in need of more assessment and propose potential strategies to strengthen our on-going development as a community.



Mr. Royal Orr , key moderator

Employment Services

VEQ maintains a well-consulted online Job Bank, which can be viewed at www.veq.ca. Employment positions that require English-language skills or bilingualism are posted.

A total of 106 employment positions were posted on the site during the year, an increase of 17% from the previous year. Examples of positions featured on the site include:

- Senior Accounting Technician
- Transaction Officer
- Internal Sales Coordinator
- Communication / Marketing Coordinator
- Special Educator Technician
- Project Coordinator
- Account and Business Support Manager
- Senior Legal Assistant
- Office Administrator

VEQ is also a member of the *Comité Formation, Main-d'oeuvre et Relève* of the *Chambre de Commerce et d'industrie de Québec*. Through this committee, VEQ had the opportunity to build stronger links with various employers of our region in order to increase their awareness of the economic potential that our community represents for our region.

Thanks to the funding of Economic Development Canada for Quebec Regions, the City of Quebec and the Citadel Foundation, VEQ also improved its employability and entrepreneurship program for English-speakers.

Our regular work with newcomers and other community members made us realize that there was a crucial lack of services for English-speaking jobseekers and entrepreneurs in our region. Consequently, over the last two years, we developed this project that directly helps English-speakers find meaningful employment or create their own business.



Foire de l'Emploi 2012

The entrepreneurial aspect of the project was developed in partnership with Youth Employment Services (YES). The main services offered as part of this project are: Business coaching in person and online and professional workshops for entrepreneurs.

Throughout the duration of this project a total of 38 English speakers directly engaged in the bilingual mentoring project. These 38 English-speakers come from diverse business sectors such as: catering, marketing consulting firm, translation services, online

Employment Services



Job Fair 2012
Image courtesy of QCT

wholesale distribution, tour guide services, civil engineering consulting, construction, event organization, resource management consulting, health and social services consulting, professional photography and 3D Art firm.

As part of this project, VEQ also organized multiple workshops for entrepreneurs, including 6 in the immediate Quebec City area and 1 in Valcartier. These workshops focused on various funding options available for entrepreneurs and the essential steps to go from a business plan to the actual creation of a business. A total of 52 individuals participated in these sessions.

In addition to this great program, we have organized 3 different professional networking events over the last 18 months as part of this project.

The first event took place in September 2011. A total of 10 employers and 49 English-speaking jobseekers participated in the first

event. This first professional networking activity focused on employment opportunities in the language school industry because these schools are often the first employer of a large percentage of English-speaking newcomers in our region.

The second professional networking event was a full day of employability workshops that took place in September 2012. The objective of this event was to help jobseekers improve their employability skills and to prepare them for our third professional networking event. A total of 46 English-speaking jobseekers and 6 key partners/employers participated in the event.

Finally, we organized a third professional networking event in October 2012 called the *Bilingual Job Fair*. Over 120 jobseekers and 22 employers of the Quebec City region participated in this successful event.



Entrepreneur Workshop with YES

Leadership Table

The VEQ Leadership Table is an efficient tool to facilitate networking and communication among institutions serving the English-speaking community (ESC). Indeed, by meeting several times per year, key leaders of the community are able to keep abreast of important issues each of the different sectors are facing. Often as a result of our collaborations, ESC organizations are able to work together to find solutions, increase funding for local initiatives and share resources to better serve our linguistic community.

The Leadership Table also continued to meet with politicians and regional leaders. The important relationships that we maintain and create through advocacy efforts make politicians from various governmental levels and multiple political parties more aware of the issues and priorities of the English-speaking community.

This year the Leadership Table and VEQ met a total of 14 politicians through 9 meetings. VEQ met with Quebec City Executive council member and Vice-Mayor Michelle Morin-Doyle, Ms. Diane De Courcy, Minister responsible for the Charter of the French language, the regional caucus of the Quebec Liberal Party, the Honourable Alice Wong, Federal Minister of State (Seniors), Mr. Jacques Gourde, Conservative M.P. for Lotbinière-Chutes-de-la-Chaudière and member of the Committee on Official Languages, Mr. Gérard Deltell, M.N.A. for

Chauveau, Mr. Marc Tanguay, M.N.A. for LaFontaine and Official opposition critic for the Charter of the French language, Mr. Geoffrey Kelly M.N.A. for Jacques-Cartier and Official Opposition critic for aboriginal affairs and relations with the English-speaking community, and Mr. Bachand, M.N.A. for Outremont who was also at the time candidate for the Quebec liberal Party leadership.



VEQ meeting with the Honourable Alice Wong, Federal Minister of State (Seniors)

All these productive meetings have enabled us to discuss the priorities and challenges of our linguistic minority community and better understand the position of the various parties from multiple government levels on the issues affecting our linguistic community.

Newcomer Services



Kayress dela Cruz
Newcomers
Coordinator

The members of the Newcomers Committee included Board members Brigitte Wellens, Jan Anderson, Lori Godon, Jeanne Grégoire, William Hush, Stephen Marchesault, Mariya Zarkova, and staff member Kayress dela Cruz.

The committee's mandate involves:

- Assisting English-speaking newcomers in establishing and integrating themselves and their families into a predominately French-speaking region.
- Assisting newcomers in locating and accessing services in English and helping them to connect with the local English-speaking community
- Accelerating the integration process of new families and individuals in the region.
- Developing a more vital and dynamic English-speaking community over time.

Thanks to the financial support of the Ville de Québec and Canadian Heritage, VEQ helped successfully integrate many English-speaking newcomers, who are vital to the growth of the community. Every **five years, 25% of our region's** population is renewed through newcomers.

This year VEQ provided a range of services to 407 newcomers in the Quebec City region, 341 in their first year of arrival. A total of 1306 services were provided to newcomers, which ranged from in-office visitations, information sessions and numerous phone and email inquiries.

VEQ distributed more than 200 **newcomer's packages** with the help of supportive community partners such as Jeffery Hale Community Services, Valcartier Family Centre, Jeune et en santé and the various schools and churches in our community.



Happy Holiday Hour
December 2012

VEQ once again presented the popular Finding Your Niche for Newcomers (FYNN) series of events. FYNN consists of social networking and information sessions free-of-charge or at minimal cost. The sessions are designed to assist and support English-speaking newcomers as they adjust to life in the capital region.

Newcomer Services

VEQ organized six FYNN sessions with 161 participants:

- Newcomers Walking Tour of Old Québec (June 2012), where 18 newcomers participated in the walking tour of Old Québec with a knowledgeable and charismatic tour guide. Everyone enjoyed a beautiful sunny day, while learning more about Quebec City's rich history.
- Employability Workshops (September 2012), thanks to funding from Canadian Economic Development, 32 newcomers had the opportunity to participate in a full day of workshops related to employability and professional networking. VEQ would like to thank the following partners for a successful and invaluable event for newcomers: Valcartier Family Centre's FORT Program, Eastern Québec Learning Centre, Cégep St. Lawrence, Expotech Québec, Groupe Perspective and Ann Martell.



**Employability Workshops
September 2012**



**French For All Forum
February 2013**

- Winds of Change Workshop (November 2012), this event was held in partnership with Jeffery Hale Community Services to provide newcomers with information and tools on how to adapt to life in Québec. A total of 10 newcomers came to the event to understand how change impacts their life and what methods can be used to overcome the hurdles and challenges of living in a French-speaking environment.
- Holiday Happy Hour (December 2012), more than 120 community members and approximately 30 newcomers attended the event which took place at the Morrin Centre.

Newcomer Services

- French For All Forum (February 2013), this event was held in partnership with Valcartier Family Centre to help newcomers discover and learn more about French language learning opportunities in Quebec City. Over 40 participants attended the event where there was information on French language schools, tutoring, conversational groups, inter-cultural activities and volunteering in a French-speaking environment.
- Taste of Québec (March 2013), where 31 participants took part in a fun-filled evening to learn about the history of Quebec City, while enjoying traditional Québec food. Thanks to Valcartier Family Centre for providing the space, Francine Berry for the traditional tourtière du Lac-St-Jean, and the various businesses that generously gave donations for the door prizes.

VEQ was able to offer once again the Night-goers initiative. Night-goers are social night activities for the English-speaking community. It is comprised of volunteers and it is actively recruiting throughout the year. As of April 2013, Night-goers hosts and hostesses have provided 30 social night activities and events. In total, 219 participants have attended Night-goers events.



**French For All Forum
February 2013**



**Employability Workshops
September 2012**



**Taste of Québec Meet & Greet
March 2013**

Art in the Community



**Ayla Foers
Project
Coordinator**

Funding from Canadian Heritage provided VEQ with the opportunity to coordinate the project Art for All, All for Art. This project was made up of two components.

The first component consisted of a series of after school art classes for kids. A total of 6 elementary schools participated in the classes. Each school hosted 8 different artistic sessions and 144 kids participated in the classes. Many exciting arts and crafts projects were completed in a variety of different artistic mediums. These projects included making tissue paper night lights, decorating wooden tissue boxes, modeling clay magnets, painting flower pots, making edible art with BAQ, colouring with fabric markers onto canvas bags, painting and



Art for All at Everest Elementary

decorating canvases, folding kite paper stars, painting with ceramic paint on plates and bowls, painting wooden shapes and making Christmas decorations.



Art for All at Valcartier Elementary

One of the highlights of teaching the classes at Valcartier School was a new partnership that was formed with La Vallée Jeunesse, an alternative education high school. **During VEQ's time at Valcartier School**, our coordinator worked with 2 students and their student teacher from La Vallée Jeunesse who wanted to practice their English. This new partnership was a great success! In the future, this partnership will be considered when any activities are planned at Valcartier and several helping hands are needed!

The three high schools in the region received a donation to their Arts Department via art supplies. Quebec High School received a number of artistic apps for their iPads, including the app called Garage Band. In addition, **St-Patrick's High School** received enough supplies for multiple classes to make a mural around the school. Lastly, Dollard-

des-Ormeaux (DDO) High School received a class sized set of fine arts painting supplies. These supplies included 30 24x36inch canvases, 15 acrylic brush sets, several different colours of acrylic paint, varnish and a colour mixing chart.



Trapeze class at PAF

VEQ worked with the CQSB to organize and produce their Performing Arts Festival at the high school level, which is the second component of the Art for All, All for Art project.

The Performing Arts Festival (PAF) took place on Friday, March 22, 2013. 7 high schools from across the CQSB came to Quebec High School to start the day. The students participated in an art workshop of their choice during the morning. The workshops included mural painting, circus, trapeze, beat boxing, hip hop dancing, song writing, African drumming, magic, record disc scratching, hip hop performance, spoken word, and improv. In the afternoon once workshops were completed, the students took a



**Mural painted at PAF
Photo courtesy of Tjerk Bartema**

break before the dress rehearsals for the evening performance. As the last schools were wrapping up their rehearsals, the iPod battle started.

Teams of students battled with music from their playlist while the crowd below chose who would move on through each round until there were only two teams left. Finally a winner was chosen! The community was invited from 6pm to enjoy hors d'oeuvres, refreshments and the freshly painted mural from the Mural workshop. At 7pm everyone took their seats in the Salle Jean-Paul Tardif auditorium to watch the performance. There were over 400 participants in the day's activities and 500 in the evening. VEQ hopes to continue its partnership with the CQSB by contributing to their future Performing Arts Festivals.



Photo courtesy of Tjerk Bartema

The Memoirs project



Amy Bilodeau
Project Coordinator

And so, in the fall of 2012, Secondary IV students from A.S. Johnson High School in Thetford Mines, and from St. Patrick's High School and Quebec High School in Quebec City, met, interviewed and undertook a personalized discovery of their local heritage with over 40 seniors of each community in order to compile the book.

This year, VEQ in collaboration with the Megantic English-speaking Community Development Corporation (MCDCC) put into motion a new project aimed at preserving the cultural heritage and history of our linguistic minority communities in Quebec City and the Chaudières-Appalaches region through the production of a book of memoirs.



St. Pat's students with Mrs. Laverdière



Graciously funded by Canadian Heritage, the Memoirs project launched in three high schools seeking to capture and preserve a personal glimpse into our local heritage, a historical event or experience as our seniors lived it. Seniors across both communities were invited to contribute their story.

Students attended two workshops prior to their interviews in preparation for the making of the book. The first workshop given by Mr. Steve Cameron, co-founder of Coirneal Cealteach, explained oral traditions and the importance of recording our cultural heritage. The second workshop given by Ms. Marie White, writer for the *Quebec Chronicle Telegraph*, honed their knowledge of biographical writing and interview skills. The bringing together of generations aimed to instil a sense of pride and belonging in these youth for their linguistic heritage while fostering an understanding of the role that they play in its vitality.

The Memoirs project

Memoirs of the English-speaking community: Bridging generations in Quebec City and the Chaudières-Appalaches region is a compilation of the memories of our seniors as recounted and written by youth in this memorable experience of bridging the stories of the past to the present for all generations to share.



Quebec City Memoirs Book Launch

The Memoirs book launch took place at Espace Hypérior, formerly l'église Notre-Dame-de-Jacques-Cartier on Thursday evening March 14, 2013. This significant intergenerational community event attracted about 60 seniors, students and proud parents and community members.

The evening featured a brief video compiled and presented by VEQ, capturing the student's experience interviewing senior citizens as well as feedback from the seniors themselves. The video was accompanied by sparkling apple cider to toast the launch followed by an excellent catering service of appetizers.



QHS student with Mr. Clibbon

Community members were also invited to attend the second book launch held the following Thursday March 21, 2013 in Thetford Mines by VEQ's partners MCDC.

The overall promotion of cultural heritage was very successful - in the words of our young authors:

"My appreciation and understanding of my heritage has grown so much, it was an amazing experience and I'm very grateful"

"To actually meet people who have lived the events we now call history, is incredible"

"I feel proud of the book and the concept of keeping the ESC alive through the book. I would do it again for sure"

Memoirs of the English-speaking Community is available online via VEQ's website or for purchase, or at the VEQ office for \$10 each. Links to the video presentation, pictures of the launch as well as a quick survey can be found on the VEQ and MCDC websites. To visit us: www.veq.ca/memoirs-book-wants-your-feedback

Be Active Québec



David Bonneville
Be Active Québec
Coordinator



Be Active Québec (BAQ) is a local partner group consisting of Jeffery Hale Community Services, Jeffery Hale Community Partners, Valcartier Family Centre, Community Learning Centre, Central Québec School Board, Garderie Mini Braves, Jeunes et en Santé, Quebec City Reading Council and Voice of English-speaking Québec. BAQ aims to promote the adoption of a healthy lifestyle by focusing on the maintenance of healthy eating habits and a physically active lifestyle for Quebec City youth ages 0 to 17. BAQ is collaborating with daycare centers, our local school board, health care facilities, community-based organizations and community leaders to ensure the maximum success of its projects.

BAQ is proud to announce its continuous partnership with Québec Natation in order to continue offering English swimming classes. The classes are held at Plaza Laval and are so popular that 2 classes were formed, Aquakid and Aquababy.

Recently BAQ helped local early childhood educators in developing

their knowledge of motor skill development. This unique training was hosted by expert Hélène Tardif, PhD in Psychology. She established the basics of motor skills development and demonstrated practical techniques to participants. BAQ also offered a motor skills program tutorial to two kindergarten teachers within the COSB. In partnership with Québec en Forme, many follow-up training opportunities will be offered in order to help the teachers reach their goals in motor skill development.

BAQ, in collaboration with Institut de **tourisme et d'hôtellerie du Québec**, provided very useful training to one school board cafeteria manager. This training helped her prepare a healthier menu at an affordable price for the students.

BAQ coordinator David Bonneville has been working with the Holland Huskies Cheerleading team to assist them in strengthening their tumbling skills. David, an award-winning gymnast, will continue to assist the Huskies in their training this season.



Holland Huskies practice 2012

Be Active Québec



After School Art Project 2012

BAQ and the Art for All, All for Art Project provided a very fun after-school activity of food sculpturing, using a variety of fruit and veggies. The idea behind this activity was to raise awareness of healthy snacks. Our initiative was able to repeat the experience, which was very successful, with many schools in the Central Québec School Board.

In order to spice up the St. Patrick's parade, the student council in St. Patrick's High school held a relay race with different obstacles called the Irish Olympics. BAQ took part of this very entertaining race by hosting one of the stations. When the students got to BAQ's table, they



St. Patrick's High School Irish Olympics

were asked to make a smoothie with a variety of ingredients provided by BAQ. A panel of judges tasted each smoothie and attributed points to each team. Being part of this relay allowed BAQ to give some healthy eating tips through the creative process of helping kids create smoothie recipes. The entire school was involved in the project. The students were very enthusiastic and showed interest in the healthy eating aspect of the event.



Holland Elementary Pentathlon 2013

BAQ partnered with 2 school teams for a most spectacular winter event: Le Pentathlon des Neiges. The Pentathlon included the competitive practice of 5 sports: skating, cross country skiing, running, snow shoeing and biking. Holland Elementary and St. Patrick's High school represented their schools with pride on February 28, 2013.



Skating Portion of Pentathlon 2013

50+ activities



**Heather McRae
Project
Coordinator**

Seniors at the Heart of our Community – Seniors Day

On Saturday, November 10, 2012 VEQ launched a new initiative called Seniors at the Heart of Our Community which was an information fair on aging in the Greater Quebec City region. Over 70 seniors, caregivers and family members came out to the event. The fair was held at CEGEP St. Lawrence, where the gym was set-up with 18 booths of community groups and businesses that cater their activities/services towards seniors.



Seniors stopping by the R.C.M.P.'s booth to get information on Elder Abuse.

Workshops were presented throughout the day providing seniors with information on many issues seniors face in our community such as Alzheimer's presented by a Hugo Lanoux and Fraud awareness presented by the R.C.M.P as well as programs for seniors like the TYZE network presented by CHSSN.



Seniors having lunch and enjoying the entertainment provided.

Lunch was provided for participating seniors with entertainment by Stephen Burke and Duo Ô Duo. VEQ also provided transportation for seniors to and from the event.

Respecting Seniors of Our Community Traitons nos aînés comme des ROIS : Respect, Opportunités, Information, Sécurité

VEQ also created this year a program to help maintain the independence and security of seniors in our community while minimizing abuse and discrimination against them. This project included the creation of videos showing

50+ activities



McGreevy Manor residents listening to the Workshop on Mass Marketing Fraud presented by the R.C.M.P.



Seniors enjoying lunch at the Sugar Shack.

examples of the different types of elder abuse, these videos can be seen on the VEQ website. VEQ in partnership with the R.C.M.P spoke to 103 seniors from 7 different groups around the region about the various forms of abuse that they may experience as well as spoke about the services available to seniors.

An awareness campaign called the Many Faces of Elder Abuse, was created to bring awareness to our community about abuse and its different forms. Throughout the month of March, VEQ published the Elder Abuse campaign in the QCT



as well as created a booklet that outlines the different types of elder abuse and what to do if you are a victim or know someone who is a victim of abuse.

Seniors Out and About

This project provides English-speaking seniors with free transportation on a weekly basis to community activities and outings. The objective of this program is to reduce isolation of seniors in our community while helping them to continue to live autonomously. There were 43 outings with approximately 350 participants the past year which included lunches out, shopping trips, restaurants, community events, movie matinees and visits to local spots such as Île d'Orléans.



Seniors on the bus waiting to return home after Seniors Day.

Partnership with Jeffery Hale Community Services

VEQ has always had a strong partnership with the Jeffery Hale Community Services and during the past year both organizations have worked together to coordinate valuable programs for the English-speaking community.

Volunteer Income Tax program for Low Income Individuals and Families

VEQ coordinated the volunteer Income Tax program for low-income English-speaking individuals and families. Volunteers who enjoyed working with numbers and taxes received training and access to tax software free of charge and then worked hard to complete tax files for the 2012 tax year. The coordinator worked with the client and social worker to make sure that the volunteers had the all the appropriate information so the client received the government benefits to which they were entitled. Over 20 tax files were completed during this year's program.



Participating children, VEQ staff and a volunteer during a Take-a-Break morning.



The play dough table is always a favourite with participating children.

Take-a-Break Drop In Program

VEQ worked with our partners at the Jeffery Hale Community Services on their Take-a-Break Drop In program. This program offered a place for parents and their preschool children to get together two Friday mornings a month from 9:30 am to 11:30 am (November to May). Volunteers entertained children 18 months and older to give parents a break from child care, a chance to socialize and to listen to guest speakers. VEQ was in charge of the volunteers and the kid's space. A huge thank you to all the volunteers and students from the Work Oriented Training Path program at Quebec high school who volunteered many hours to looking after the children. Babies under 18 months were welcome to stay with parents in the parent's space.

Treasurer



**Revenue and Expenditure
For the Year Ended March 31, 2013**

	<u>2013</u>	<u>2012</u>
REVENUE		
Grants and Contribution Agreements		
Operating Government Grant	152 000	152 000
Other grants and contributions	244 232	185 486
Charitable Sector	26 139	-
Other Restricted Income	5 000	-
Unrestricted Income		
Other Revenues	15 383	5 054
	<hr/>	<hr/>
	442 754	342 540
EXPENDITURE		
Salaries and benefits	268 980	192 337
Honorarium	42 170	35 561
Travel	33 538	19 570
Publicity	33 046	36 324
Operating costs	61 879	54 332
	<hr/>	<hr/>
	439 613	338 124
EXCESS OF REVENUE OVER EXPENDITURE FOR YEAR	<hr/>	<hr/>
	3141	4 416

*Prepared by Paule McNicoll, Comptable Agréé
Auditor's report dated May 21, 2013*



**Balance Sheet
As of March 31, 2013**

	<u>2013</u>	<u>2012</u>
A S S E T S		
CURRENT ASSETS		
Cash and cash equivalents	126 353	69 575
Accounts receivable		
Others	1 380	381
Government Grants receivable	27 321	30 418
Goods and Services Tax	4 461	3 982
VEQ Foundation	510	855
	<u>160 025</u>	<u>105 211</u>
 CAPITAL ASSETS	 <u>3 311</u>	 <u>4 621</u>
	<u>163 336</u>	<u>109 832</u>
L I A B I L I T I E S		
CURRENT LIABILITIES		
Accounts payable	50 576	52 475
Deferred revenue	56 891	4 629
	<u>107 467</u>	<u>57 104</u>
N E T A S S E T S		
INVESTED IN CAPITAL ASSETS	3 311	4 621
UNEXPENDED REVENUE	52 558	48 107
	<u>55 869</u>	<u>52 728</u>
 <i>Prepared by Paule McNicoll, Comptable Agréé Auditor's report dated May 21, 2013</i>	 <u>163 336</u>	 <u>109 832</u>

Treasurer



**Changes in Net Assets
For the Year Ended March 31, 2013**

	<u>2013</u>	<u>2012</u>
NET ASSETS INVESTED IN CAPITAL ASSETS		
Invested in Fixed Assets		
Balance - beginning of year	4 621	-
Surplus of revenues over expenses	(1 310)	-
Balance—end of year	3 311	-
Not Assigned	-----	-----
Balance - beginning of year	48 107	-
Surplus of revenues over expenses	(4 451)	-
Balance—end of year	52 558	-
Total	-----	-----
Balance - beginning of year	52 728	48 312
Surplus of revenues over expenses	3 141	4 416
Balance—end of year	<u>55 869</u>	<u>52 728</u>

*Prepared by Paule McNicoll, Comptable Agréé
Auditor's report dated May 21, 2013*

Treasurer



**Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2013**

	VEQ		Job Bank/ Others		Young Canada Works		CIC Fall Fest
	<u>2013</u>	<u>2012</u>	<u>2013</u>	<u>2012</u>	<u>2013</u>	<u>2012</u>	<u>2013</u>
REVENUE	<u>152 000</u>	<u>152 000</u>	<u>4 623</u>	<u>4 784</u>	<u>3 453</u>	<u>3 705</u>	<u>9 182</u>
GENERAL OPERATIONS							
Salaries and benefits	101 356	100 141	1952	366	3 453	3 705	1 400
Honorary	2 495	6 979	-	-	-	-	2 511
Travel	10 468	9 001	-	-	-	-	77
Publicity	12 681	7 997	-	-	-	-	1 561
Operating costs	<u>25 000</u>	<u>27 882</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>3 633</u>
	<u>152 000</u>	<u>152 000</u>	<u>1952</u>	<u>366</u>	<u>3 453</u>	<u>3 705</u>	<u>9 182</u>
EXCESS OF REVENUE OVER EXPENDITURE (EXPENDITURE OVER REVENUE)	<u>-</u>	<u>-</u>	<u>2671</u>	<u>4 418</u>	<u>-</u>	<u>-</u>	<u>-</u>

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**Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2013**

CIC Fall Fest	Economic Develop.	City Project	Art for All, All for Art	Bridging Communities		
<u>2012</u>	<u>2013</u>	<u>2012</u>	<u>2013</u>	<u>2012</u>	<u>2013</u>	<u>2013</u>
6 793	8 268	39 887	29 629	20 371	53 692	39 070
1 678	4 131	23 613	23 005	11 296	27 159	24 328
1 200	1 510	3 655	1 088	2 411	11 584	9 940
301	1 674	1 216	1 166	568	1 616	2 321
626	-	6 772	1 810	2 077	2 448	396
2 990	953	4 631	2 560	4 018	10 806	2 056
6 795	8 268	39 887	29 629	20 371	53 613	39 041
(2)	-	-	-	-	79	29

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**Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2013**

	Elder Awareness	Seniors at the Heart of the Communi- ty	ELAN	Citadel Newcomers	Future Forum	Quebec en Forme 2012	Quebec en Forme Action 2013
	<u>2013</u>	<u>2013</u>	<u>2013</u>	<u>2013</u>	<u>2013</u>	<u>2013</u>	<u>2013</u>
REVENUE	<u>49 344</u>	<u>22 498</u>	<u>4 200</u>	<u>4 240</u>	<u>4 000</u>	<u>17 732</u>	<u>2 655</u>
GENERAL OPERATIONS							
Salaries and benefits	33 579	5 533	-	4 158	-	14 361	-
Honorarium	2 500	3 070	2 876	-	1 664	469	1 448
Travel	726	3 222	1 324	82	2 220	607	85
Publicity	8 499	5 266	-	-	-	119	256
Operating costs	4 040	5 252	-	-	116	2 176	866
	<u>49 344</u>	<u>22 343</u>	<u>4 200</u>	<u>4 240</u>	<u>4 000</u>	<u>17 732</u>	<u>2 655</u>
EXCESS OF REVENUE OVER EXPENDITURE (EXPENDITURE OVER REVENUE)	<u>-</u>	<u>155</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

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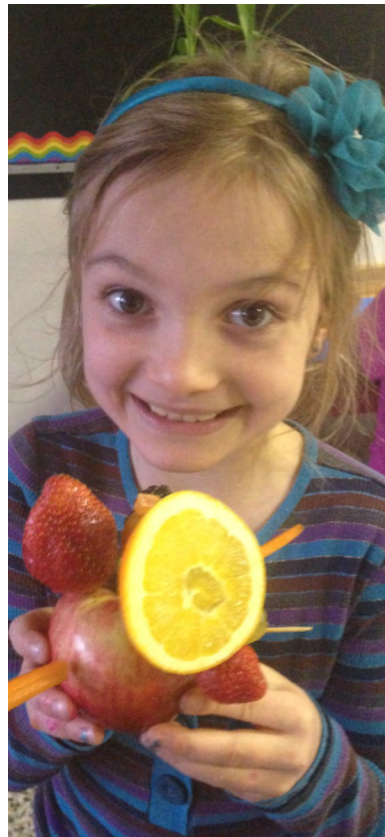
Treasurer



**Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2013**

Quebec en Forme Admin 2013	Seniors Out and About	Partners	Collective Voices 2012	Linguistic Audit	Through the Lens	Total	
<u>2013</u>	<u>2013</u>	<u>2013</u>	<u>2012</u>	<u>2012</u>	<u>2012</u>	<u>2013</u>	<u>2012</u>
12 414	20 415	5 339	40 000	30 000	45 000	442 754	342 540
11 688	7 745	5 132	26 000	3 500	22 038	268 980	192 337
316	699	-	4 525	12 812	3 979	42 170	35 561
400	7 550	-	3 134	860	4 490	33 538	19 570
10	-	-	2 050	11 499	5 302	33 046	36 324
-	4 421	-	4 291	1 329	9 190	61 879	54 332
<u>12 414</u>	<u>20 415</u>	<u>5 132</u>	<u>40 000</u>	<u>30 000</u>	<u>45 000</u>	<u>439 613</u>	<u>338 124</u>
<u>-</u>	<u>-</u>	<u>-</u>	<u>(1)</u>	<u>-</u>	<u>-</u>	<u>3141</u>	<u>4 416</u>

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