



Summer is here at VEQ!

Voice of English-speaking Québec is off to a busy start this summer with great activities going on for all ages!

This summer, VEQ and Be Active Québec have teamed up again to organize the Fit & Fun Summer Day Camp. This 6 week camp invites children ages 5-12 to participate in a variety of activities that help campers learn about living an active and healthy lifestyle.



The Seniors Out & About program has already held a number of activities this spring and will continue throughout the summer. Outings to a range of great places such as l'Île d'Orléans, Vieux-Québec and the Old Port Market have been planned. This project aims to help English-speaking seniors remain autonomous and actively participate in community activities through safe and free transportation.

The Newcomers program started the summer with a *Walking Tour of Old Québec*, and many activities are being planned for the fall. Be on the lookout for more information on upcoming events in the newcomers' E-Bulletin.

Mark your calendars for Fall Fest 2016! This year, join us on Saturday, September 17th at St. Vincent Elementary school. Come visit local community groups and businesses, catch up with old friends and participate in activities for the whole family. Fall Fest will feature live performances by cultural groups, inflatable games, face painting, and great food provided by SNACS Entrepreneurs! Community groups and businesses interested in having an information table at Fall Fest can contact info@veq.ca or (418) 683-2366 ext. 221.

Enjoy the rest of the beautiful summer in Quebec City! And as always, feel free to contact us if you have any questions or concerns.

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VEQ's Annual General Meeting 2016

Over 60 people attended Voice of English-speaking Québec's 35th Annual General Meeting held on Thursday, May 26, 2016 at Centre des Loisirs St-Sacrement. Members had the chance to hear about VEQ's successes of the past year and learn about the many exciting new initiatives for 2016-2017.

This year, VEQ was fortunate to have a number of community members wishing to join the Board of Directors. VEQ welcomed 4 new board members, and 2 board members were re-elected for a second term.

VEQ wishes to thank Bill Donnelly, Master of Ceremonies and Meeting Chair, and Richard Walling, Electoral Officer, for their contribution to the evening.

After the meeting, VEQ staff and community members had the opportunity to mingle while enjoying refreshments and hors d'oeuvre. Many thanks to Ted and Louise Gunn for providing wine that was enjoyed by members.

VEQ is pleased to welcome its 2016-2017 Board of Directors:

Warren Thomson, President
Brian A. Garneau, Vice-President
Philip Almaguer, Treasurer
Véronique Hunter, Corporate Secretary
Laine LePage, Member-at-large

Members: Rebecca Boucher, Jeanne Grégoire, John Karkosak, Ann Martell, Ed Sweeney, Fabrice Vanegas, Marie White and Hoffman Wolff





Collaborative Community Mural - Showcasing our Community's Identity

VEQ is looking for community members willing to submit a painting that represents what the English-speaking community is to them. This innovative project will bring community members together through the creation of a collaborative mural. A total of 100 participants of all ages will collaborate to create the mural, resulting in a lasting and permanent exhibit. This project will take place from June 2016 to March 2017 and will conclude with a special event where all community members will be invited to view the mural showcasing our community's rich heritage and unique identity. The mural will then become a permanent exhibit in our community Wellness Centre. VEQ will provide materials to participants. This project is funded by Canadian Heritage.

For more information or to participate in the project please contact Heather McRae at (418) 683-2366 ext. 224 or heather.mcrae@veq.ca.

Digital Memories

This fall, Voice of English-speaking Québec will be working with local high schools on a project that will bring seniors and youth together again. This activity will focus on building intergenerational bonds through the understanding of our community's rich cultural heritage. Youth and seniors will partner together to create videos discussing the past. A special section will be created on the VEQ website where the videos will be available for viewing, and copies of the videos will be given to every participant. An open celebration will be held inviting participants and the community to acknowledge the work of our youth and the heritage of our seniors. This project is funded by Canadian Heritage.

VEQ is looking for seniors to participate in the project this coming fall. To participate in the project please contact Heather McRae at (418) 683-2366 ext. 224 or heather.mcrae@veq.ca.

QADA: Ma communauté, j'y participe

The approach to meeting the needs of the aging demographic of Québec is constantly evolving, and we believe that communicating directly with seniors and adapting social activities available to them is essential. Our new project, *Ma Communauté, j'y participe*, aims to promote social participation among English-speaking seniors in the region. This will be achieved with the help of a steering committee who will oversee the project, evaluate the overall effectiveness of our activities and provide feedback to better meet the diverse needs of our community's seniors. Generously funded through Québec ami des aînés.

For more information, please contact Daniel Potter at (418) 683-2366 ext 222 or daniel.potter@veq.ca.

I Volunteer / Je m'implique

This new project aims to promote bilingualism and foster the establishment of stronger links between the two linguistic communities in the Quebec City region. This will be achieved by creating a database of volunteering opportunities in the English and French sectors which aims to find French-speaking volunteering opportunities for English speakers with very limited French and English-speaking volunteering opportunities for French speakers with limited English. Ultimately, our goal is for participants to feel more confident in their capacity to live, volunteer and work in both languages. Generously funded through the Promotion of Linguistic Duality, Enhancement of Official Languages Program of the Department of Canadian Heritage.

For more information, contact Daniel Potter at (418) 683-2366 ext 222 or daniel.potter@veq.ca.

YES in Quebec City

Start, Grow & Expand Your Business TODAY!



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

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

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

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

Upcoming dates:

July 12-13, 2016

August 16-17, 2016

September 21-22, 2016

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

Don't delay your business ideas, sign up with a business coach TODAY!

For all inquiries about Professional Business Coaching in Quebec City, please contact VEQ at info@veq.ca or (418) 683-2366 ext. 225.

Free Career Services, wherever you are in Québec.

Looking for a job in Quebec City? Your job searching techniques can mean the difference between frustration and success. Whether you're looking for part-time work or a full-time career, YES offers free personalized career development and job search services for individuals up to 35 years old to help you jump-start your career.

Career Counselling is offered online to Quebecers and workshops are accessible free of charge. Call 1-888-614-9788 ext. 320 to make your appointment now or register online at www.yesmontreal.ca.

Be Part of the Official Language Conversation

Pan-Canadian consultations for the renewal of the



CROSS-CANADA OFFICIAL LANGUAGES CONSULTATIONS 2016

federal Official Languages strategy were recently launched by Canadian Heritage Minister Mélanie Joly, who invites all Canadians to share their opinions or comments on the role of English and French in Canadian society. The Government of Canada is committed to developing a new official languages plan to support English linguistic minority communities. The QCGN is taking a leadership role for Québec's English-speaking community's participation in this key opportunity, providing members, community and supporting stakeholders with our strategic development priorities and expectations regarding the federal government's new official languages plan. Links to read the Minister's news release and details on the consultation and online questionnaire can be found on our website. We strongly encourage you to complete the online questionnaire at www.veq.ca.

BAQ/VEQ Fit & Fun Summer Day Camp

This summer, Voice of English-speaking Québec, in partnership with Be Active Québec, is once again offering a one of a kind summer day camp experience where children ages 5 to 12 enjoy activities entirely in English. The camp runs for 6 weeks, from June 27 – August 5 at St. Vincent Elementary School. With almost 100 children registered, Camp Director Sally St.Amant, 9 counselors, special needs assistants, and other helpers from the VEQ team have been busy creating a fun and safe environment for campers to learn and play.

The main focus of the Fit & Fun Summer Day Camp is to promote healthy eating habits and a physically active lifestyle. Each week centers around a theme inspiring daily activities, as well as a weekly outing. On top of the special weekly themed activities, the campers are able to enjoy daily swims at the pool and workshops to learn about making healthy snacks, and crafts. Campers also benefit from a free daily smoothie. The BAQ smoothie bike, which the campers are encouraged to ride in order to blend their smoothies, combines our healthy eating and active lifestyle goals!

This year's themes and outings:

- Week 1 – Quebec City – Outing to Baie de Beauport/ Île d'Orléans
- Week 2 – The Great Outdoors – Outing to Station Touristique Duchesnay
- Week 3 – Circus – Outing to Québec Circus School
- Week 4 – Adventure – Centre Récréofun
- Week 5 – Summer Fun – Outing to Village Vacances Valcartier
- Week 6 – Summer Olympics – Final Going Away Party

The staff of Voice of English-speaking Québec and Be Active Québec would like to extend a huge thank you to all participants in this year's camp. Thank you for your positive feedback, we look forward to offering another summer camp next year!

FIT & FUN 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 English-speaking children ages 5-12 can enjoy themselves.

When: June 27th—August 5th, 2016
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. Children that don't participate will stay at camp and enjoy special Friday activities.

Sports and Activities
Physical fitness helps to foster leadership and teamwork in a fun and safe environment. On a daily basis, campers will participate in a variety of sports and outdoor activities. Campers will be assigned to a color team based on their age and will spend much of their time with their group.

Daily Smoothies
Each day, during snack time, campers will be offered 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. 227 or quebecenforme@veq.ca
Register online at www.veq.ca or see form on reverse

Seniors Out & About

We're back! The Seniors Out & About program has begun again and will be running all summer long. This program focuses on offering English-speaking seniors free transportation to various community activities and outings while providing them with opportunities to get out, socialize, and bond with members of their community. Such activities include shopping trips, tea afternoons, days at l'Île d'Orléans, outdoor city visits, and more.



To offer your suggestions or to register for activities, please contact Heather McRae at (418) 683-2366 ext. 224.

News from the Newcomers Coordinator

After a year off on maternity leave, Jessica Price is very excited to be back in her role as VEQ's newcomers coordinator. Jessica would like to send a big thank you to her colleague Khrystyna Merrithew for doing such an incredible job while she was away! This summer we expect many newcomers to move to the Quebec City region and hope to reach out to as many of them as possible.



Are you new to the city or still feel like a newcomer? Come out 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. Stay tuned for more news on our newcomers' events happening later this summer and in the fall.

Our most recent event: *Newcomers' Walking Tour of Old Québec*: June 18, 2016

To kick off the summer, this past June we had our first newcomers event of the fiscal year, our *Newcomers' Walking Tour of Old Québec*. It was a great success and we were fortunate to have gorgeous weather. Thank you to everyone for making it a great day!

For more information, please contact Jessica Price at newcomer@veq.ca or (418) 683-2366 ext. 225.

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? Simply call us at the Quebec City Reading Council at (418) 681-1258 or email info@lifelonglearningquebec.org. LLL is a collaborative effort of several community organizations and individuals with funding support from the Citadel Foundation.

Seniors' Housing Apartment Complex

McGreevy Manor is a 39 unit seniors' apartment complex in Sillery right next to Saint Brigid's Home. It is designed to help seniors maintain their autonomy and independence in an English-speaking environment while meeting their needs for security and comfort. The complex is close to many services, including public transportation, shopping and restaurants.

For more information, please call Nectaria Skokos at (418) 684-5333, extension 1517, or email nskokos@jhparkers.net.

Canada Homestay is Looking for Families to Host Students

The Canada Homestay is looking for families to host students coming from Brazil. They are here to learn English and French in order to help them socially for the 2020 Olympic Games. While they are here they will be learning English at an English language school in the morning. They will be training at Laval University in the afternoon. All ten students specialize in a sport. We are looking for homes to accommodate them.

If you have a spare room and some time to offer from the 15th of July to mid September, why not open your house and your heart? There is a monthly allocation provided.

Please visit our website for more information on our non profit organization www.whyihost.ca or call Heather Clibbon-Côté at (581) 309-3189.

Come Craft With Us!

The Kirk Hall Crafters (originally the Kirk Hall Knitters) are continuing to craft all summer long. This is a bilingual group of craft-minded people that meets weekly either in the afternoon, evening, or both.

- When: Every Wednesday from 2-4 p.m. & 7-9 p.m.
- Where: At the Kirk Hall, 45 Chaussée-des-Écossais, Old Québec
- Who: All interested in knitting, experienced or beginner. Join this fun all-ages group and enjoy tea & a chat while working on your craft project!

For more information call: Katherine (418) 704-2278.



Wellness Centre Activities

From May to September, join other English-speaking parents and their preschool children for Friday morning Park Playdates, parent volunteers host these free events in different parks around the city all summer. Locations are listed each week in our e-newsletter Toddler Talk Online (so be sure to sign up for this online newsletter). For more information, visit wejh.ca/park-playdates/.



If you are caring for an aging loved one either near or far away, the Caring Circle Café offers an oasis where you can share experiences with other English-speaking caregivers. Join us to find resources, learn new things, and enjoy some refreshing and well-deserved ME time!

The Wellness Centre will be holding confidential art therapy sessions led by Anne-Sarah Brisson, certified art therapist, which are intended to help caregivers explore their feelings while enjoying the life-affirming pleasure of creating. No artistic talent required! Caregivers are welcome to attend all of the sessions or only some.

For more information or to enrol for any of these activities, please call Jan Anderson at (418) 684-5333, ext 1539.

Tours of St. Andrew's Presbyterian Church

Starting on June 27th, St. Andrew's will be open daily for tours or just for quiet time. From Monday to Friday, guides will be present from 10 a.m. until 4 p.m. On the weekends, guides will take place in the church from noon until 5 p.m.

St. Andrew's Presbyterian Church, is located on 106 Ste. Anne Street, Quebec City
Please call for any inquiries at (418) 694-1347

English-speaking Toastmasters Quest Club's Corn Boil

During the summer vacation, QUEST club will meet at 7 p.m. on August 20th, at Sainte-Croix de Lotbinière, for a corn boil party. Members and guests are most welcome.

For more information or to reserve your spot, please contact Sandra Holman sandra.holman@hotmail.com, (418) 573-1767 or Jean Racine jeanracine@oricom.ca, (418) 623-0452.

Summer concert series at Chalmers-Wesley Church

Chalmers-Wesley United Church is proud to present Musical Wednesdays, a series of nine noon-hour concerts during July and August 2016. Feel free to bring your lunch with you (no crunchy potato chips, please), and join us from 12:00 to 1:00 p.m. for the following concerts:

- July 6 with American bass-baritone Douglas Renfroe accompanied by pianist Nataliya Labiau.
- July 13, well-known québécois flutists Jean-Sébastien Bernier & Natalie Croff will delight the audience.
- July 20, Pipe Major Alan Stairs and Don Neilson will perform and explain the history of the pipes and drums of the 78th Fraser Highlanders.
- July 27, Chalmers-Wesley's organist Gordon Brown will give a concert on organ and piano.
- August 3, Québec organist Jean Côté will present a concert of classical organ music.
- August 10, enjoy typical québécois music with the Band'Accordéons de Québec.
- August 17, St. Brendan's Trio, a chamber music ensemble with Celtic influences featuring Eline Brock (violin), France Dupuis (cello) and Lawrence O'Hearn (Baroque oboe),
- August 24, *exceptionally at 7:30 p.m.* instead of noon, American concert pianist Mark Damisch will make a stop at Chalmers-Wesley during his North American tour.
- For our final concert on August 31, Chalmers-Wesley's former organist, Jacquelin Rochette, now artistic director of Casavant Frères, will bring our Musical Wednesdays to a close in classical fashion.

All concerts are free, but we welcome a voluntary donation of \$10 or more to offset expenses and help us continue this musical outreach to the community.

Chalmers-Wesley is located at 78 Rue Sainte-Ursule in Old Québec.
Please visit our website to learn more: www.chalmerswesley.org

Musique à midi concert series at the Cathedral of the Holy Trinity

For the summer of 2016, the Cathedral of the Holy Trinity at 31, rue des Jardins offers eight concerts from July 7th to August 25th. The concerts take place every Thursday at 12:30 pm and last 45 minutes.

- July 7th at 12:30pm Béatrice Cadrin (alto)
- July 12th at 7:00pm San Diego Children's Choir
- July 14th at 12:30pm Douglas Renfroe (baryton-basse) & Nataliya Labiau (piano)
- July 21st at 12:30pm Robert Patrick Girard (orgue) & Marie-Hélène Couture (alto)
- July 28th at 12:30 pm Duo Mimosa – Jean-François Gagné (alto) & Geneviève Savoie (flûte)
- August 4th at 12:30pm Nataliya Labiau (piano) & Dominic Painchaud (violoncelle)
- August 11th at 12:30pm Mary-Kathryn Stevens-Toffin (alto) & invités
- August 18th at 12:30pm Worcester Choral Society
- August 21st at 3:00pm Clôture du festival de chorale & orgue de chœur



Piano Concert at St. Andrew's Presbyterian Church

On August 27th, at 7: 30 p.m., American concert pianist Mark Damisch will be performing at St. Andrew's Presbyterian Church, 106 Ste. Anne Street, Quebec City.

Visit our website for more information:

Summer Services at Trinity Church Ste-Foy

During the month of July there will be no service, allowing all to take a vacation. The regular Sunday services will resume on the 1st of August.

Vieux-Québec Feis—Third annual event

Saturday, September 24, 2016 at Séminaire St-Francois, 4900 Rue Saint Félix, Quebec City
9:00 a.m. to 4:00 p.m.



Irish dancing competitions and music all day. Free entrance. Everyone welcome. Meals and snacks can be purchased on site. Vendors will be in place: Irish Eyes Irish Gifts, Faery Reel Irish Dance Supplies, Jewelry by Carolyn and Christine, On The Spot Event Apparel, and more! Céad míle fáilte! Come one come all!

APPEAL Conversation Workshops Fall Schedule

The fall session of conversation workshops in English and social activities for APPEAL will run from September 26 to December 7, 2016. APPEAL offers conversation workshops to French-speaking individuals who want to practice and improve their spoken English skills. Competent native English-speaking monitors are hired by the Board of Directors, who are volunteers. APPEAL is a non-profit organization founded in Quebec City in 1984.

For more information, you can phone at (418) 659-7616, write to appeal1984inc@gmail.com or go to our website at www.appealquebec.org.

Guided Tour of St. Patrick's Cemetery

On Sunday October 2 at 13:30 during the *Journées de la culture*, Irish Heritage Quebec will offer a guided tour of St. Patrick's Cemetery, 1601 Chemin St-Louis.

The tour lasts 75 minutes and offers participants the chance to learn more about the Irish community of Quebec City and some of its important members over the years. The group will meet within the cemetery near the garage where parking is available. Please enter the cemetery via the gate at the intersection of Chemin St-Louis and Sheppard. The tour is in English and free.

Reservations may be made at (418) 704-3404 or by email at newsihq@videotron.ca.

Read VEQ'S past president Taylor Ireland's blog for Québec International

Taylor Ireland, our past president at VEQ, writes a blog for *Québec en tête* where he discusses different aspects of life in Quebec City. Visit it at blogue.quebecentete.com/blogueur/taylor/en/.



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.

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

Telephone: (418) 683-2366 * Fax: (418) 688-3273 * E-mail: info@veq.ca * Website: www.veq.ca
Please call for an appointment for one-on-one referral services.

Regular Office Hours

Monday to Friday: 8:30 a.m. to 4:00 p.m. * Closed during lunch hour: 12:00 p.m. to 1:00 p.m.

Be sure to follow us on our Facebook page!



Newsletter Update

In an effort to promote a greener future, the Voice of English-speaking Québec is interested in reducing the number of print copies of our General Newsletter - and we need your help!

Please take a moment to contact us by phone, 418-683-2366 ext. 221, or email info@veq.ca, if you would like to receive an electronic copy instead of a print copy of the newsletter. Thank you!

