

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

NEWCOMERS

YOUTH

MEMBERS

COMMUNITY

EMPLOYERS

## An active summer at VEQ

Voice of English-speaking Québec is busier than ever this summer with great activities going on for all ages!

Seniors, Out & About is in full swing, with weekly outings to a range of great places such as Ile d'Orléans, the Aquarium and the Old Port Market. This project is aimed at allowing English-speaking seniors to keep their autonomy and actively participate in community activities through safe and free transportation on a weekly basis.

VEQ and Be Active Québec have teamed up again this summer to organize the Fit & Fun English Summer Day Camp. This 6 week camp invites children ages 5-12 to participate in team and individual sports to help them learn about an active and healthy lifestyle.



The Newcomers program has been active with a walking tour of Old Québec and a picnic in the park hosted in partnership with Be Active Quebec.

Mark your calendars for Fall Fest 2015! This year, join us on Saturday, September 19 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](mailto: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 comments at 418-683-2366.

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# Fall Fest

## Fête d'automne

Saturday  
Samedi

September  
**19**  
septembre  
2015

11 am - 3 pm

*Free admission*  
*Entrée gratuite*

- Live performances
- Community & Business Showcase
- Inflatable games
- Face painting
- Performances artistiques et culturelles
- Kiosques informatifs
- Jeux gonflables
- Maquillage

St. Vincent Elementary School (995, avenue Wolfe, Québec)

For more information • Pour plus d'informations  
418 683-2366 • [info@veq.ca](mailto:info@veq.ca) • [www.veq.ca](http://www.veq.ca)



Community groups and businesses interested in having an information table at Fall Fest can contact [info@veq.ca](mailto:info@veq.ca) or 418-683-2366 ext.221.

# Jean-Sébastien J. Gignac to step down as Executive Director of Voice of English-speaking Québec

The Board of Directors of Voice of English-speaking Québec recently announced that Executive Director, Jean-Sébastien Gignac will resign in early September 2015. Jean-Sébastien has been with the organization since 2005, first as a Project Coordinator and as Executive Director since 2008. He has worked skillfully and tirelessly during his tenure at VEQ, creating countless new projects and partnerships, and increasing funding by more than double. His advocacy work on behalf of the English-speaking community has helped demonstrate time and time again to the French majority that “we are part of the solution, not part of the problem.”

“Though we are sad to see him go, we are pleased for him as he continues with the next stage in his career,” said Taylor Ireland, President of the Board of Directors. The Board is working closely with Jean-Sébastien to manage his transition effectively, and a Committee is working to conduct a search for a new Executive Director to start in early autumn.

Jean-Sébastien will be working with Gail Quinn and the Jeffery Hale Friends’ Foundation to help further develop the Foundation in light of the changes to Quebec’s health care system. He will also be supporting Jeffery Hale Community Partners in its partnerships with both the community and public sector. Richard Walling, Executive Director of the Jeffery Hale Community Partners noted that “Jean-Sébastien will be a welcome addition to our dynamic team of employees and volunteers. I am also happy that he will be continuing to work on behalf of the English-speaking community of the region”.

Mr. Gignac added “It has been a great privilege to be the Executive Director of VEQ for the last seven years. I am really happy to be able to continue working for the English-speaking community and I am looking forward to continuing to support VEQ in a different role. ”

“We send our heartfelt congratulations to Jean-Sébastien for all his years of excellent service to our community and we are very happy to see that he will continue to serve our community through the Jeffery Hale Community Partners,” said Mr. Ireland.

## Diversity of Voices—Pluralité des Voix

This new project aims to promote bilingualism and build stronger links between the English and French speaking communities in the Quebec City region. We aim to achieve this by hosting bimonthly bilingual activities throughout the year for the 20-35 year old demographic. Ultimately, our goal is for young adults to feel more confident in their capacity to live and work in both languages.

For more information or to suggest possible activities please contact Daniel Potter at 418-683-2366 ext. 222 or [daniel.potter@veq.ca](mailto:daniel.potter@veq.ca).

Stay tuned for more information via VEQ's facebook page!



# VEQ's Annual General meeting

Over 80 people attended Voice of English-speaking Québec's 34th Annual General Meeting held on Thursday, May 28 in the Coin Soleil room at Jeffery Hale Hospital. Members had the chance to hear about VEQ's successes this past year and learn about many exciting new initiatives.

This year, VEQ was fortunate to have overwhelming interest from community members wishing to join its board of directors. Board candidates made short presentations, then votes were made and tallied. As a result, VEQ welcomed 4 new board members and 1 current board member was re-elected for a second term.

VEQ wishes to thank Bill Donnelly, Master of Ceremonies, and Ted Gunn, Electoral Officer, for their contribution to the evening.

VEQ is pleased to welcome its 2015-2016 board of directors:

Taylor Ireland, President  
Brigitte Wellens, Vice-President  
Phil Almaguer, Treasurer  
Véronique Hunter, Corporate Secretary  
John Karkosak, Member at large

Members: Rebecca Boucher, Alec Cooper, Jeanne Grégoire, Joanne Legge, Justyna Lemieux-Lefebvre, Ann Martell, David O'Neill, Marie White and Hoffman Wolff

Thank you to everyone who participated in our events this year. We look forward to an exciting year ahead!



## YES Business Coaching

Are you an entrepreneur or have aspiring ideas to start your own business? Sign-up for the next YES Business Coaching session! This service has become so popular that we now have a YES business coach coming to Quebec City **every month** to meet with people! Book your appointment today.

Upcoming Business Coaching dates:

**August 19 & 20<sup>th</sup>**  
**September 16 & 17<sup>th</sup>**  
**October 20 & 21<sup>st</sup>**  
**November 25 & 26<sup>th</sup>**

**NEED HELP WITH  
YOUR BUSINESS?**

**START, GROW OR EXPAND  
YOUR BUSINESS TODAY!**

YES, in partnership  
with Voice of English-  
speaking Québec,  
is providing its **Free**  
Professional Business  
Coaching Services.

To register call Voice of English-speaking Québec at 418-683-2366 ext. 225 or email [entrepreneur@veq.ca](mailto:entrepreneur@veq.ca)

# BAQ/VEQ Fit & Fun English Summer Day Camp

Voice of English-speaking Québec, in partnership with Be Active Québec, offered again this summer 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 29 – August 7 at St. Vincent Elementary School. With almost 100 children registered, camp director Jeanne Nivischiuk, 10 counselors and 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 English Summer Day Camp is to promote healthy eating habits and a physically active lifestyle. Each week centers around a theme which inspire 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, workshops to learn about making healthy snacks, and crafts. Campers also benefit from a free daily smoothie. The BAQ smoothie bike, which every campers gets a try at in order to blend their smoothie 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 – Summer Fun – Outing to Village Vacances Valcartier
- Week 4 – Adventure – Outing to Roc Gyms Indoor Rock Climbing
- Week 5 – Circus – Outing to Québec Circus School
- 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!

## Seniors, Out & About

The Seniors, Out & About program will be up and running this spring. This project provides English-speaking seniors with free transportation to community activities and outings. This spring and summer seniors will participate in a variety of activities that will allow the participants to get out and enjoy good company, such as shopping trips and movie matinées. For more information about the project, to offer your suggestions or to register for activities, please contact Heather McRae at 418-683-2366 ext. 224





# News from the Newcomers Coordinator!

## Recently Held Events:

### **Newcomers Walking Tour of Old Québec- June 27<sup>th</sup>, 2015**

Voice of English-Speaking Québec, along with 21 newcomers, participated in a walking tour. The tour of Old Québec was conducted by Elizabeth Davies. This year the tour consisted of viewing the “Forts” that surround Old Québec. This was a great way for newcomers to see the magnificent architecture and experience a different view of the city. The goal of this activity was to get newcomers outside to see their surroundings and to offer an opportunity to meet others. As always, this event was a great success. Thank you to everyone who participated and a big thank you to, Elizabeth, for conducting the tour.



### **Newcomers Picnic in the Park: May 23<sup>rd</sup>, 2015**

Voice of English-Speaking Québec in partnership with Be Active-Québec (BAQ) held a spring picnic for newcomers. The event was held at Bois-de-Coulonge Park. Several dozen newcomers joined in for this activity. The picnic was said to be a great way to bring newcomers together, break isolation and have fun with other Anglophone newcomers.

## Upcoming Newcomers Events:

### **Newcomers End of Season Corn Boil & Potluck- August 22<sup>nd</sup>, 2015**

Voice of English-Speaking Québec in partnership with Be Active-Québec (BAQ) is holding an end of season corn boil & potluck for newcomers. Feel free to bring your favorite dish, frisbee or soccer ball to pass around. Meet and mingle with other newcomers while enjoying some freshly boiled corn.



### **Newcomers Meet & Greet: Taste of Quebec- October 2015**

Join us for a fun filled afternoon! We will be experiencing foods specific to Québec's unique culture. This event will be held at the Sainte-Foy Family Center. ta

### **Winds of Change- October 2015**

Voice of English-Speaking Québec in partnership with Jeffery Hale Community Services will be hosting the “Winds of Change” workshop. This workshop is designed to help newcomers understand how change can impact their lives and provides an opportunity for newcomers to meet and mingle. Stay tuned for more details regarding this event!

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

## **A little more about the Newcomers programs:**

One of the goals of the newcomers program is to assist people in feeling more comfortable while adapting to life in Québec city. The newcomers coordinator is responsible for assisting individuals find resources, services and information that they may need while settling in. If we can help in anyway please do not hesitate to contact Khrystyna Merrithew, Newcomers Coordinator at [newcomers@veq.ca](mailto:newcomers@veq.ca) or at 418-683-2366 ext 225.

## Music: Share, Inspire, And Engage.

Join the Caring Circle Café for a live musical experience with two beautiful vibrational instruments. Sharing their musical talents will be Philippe Gagné on the handpans and Jimmy Theriault on the singing Tibetan bowls. Occupational therapist, Christiane Ruggiero will be providing additional information about the many positive proven health benefits of sound/music.



This care partners event will take place at Jeffery Hale (room location TBD) on Thursday, August 6 starting at 10 am and is open to the general public free of charge thanks to a grant from L'Appui pour les proches aidants de la Capitale-Nationale. Light refreshments will be served and parking vouchers will be provided. Please register by calling 418 684-5333 Ext 1539.

## The Community Christmas Hamper Campaign celebrates its 20<sup>th</sup> year and goes digital!

The annual Community Christmas Hamper Campaign will be celebrating its 20<sup>th</sup> year of collaboration in 2015. For the occasion the committee has opted to move into the digital age with a new logo and web presence! We are reaching out and inviting our global technological community to join us in support of this worthy local initiative.

Every year community partners have been jointly coordinating the success of a Community Christmas Hamper Campaign for the English-speaking community, distributing over 230 Christmas hampers to families in need in the Quebec City region. Over 295 volunteers work together to collect, pack and deliver hampers on the week prior to the Christmas Holidays. Some give their time, some give donations and many more do both! Read more about us and share your giving story at [www.qchampers.ca](http://www.qchampers.ca) in November!

Want to connect with us right now? Follow the Community Christmas Hamper Campaign on Facebook at [www.facebook.com/CommunityChristmasHamperCampaign](http://www.facebook.com/CommunityChristmasHamperCampaign)

## 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!



**LIFELONG  
LEARNING  
QUEBEC**

Ready to sign up? Have a question? Just call us at the Quebec City Reading Council at 418-681-1258 or email [info@lifelonglearningquebec.org](mailto:info@lifelonglearningquebec.org). To view the calendar of upcoming events: [www.lifelonglearningquebec.org/schedule.html](http://www.lifelonglearningquebec.org/schedule.html). LLL is a collaborative effort of several community organizations and individuals with funding support from the Citadel Foundation.

# Health Passport App & Tutorial video

Looking for a tool that could facilitate your visits to the doctor, the emergency or to other health care providers in Québec?

Voice of English-speaking Québec in collaboration with Megantic English-speaking Community Development Corporation (MCDC) and Jeffery Hale – Saint Brigid's Hospital have developed a English-French translation tool to help English-speakers living in the Greater Quebec City region navigate health services, such as emergency rooms and walk-in clinics.

The purpose of this tool is to:

- Open dialogue and facilitate communication between the client and their doctor or other health service provider to optimize the quality of care.
- Equip and empower English-speaking clients with a tool to that will increase their ability to explain the health issue that they face.
- Equip while raising awareness of quebec health professionals to the needs and realities of the English-speaking minority of the Quebec City region.
- Demonstrate that collaborations between the Jeffery Hale – Saint Brigid's Hospital and VEQ always strive to respond to the adapting needs of its clientele and both linguistic communities.

The popular Health Passport is now available as a web app! The Health Passport App is designed to help you and your family keep track of essential health information on your smart phone or tablet. It also puts helpful words and phrases in French at your fingertips when you go to clinic or an emergency. "This is a natural and exciting extension of a tool and an approach that works!" says Jean-Sebastien Jolin-Gignac, Executive Director of VEQ. "We know that we may need to help some people download and begin to use the Health Passport App if this kind of technology is new to them, but we're ready to assist and show them how useful it can be."

VEQ produced a tutorial video to help new users download and navigate the app which is available on their website. To download the app right away visit [www.veq.ca/hp](http://www.veq.ca/hp).

As always, you can request a paper copy of the Health Passport tool by calling 418-683-2366 x221 or emailing [info@veq.ca](mailto:info@veq.ca).



## Come Knit with us!

**When:** Wednesdays ongoing from 2:00 - 4:00 pm & 7:00 - 9:00 pm

**Where:** 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 latest knitting or crochet project!

**For more information call:** Katherine at 418-704-2278





## Have an Event? Send it to VEQ and post it on the QCT Community Calendar!

In an effort to help minimize event scheduling conflicts in the English-speaking community, VEQ, in partnership with the Quebec Chronicle-Telegraph, is urging community partners to send us their events and to post upcoming events on the community calendar. To send an event to VEQ, email [info@veq.ca](mailto:info@veq.ca)  
For more information on how to post an event on the QCT Community Calendar visit [www.qctonline.com/event](http://www.qctonline.com/event)

## VEQ's Job Bank

Looking for employment? Our job bank is constantly updated with new opportunities. Visit [www.veq.ca/employment/job-bank](http://www.veq.ca/employment/job-bank) and don't forget to sign up for the Job Notifier to receive a notice each time VEQ has a new job posting.

Recruiting new talent? The bilingual community is filled with educated and talented individuals. To advertise your employment postings on the VEQ Job Bank, visit [www.veq.ca/employment/employers/post-job](http://www.veq.ca/employment/employers/post-job), call 418-683-2366 ext. 221 or email [info@veq.ca](mailto:info@veq.ca)

## Contact Us: Voice of English-speaking Québec

1270, chemin Sainte-Foy, suite 2141  
Jeffery Hale Pavillion (to the right of the Jeffery Hale-Saint Brigid's Hospital)  
Québec (Québec) G1S 2M4  
Canada  
Telephone: 418-683-2366 \* Fax: 418-688-3273 \* E-mail: [info@veq.ca](mailto:info@veq.ca) \* Website: [www.veq.ca](http://www.veq.ca)  
Please call for an appointment for one-on-one referral services.

### Regular Office Hours

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



Be sure to follow us on our Facebook page!

## Newsletter Update



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

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

VEQ

Voice of English-speaking Québec