

Connect with the
English-speaking
community...



NEWCOMERS

YOUTH

MEMBERS

COMMUNITY

EMPLOYERS

Annual Report 2014 - 2015



Voice of English-speaking Québec



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Voice of English-speaking Québec

Board of Directors 2014-15

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Marie-France Vincent, Vice President
Lynn Briand, Treasurer
Brigitte Wellens, Corporate Secretary
John Karkosak, Member-at-Large

Phil Almaguer	Stephen Marchessault
Alec Cooper	David O'Neill
Cara Gerard	Colin Standish
Jeanne Grégoire	Helen Walling
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Justyna Lemieux-Lefebvre	



Staff

Jean-Sébastien J. Gignac, Executive Director
Amy Bilodeau, Project Coordinator
Ellie Fleming, Community Events & Administrative Coordinator
Heather McRae, Project Coordinator
Jean Nivischiuk, Be Active Québec Coordinator
Daniel Potter, Project Coordinator
Jessica Price, Newcomers Coordinator

Catherine Girard, Summer Student 2014
Geraldine Poulin, Intern 2014-2015

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 Hundreds of Years of Contribution calendar and the Once Upon a Memory book with local youth, Performing Arts Festival with CQSB, 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 a central platform and spokesperson during the *Jeffery Hale – Saint Brigid's: Our Community, Our Health, Our Future* campaign. In addition, VEQ is 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*.

President's Message

It was with pride that I look back at my past 12 months as President of VEQ. During this past year, I have visited many cultural, political, business, and community events and seen many familiar faces and new ones too. A common thread among the hundreds of meetings is that VEQ is an organization that is impactful in the daily life of our community. This year VEQ contributed to positive impacts in three key areas: Advocacy, Employment and Integration, and Community Events and Projects.

Advocacy

Perhaps the most important role of VEQ is advocacy for our community and our rights. VEQ, in cooperation with our community partners, played a crucial role in preserving community ownership of one of our most cherished institutions, Jeffery Hale – Saint Brigid's (JHSB). Through the dedication of VEQ's ED and staff along with support from the Board of Directors and community, VEQ presented the community's concerns and values during a Parliamentary hearing. VEQ ED, Jean-Sébastien Gignac, Past President Helen Walling and myself spoke about the long standing history JHSB has had in our community, and that to our community JHSB is more than a health centre; it is a source of pride that serves as a hub for gathering and community life.

As the result of our efforts, patience and collaboration with the Ministry of Health, safeguards were legally included in the legislation which allow JHSB to operate as



Taylor Ireland, President

a separate unit within the CIUSSS en lieu of amalgamation. JHSB members will retain ownership status and responsibility over safeguarding the institution's bilingual mission and will acquire a unique advisory committee to counsel the CIUSSS's board of directors on matters concerning management of the hospital and delivery of services in English. Although we achieved a great deal of success in preserving community roots and ownership, we as a community must continue to pursue the preservation of our institutions.

Employment and Integration

Like many newcomers to Quebec City, my first interaction with VEQ was consulting the job bank in the hope of finding employment. Since I arrived in Québec, VEQ has continued to add services to aid our community, newcomers and residents alike, to find meaningful employment and put down roots in this great city. Our job bank continues to grow and last year there were 111 job postings and now more than 700 receive

President's Message

our job notifier with many more consulting the site. Through the VEQ partnership with YES, 124 one-on-one businesses coaching sessions took place over the last year. VEQ is helping our community grow through employment and entrepreneurship.

The economic impact of VEQ was highlighted on September 22, 2014 when VEQ, in partnership with the Ville de Québec, welcomed Mr. Graham Fraser, Commissioner of Official Languages. Mme Michelle Doyle, Deputy Mayor, and myself welcomed distinguished guests, community members and business representatives from respected organizations such as Québec International, Frima Studios and Beenox. There are a few key points discussed during the event that merit celebration with you.

VEQ helps 400 to 500 newcomers per year representing 150 to 200 families - 85% of which are in contact with VEQ during their first month here. These newcomers represent an economic impact of \$50 million in our city and region. The efforts of the Ville de Quebec and VEQ are paying off; we have seen the English speaking population rise 15 % since 2006. We as a community have proven ourselves to be a political, economic and cultural asset to this city and region.

Community Events and Projects

Throughout this report you will find numerous successful projects that made a difference for youth, seniors, newcomers,

job seekers and entrepreneurs. I encourage all of you to attend as many community events as possible, be they VEQ events or otherwise. Whether you are among the 650 who attend the VEQ Fall Fest, a production of the Quebec Art Company, a Morrin Centre event, paint your face green for the Saint Patrick's day parade, show off your wits at the QHS Trivia night, pick up a toy at the Toys and More Sale, or perhaps best of all giving to the Community Christmas Hamper Campaign, get out there and meet the members of your community. I promise you will encounter a community rich in tradition and history coupled with vibrancy and enthusiasm for the future.

I would like to take this opportunity to thank my colleagues on the Board of Directors and Executive Committee. It has been a pleasure to work with you all over the past twelve months. As another year comes to an end, it is hard to say goodbye to the following board members that left us during the year or are finishing their terms after years of dedication and hard work. Our sincere thanks to Stephen Marchessault, Colin Standish, Marie-France Vincent, Lynn Briand and Helen Walling. Your contribution has been a vital to the success of VEQ.

I look forward to continuing to work with Voice of English Speaking Quebec in 2015 -2016 and I especially look forward to meeting you all at an upcoming community event.

Kind Regards,
Taylor Ireland

Executive Director's Report

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

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

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

As an example, VEQ has a key role on the *Table de concertation en immigration de*



Jean-Sébastien J. Gignac
Executive Director

la Capitale-Nationale that enables us to access useful information about services 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. Last June, I was elected as the President of the Table which clearly highlights that more and more key local organizations and partners agree with us that the English-speaking community is a major asset for the socioeconomic development of our region.

VEQ was also in charge of two very exciting artistic projects called *Hundreds of Years of Contribution* and *Once Upon a Memory: Seniors and Youth Honouring Quebec City's English-speaking Cultural Heritage*. These two projects led to the production of an educational calendar showcasing significant places of our local

Executive Director's Report

English-speaking community, and the publication of a book aimed at preserving the unique history of seniors in our community. Hundreds of youth and dozens of seniors participated to these two successful projects.

In addition, VEQ once again supported the CQSB in the organization and production of their 2015 Performing Arts Festival. Over 400 high school students participated in a full day of artistic workshops and activities that concluded with an evening show of various performances offered by the high school students which was enjoyed by over 500 spectators. This initiative was a real success and VEQ is certainly looking forward to collaborating with the CQSB on similar initiatives.

VEQ was also very proactive in implementing a variety of useful services for seniors of our community. Indeed, thanks to a strong partnership between VEQ, the VEQ Foundation and the financial support of the Jeffery Hale Foundation, VEQ was able to continue providing weekly transportation for English-speaking seniors. This project called Seniors Out and About enables English-speaking seniors to keep their independence and reduce social isolation through safe and free transportation on a weekly basis to help them in activities that are generally considered fundamental tasks and to allow them to participate in community activities. Since the beginning of this program, over 950 seniors have participated in the outings.

VEQ also produced a video promoting volunteerism by seniors and for seniors in our community, as well as implementing a variety of other projects for seniors such as a community kitchen, information sessions about healthy eating habits and zumba and yoga classes in English. I can assure you that the development of quality services and activities for seniors will continue to be a priority for VEQ for years to come.

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

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

Sincerely,

Jean-Sébastien J. Gignac

Executive Director

Community Events



Ellie Fleming
Community Events &
Administrative
Coordinator

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 100 people attended Voice of English-speaking Québec's 33rd Annual General Meeting held on May 29, 2014 in the Coin Soleil room at Jeffery Hale Hospital. Members had the chance to



Annual General Meeting 2014

hear about VEQ's successes this past year and learn about many exciting new initiatives. Eva Ludvig, of the Office of the Commissioner of Official Languages, made a brief presentation to the members, highlighting the accomplishments of VEQ and how

impressed they have been, particularly with the success of the newcomers program. After some healthy debate, new by-laws for the organization were also approved, following the new guidelines set out by Corporations Canada.

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 cast and tallied. As a result, VEQ welcomed 4 new board members and 2 current board members were re-elected for a second term.



Fall Fest 2014

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 20, 2014 for the fifth annual Fall Fest.

Activity in the gym was buzzing with over 50 community groups and businesses

Community Events



Fall Fest 2014

showing the community who they are and what they do. St. Vincent's Corn Roast and the SNACS Bar kept the crowd fed while kids enjoyed face painting, a balloon artist and other great family activities. Thanks to our collaboration with Be Active Québec, family Zumba sessions were held and a huge climbing wall was available for everyone to enjoy. Performances this year from the Shannon Irish Dancers, a Brazilian group called Pé Na Rua and the Blair Family Musicians rounded out the day, along with a fun Flash Mob performance by dancers from Quebec High School.

VEQ's Holiday Happy Hour was held on December 3, 2014 at the Morrin Centre in



Holiday Happy Hour 2014

Old Québec. Nearly 100 community members spent the evening socializing with friends old and new while enjoying delicious holiday 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 the door prizes. We could not have asked for a better way to ring in the holidays.



VEQ staff at Holiday Happy Hour 2014

VEQ once again offered free transportation to the Shannon Irish Show on March 14, 2015. Almost 20 people rode the bus out to Shannon and enjoyed a great show celebrating Irish heritage in Québec.



Bus to the Shannon Irish Show 2015

Community Outreach

As a community-based organization, it is crucial for VEQ to stay closely connected to the needs and priorities of the local English-speaking community.

In December, VEQ once more contributed to the Annual Community Christmas Hamper Campaign in its 19th 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 volunteer roles in the four-day blitz leading up to delivery. VEQ also took on the coordination of counting and dispatching this year. In collaboration with the Morrin Centre, VEQ also hosted its annual Holiday Happy Hour fundraising event for the campaign complete with a hot chocolate bar.



**Christmas Hamper Campaign
organizing committee 2014**

This year the campaign had feature coverage from CBC in a special day of programming which reached out to the Quebec City community straight from their studios on rue St. Jean. The organizing committee was happy to announce that they met the \$25,000 fundraising goal through personal donations (now available online year-round), fundraising events, and the



CBC Special Day of Programming 2014

overwhelming generosity of all those involved. Overall 300 volunteers sorted, counted, packed and loaded hampers for delivery to 218 families in need.

VEQ representatives attended numerous other important events in the community, including the Quebec High School Trivia Night in April 2014, the Toys and More Sale in May 2014 run by the Jeffery Hale Moms' Nite-out group, the Jeffery Hale Friends' Foundation Cultural Interlude in June 2014, the Jeffery Hale Friends' Foundation Golf Tournament in September 2014, the Central Québec School Board Cross Country Run in September 2014, the Quebec City Women's Club Book Fair in October 2014, and the Morrin Centre's Literary Feast in October 2014.



VEQ Information Table

Community Outreach



St. Patrick's Day Parade 2015

March 2015 brought the sixth edition of the Québec St. Patrick's Day Parade. VEQ was thrilled to participate again, bringing a fun group of staff and friends together to celebrate on a beautiful day. The festive green and white VEQ balloons added to the fun, while VEQ staff handed out shamrock stickers to promote the new website to the crowd.

VEQ collaborated again this year with the Central Québec School Board (CQSB) to organize and produce their Performing Arts Festival at the high school level.

The Performing Arts Festival (PAF) took place on Friday, March 20, 2015. Seven high schools from across the CQSB came to St. Patrick's High School in the morning to participate in an arts workshop of their choice. The workshops included belly dancing, hip hop and break dancing, mural painting, circus, trapeze, songwriting, killer vocals, African and Brazilian drumming, magic, sound crew, and photography.

Once the morning workshops were completed, students were busy with dress rehearsals for the evening performance.



Performing Arts Festival 2015

The community was invited to the evening showcase of performances and a Battle of the Bands with student artists from across the Central Québec School Board in the Salle Jean-Paul Tardif auditorium. There were over 400 participants in the day's activities and 500 in the evening. VEQ hopes to continue its partnership with the CQSB by contributing to their future Performing Arts Festivals for both the high school and elementary levels.



Performing Arts Festival 2015

Advocacy

VEQ served its advocacy role as a central platform and spokesperson during the *Jeffery Hale – Saint Brigid’s: Our Community, Our Health, Our Future* campaign. The primary focus was to voice the concerns of our community members towards proposed Bill 10. Representatives met with elected officials to articulate the community’s deep unease while coordinating community reaction by creating an online information-action hub on our webpage. VEQ informed the public on the impact of the bill, shared key messages and moved forward with strategies in the best interests of the community.

VEQ worked diligently to convince Minister Gaétan Barrette of the importance of maintaining Jeffery Hale-Saint Brigid’s (JHSB) status as an independent institution with its own board and administration, so that it would continue to fulfill its mission and special mandate to serve the English-speaking community.

VEQ actively requested access to the parliamentary hearings on Bill 10 early on to ensure an active voice at the negotiation table. Once there, they collaborated to find and establish legal policies that would protect the JHSB institution by either exempting them from Bill 10 or protecting them within it.

VEQ’s President, Executive Director, and staff dedicated long hours towards these goals for 8 months during the Bill 10 legislative process. Despite considerable efforts, Bill 10 did come into effect on



Members of the Bill 10 Advocacy team meet with the community

April 1, 2015. The new legislation places JHSB under the management of the newly formed *Centres intégrés universitaires de santé et de services sociaux* (CIUSSS,) terminating the JHSB board of directors and administration. Although autonomous status was not preserved, legal safeguards were included in the legislation which allow JHSB to operate as a separate unit within the CIUSSS instead of amalgamation. Thanks in part to VEQ’s advocacy efforts in conjunction with community members, JHSB members will retain ownership status and responsibility over safeguarding the institution’s bilingual mission. The JHSB will acquire a unique advisory committee to counsel the CIUSSS’s board of directors on matters concerning management of the hospital and delivery of services in English.

VEQ would like to thank community members who contributed to the campaign by sharing their voices, opinions and displaying real civic engagement in support of Jeffery Hale – Saint Brigid’s.

Employment Services

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

A total of 111 employment positions were posted on the site during the year. Examples of positions featured on the site include:

- Administration Technician
- Art Sales Representative
- Senior Accounting Technician
- Communications and Programs Director
- Language Instructor
- Social Worker
- Rentals/Events Coordinator
- Theatrical Tour Guide
- Transport Coordinator

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

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 124 one-on-one business coaching sessions to a total of 42 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.

In addition, VEQ once again held a leadership role in the Multilingual Zone during the 2015 Quebec City Foire de l'Emploi. VEQ helped coordinate this valuable initiative that continues to build on the success of the previous eight years.

Newcomer Services



Jessica Price
Newcomers Coordinator

The members of the 2014-2015 Newcomers Committee included Board members Brigitte Wellens, Jeanne Grégoire, Stephen Marchesault, Philip Almaguer and staff member Jessica Price.

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 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 494 newcomers in the Quebec City region, 395 in their first year of arrival. A total of 1324 services were provided to newcomers, which ranged from in-office visitations, information sessions and numerous phone and email inquiries.

VEQ distributed more than 100 newcomer's packages with the help of supportive community partners such as Jeffery Hale Community Services, Valcartier Family Centre, Jeune et en santé, and the various schools and churches in our community.



Newcomers Walking Tour of Old Québec
June 2014

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

Newcomer Services

VEQ organized seven FYNN sessions with 171 participants:

- **Newcomers Walking Tour of Old Québec (June 2014)**, where 19 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.
- **Newcomers Meet & Greet: Taste of Québec (October 2014)**, where 45 participants took part in a fun-filled evening to learn a little more about our organisation and life in Quebec City while enjoying traditional Québec food. Thanks to Valcartier Family Centre for providing the space and to the various businesses that generously gave donations for the door prizes.
- **Learn French and Teach English Fair (November 2014)**, was an opportunity for newcomers to learn more about different employment and educational opportunities in the

region. In addition, this was an occasion for our partners to showcase the services they offer and continue to build and strengthen their partnership with VEQ and other partners. There was a great turnout of 53 participants for this event.

- **Winds of Change Workshop (October 2014)** was held in partnership with Jeffery Hale Community Services to provide newcomers with information and tools on how to adapt to life in Québec. A total of 19 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 speakers Juanita Craig and Russ Kueber.
- **Holiday Happy Hour (December 2014)** More than 80 community members and approximately 30 newcomers attended the event which took place at the Morrin Centre.



**Meet & Greet: Taste of Québec
October 2014**



**Learn French and Teach English Fair
November 2014**

Newcomer Services

- **Newcomers Creative Corner (February-March 2014):** This year for the first time 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. A great group of 11 people participated and it was a huge success.
- **Snowshoe Excursion (February 2015),** was an opportunity for newcomers to get outside and embrace the winter season. The event was put on in partnership with Be Active Québec (BAQ) and had a great turnout of 24 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, while meeting and mingling with other newcomers.



**Newcomers Creative Corner
February-March 2015**



**Snowshoe Excursion
February 2015**

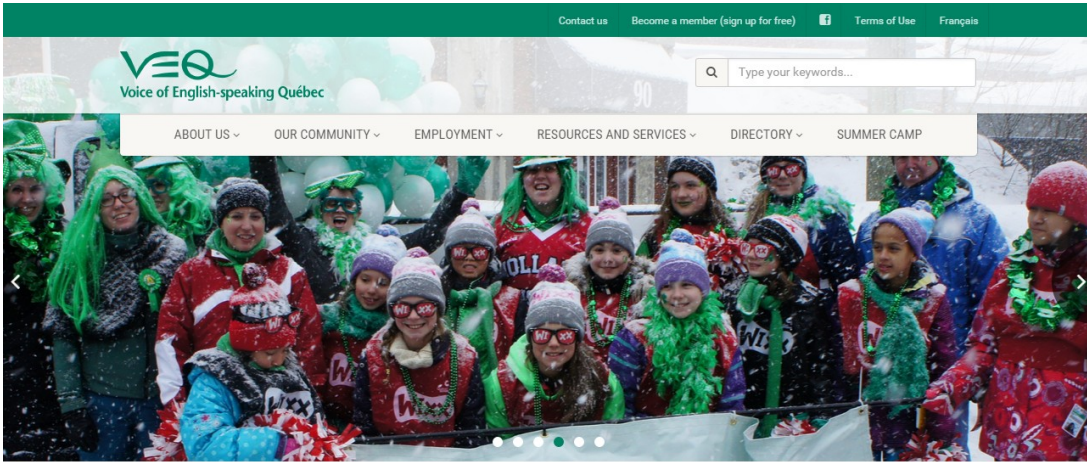
Website

This year, VEQ completed the process of redesigning its website. Key features from the old website have been updated 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 which will be regularly updated
- 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.

With easier navigation and new tools such as the **Community Bulletin Board** where members can post information and classifieds on the website for free, the new site helps provide better access to information and resources for the community. There is also a direct link to VEQ's Facebook page, a growing resource for connecting with our community - now with almost 1,000 followers!



The screenshot shows the VEQ website homepage. At the top, there is a green navigation bar with links for "Contact us", "Become a member (sign up for free)", "Terms of Use", and "Français". Below this is a search bar with the placeholder text "Type your keywords...". The main header area features a large photograph of a group of people, mostly children and young adults, wearing winter clothing and green garlands, suggesting a community event. Below the photo is a horizontal menu with dropdown arrows for "ABOUT US", "OUR COMMUNITY", "EMPLOYMENT", "RESOURCES AND SERVICES", "DIRECTORY", and "SUMMER CAMP".

COMMUNITY BULLETIN BOARD

Looking for a babysitter or a handyman? Cleaning house and hosting a garage sale? Want to start a book club or other activity in English? VEQ's new Community Bulletin Board is your FREE resource for posting information and classifieds within the community. To post, simply email a short description of what you're looking for or selling to info@veq.ca, along with up to three photos. Information will be reviewed and posted within 48 hours and will expire automatically after 30 days.

Be Active Québec



Jeanne Nivischiuk
Be Active Québec
Coordinator



Be Active Québec (BAQ) is a collaboration between Québec en Forme and the many partner organizations of the English-speaking community. BAQ's goal is to promote better lifestyle choices by encouraging healthy eating habits and physical activity for Quebec City youth ages 0-17. BAQ collaborates with community-based organizations like the YWCA, Jeffery Hale Community Services and Community Partners, Valcartier Family Centre, Central Québec School Board, parent organizations like Moms' Nite-out, the Eastern Québec Learning Center, Quebec City Reading Council, and Voice of English-speaking Québec.

BAQ was a powerful presence in the community this year, attending events such as the CQSB cross-country run, VEQ's Fall Fest, Vieux Québec Feis, QCWC book sale, Toys and More Sale and many more. A series of Moms' Nite-out events focused on family-friendly cooking were co-hosted by BAQ. The group decorated pumpkins and made festive muffins in October and held a Christmas party in December that allowed families to enjoy healthy snacks and Santa Claus. Next year BAQ will continue these events to allow more people to participate. BAQ also worked extensively with programs like

Take-a-Break and Travellin' Toddler Time to promote these programs and offer support to Jeffery Hale Community Partners.

Be Active Québec's work continued with the Central Québec School Board, by getting involved in as many schools as possible. BAQ hosted a DBL Ball tournament at Holland School, supported a mental health awareness week at Québec High School, and provided healthy snacks at the Ste- Foy Family Run, the Track and Field Meet, Cross-country Run, CQSB flag football tournament and many more. Eight school teams were sponsored by BAQ in the Pentathlon des Neiges 2015, making this the largest group of elementary school participants ever. BAQ hosted a professional training seminar for early-childhood educators that taught them how to get children more active in their classroom.



Pentathlon des Neiges 2015

BAQ hosted a variety of events for March Break, including snowshoeing, ice skating, sledding and Zumba, culminating in the Wixx Move-a-thon. The Move-a-thon was held at the Eastern Québec Learning Center and welcomed over 75

Be Active Québec

participants. They enjoyed a variety of games focused on fine and gross motor skill development. The partnership with VEQ made the event even bigger than last year and help provided by the members of the VEQ staff was invaluable to its success.

The Fit & Fun English Summer Day Camp celebrated its second year at St. Vincent Elementary School. In 2014, the camp grew from 4 weeks to 6 and welcomed an average of 50 children each week.

The summer camp featured daily smoothies made with fresh ingredients, weekly cooking classes and Zumba lessons. Their optional outings each Friday were a great success, allowing the children to visit the Île d'Orléans, Vieux Québec, Village Vacances Valcartier, the Québec Circus school and the Roc Gym in Limoilou. Their end-of-summer party was a grand event that welcomed campers from all weeks and finished the summer off with a bang. We expect this year to improve on the success of last year and feature new activities, games and friends.

Be Active Québec sends its heartfelt thanks to all its partners for their tremendous support for BAQ's events and activities this year. With the help of partners, BAQ was able to offer more physical activities and healthy opportunities in the English-speaking community. In the next year BAQ hopes to build on their successes and offer more opportunities for children and their families while and influencing the community to build a healthier environment for the young population in Quebec City.



Fit & Fun English Summer Day Camp 2014



Wixx Move-a-thon 2015



Wixx Move-a-thon 2015

50+ activities

Seniors Out and About

Thanks to support from the VEQ Foundation and the Jeffery Hale Foundation, this project provides English-speaking seniors with free transportation on a weekly basis to community activities and outings. The objective of this program is to reduce isolation of seniors in our community while helping them to continue to live autonomously. Since the program has started in 2012, over 950 seniors have participate in 101 activities which included lunches out, shopping trips, restaurants, community events, and visits to local spots such as Île d'Orléans and the Vieux Port.



Seniors Out and About

Volunteer Promotion Video

Service Canada's New Horizons for Seniors program provided funding to VEQ to produce a video promoting volunteerism by seniors and for seniors in our community. The video showed scenes of only a few of the many volunteer opportunities in the community such as: providing transportation for seniors to get to their appointments, friendly visits, technology workshops and the Community Christmas Hamper

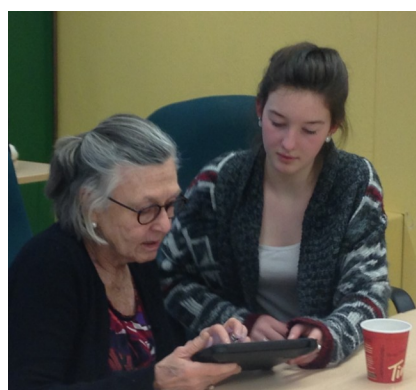


Seniors Out and About

Campaign. This video can be found on the VEQ website and multiple partner websites. If you would like a copy, please contact the VEQ office.

Technology Workshops

VEQ partnered with Quebec High School's leadership class and provided introductory computer workshops to seniors in the community. Over 40 participants came to 8 workshops to learn about topics ranging from Internet 101, Basic Email, Facebook and Pinterest.



Technology Workshops

50+ activities

QCGN Lunch and Learn

In partnership with the Quebec Community Groups Network, VEQ hosted a Lunch and Learn session for seniors. Over 20 people came to the Gibraltar residence to see a presentation by the QCGN on the research of English-speaking seniors in Québec. Seniors then had a wonderful lunch and opportunity to talk amongst each other.



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.

Active Living 50+

Last spring, the Active Living 50+ project came to fruition in response to VEQ's concern for offering services to those committed to healthy aging. It began with a series of nutritional talks with a professional dietitian, complete with take-home documents and a group consultation period, entirely in English. Active Living 50+ group members learned how to read food labels, make wise

choices for snacking, and incorporate new meal-planning practices.

In the fall, VEQ solidified a partnership with the YWCA Québec to offer Zumba Gold and Hatha Yoga classes in English! Catering to the diversity of the 50+ group, classes were adapted to the needs of the group and provided an excellent opportunity to try new physical activities.

This spring, VEQ approached the SNACS Entrepreneurs at Québec High School to offer Community Kitchen cooking sessions for the Active Living 50+ group. These sessions provided a hands-on opportunity to apply food literacy skills, boost confidence and foster a social and fun atmosphere for cooking under the guidance of SNACS Entrepreneurs Chef Christopher Wotherspoon. Due to the success of this partnership, VEQ is looking to explore the possibility of more sessions for the Community Kitchen in the fall for all ages.



Active Living 50+ 2014

Hundreds of Years of Contribution



Daniel Potter
Project Coordinator

Thanks to funding from the Department of Canadian Heritage, VEQ was able to undertake a new project this year which set out to promote our cultural heritage and strengthen the sense of belonging among English-speaking youth in Quebec City. The project, entitled *Hundreds of Years of Contribution*, led to the production of an education calendar showcasing significant places of our local English-speaking community.

In partnership with Quebec High School, youth from secondary 1 through 5 were invited to submit a painting and description of a place or activity that specifically highlighted the contribution of our linguistic community to the development and history of our region.



One of the beautiful calendar paintings



During the month of January and February, students from QHS began the process of researching important historical landmarks and started painting shortly thereafter. This process allowed participating youth the opportunity to discover or rediscover the history and rich cultural heritage of the English-speaking community. After the painting process was completed, eighteen paintings were selected to appear in the calendar by a selection committee composed of community members.

On March 26th, 2015 VEQ hosted a joint launch of the calendar and the *Once Upon a Memory* children's book at the Morrin Centre to recognize all of the students who participated in both projects. As a result of this project, youth became much more aware and conscious about the importance of their linguistic minority community. In total over 100 students participated by submitting a painting for this project. You can view the online exhibit at:

www.hundreds-years-contribution.veq.ca

Once Upon a Memory



**Heather McRae
Project
Coordinator**

Funding from Canadian Heritage provided VEQ with the opportunity to publish a unique book called *Once Upon a Memory: Seniors and Youth Honouring Quebec City's English-speaking Cultural Heritage*. This project included three generations of community members.

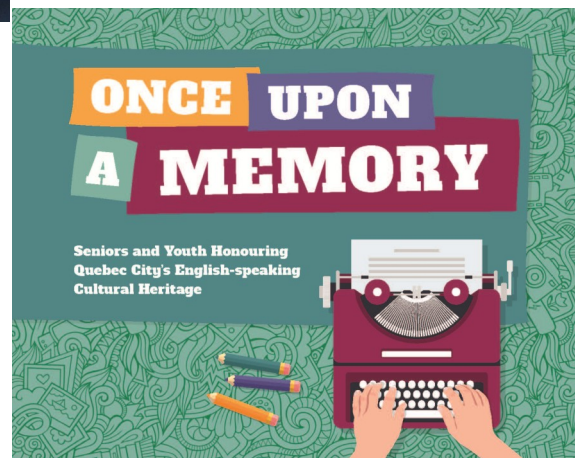


High School students interviewing seniors

First, seniors of our community went to Quebec High School and were interviewed by secondary 3 students about important memories of their lives such as their childhood. These students wrote a short children's story based on those memories. These stories were then passed on to Cycle 2 year 1&2 students at

Sainte-Foy Elementary, who took the time to analyze the stories and illustrate a picture that represented the story best.

This project allowed different generations to come together and work on preserving the unique history of seniors in our community. Now, 65 high school students are published authors, 47 elementary students are published illustrators and 26 seniors have stories based on their memories all compiled into a book. A launch for the book and the *Hundreds of Years of Contribution* calendar was held on March 26, 2015 where the students and seniors had the opportunity to meet and see the final product of their hard work. Over 130 community members came to the launch to celebrate the talent of many of our youth and honour seniors in our community. Each student and senior who contributed to the book received a free copy. Students at Sainte-Foy Elementary also wrote to the senior whose stories they illustrated, thanking them for telling their stories and sharing what they learned from participating in the project.



Partnership with Jeffery Hale Community Partners

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

Take-a-Break Drop In Program

VEQ worked with Jeffery Hale Community Services on their Take-a-Break Drop In program. This program offers 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 entertain children 18 months and older to give parents a break from child care while giving them a chance to socialize and to listen to guest speakers. Babies under 18 months are welcome to stay with parents in the parent's space. This year, 12 sessions were held with 38 children and 27 parents attending. We are proud of our volunteers who contributed a total of 75 hours.

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 2014 tax year. The coordinator worked with the client and social worker, ensuring that the volunteers had all the appropriate information so that the clients received the government benefits to which they were entitled. This year 35 tax files were completed. Volunteers gave over 50 hours of their time to complete the many files.



Take-A-Break Drop In Program



Take-A-Break Drop In Program

Partnership with Jeffery Hale Community Partners



Amy Bilodeau
Project
Coordinator

Volunteer Coordination

VEQ continued coordinating the 330 active Jeffery Hale Community of Care volunteers this year within its partnership with the Jeffery Hale Community Partners. Over 12 opportunities for volunteering within the health sector are accomplished with partners throughout the year. Coordination of these programs involves managing resources, scheduling, tracking hours and co-hosting various programs. The Volunteer Coordinator also organizes a slew of client-based requests involving transportation to medical appointments, Friendly Calls/Visits, and Telephone Check-in. Alongside the large collaboration of the Community Christmas Hamper Campaign, many community events request the involvement of our dedicated Community of Care volunteers, such as: JHSB Influenza Vaccination Campaign, Be Active Québec's annual Move-a-thon, Quebec City's St. Patrick's Day Parade, and Jeffery Hale Friends' Foundation Golf Tournament.

The Volunteer Appreciation Evening represents an important step in recognizing the impact that volunteers of

Jeffery Hale Community of Care have on the vitality and well-being of our community. This year we focused on volunteer promotion through the showcase of a promotional volunteer video produced by VEQ which captures snippets of opportunities which speak to many of our community members.

This November the Volunteer Coordinator attended PREB training - a volunteer recognition program based on Employment and Social Development Canada's National Occupational Classification and is now qualified to offer PREB certificates. Volunteers can request a PREB certificate to recognize the value of their volunteer experience in relation to the qualities and capacities they have shown or grown with the organization. A PREB certificate is most handy in assisting volunteers in their job search given that it was created locally by the *Centre d'action bénévole de Québec* and is recognized nationally by Volunteer Canada. For many of our new English-speaking community members, this is a very valuable resource in their employability toolkit.

Approximately 102 new volunteers were welcomed into the Community of Care family in 2014-2015.



Health Passport Launch

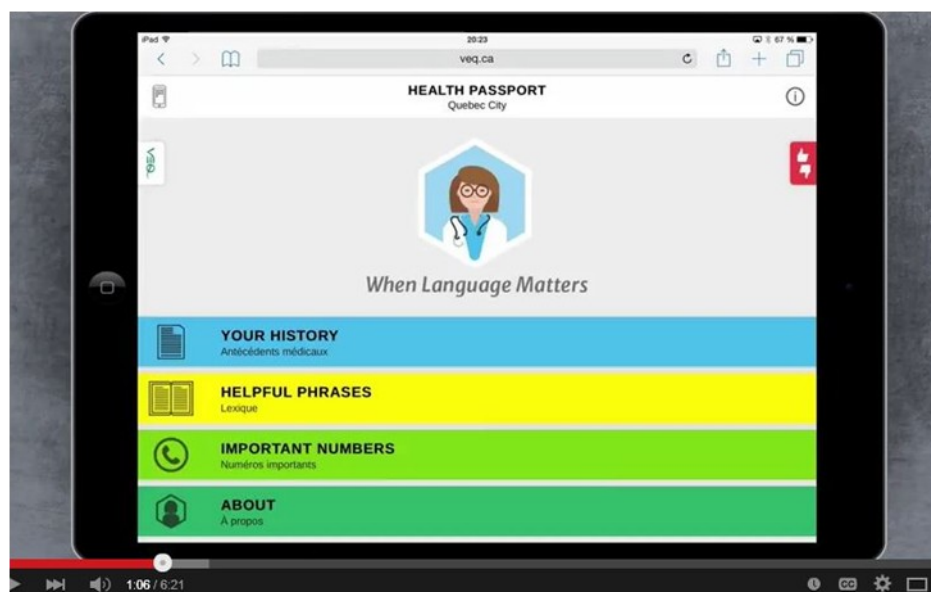
Following suite from the Health Passport booklet produced in 2013, Voice of English-speaking Québec and the Community Health and Social Services Network (CHSSN) were proud to launch the “When Language Matters” Health Passport App (version 1.0). The Health Passport App 1.0 is designed to help individuals and families keep track of essential health information on their smart phone, tablet or home computer. It also provides an easily accessible guide to helpful words and phrases in French to interact more effectively with French-speaking health care providers.

VEQ prepared community sessions to help key demographics – parents, caregivers, newcomers, seniors and the general public – download and explore the utility of this web application as well as inviting them to provide feedback which will contribute to the version 2.0.

By the same token, VEQ produced a simple video tutorial illustrating the step by step process of downloading and effectively using the personalised Health Passport App.

To view the tutorial video or to attend a community session and enter the draw to win an iPad at Fall Fest visit www.veq.ca.

VEQ and its key partners in health, Jeffery Hale-Saint Brigid’s and CHSSN, always aim to maximize the quality of care and accessibility of services in Quebec for English-speakers. Empowering our community with the tools they need to enhance their ability to explain the health issue that they face is just the beginning. We also hope to raise awareness of health professionals to the needs and realities of the English-speaking minority of the Quebec City region.



Treasurer



**Revenue and Expenses
For the Year Ended March 31, 2015**

	<u>2015</u>	<u>2014</u>
REVENUE		
Grants and Contribution Agreements		
Operating Government Grant	152 000	152 000
Other grants and contributions	231 077	228 149
Charitable Sector	30 215	31 574
Unrestricted Income		
Community Directory	-	47 471
Summer camp	41 096	13 465
Other Revenues	49 357	25 101
	<hr/> 503 745 <hr/>	<hr/> 497 760 <hr/>
EXPENSES		
Salaries and benefits	310 672	309 478
Honorarium	48 030	29 575
Travel	24 951	30 696
Publicity	16 931	28 770
Operating costs	82 077	91 761
	<hr/> 482 661 <hr/>	<hr/> 490 280 <hr/>
SURPLUS OF REVENUE OVER EXPENDITURE FOR YEAR	<hr/> 21 084 <hr/>	<hr/> 7 480 <hr/>

*Prepared by Paule McNicoll, Comptable Agréé
Auditor's report dated May 19, 2015*

Treasurer



**Balance Sheet
As of March 31, 2015**

	<u>2015</u>	<u>2014</u>
ASSETS		
CURRENT ASSETS		
Cash and cash equivalents	72 086	101 649
Accounts receivable		
Others	3 026	3 213
Government Grants receivable	37 805	22 014
Government remittances	-	3 060
Goods and Services Tax	3 769	2 245
VEQ Foundation	34 428	4 828
	<u>151 114</u>	<u>137 009</u>
CAPITAL ASSETS		
	<u>1 714</u>	<u>2 378</u>
	<u>152 828</u>	<u>139 387</u>
LIABILITIES		
CURRENT LIABILITIES		
Accounts payable	41 430	42 934
Deferred revenue	26 965	33 104
	<u>68 395</u>	<u>76 038</u>
NET ASSETS		
NET ASSETS INVESTED IN CAPITAL ASSETS	1 714	2 378
NET ASSETS NOT ASSIGNED	82 719	60 971
	<u>84 433</u>	<u>63 349</u>
<i>Prepared by Paule McNicoll, Comptable Agréé</i>		
<i>Auditor's report dated May 19, 2015</i>	<u>152 828</u>	<u>139 387</u>

Treasurer



**Changes in Net Assets
For the Year Ended March 31, 2015**

	<u>2015</u>	<u>2014</u>
NET ASSETS INVESTED IN CAPITAL ASSETS		
Invested in Fixed Assets		
Balance - beginning of year	2 378	3 311
Surplus of revenues over expenses	-	-
Investments in capital assets	(664)	(932)
Balance - end of year	1 714	2 379
Not Assigned		
Balance - beginning of year	60 971	52 558
Surplus of revenues over expenses	21 084	7 480
Investments in capital assets	664	932
Balance - end of year	82 719	60 970
Total		
Balance - beginning of year	63 349	55 869
Surplus of revenues over expenses	21 084	7 480
Balance - end of year	84 433	63 349

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Treasurer



**Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2015**

	VEQ		Job Bank/ Others		Young Canada Works		Fall Fest	
	<u>2015</u>	<u>2014</u>	<u>2015</u>	<u>2014</u>	<u>2015</u>	<u>2014</u>	<u>2015</u>	<u>2014</u>
REVENUE	158 746	153 607	4 200	3 543	3 188	3 130	10 900	11 489
GENERAL OPERATIONS								
Salaries and benefits/Staff	106 885	106 078	380	500	3 188	3 130	1 400	1 278
Salaries/Activities	-	-	-	-	-	-	-	-
Honorarium	3 168	5 468	-	-	-	-	1 569	3 503
Travel/Mileage	4 925	2 928	-	-	-	-	-	121
Travel/Activity	-	736	-	-	-	-	-	3 409
Travel/Meeting expenses	6 213	7 337	-	-	-	-	-	526
Publicity	5 867	7 454	-	-	-	-	1 800	581
Operating costs	27 412	22 014	-	-	-	-	1 200	200
Other	-	-	-	-	-	-	4 399	1 870
	154 470	152 015	380	500	3 188	3 130	10 368	11 488
SURPLUS OF REVENUE OVER EXPENSES (EXPENSES OVER REVENUE)	4 276	1 592	3 820	3 043	-	-	532	1

*Prepared by Paule McNicoll, Comptable Agréé
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Treasurer



Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2015

Seniors Out and About		Partners		www.youth		Seniors en forme		City Project	Quebec en forme 2015
<u>2015</u>	<u>2014</u>	<u>2015</u>	<u>2014</u>	<u>2015</u>	<u>2014</u>	<u>2015</u>	<u>2014</u>	<u>2015</u>	<u>2015</u>
27 214	21 618	38 138	19 651	7 350	34 133	4 902	100	12 000	50 965
16 062	11 575	38 138	19 651	6 480	20 577	-	-	12 000	33 524
-	-	-	-	-	5 000	-	-	-	-
1 636	1 564	-	-	-	3 000	4 419	-	-	-
-	-	-	-	-	511	-	-	-	1 098
4 611	4 643	-	-	-	-	506	100	-	-
905	779	-	-	-	720	-	-	-	640
-	247	-	-	-	1 375	62	-	-	3 436
4 000	2 810	-	-	870	2 950	-	-	-	-
-	-	-	-	-	-	-	-	-	12 267
27 214	21 618	38 138	19 651	7 350	34 133	4 987	100	12 000	50 965
-	-	-	-	-	-	(85)	-	-	-

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**Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2015**

	Quebec en forme 2014		Fit & Fun Summer Day Camp		Entente Canada- Québec	Hundreds of Years	New Horizons - I Volunteer
	<u>2015</u>	<u>2014</u>	<u>2015</u>	<u>2014</u>	<u>2015</u>	<u>2015</u>	<u>2015</u>
REVENUE	<u>23 592</u>	<u>48 402</u>	<u>45 723</u>	<u>13 465</u>	<u>10 000</u>	<u>39 900</u>	<u>24 627</u>
GENERAL OPERATIONS							
Salaries and benefits/Staff	10 083	29 688	-	-	-	27 650	6 127
Salaries/Activities	-	-	20 897	7 683	-	-	-
Honorarium	600	-	-	-	9 408	7 667	11 273
Travel/Mileage	177	375	-	-	-	84	-
Travel/Activity	-	750	-	1 341	-	815	2 107
Travel/Meeting expenses	190	215	-	-	-	-	398
Publicity	914	3 053	714	383	557	887	1 806
Operating costs	2 386	76	2 595	2 400	-	2 797	2 916
Other	9 242	14 245	9 011	1 658	-	-	-
	<u>23 592</u>	<u>48 402</u>	<u>33 217</u>	<u>13 465</u>	<u>9 965</u>	<u>39 900</u>	<u>24 627</u>
SURPLUS OF REVENUE OVER EXPENSES (EXPENSES OVER REVENUE)	<u>-</u>	<u>-</u>	<u>12 506</u>	<u>-</u>	<u>35</u>	<u>-</u>	<u>-</u>

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Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2015

Once Upon a Memory	Quebec en forme 2013	Opération Enfant Soleil 2014	Comm. Directory VEQ 2014	Life Skills 2014	Citadel New-comers 2014	New Horizons Seniors Federal 2014	Provincial Seniors 2014	Total	
<u>2015</u>	<u>2014</u>	<u>2014</u>	<u>2014</u>	<u>2014</u>	<u>2014</u>	<u>2014</u>	<u>2014</u>	<u>2015</u>	<u>2014</u>
42 300	23 467	1 580	47 468	40 830	5 760	24 677	44 840	503 745	497 760
27 858	11 944	-	26 000	22 808	4 030	6 127	29 785	289 775	293 171
-	924	-	-	2 700	-	-	-	20 897	16 307
8 290	-	-	537	3 723	-	8 087	3 693	48 030	29 575
801	354	-	329	325	-	242	403	7 085	5 588
1 481	-	-	-	1 156	382	1 050	188	9 520	13 755
-	19	-	309	307	-	105	1 036	8 346	11 353
888	-	-	-	4 075	1 318	6 226	4 058	16 931	28 770
2 982	2 220	-	695	3 328	30	2 840	4 177	47 158	43 740
-	8 006	1 580	16 754	2 408	-	-	1 500	34 919	48 021
42 300	23 467	1 580	44 624	40 830	5 760	24 677	44 840	482 661	490 280
-	-	-	2 844	-	-	-	-	21 084	7 480

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