

# Annual Report

## 2015 - 2016



1270 chemin Sainte-Foy, suite 2141 • Québec, (Québec) G1S 2M4 • [www.veq.ca](http://www.veq.ca)

Tel: (418) 683-2366 • Fax: (418) 688-3273

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## Table of Contents

Board of Directors / Staff .....	1
Mission Statement .....	2
President's Message .....	3
Executive Director's Report .....	5
Community Events .....	7
Community Outreach.....	10
Employment Services.....	12
Newcomer Services.....	13
Website .....	16
Be Active Québec .....	17
50+ Activities .....	19
Diversity of Voices.....	21
Join Forces for the Future .....	22
Partnership with Jeffery Hale Community Partners .....	23
Treasurer .....	25
Photo Gallery .....	33

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## Voice of English-speaking Québec

### Board of Directors 2015-16

Taylor Ireland, President  
David O'Neill, Vice President  
Phil Almaguer, Treasurer  
Véronique Hunter, Corporate Secretary  
John Karkosak, Member-at-Large

Alec Cooper	Rebecca Boucher
Jeanne Grégoire	Laine LePage
Véronique Hunter	Joanne Legge
Justyna Lemieux-Lefebvre	Ann Martell
David O'Neill	Hoffman Wolff
Marie White	



### Staff

Brigitte Wellens Executive Director  
Amy Bilodeau, Project Coordinator  
Ellie Fleming, Operations Manager  
Heather McRae, Project Coordinator  
Jean Nivischiuk & Sally St. Amant, Be Active Québec Coordinator  
Daniel Potter, Project Coordinator  
Khrystyna Merrithew, Newcomers Coordinator and Administrative Assistant

Dora Malone, Summer Student 2015  
Geraldine Poulin, Intern

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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. Whether to simply get to know one another, or to work together toward a common cause which supports the needs of the English-speaking community, VEQ activities such as Fall Fest and semi-annual Happy Hours support and strengthen a vital sense of 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 the Diversity of Voices and Youth Forum projects for local youth, Performing Arts Festival with CQSB, technology workshops for seniors, and Seniors Out & About 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 served its advocacy role as 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*.

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## President's Message

Six years ago I made the easy decision to join the board of Voice of English Speaking Quebec (VEQ). Today, I fondly look back on these last six years as a board member, executive board member, treasurer and president. I also take stock of how lucky we all are to be part of the English-speaking community in Quebec City and region. It is rewarding to work for the improvement of the services we offer our community members and institutions. Looking forward, I would like to share with you the current state of VEQ in a few key areas. Organizational Capacity, Board Engagement, and Leadership.



**Taylor Ireland, President**

**Organizational Capacity** - VEQ is in a strong financial and organizational position in the second half of 2015, VEQ introduced a health insurance and employee benefits program that will strengthen our organization's ability to attract and retain talent. In part our ability to implement an insurance and benefit program is the result of our strong financial position and accumulated surplus. Organizational improvement remains an important goal, as VEQ continues to be a model organization upon which many others are compared. VEQ's proven record of newcomer integration, community involvement in numerous segments, and cooperation with the francophone majority are key achievements.

**Board Engagement** - Fewer cancelled meetings, more discussion.

Two years ago we made the difficult decision to reduce the number of board members from 21 to 15. One would have been forgiven for wondering how a reduction in board members from the community would result in increased board engagement, but it has. Where prior to the reduction, board meetings would be regularly postponed due to not having quorum. Over the past 2 years, cancelation of meetings due to a lack of quorum has occurred once. Furthermore, during meetings board members speak freely and often, which has been a welcome change from the past. If you have been thinking of joining the VEQ board never has it been so easy to get involved and make a difference!

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## President's Message

**Leadership** – Welcome Brigitte Wellens. In September of 2015, then VEQ Executive Director Jean-Sébastien Jolin Gignac, who had given 10 years to VEQ announced he would be moving onto a new position within the community. Mr. Gignac was instrumental in the success VEQ has enjoyed in the past and his achievements will continue to pay dividends to VEQ and its members for years to come. The departure of Mr. Gignac left the board with the task of finding a new ED. After a thorough selection process, the board selected Brigitte Wellens as the new Executive Director of VEQ. Personally, I am very excited to see the advancements and success VEQ is sure to experience under the stewardship of Ms. Wellens. Ms. Wellens has a proven track record, keen organizational skills and a strong work ethic. Most importantly, Ms. Wellens is passionate about VEQ, its members, and the English speaking community of Quebec City and region. Join me in wishing her continued success at VEQ!

In closing, I want to say thank you to everyone who has helped along the way and a special thank you to current and past board members. I am grateful for the opportunity I had in serving VEQ over the last 6 years, with the last two as President. Our community is changing, but our sense of community remains stronger than ever. We can and should celebrate that we have institutions and organizations dedicated to serving us, we have sports teams and theatre

companies, we have libraries and a Wellness centre and we have people, leaders, who work to make our community a better place. To all of you, thank you!

Best Regards,  
Taylor Ireland

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## Executive Director's Report

As I write this report, I realize that it has been another busy year at VEQ. I reflect and look back on my first 7 months as Executive Director with a great deal of satisfaction for the work that we carried out and the successes that we celebrated. I also look ahead with a lot of anticipation for the new projects and activities that will be carried out in the new fiscal year.

Before highlighting some of the key successes that we have enjoyed this year, I would like to take time to thank my qualified and dedicated staff: Ellie Fleming, Operations Manager, Heather McRae, Project Coordinator, Amy Bilodeau, Project Coordinator, Jeanne Nivischiuk, Be Active Québec Coordinator, Sally St. Amant, Be Active Québec Coordinator, Khrystyna Merrithew, Newcomers Coordinator and Administrative Assistant, and Daniel Potter, Project Coordinator. Their hard work and passion for the community are without a doubt what makes VEQ so successful.

Once again VEQ was particularly involved in developing and strengthening partnerships with key organizations from both linguistic communities of our region. These crucial and productive partnerships enable us to maximize our ability to continue to provide quality services to English-speakers and increase our capacity to make decision-makers aware of the needs and priorities of our community.

VEQ continued to play a key role on the *Table de concertation en immigration de la Capitale-Nationale* which provided us with access to useful information about services



**Brigitte Wellens**  
**Executive Director**

or tools that we can adapt to better serve English-speaking newcomers. The Table is made of approximately 40 organizations that are directly involved in the integration of newcomers in the Greater Quebec City region. To ensure a continuum of services, an online tool was launched in the spring. The tool reunites, under one roof, all the services offered by the organizations that are part of the *Table de concertation en immigration de la Capitale-Nationale*.

VEQ was also in charge of two projects that focussed on youth. The *Diversity of Voices* project that brought together 375 young adults ages 20-35 to practice their second language through various activities, and the *Join Forces for the Future Intra-Regional Youth Forum* project that was carried out in partnership with The Megantic English-speaking Community Development Corporation (MCDC) and was aimed at demonstrating to high school students that there is a future for them in their region.

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## Executive Director's Report

Guest speakers offered insight into their personal experiences and set the stage for discussions that provided us with crucial information.

In addition, VEQ supported the Central Quebec School Board (CQSB) again this past year in the organization and production of the 2015 Performing Arts Festival. 11 elementary schools participated and came together for a fun-filled day at Dollard-des-Ormeaux School. The festival was a real success and VEQ is looking forward to collaborating with the CQSB on similar initiatives in the future.

VEQ continued to be proactive in implementing a variety of useful services for seniors of our community. Thanks to a strong partnership between VEQ, the VEQ Foundation and the financial support of the Jeffery Hale Foundation, VEQ was able to continue providing weekly transportation for English-speaking seniors. Seniors Out and About, as it has come to be known, enables English-speaking seniors to keep their independence and reduce social isolation through safe and free transportation to help them in activities that are generally considered fundamental tasks. The project allows them to participate in community activities and outings including shopping trips, lunches out at restaurants and movie matinees just to name a few. 190 seniors participated in the outings.

Additionally, through funding received by the Conférence régionale des élus de la Capitale-Nationale (CRÉ), and in partnership with Quebec High School and St. Patrick's

High School, VEQ was able to offer technology workshops for seniors. Students from both schools put together the workshops entirely on their own. The students also provided one-on-one support after each workshop. In the coming years, the development of quality services and activities for seniors will continue to be a priority for VEQ.

I am really enthusiastic to start this new fiscal year as the ED of VEQ and look forward to continuing to serve our community, by offering adapted services and opportunities for everyone to come together.

A big **thank you** to our outgoing President, Taylor Ireland, whose leadership on the board for the past two years as President and in his capacity as treasurer, executive committee member, and board member prior to that has helped VEQ grow to new heights.

Another special **thank you** to all our dedicated board members, volunteers, partners, funders and supporters!

Sincerely,

Brigitte Wellens  
Executive Director

## Community Events



**Ellie Fleming**  
**Operations Manager**

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.

Over 60 people attended Voice of English-speaking Québec's 34th Annual General Meeting held on May 28, 2015 in the Coin Soleil room at Jeffery Hale Hospital. Members had the chance to hear about



**Annual General Meeting 2015**

VEQ's successes this past year and learn about many exciting new initiatives. Charles Taker, of the Office of the Commissioner of Official Languages, made a brief presentation to the members. Mr. Taker highlighted the event that took place in September 2014,

co-hosted by OCOL, which highlighted the success of the Newcomers program. He offered congratulations to the community for their success and work on Bill 10 and was impressed by the capacity of the community to rally around this issue. He brought greetings from Mr. Graham Fraser, the Commissioner of Official Languages. Richard Walling of the Jeffery Hale Community of Care spoke to the members of the challenges that the institution of Jeffery Hale-Saint Brigid's faced. VEQ stepped up in a time of need to defend and support the needs of the community during Bill 10. Because of these advocacy efforts, JHSB will continue to have input in the services it offers, including offering services in English. He thanked the membership of VEQ, partner organizations, the board and staff of VEQ who put in countless hours and effort over the last year.



**Annual General Meeting 2015**

VEQ was fortunate to have a number of interested community members wishing to join its board of directors. Board candidates made short presentations, then votes were cast and tallied. As a result, VEQ welcomed 3 new board members and 2 current board members



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## Community Events

were re-elected for a second term.

Thanks to partnerships with Citizenship and Immigration Canada, Jeffery Hale Community Partners, Department of Canadian Heritage and the Ville de Québec, over 650 community members joined VEQ at St. Vincent Elementary on September 19, 2015 for the sixth annual Fall Fest.



**Fall Fest 2015**

Activity in the gym was buzzing with over 40 community groups and businesses showing the community who they are and what they do. SNACS catering provided corn and chilli that kept the crowd fed while kids enjoyed face painting, and other great family activities. Thanks to our collaboration with Be Active Québec, children were able to enjoy bouncy castles. There were performances this year from the Shannon Irish Dancers.

VEQ's Holiday Happy Hour was held on December 2, 2015 at the Morrin Centre in Old Québec. Nearly 110 community members spent the evening socializing with friends old and new while enjoying

delicious hors d'oeuvres and refreshments. VEQ would like to give a warm thank you to the Morrin Centre for sharing their beautiful space with us and to the local businesses who graciously donated to door prizes. We could not have asked for a better way to ring in the holidays.



**VEQ staff at Holiday Happy Hour 2015**

VEQ once again offered free transportation to the Shannon Irish Show on March 12, 2015. Over 20 people rode the bus out to Shannon and enjoyed a great show celebrating Irish heritage in Québec. This year marked the 50th edition of the show.



**Bus to the Shannon Irish show**

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## Community Events

VEQ hosted a 5-7 with 30 community members to help “Kick winter to the curb”. The event was held at Le Pub St-Alexandre, located in Old Québec and was held on March 30th, 2016. Thank you to all of the local businesses who donated wonderful door prizes

VEQ collaborated with the Central Québec School Board (CQSB) to help organize and produce their Performing Arts Festival at the elementary school level.

The Performing Arts Festival (PAF) took place on Friday, April 26, 2015. Eleven elementary schools from across the CQSB came to Dollard-des-Ormeaux School to watch a special performance by each school attending the festival. Performances included

dancing, singing, drumming and acting. In the afternoon there was an artists showcase with performances by some of the artists who were leading the workshops. After the artists showcase, students participated in an arts workshop of their choice. The workshops included belly dancing, hip hop, mural painting, circus, trapeze, cartooning, killer vocals, pottery, African drumming, magic, and photography.



**Performing Arts Festival 2015**

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## Community Outreach

### 20<sup>th</sup> Community Christmas Hamper Campaign

In December, VEQ once more proudly contributed to the Annual Community Christmas Hamper Campaign in its 20<sup>th</sup> year.

VEQ staff sat on the organizing committee, contributed to the drafting, printing, and distribution of publicity material as well as playing all sorts of roles in the four-day blitz leading up to delivery. VEQ took on the coordination of counting and dispatching again this year. In collaboration with the Morrin Center's Literary and Historical Society, VEQ hosted its annual Holiday Happy Hour fundraising event for the campaign complete with Turkey Tips!

VEQ staff were also present on a unique communications committee to assist in the overhaul of the campaign's look and logo for its 20<sup>th</sup> year. Communications, online donations strategy and volunteer management were undertaken by Amy Bilodeau who divided her time as volunteer coordinator for the Jeffery Hale Community Partners and project coordinator for VEQ.



Community Christmas Hamper Campaign 2015

In total 197 volunteers sorted, counted, packed and loaded hampers for delivery to 217 families in need. The organizing committee was happy to announce that they met the \$25,000 fundraising goal through personal donations ([www.qchampers.ca](http://www.qchampers.ca)), fundraising events, and the overall generosity of all those involved.



Community Christmas Hamper Campaign 2015



Community Christmas Hamper Campaign 2015

## Community Outreach

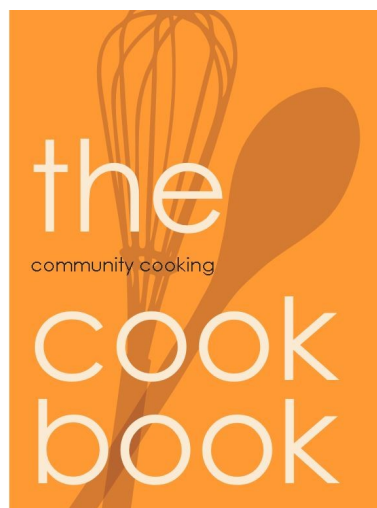
### Community Cooking

In the wake of the Active Living 50+ project's very popular cooking classes in 2014, VEQ proudly collaborated with Be Active Québec and the Wellness Centre to once again bring SNACS Entrepreneurs Chef Chris Wotherspoon back into our Community Cooking program for many more to enjoy!

These individual cooking classes were open to the public and provided a hands-on opportunity to learn about healthy recipes, apply new food skills and foster a social and fun atmosphere for cooking. Registration was moved to an online platform on the VEQ site to facilitate management. Half of the ten classes offered were friendly to young families (child 5 years old and up, accompanied by adult). All recipes were reviewed by a professional nutritionist and will be compiled to produce a small booklet to share.



The Community Cooking class 2016



The Community Cook book 2016

Cost will be determined at a later date.

### St. Patrick's Day Parade 2016

Once again this year, VEQ participated in the seventh edition of the Québec St. Patrick's Day Parade. VEQ staff and board members got all decked out in green for the occasion and walked the nearly 5 kilometer route while handing out shamrock stickers to children.



St. Patrick's Day Parade 2016

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## Employment Services

VEQ maintains a well-consulted online Job Bank, which can be viewed at [www.veq.ca/job-bank](http://www.veq.ca/job-bank). All employment positions posted require English -language skills or bilingualism.

A total of 92 positions were posted on the site during the year. Examples of positions featured on the site include:

- Sales Representative
- Web Marketing Leader
- Administrative Assistant
- Language Instructor
- Project Coordinator
- Theatrical Tour Guide
- Transport Coordinator
- Regional Youth Coordinator

VEQ has continued the partnership with Youth Employment Services (YES) Montreal, which focuses on one-on-one business coaching offered in Quebec City as well as online. These monthly sessions help English-speaking entrepreneurs develop and expand their own businesses.

Over the past fiscal year, YES has provided 170 one-on-one business coaching sessions to a total of 62 individuals in the Quebec City region.

Thanks to a strong partnership with the FORT Program, VEQ continues to refer many clients to their program which offers employment counseling services to English-speaking residents.



Youth Employment Services 2015



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## Newcomer Services



**Khrystyna Merrithew**  
**Newcomers Coordinator**

The members of the 2015-2016 Newcomers Committee included Board members, Jeanne Grégoire, Stephen Marchessault, Phil Almaguer and staff member Khrystyna Merrithew

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 Canadian Heritage, Citadel Foundation and the Ville de Québec, 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 283 newcomers in the Quebec City region, 80% within their first year of arrival. A total of 962 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, and the various schools and churches in our community.

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.

VEQ organized seven FYNN sessions with 257 participants:

- Newcomers Walking Tour of Old Québec (June 2015), where 21 newcomers participated in the walking tour of Old Québec with a knowledgeable and charismatic tour guide who shared with us a great deal about Quebec City's rich history. Everyone seemed to enjoy the bright sunny day.



## Newcomer Services

- Newcomers Corn boil (August 2015) where 62 participants took part in a fun-filled day enjoying corn that was locally produced. This activity was in partnership with Be Active Québec and was a great way for people to get out on a beautiful day, meet other newcomers, and learn a bit about Québec culture. Thanks to Québec High School for providing the space and all the volunteers that helped make the event a success.



**Newcomers Corn Boil  
August 2015**

- Newcomers Meet & Greet: Taste of Québec (October 2015) where 66 participants took part in a fun-filled evening to learn a little more about our organisation and life in Québec City while enjoying traditional Québec food. Thanks to Jeffery Hale Hospital for providing the space, all the volunteers that helped make the event a success and the various businesses that generously gave donations for the door prizes.
- Winds of Change Workshop (November 2015); This event was held in partnership with Jeffery Hale



**Newcomers Meet & Greet  
October 2015**

Community Services to provide newcomers with information and tools on how to adapt to life in Québec. A total of 25 participants 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. Thank you to our guest speaker Phil Almaguer and to the wonderful organisations who provided us with door prizes.



**Newcomers Winds of Change  
November 2015**

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## Newcomer Services

- Holiday Happy Hour (December 2015), more than 110 community members 30 of which were newcomers, attended the event which took place at the Morrin Centre.
- Newcomers Creative Corner (October-March 2016) This year we put on the *Newcomer's Creative Corner* in partnership with Jeffery Hale Community Partners. This was a bi-weekly activity for newcomers to get together in a relaxing setting to meet and mingle with other newcomers while painting. We had a lovely group of 12 participants and overall it was a great success.



**Newcomers Creative Corner**

- Snowshoe Excursion: (January), This was an opportunity for newcomers to get outside and embrace the winter season. The event was held in partnership with Be-Active Québec (BAQ) and had a great turnout of 38 participants. The goal was to get newcomers outside, during a time

when many people are inclined to curl up indoors, to try one of Québec's popular winter activities, snowshoeing, while meeting and mingling with other newcomers. It was a great success and we hope to do it again in the future. This year the event was held at the Plains of Abraham with tour guides who provided us with the history of snowshoeing in Québec and concluded with a nice hot cocoa. Thanks to everyone that came out to make the day so wonderful!



**Snowshoe Excursion  
January 2016**

## Website

Key features from the website continue to be updated regularly such as:

- The **Job Bank**, which is considered one of the most important parts of the website
- The online version of the **Community Connection Directory** with options to download the entire directory or view the listings directly online
- The **Newcomers Information** section
- The **Upcoming Events** page which is now arranged by date
- The **News** section where important information for the community can be found
- The **Resources and Services** section which provides important information about our most common questions such as Health and Social Services, and improving your French and English skills.
- The **Community Bulletin Board** section where members can post information on the website for free.
- There is also a direct link to VEQ's Facebook page, a growing resource for connecting with our community—now with almost 1,350 followers!





## Be Active Québec



Sally St. Amant  
Be Active Québec  
Coordinator



Be Active Québec (BAQ) works in collaboration with the many partner organizations of the English-speaking community, such as the Jeffery Hale Community Services, Jeffery Hale Community Partners, Valcartier Family Center, Central Quebec School Board, parent organizations like Mom's Night Out, the Eastern Québec Learning Center, Quebec City Reading Council, YWCA, and the Voice of English-speaking Québec. BAQ's goal is to promote better lifestyle choices by encouraging healthy eating habits and physical activity for Québec City youth ages 0-17.

BAQ actively participated in many community programs such as Travellin' Toddler Time (TTT) and Take-a-Break by promoting the activities and offering support. In October at TTT, BAQ hosted a Halloween themed activity where children had a chance to make healthy eating fun, by creating tasty monsters made from fresh fruit. BAQ co-hosted multiple Mom's Night Out activities focused on family-friendly cooking events.

December brought a Christmas party that allowed families to enjoy healthy snacks and meet Santa Claus.



Travellin' Toddler Time October 2015

BAQ also sponsored several school teams in the Pentathlon des Neiges, participated in a Youth Forum in January and got involved in A.S. Johnson's Nutrition Week.

Be Active Québec's work continued with the Central Québec School Board, getting involved in as many schools as possible. One of those schools were St. Lawrence College which expressed interest in utilizing BAQ's special smoothie bike as part of one of their projects. As a result over 165 smoothies were served!



St. Lawrence September 2015

BAQ also hosted a variety of events for March Break, which included sledding and a pizza & pool party. The Pizza & Pool

## Be Active Québec

party event was held at the Jeffery Hale Pavilion where children were able to decorate a healthy pizza and participate in a nifty craft based activity on the four food groups. Afterwards children were invited to take a dip in the pool at the YWCA!

The Fit & Fun Summer Camp celebrated its third year at St. Vincent Elementary School, welcoming an average of 50 children each week. The summer camp featured a daily smoothie from fresh ingredients for each child, a weekly cooking class and Zumba lessons. The camp also hosted optional outings each Friday which were a great success, allowing the children to visit Île d'Orleans, Old Québec, Village Vacances Valcartier, the Québec Circus school and the Roc Gym in Limoilou. The end-of-summer party was also a grand event that welcomed campers from all of the weeks and sent everyone off with a bang. We expect the coming year to improve on the success of last year and feature new activities, games and friends.

Be Active Québec would like to thank all its partners for their tremendous support of BAQ's events and activities throughout the year. With their help, BAQ was able to offer more activities and promote healthy lifestyle choices in the English-speaking community. In the next year BAQ hopes to build on its successes and continue to influence the community in order to build a healthier environment for the young population of Quebec City.



**A.S. Johnson January 2016**



**2016 March break activity**

## 50+ activities



**Heather McRae**  
Project coordinator



**Seniors Out and About**

### Seniors Out and About

This project provides English-speaking seniors with free transportation 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. A small bus is used to transport the seniors while a VEQ staff greets them at their door and accompanies them to the bus. In 2015 there were 20 outings to various community events and activities such as blueberry picking and visits to local spots such as Île d'Orléans, Marché du Vieux Port and Montmorency Falls.



**Seniors Out and About**

### Technology Workshops

This year VEQ received funding from the Conférence régionale des élus de la Capitale-Nationale for technology workshops for seniors presented by high



**Technology Workshops**

school students. VEQ partnered with Quebec High School's and St. Patrick's High School's leadership classes to provide introductory computer workshops to Seniors in our community. This project gave students the opportunity to teach seniors about technology and for the seniors to learn from the students about topics that the students have been using for most of their life.



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## 50+ activities

Some workshops included a short presentation about a specific topic such as Skype, Photos, Email, Google, Facebook and iPad. Each workshop was followed by hands on training sessions. Other workshops were hosted like a drop in clinics where participants would come with questions and concerns about their devices and students were there to answer questions and solve any problems. Each participant received a hand out with information and tips for each workshop. A total of 12 workshops took place with 41 seniors and over 60 high school students participating in this project.



**Technology Workshops**



## LIFELONG LEARNING QUEBEC

### **Lifelong Learning**

VEQ is proud to partner with The Quebec City Reading Council and the Lifelong Learning Steering committee on this important initiative for Seniors in our community. 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. There are many different topics ranging from the Diary of Elizabeth Simcoe to Calligraphy and even an outing to the Egyptian Exhibit and the Musée de la Civilisation.

## Diversity of Voices



**Daniel Potter**  
Project Coordinator

Thanks to funding from the Department of Canadian Heritage, VEQ was able to undertake a brand new project this year which set out to build stronger links between the English and French speaking communities in the Quebec City region. This was achieved by hosting bimonthly bilingual activities throughout the year for the 20-35 year old demographic.



**Diversity of Voices: Ceramics**  
January 2016

Ultimately, our goal was for young adults to feel more confident in their capacity to live and work in both languages.

During the month of June and July, VEQ began the process of forming its steering committee and researching potential activities that would interest the targeted age demographic. Shortly thereafter,

activities began with the first one being a corn boil on August 22<sup>nd</sup>.



**Diversity of Voices: Tea tasting**  
January 2016

Throughout the rest of the year, VEQ organized and hosted a total of 17 bilingual activities which included networking, cultural events, sports and board games among many other things.

On March 30<sup>h</sup>, VEQ hosted its final bilingual activity which was a 5 à 7 at Pub St-Alexandre to celebrate the arrival of spring and thank everyone who participated in the project. As a result of this project, participants were able to meet new people, practice their second language (French/English) and explore different parts of Quebec City's culture and heritage. In total, over 375 people from the 20-35 age demographic participated throughout the year to the activities organized under the Diversity of Voices project

## Intra-regional youth forum



**Join Forces for the Future  
January 2016**

Thanks to funding from the Department of Canadian Heritage, VEQ undertook a new project this year which set out to inspire youth and help them find a future for themselves in their region as young members of the English-speaking community. Our goal was to allow youth to discover/re-discover their community's rich heritage and expose them to services and opportunities in our regions with regards to education and employment.

In partnership with MCDC, youth from secondary one through five were invited to attend a 1 1/2-day forum at the Grand Village in Saint-Nicolas. The forum welcomed youth from the regions of the Capitale Nationale (Greater Québec City) and Chaudière-Appalaches and focused on three main areas: cultural roots, healthy living and employability/entrepreneurship.

In total, four speakers were recruited to address the participants and lead group discussions: David Hodges (Cultural

roots), Kalyna Roberge (Healthy living), Coby Ingham (Youth Employment Services Montreal) and Audrey Saint Pierre (Comité sectorial de main-d'oeuvre de l'industrie des mines). As result of this, youth were able to meet new people, learn about new resources and programs in their regions and discover/re-discover their community's rich heritage.

In March, VEQ hosted a second installment of the forum which focused on leadership and healthy living for 102 students at Quebec High School. Students were able to learn first hand from a past Olympian about his personal journey and find new resources in our region with regards to employment and healthy living. In total, over 120 youth participated in both forums.



**Join Forces for the Future  
March 2016**

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## Partnership with Jeffery Hale Community Partners

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

### 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, and gave them a chance to socialize and to listen to guest speakers. Babies under 18 months were welcome to stay with parents in the parent's space. This year, 10 sessions were held with 96 children and 75 parents attending. We are proud of our 32 volunteers who contributed a total of 120 volunteer hours.



Take-A-Break Drop In Program

### 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 2015 tax year. The coordinator worked with the client and social worker, ensuring that the volunteers had all the appropriate information and the clients received the government benefits to which they were entitled. This year 28 tax files were completed. Volunteers gave approximately 50 hours of their time to complete the files.



Take-A-Break Drop In Program



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## Partnership with Jeffery Hale Community Partners



**Amy Bilodeau**  
Project  
Coordinator

### Volunteer Coordination

Within its partnership with the Jeffery Hale Community Partners, VEQ project coordinator Amy Bilodeau undertakes coordination of the Jeffery Hale Community of Care volunteers. Over twelve opportunities for volunteering within the health and social service sector were accomplished with partners throughout the year.

Coordinating resources, scheduling and co-hosting for programs such as the Day Center, Travellin' Toddler Time, Caring Circle Café, Chitchat Club, Take-A-Break Drop In and a slew of client-based requests involving transportation to medical appointments, Friendly Calls and Visits and Telephone Check-in.

Alongside the enormous collaborative undertaking that is the Community Christmas Hamper Campaign, many community events would be unsuccessful without the involvement of dedicated volunteers: JHSB Influenza Vaccination Campaign, Be Active Québec's activities, Newcomer's activities, Quebec City's St. Patrick's Day Parade, Fall Fest.

The annual Volunteer Appreciation Evening held in April 2016 for all the volunteers of 2015, recognized the

significance of the work volunteers of the Jeffery Hale Community of Care do within the organization and the community. This year we collaborated with the Jeffery Hale hospital and Saint Brigid's Home to highlight the shared opportunities that we have in our bilingual environments. Approximately 83 new volunteers were welcomed into the Community of Care family in 2015.

This March, Amy was a guest speaker at the Quebec Heritage Anglophone Network's Volunteering Matters conference in Quebec City, addressing best practices and strategies for effective volunteer leadership. With the growth of the Jeffery Hale Community Partner's plans for the Wellness Centre and its integral volunteer aspect, Amy will be undertaking her volunteer coordination role with JHCP full time as of April 2016.



**Phil Almaguer was honoured this year at the Hommage aux bénévoles 2016 Édition and received a certificate of recognition from Agnès Maltais, MNA of Taschereau.**

**Treasurer**



**Revenues and Expenses  
For the Year Ended March 31, 2016**

	<u>2016</u>	<u>2015</u>
REVENUES		
<b>Grants and Contribution Agreements</b>		
Operating Government Grant	152 000	152 000
Other grants and contributions	226 108	231 077
Charitable Sector	35 798	27 215
Other restricted income	6 500	3 000
<b>Unrestricted Income</b>		
Summer camp	37 905	41 096
Other Revenues	52 899	49 357
	<u>511 210</u>	<u>503 745</u>
EXPENSES		
Salaries and benefits	345 723	310 672
Honorarium	29 732	48 030
Travel	35 023	24 951
Publicity	16 514	16 931
Operating costs	74 433	82 077
	<u>501 425</u>	<u>482 661</u>
SURPLUS OF REVENUES OVER EXPENSES FOR YEAR	<u>9 785</u>	<u>21 084</u>

*Prepared by RDL Légaré Mc Nicoll inc.*



Treasurer



**Balance Sheet  
As of March 31, 2016**

	<u>2016</u>	<u>2015</u>
ASSETS		
CURRENT ASSETS		
Cash and cash equivalents	68 587	72 086
Accounts receivable		
Others	26 381	22 031
Government Grants receivable	10 000	18 800
Goods and Services Tax	2 194	3 769
VEQ Foundation	27 700	34 428
	<u>134 862</u>	<u>151 114</u>
CAPITAL ASSETS		
	<u>1 240</u>	<u>1 714</u>
	<u>136 102</u>	<u>152 828</u>
LIABILITIES		
CURRENT LIABILITIES		
Accounts payable	11 675	41 430
Deferred revenue	30 209	26 965
	<u>41 884</u>	<u>68 395</u>
NET ASSETS		
NET ASSETS INVESTED IN CAPITAL ASSETS	1 240	1 714
NET ASSETS NOT ASSIGNED	92 978	82 719
	<u>94 218</u>	<u>84 433</u>
	<u>136 102</u>	<u>152 828</u>

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**Changes in Net Assets  
For the Year Ended March 31, 2016**

	<u>2016</u>	<u>2015</u>
<b>Invested in Fixed Assets</b>		
Balance - beginning of year	1 714	2 378
Surplus of revenues over expenses	-	-
Investments in capital assets	(474)	(664)
Balance - end of year	1 240	1 714
<b>Not Assigned</b>		
Balance - beginning of year	82 719	60 971
Surplus of revenues over expenses	9 785	21 084
Investments in capital assets	474	664
Balance - end of year	92 978	82 719
<b>Total</b>		
Balance - beginning of year	84 433	63 349
Surplus of revenues over expenses	9 785	21 084
Balance - end of year	94 218	84 433

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## Treasurer



### Unaudited Schedule of Revenues and Expenses For the Year Ended March 31, 2016

	V.E.Q.		Job bank / Others		Young Canada Works		Fall Fest	
	<u>2016</u>	<u>2015</u>	<u>2016</u>	<u>2015</u>	<u>2016</u>	<u>2015</u>	<u>2016</u>	<u>2015</u>
REVENUES	<u>158 011</u>	<u>158 746</u>	<u>2 749</u>	<u>4 200</u>	<u>3 453</u>	<u>3 188</u>	<u>5 675</u>	<u>10 900</u>
EXPENSES								
Salaries and benefits	111 393	106 885	-	380	3 453	3 188	-	1 400
Salaries / Activities	-	-	-	-	-	-	-	-
Honorarium	5 436	3 168	-	-	-	-	4 970	1 569
Travel / Mileage	1 500	4 925	-	-	-	-	-	-
Travel / Activity	714	-	-	-	-	-	-	-
Travel / Meetings expenses	3 836	6 213	-	-	-	-	-	-
Publicity	4 536	5 867	-	-	-	-	1 302	1 800
Operating costs	24 675	27 412	18	-	-	-	-	1 200
Other	474	-	-	-	-	-	-	4 399
	<u>152 564</u>	<u>154 470</u>	<u>18</u>	<u>380</u>	<u>3 453</u>	<u>3 188</u>	<u>6 272</u>	<u>10 368</u>
SURPLUS OF REVENUES OVER EXPENSES (EXPENSES OVER REVENUES)	<u>5 447</u>	<u>4 276</u>	<u>2 731</u>	<u>3 820</u>	<u>-</u>	<u>-</u>	<u>(597)</u>	<u>532</u>

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### Unaudited Schedule of Revenues and Expenses For the Year Ended March 31, 2016

	Seniors Out and About		Partners		Quebec en forme 2016	Quebec en forme 2015		Quebec en forme 2014
	<u>2016</u>	<u>2015</u>	<u>2016</u>	<u>2015</u>	<u>2016</u>	<u>2016</u>	<u>2015</u>	<u>2015</u>
REVENUES	<u>25 000</u>	<u>27 214</u>	<u>43 000</u>	<u>38 138</u>	<u>43 468</u>	<u>25 744</u>	<u>50 965</u>	<u>23 592</u>
EXPENSES								
Salaries and benefits	14 869	16 062	43 000	38 138	33 761	11 171	33 524	10 083
Salaries / Activities	-	-	-	-	-	-	-	-
Honorarium	1 000	1 636	-	-	285	850	-	600
Travel / Mileage	-	-	-	-	1 156	372	1 098	177
Travel / Activity	4 933	4 611	-	-	-	-	-	-
Travel / Meetings expenses	647	905	-	-	375	-	640	190
Publicity	-	-	-	-	193	-	3 436	914
Operating costs	3 500	4 000	-	-	1 800	2 230	-	2 386
Other	-	-	-	-	5 898	11 121	12 267	9 242
	<u>24 949</u>	<u>27 214</u>	<u>43 000</u>	<u>38 138</u>	<u>43 468</u>	<u>25 744</u>	<u>50 965</u>	<u>23 592</u>
SURPLUS OF REVENUES OVER EXPENSES (EXPENSES OVER REVENUES)	<u>51</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

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### Unaudited Schedule of Revenues and Expenses For the Year Ended March 31, 2016

Summer Day Camp 2016	Summer Day Camp 2015	Summer Day Camp 2014	City Project		Cidatel Newcomers	Community Kitchen	Diversity of voices	Executive Director Hiring
<u>2016</u>	<u>2016</u>	<u>2015</u>	<u>2016</u>	<u>2015</u>	<u>2016</u>	<u>2016</u>	<u>2016</u>	<u>2016</u>
<u>411</u>	<u>50 479</u>	<u>45 723</u>	<u>20 000</u>	<u>12 000</u>	<u>10 798</u>	<u>3 495</u>	<u>35 000</u>	<u>-</u>
-	-	-	<b>15 692</b>	12 000	<b>10 798</b>	-	<b>21 750</b>	-
-	<b>33 431</b>	20 897	-	-	-	-	-	-
-	<b>150</b>	-	<b>940</b>	-	-	<b>3 007</b>	<b>2 000</b>	<b>1 407</b>
-	-	-	<b>210</b>	-	-	-	<b>250</b>	-
-	<b>3 747</b>	-	-	-	-	-	-	-
-	-	-	<b>680</b>	-	-	-	<b>500</b>	<b>312</b>
-	-	714	<b>178</b>	-	-	-	<b>5 000</b>	<b>774</b>
-	<b>5 367</b>	2 595	<b>2 300</b>	-	-	-	<b>2 500</b>	-
<u>411</u>	<u>3 639</u>	<u>9 011</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>3 000</u>	<u>-</u>
<u>411</u>	<u>46 334</u>	<u>33 217</u>	<u>20 000</u>	<u>12 000</u>	<u>10 798</u>	<u>3 007</u>	<u>35 000</u>	<u>2 493</u>
-	<u>4 145</u>	<u>12 506</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>488</u>	<u>-</u>	<u>(2 493)</u>

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**Unaudited Schedule of Revenues and Expenses  
For the Year Ended March 31, 2016**

	Health Passport	Join Forces for the Future	www.aines -en-ligne	Table de concertation en immigration	Seniors en forme	www.youth	Entente Canada- Québec
	<u>2016</u>	<u>2016</u>	<u>2016</u>	<u>2016</u>	<u>2015</u>	<u>2015</u>	<u>2015</u>
REVENUES	<u>194</u>	<u>41 185</u>	<u>36 570</u>	<u>5 978</u>	<u>4 902</u>	<u>7 350</u>	<u>10 000</u>
EXPENSES							
Salaries and benefits	-	18 685	27 720	-	-	6 480	-
Salaries / Activities	-	-	-	-	-	-	-
Honorarium	-	4 500	2 500	2 687	4 419	-	9 408
Travel / Mileage	-	750	250	-	-	-	-
Travel / Activity	-	4 500	-	3 291	506	-	-
Travel / Meetings expenses	-	6 750	250	-	-	-	-
Publicity	181	2 500	1 850	-	62	-	557
Operating costs	-	3 500	2 500	-	-	870	-
Other	-	-	1 500	-	-	-	-
	<u>181</u>	<u>41 185</u>	<u>36 570</u>	<u>5 978</u>	<u>4 987</u>	<u>7 350</u>	<u>9 965</u>
SURPLUS OF REVENUES OVER EXPENSES (EXPENSES OVER REVENUES)	<u>13</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>(85)</u>	<u>-</u>	<u>35</u>

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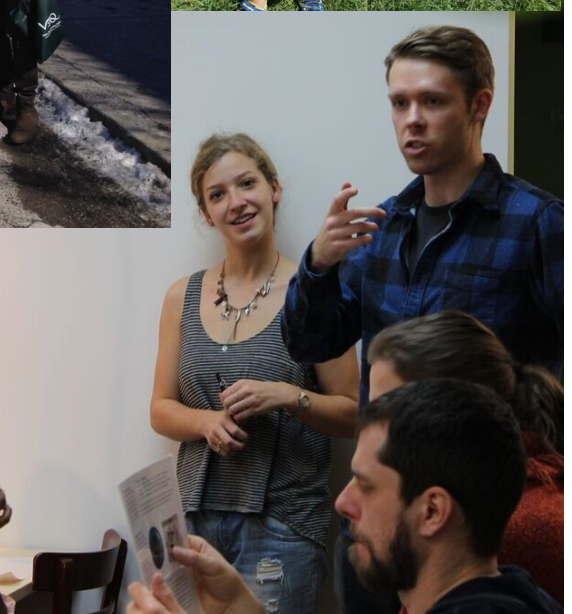


**Unaudited Schedule of Revenues and Expenses  
For the Year Ended March 31, 2016**

100 years	New Horizons - I volunteer	Once Upon a Memory	Total	
<u>2015</u>	<u>2015</u>	<u>2015</u>	<u>2016</u>	<u>2015</u>
<u>39 900</u>	<u>24 627</u>	<u>42 300</u>	<u>511 210</u>	<u>503 745</u>
27 650	6 127	27 858	<b>312 292</b>	289 775
-	-	-	<b>33 431</b>	20 897
7 667	11 273	8 290	<b>29 732</b>	48 030
84	-	801	<b>4 488</b>	7 085
815	2 107	1 481	<b>17 185</b>	9 520
-	398	-	<b>13 350</b>	8 346
887	1 806	888	<b>16 514</b>	16 931
2 797	2 916	2 982	<b>48 390</b>	47 158
<u>-</u>	<u>-</u>	<u>-</u>	<u><b>26 043</b></u>	<u>34 919</u>
<u>39 900</u>	<u>24 627</u>	<u>42 300</u>	<u><b>501 425</b></u>	<u>482 661</u>
<u>-</u>	<u>-</u>	<u>-</u>	<u><b>9 785</b></u>	<u>21 084</u>

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Voice of English-speaking Québec

1270, chemin Sainte-Foy, suite 2141  
Québec (Québec) G1S 2M4  
418.683.2366 • [info@veq.ca](mailto:info@veq.ca) • Fax: 418.688.3273 • [www.veq.ca](http://www.veq.ca)