

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

NEWCOMERS

YOUTH

MEMBERS

COMMUNITY

EMPLOYERS

Annual Report 2013 - 2014



Voice of English-speaking Québec



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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.....	9
Employment Services	11
Leadership Table	12
Newcomer Services	13
Be Active Québec	16
Youth.....	18
50+ Activities	20
Partnership with Jeffery Hale Community Partners.....	22
Treasurer	24
Photo Gallery	31



Voice of English-speaking Québec

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Amy Bilodeau, Project Coordinator

Ellie Fleming, Community Events & Administrative Coordinator

Heather McRae, Project Coordinator

Jean Nivischiuk, Be Active Québec Coordinator

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David Bonneville, Be Active Québec Coordinator

Kayress dela Cruz, Newcomers Coordinator

Ayla Foers, Project Coordinator

Catherine Girard, Summer Student 2013

Alison Maynard, Newcomers Coordinator

Amy Miron, Administrative Assistant

Mission Statement

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

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

Act as a hub of information for the community

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

Foster community cohesiveness

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

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

Support the development of the community

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

Recent projects such as the Life Skills project with local youth, Performing Arts Festival with CQSB, Seniors, Out & About program and Seniors Day activities are great examples of how VEQ is supporting the ongoing development of the English-speaking community.

Promote the interests of the community

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

This year, VEQ met with various politicians from the three levels of government in addition to being an active member of different regional consultation tables such as the Leadership Table and the *Table de Concertation en Immigration de la Conférence Régionale des Élus de la Capitale-Nationale*.

President's Message

As I review the last year of activities, I am so pleased at the success that VEQ has achieved in developing and implementing new initiatives to better serve the English-speaking community of our region. This extensive list of activities addresses all four of VEQ's goals: to act as a hub of information for the English-speaking community; to foster community cohesiveness; to support the development of the community; and to promote the interests of the community. As I wrap up my final year as President, I am enormously proud of what VEQ has accomplished.

To highlight some accomplishments from 2013-14, VEQ has continued to be extremely active providing high quality services for English-speaking newcomers in our region. With a full-time staff person dedicated to the needs of newcomers, someone is always available to answer questions in person, through email or by phone. A newcomers package is given to every new arrival, which includes useful tools such as the Community Connection Directory and the Health Passport, and is customized to include detailed information for each newcomer's specific needs, whether they are looking for family activities, looking for a job, or just looking for new and interesting ways to enjoy their new home. The always popular series of Finding Your Niche networking and information sessions has grown to include fun events like the Learn French & Teach English Fair and the Taste of Quebec Meet & Greet,



Helen Walling, President

where participants get to sample local Québécois specialties and learn a little bit of history about our region.

In the summer of 2013, VEQ was pleased to partner with Be Active Quebec to organize the Fit & Fun English Summer Day Camp. Finding a summer camp taking place in English is a need that parents have been asking for at VEQ for many years, and it was a huge success. With over 30 campers registered for the four-week camp, the kids enjoyed learning about a healthy lifestyle through fun sports activities and sessions on healthy eating. The BAQ Smoothie bike was also a huge hit, where kids pedal away to make their own delicious smoothie. The camp received an overwhelming positive response and VEQ is looking forward to continuing it in 2014.

After months of hard work, VEQ also produced the new edition of the Community Connection Directory. It was released in December 2013 and includes over 60 useful listings of local businesses that are able to

President's Message

offer their services in English. The community section offers a vast resource of community groups and organizations offering services to the English-speaking community as well as opportunities to get involved through volunteering. Also included is the helpful newcomers section, which provides details for everything a new arrival might need to know about getting settled in Quebec. Over 5,000 free copies of the new directory have already been distributed and more are always available for anyone who hasn't picked one up yet.

VEQ was also pleased to organize regular meetings of the *Leadership Table*. In addition to meetings aimed at sharing information and establishing productive partnerships amongst the English-speaking community, the Leadership Table efforts led to several meetings with key politicians such as Quebec City Mayor Mr. Régis Labeaume, Quebec City Executive council member and Vice-Mayor Michelle Morin-Doyle, Mr. Gérard Deltell, M.N.A. for Chauveau, and Mr. Sam Hamad, M.N.A. for Louis-Hébert. These beneficial meetings give VEQ and other organizations within the English-speaking community an opportunity to voice their needs and demonstrate to these decision-makers what our community is all about.

VEQ also organized the fourth edition of Fall Fest, welcoming over 650 people to St. Vincent Elementary. Everyone enjoyed live

entertainment, the St. Vincent corn roast, fun activities for kids, as well as the opportunity to learn about various institutions and groups serving the English-speaking community. This year, a special seniors corner was added, giving this important clientele a space to go to learn about the vast range of services that are available in our community to help meet their needs. Overall, the event was a great success and we are looking forward to Fall Fest 2014.

I would like to take this opportunity to say a special thank you to the board members that have left us during the year or that are finishing their terms now after many years of dedication and hard work. Our sincere thanks to Kevin Fleming, Brian A. Garneau, Andrew Greenfield, Santo Mula, Warren Thomson and Mariya Zarkova. Your contribution has been crucial to VEQ's success!

I also extend special thanks to the Executive Committee members as well as our Board of Directors for their essential commitment and dedication to VEQ. I am honoured to have been able to work with the great staff at VEQ and have especially enjoyed working closely with Jean-Sébastien. As I end my term as President of VEQ, I look forward to staying involved and hearing about the successes the future will bring!

Sincerely,
Helen Walling, President

Executive Director's Report

As we approach another Annual General Meeting, I feel a great deal of satisfaction for the successes that we have enjoyed in the past year, as well as a lot of anticipation and excitement for the numerous projects that are about to start.

Before highlighting some of the key successes that we have enjoyed this year, I want to start by thanking my staff; Ellie Fleming, Community Events & Administrative Coordinator, Heather McRae, Project Coordinator, Amy Bilodeau, Project Coordinator, Jeanne Nivischiuk, Be Active Québec Coordinator, and Jessica Price, Newcomers Coordinator. I also want to thank important people that are no longer on the staff but had a key contribution to our success this year: Kayress dela Cruz, Newcomers Coordinator, Ayla Foers, Project Coordinator, Alison Maynard, Newcomers Coordinator, David Bonneville, Be Active Québec Coordinator, and Amy Miron, Administrative Assistant.

No leader can be successful without the hard work of a productive and motivated team. I feel blessed to be surrounded by such a strong team made of dynamic, smart and dedicated women that are the true reason why VEQ has been so successful over the past years.

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



Jean-Sébastien J. Gignac
Executive Director

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 la Conférence régionale des élus de la Capitale-Nationale* that enables us to access useful information about services or tools that we can adapt to better serve English-speaking newcomers. I also have the privilege to be a member of the *Comité formation main-d'oeuvre relève de la Chambre de Commerce de Québec* and to be the president of the regional access committee for English language health and social services. These committees help us make sure that the voice of our community is heard in multiple important sectors.

VEQ was also in charge of two very exciting projects based on the life skills concept. In partnership with our sister organization from Thetford Mines, the Megantic English-speaking Community Development

Executive Director's Report

Corporation, the first project led to the implementation of multiple life skills workshops such as budget/banking, nutrition/cooking, anxiety/stress management, etc. The second project was mostly realized through a strong partnership with the Quebec High School Community Learning Centre and was using the implementation of life skills workshops to bridge youth of the two linguistic communities of our region. Approximately 350 youth participated in these two projects that led to the organization of over 25 workshops.

VEQ also supported the Central Quebec School Board again this year in the organization and production of their annual 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 and professional artists which was enjoyed by over 500 spectators. This initiative was a real success and VEQ is certainly looking forward to collaborating with the CQSB on similar initiatives.

VEQ was also very proactive in implementing a variety of useful services for seniors of our community. Indeed, thanks to a strong partnership between VEQ, the VEQ Foundation and the financial support of the Jeffery Hale Foundation, VEQ was able to provide weekly transportation for English-speaking seniors through its project

called Seniors Out and About. Over 300 seniors participated in the outings which included lunches out, shopping trips, restaurants, community events, movie matinees and visits to local spots such as Île d'Orléans. In addition to this great service, VEQ also implemented an elder abuse prevention campaign to help seniors recognize and understand the various forms of elder abuse. VEQ also organized various Seniors' Days to help seniors and their families gain awareness of the services available for seniors in English in our region.

To conclude I want to say a special thank you to Ms. Helen Walling, our departing President. There are simply no words strong enough in the two languages that I know to express how thankful I am for everything that Helen did for me ever since she offered me my first job back in 2005. Thank you my dear boss, mentor and friend! We'll miss you!

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.

The AGM was held on May 30, 2013 in the Coin Soleil Room of the Jeffery Hale Hospital. Over 100 people joined us to hear about activities from the previous year as well as exciting new initiatives.



Annual General Meeting 2013

Again this year, VEQ was fortunate to have overwhelming interest from community members wishing to join its Board of Directors. Elections were held and VEQ welcomed 3 new board members and 4 current board members were re-elected for a second term.



Fall Fest 2013

Thanks to our 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 on Saturday, September 14, 2013 for the fourth annual Fall Fest at St. Vincent Elementary. As always, plenty of fun activities kept the kids entertained while community groups and local businesses shared their products and services with visitors. Mayor Labeaume even came to visit Fall Fest this year, staying for a while to enjoy festivities and mingle with participants.



Fall Fest 2013

Community Events



Mayor Labeaume addressing visitors at Fall Fest 2013

A wide range of performances from cultural groups along with the St. Vincent corn roast rounded out the day's activities. Over 40 community groups also set up booths in order to showcase the wide variety of groups and businesses that serve our English-speaking community, including a health and social services corner, a Be Active Québec corner and a new Seniors corner. A huge thank you from VEQ to everyone who participated in Fall Fest 2013!

VEQ's Holiday Happy Hour was held on December 5, 2013 at the Morrin



Holiday Happy Hour 2013

Centre in Old Quebec. Over 80 community members spent the evening socializing with friends old and new while enjoying delicious holiday refreshments. VEQ would also like to give a warm thank you to all the local businesses who graciously donated to the door prizes, as well as the community members in attendance. We could not have asked for a better way to ring in the Holidays.



VEQ staff at Holiday Happy Hour 2013

VEQ once again offered free transportation to the Shannon Irish Show on March 15. Almost 20 people rode the bus out to Shannon and enjoyed a great show celebrating Irish heritage in Québec.



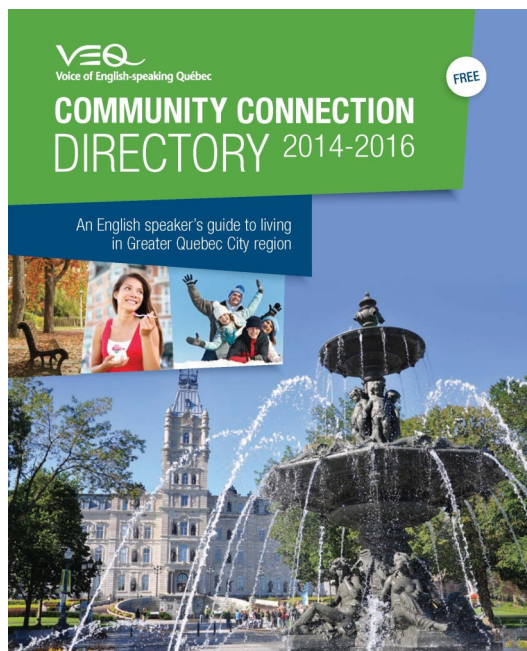
Bus to the Shannon Irish Show 2014

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.

This year, VEQ completed the process of producing the new edition of the Community Connection Directory. This practical and useful tool is aimed at providing information about services and activities that are available in English in our region to our linguistic community members. The new Community Directory was officially released in the fall of 2013 and is once again proving to be a key tool in connecting with English-speaking community groups, institutions and service providers. In fact, over 5,000 copies have already been distributed to partner organizations, schools, churches and individuals!

In December, VEQ once again proudly contributed to the 18th Annual Community Christmas Hamper Campaign. The Christmas Hamper Campaign remains a vibrant testimony that a small community can do great things when everyone is working towards the same objective. VEQ was very happy to offer a contribution through drafting, printing, and helping to distribute this year's publicity material for the campaign. VEQ staff participated in the organizing committee, organized volunteers and helped to sort, count, pack, load and deliver hampers to 227 families in need. The Hamper Campaign organizing committee was happy to announce that they met the \$25,000 fundraising goal through personal donations, fundraising events, and the overall generosity of all those involved.



VEQ Staff tallying Christmas Hamper food donations

VEQ representatives attended numerous other important events in the community, including the Quebec High School Trivia Night in April 2013, the Toys N More Sale in May 2013 run by the Jeffery Hale

Community Outreach



Dedicated Christmas Hamper Campaign organizers

Moms' Nite-Out Group, the Jeffery Hale Friends' Foundation Golf Tournament in September 2013, The Central Québec School Board Cross Country Run in September 2013, the Quebec City Women's Club Book Fair

in October 2013, and the Morrin Centre's Literary Feast in November 2013.

March 2014 brought the fifth edition of the Québec St. Patrick's Day Parade. VEQ was thrilled to participate again, bringing a fun group of staff and friends together along with a group of young cheerleaders from Holland Elementary. The festive green and white VEQ balloons added to the fun, while VEQ staff handed out lucky gold chocolate coins to kids in the crowd.



Quebec High School Trivia Night 2013



VEQ Information Table



VEQ Staff with Mayor Labeaume at the 2014 St. Patrick's Parade

Employment Services

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

A total of 112 employment positions were posted on the site during the year, an increase of 6% from the previous year. Examples of positions featured on the site include:

- Web Marketing Writer/ Editorial Webmaster
- International Sales Agent
- Project Manager
- Senior Legal Assistant
- Dietitian - Nutritionist
- Attendant for Handicapped Students
- Human Resources Coordinator
- Financial Security Advisor
- Events 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 has had the opportunity to build stronger links with various employers of our region in order to increase their awareness of the economic potential that our community represents for our region.

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 sessions help English-speaking entrepreneurs develop and

expand their own businesses.

Over the past fiscal year, 32 people have benefitted from YES' Business Coaching Services. YES provided Québec City region residents one-on-one business coaching sessions as well as a Jump Start your Business Workshop with the theme of: Grants and Loans.



Foire de l'Emploi 2014

In addition, VEQ once again held a leadership role in the Multilingual Zone during the 2014 Quebec City Foire de l'Emploi. VEQ helped coordinate this valuable initiative that continues to build on the success of the previous seven years.

The success of the Multilingual Zone was indisputable, with more than 470 people having their second language skills evaluated by teachers from Eastern Quebec Learning Centre, and more than 700 stopping by to acquire more information about employment opportunities for English speakers and bilingual people in the Quebec City region.

Leadership Table

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

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

This year the Leadership Table and VEQ met a total of 16 politicians / representatives of key Government agencies through 8 meetings. VEQ met with Quebec City Mayor Mr. Régis Labeaume, Quebec City Executive council member and Vice-Mayor Michelle Morin-Doyle, Marc Tanguay, M.N.A for LaFontaine and Official opposition critic for the Charter of the French language, Ms. Diane De Courcy, Minister responsible for the Charter of the French language for the PQ Government, 7 members of the Senate Committee on Official Languages, 3 key representatives of

the Office of Commissioner of Official Languages, Mr. Gérard Deltell, M.N.A. for Chauveau, and Mr. Sam Hamad, M.N.A. for Louis-Hébert.

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



Quebec City Executive council member and Vice-Mayor Michelle Morin-Doyle

Newcomer Services



**Jessica Price
Newcomers
Coordinator**

The members of the Newcomers Committee included Board members Brigitte Wellens, Jeanne Grégoire, Stephen Marchesault, Mariya Zarkova, and staff member Kayress dela Cruz and Alison Maynard. With Jessica Price having started March 31, 2014, she was not part of the 2013-2014 committee.

The committee's mandate involves:

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

Thanks to the financial support of the Canadian Heritage and the Citadel Foundation, 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 313 newcomers in the Quebec City region, 267 in their first year of arrival. A total of 1577 services were provided to newcomers, which ranged from in-office visitations, information sessions and numerous phone and email inquiries.

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



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

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

Newcomer Services

VEQ organized six FYNN sessions with 158 total participants:

- Newcomers Walking Tour of Old Québec (June 2013), where 16 newcomers participated in the walking tour of Old Québec with a knowledgeable and charismatic tour guide. Everyone enjoyed a beautiful day, while learning more about Quebec City's rich history.
- Learn French and Teach English Fair (September 2013), 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. 51 newcomers and 13 partners were present for the event. VEQ would like to thank all of the partner organizations that helped to make this event successful.



Taste of Québec Meet & Greet October 2013

- Newcomers Meet & Greet: Taste of Québec (October 2013) where 33 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, Françoise Dutil for making and donating the tarte au sucre and the various businesses that generously gave donations for the door prizes.



Newcomers Walking Tour of Old Québec June 2013



Taste of Québec Meet & Greet October 2013

Newcomer Services

- Winds of Change Workshop (November 2013), this event was held in partnership with Jeffery Hale Community Services to provide newcomers with information and tools on how to adapt to life in Québec. A total of 10 newcomers came to the event to understand how change impacts their life and what methods can be used to overcome the hurdles and challenges of living in a French-speaking environment. Thank you to our guest speaker Taylor Ireland.
- Holiday Happy Hour (December 2013), more than 80 community members and approximately 30 newcomers attended the event which took place at the Morrin Centre.
- Social & Information Night: Bowling (February 2014), was an opportunity for newcomers to meet and mingle with friends as well as speak with representatives from YES Montreal and Valcartier Family Centre who provide vital employment services to Québec's English-speaking population. We had 18 participants this year. Thank you to our partners for being part of this event.



**Winds of Change Workshop
November 2013**



**VEQ Holiday Happy Hour
December 2013**



**Social & Information Night: Bowling
February 2014**

Be Active Québec



Jeanne Nivischiuk
Be Active Québec
Coordinator



Be Active Québec (BAQ) is a collaboration between local partner groups consisting of Jeffery Hale Community Services, Jeffery Hale Community Partners, Valcartier Family Centre, Community Learning Centre, Central Québec School Board, Garderie Mini Braves, Jeunes et en Santé, Quebec City Reading Council and Voice of English-speaking Québec. BAQ's goal is to promote better lifestyle choices by encouraging healthy eating habits and physical activity for Quebec City youth ages 0 to 17. BAQ collaborates with daycare centres, our local English school board, health care facilities, community-based organizations and parent volunteers to ensure the success of projects within our community .

BAQ heartily thanks its partners for their support this year. Special acknowledgement goes to the Quebec City YWCA, which offered youth classes in English this winter and the Moms' Nite-Out group who hosted two unique healthy eating events for kids & their families. BAQ intends to build on these new collaborations with more family cooking sessions and additional English youth classes.

BAQ worked extensively in English-speaking schools this year. In addition to the partnership between St. Vincent Elementary School, who hosts the Fit & Fun Summer Camp and Fall Fest, the Holland Huskies cheerleading squad marched in the St. Patrick`s day parade with BAQ,



Wixx St. Pat's Parade Dance Team 2014

braving the snow to energize the crowd and encourage other children to be active too. Everest held a health and nutrition fair and started a new deck hockey league with BAQ sponsorship.

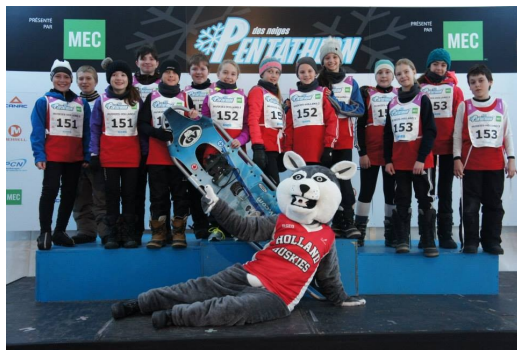


Children at Portneuf doing Cru Cru

BAQ hosted a cooking class series at Portneuf, Holland and Valcartier and visited two schools for the day and did Cru Cru, making edible creations with the children.

Be Active Québec

BAQ also sponsored the training of 12 physical fitness educators in two new sports created here in Quebec, Pur Instinct and DBL Ball. The BAQ coordinator worked with eight early childhood educators, giving a presentation and hands-on workshop to enhance their knowledge of motor skill development. These are just a few of the many projects that brought BAQ into CQSB schools.



Holland Elementary Pentathlon 2014

Building on the success of the Pentathlon des Neiges teams from last year, BAQ proudly sponsored 7 teams within the school board. Portneuf, Holland, Everest and St. Patrick's all had teams or equipment contributed by BAQ.

BAQ was found at many community activities this year, including Fall Fest, the CQSB cross country run, the Valcartier Family Center bilingual youth group, Travellin' Toddler Time and Take-a-Break to name a few. BAQ held the Wixx Move-a-thon with VEQ and



CQSB Cross Country Run 2013



Wixx Move-a-thon 2014

Jeffery Hale Community Services, to help families kick off the winter blues over March break. The event offering a variety of unique activities, including Zumba, a joust and the smoothie bikes, all to give kids a good time and get them in motion.



Fit & Fun Summer Camp 2013

BAQ, in partnership with VEQ, created a unique summer camp designed for English-speaking children that would be health and fitness focused. We had great success, with four counselors and 30 children attending camp each week. The camp ran for four weeks, with weekly trips to different venues, pool time and free smoothies. This summer we will run for six weeks and we expect more children, more activities and even more fun!

Youth

Funding from Canadian Heritage provided VEQ with the opportunity to coordinate two very exciting projects based on the life skills concept.

In partnership with our sister organization from Thetford Mines, the Megantic English-speaking Community Development Corporation, the first project led to the implementation of multiple life skills workshops such as budget/banking, nutrition/cooking, anxiety/stress management, etc, in the Quebec City region and Thetford Mines area. This important project enabled participating youth to increase their ability to live independently through the learning of key life skills that they had identified themselves at the beginning of the initiative. It also contributed to increase their sense of belonging to our respective minority communities. More than 300 students participated in at least one of the 23 workshops that were organized as part of this project.

The second project was mostly realized through a strong



Life Skills Cooking Workshop

partnership with the Quebec High School Community Learning Centre and was using the implementation of life skills workshops to bridge youth of the two linguistic communities of our region. Three different schools from both the English-speaking community and French majority directly participated in this great initiative.



Life Skills Basic Car Maintenance Workshop

Similar to the other project explained above, this initiative was useful to help English and French-speaking youth to be more confident in their capacity to live and work in our region. In addition, the implementation of the project enabled us to efficiently promote bilingualism and the establishment of stronger links between youth of both the English and French-speaking communities of the Quebec City region. Approximately 210 youth participated in this project that led to the organization of over 12 workshops.

Youth



**Ayla Foers
Project
Coordinator**

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



Mural created by students at PAF 2014

The Performing Arts Festival (PAF) took place on Friday, March 21, 2014. Seven high schools from across the CQSB came to Quebec High School to start the day. The



PAF 2014

students participated in an art workshop of their choice during the morning. The workshops included mural painting, circus, trapeze, hip hop dancing, song writing, spoken word, African drumming, magic, record disc scratching, hip hop performance, and photography. In the afternoon once workshops were completed, the students took a break before the dress rehearsals for the evening performance.



PAF 2014

The community was invited to the evening performance at 7 pm 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.

50+ activities



**Heather McRae
Project
Coordinator**

Seniors at the Heart of Our Community: Québec ami des aînés

On Tuesday, March 18, 2014 VEQ and their partners held a community forum for Seniors which was an information fair on aging in the Greater Quebec City region. Over 35 seniors, caregivers and family members came out to the event. The fair was held at The Jeffery Hale Pavilion where the seniors gathered for lunch and short presentations by Hugo Lanoux, a social worker for The Alzheimer Society of Quebec and Gail Quinn, coordinator for the Creative Expression art program.

A resource table was created for participants to gather information about the various community based



Seniors listening to the presentations at the Seniors Community Forum

initiatives for their demographic.

VEQ partnered with Quebec High School's leadership class and provided introductory computer workshops to Seniors in our community. Over 70 participants came to 14 workshops to learn about topics ranging from Internet 101, Basic E-mail, Facebook and Skype.



Learning how to use an iPad workshop

United in Respect for Our Seniors

This year VEQ was able to continue their program to help maintain the independence and security of seniors in our community while minimizing abuse and discrimination against them.

An awareness campaign called the Many Faces of Elder Abuse was continued in the Fall of 2013 with 7 advertisements in the Québec Chronicle-Telegraph showing the many different forms of elder abuse. The advertisements were created to bring awareness to our community about abuse and its different forms.

VEQ re-printed the booklet that outlines the different types of elder abuse and what to do if you are a victim or know someone who is a victim of abuse. This was given to over 400 students at Quebec High

50+ activities

The many faces of Elder Abuse

Sexual Abuse
Sexual abuse involves any sexual behaviour directed at an older adult without consent or without their full knowledge.

Elder Abuse Help Line
is a free, anonymous and confidential service available every day from 8:00 a.m. to 8:00 p.m. at 1 888 489-4822(2287).

The many faces of Elder Abuse

Fraud
A subtle, deceitful way of getting money out of people, without their knowledge.

Elder Abuse Help Line
is a free, anonymous and confidential service available every day from 8:00 a.m. to 8:00 p.m. at 1 888 489-4822(2287).

community while helping them to continue to live autonomously. Over the last two years, there were 80 outings with approximately 700 participants which included lunches out, shopping trips, restaurants, community events, and visits to local spots such as Île d'Orléans and the Vieux Port.



Seniors on the bus after an exciting morning picking blueberries!

School and St. Patrick's High School. The students worked with their advisory teachers to discuss elder abuse and how to prevent abuse in our community. VEQ staff also spoke with different groups at the Jeffrey Hale Community Services Day Centre about elder abuse and who to talk to if they or someone they know is a victim of abuse.

In February VEQ provided transportation and purchased tickets for 16 seniors to watch the play *Grandpa is Not a Cashcow and Grandma Won't take any Bull*. This play was presented by a group of Seniors examining how it may feel to be a victim of elder abuse and what to do if you are a victim. It looked at subtle forms of abuse as well as common forms.

Seniors Out and About

This project provides English-speaking seniors with free transportation on a weekly basis to community activities and outings. The objective of this program is to reduce isolation of seniors in our

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.

Partnership with Jeffery Hale Community Services

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.

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 2013 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 40 tax files were completed. Volunteers gave over 90 hours of their time to complete the many files.



A volunteer with one of the children

Take-a-Break Drop In Program

VEQ worked with our partners at the Jeffery Hale Community Services on their Take-a-Break Drop In program. This program offered a place for parents and their preschool children to get together two Friday mornings a month from 9:30 am to 11:30 am (November to May). Volunteers entertained children 18 months and older to give parents a break from child care, a chance to socialize and to listen to guest speakers. Babies under 18 months were welcome to stay with parents in the parent's space.



Participating children, and volunteers during a Take-a-Break morning.

VEQ was in charge of the volunteers and the kids' space. A huge thank you to all the volunteers and students from the Work Oriented Training Path program at Quebec High School who volunteered many hours to look after the children.

Treasurer



**Revenue and Expenditure
For the Year Ended March 31, 2014**

	<u>2014</u>	<u>2013</u>
REVENUE		
Grants and Contribution Agreements		
Operating Government Grant	152 000	152 000
Other grants and contributions	228 149	244 232
Charitable Sector	31 574	26 139
Other Restricted Income	-	5 000
Unrestricted Income		
Community Directory	47 471	-
Summer camp	13 465	-
Other Revenues	25 101	15 383
	497 760	442 754
EXPENDITURE		
Salaries and benefits	309 478	268 980
Honorarium	29 575	42 170
Travel	34 771	33 538
Publicity	28 023	33 046
Operating costs	88 433	61 879
	490 280	439 613
EXCESS OF REVENUE OVER EXPENDITURE FOR YEAR	7 480	3 141

*Prepared by Paule McNicoll, Comptable Agréé
Auditor's report dated May 21, 2014*



**Balance Sheet
As of March 31, 2014**

	<u>2014</u>	<u>2013</u>
A S S E T S		
CURRENT ASSETS		
Cash and cash equivalents	101 649	126 353
Accounts receivable		
Others	3 213	1 380
Government Grants receivable	22 014	27 321
Government remittances	3 060	-
Goods and Services Tax	2 245	4 461
VEQ Foundation	4 828	510
	<hr/> 137 009	<hr/> 160 025
CAPITAL ASSETS	2 378	3 311
	<hr/> 139 387	<hr/> 163 336
L I A B I L I T I E S		
CURRENT LIABILITIES		
Accounts payable	42 934	50 576
Deferred revenue	33 104	56 891
	<hr/> 76 038	<hr/> 107 467
N E T A S S E T S		
INVESTED IN CAPITAL ASSETS	2 379	3 311
UNEXPENDED REVENUE	60 970	52 558
	<hr/> 63 349	<hr/> 55 869
	<hr/> 139 387	<hr/> 163 336

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**Changes in Net Assets
For the Year Ended March 31, 2014**

	<u>2014</u>	<u>2013</u>
NET ASSETS INVESTED IN CAPITAL ASSETS		
Invested in Fixed Assets		
Balance - beginning of year	3 311	4 621
Surplus of revenues over expenses	-	(1 310)
Investments in capital assets	(932)	-
Balance - end of year	2 379	3 311
Not Assigned	<hr/>	<hr/>
Balance - beginning of year	52 558	48 107
Surplus of revenues over expenses	7 480	4 451
Investments in capital assets	932	-
Balance - end of year	60 970	52 558
Total		
Balance - beginning of year	55 869	52 728
Surplus of revenues over expenses	7 480	3 141
Balance - end of year	63 349	55 869

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**Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2014**

	VEQ		Job Bank/ Others		Young Canada Works		CIC Fall Fest	
	<u>2014</u>	<u>2013</u>	<u>2014</u>	<u>2013</u>	<u>2014</u>	<u>2013</u>	<u>2014</u>	<u>2013</u>
REVENUE	153 607	152 000	3 543	4 623	3 130	3 453	11 489	9 182
GENERAL OPERATIONS								
Salaries and benefits	106 078	101 356	500	1 952	3 130	3 453	1 278	1 400
Honorarium	5 468	2 495	-	-	-	-	3 503	2 511
Travel	11 001	10 468	-	-	-	-	4 056	77
Publicity	7 454	12 681	-	-	-	-	581	1 561
Operating costs	22 014	25 000	-	-	-	-	2 070	3 633
EXCESS OF REVENUE OVER EXPENDITURE (EXPENDITURE OVER REVENUE)	152 015	152 000	500	1 952	3 130	3 453	11 488	9 182
	1 592	-	3 043	2 671	-	-	1	

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**Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2014**

Seniors Out and About		Citadel Newcomers		Partners		Life Skills	www.youth	New Horizons Seniors Federal	Provincial Seniors
<u>2014</u>	<u>2013</u>	<u>2014</u>	<u>2013</u>	<u>2014</u>	<u>2013</u>	<u>2014</u>	<u>2014</u>	<u>2014</u>	<u>2014</u>
21 618	20 415	5 760	4 240	19 651	5 339	40 830	34 133	24 677	44 840
11 575	7 745	4 030	4 158	19 651	5 132	25 508	25 577	6 127	29 785
1 564	699	-	-	-	-	3 723	3 000	8 087	3 693
5 422	7 550	382	82	-	-	5 863	1 231	1 397	1 627
247	-	1 318	-	-	-	3 328	1 375	6 226	4 058
2 810	4 421	30	-	-	-	2 408	2 950	2 840	5 677
21 618	20 415	5 760	4 240	19 651	5 132	40 830	34 133	24 677	44 840
-	-	-	-	-	207	-	-	-	-

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**Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2014**

	Seniors en forme	Quebec en Forme 2014	Quebec en Forme 2013	Opération Enfant Soleil	Comm. Direct. VEQ	Summer Day Camp	Econ. Dev.	City Project
	<u>2014</u>	<u>2014</u>	<u>2014</u>	<u>2014</u>	<u>2014</u>	<u>2014</u>	<u>2013</u>	<u>2013</u>
REVENUE	<u>100</u>	<u>48 402</u>	<u>23 467</u>	<u>1 580</u>	<u>47 468</u>	<u>13 465</u>	8 268	26 629
GENERAL OPERATIONS								
Salaries and benefits	-	29 688	12 868	-	26 000	7 683	4 131	23 005
Honorarium	-	-	-	-	537	-	1 510	1 008
Travel	100	1 340	373	-	638	1 341	1 674	1 166
Publicity	-	3 053	-	-	-	383	-	1 810
Operating costs	-	14 321	10 226	1 580	17 449	4 058	953	2 560
	<u>100</u>	<u>48 402</u>	<u>23 467</u>	<u>1 580</u>	<u>44 624</u>	<u>13 465</u>	8 268	29 629
EXCESS OF REVENUE OVER EXPENDITURE (EXPENDITURE OVER REVENUE)	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>2 844</u>	<u>-</u>	<u>-</u>	<u>-</u>

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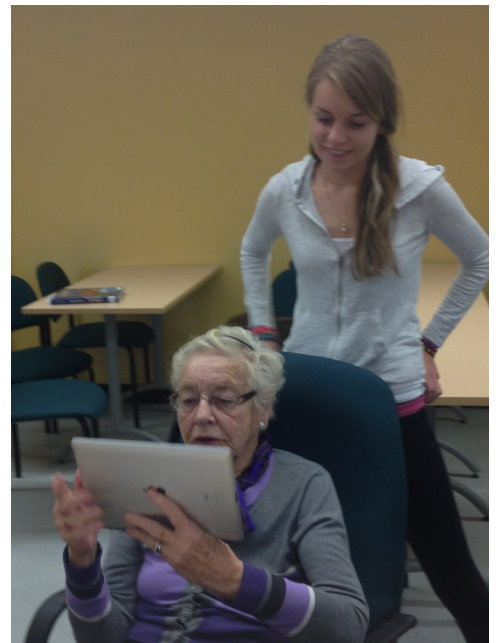


**Unaudited Schedule of Revenue and Expenditure
For the Year Ended March 31, 2014**

Art for All, All for Art	Bridg. Comm.	Elder Awareness	Seniors at the Heart	ELAN	Future Forum	Quebec en forme 2012	Quebec en forme 2013	Total	
<u>2013</u>	<u>2013</u>	<u>2013</u>	<u>2013</u>	<u>2013</u>	<u>2013</u>	<u>2013</u>	<u>2013</u>	2014	<u>2013</u>
53 692	39 070	49 344	22 498	4 200	4 000	17 732	15 069	497 760	442 754
27 159	24 328	33 579	5 533	-	-	14 361	11 688	309 478	268 980
11 584	9 940	2 500	3 070	2 876	1 664	469	1 764	29 575	42 170
1 616	2 321	726	3 222	1 324	2 220	607	485	34 771	33 538
2 448	396	8 499	5 266	-	-	119	266	28 023	33 046
10 806	2 056	4 040	5 252	-	116	2 176	866	88 433	61 879
53 613	39 041	49 344	22 343	4 200	4 000	17 732	15 069	490 280	439 613
79	29	-	155	-	-	-	-	7 480	3 141

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