

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



**NEWCOMERS YOUTH MEMBERS COMMUNITY EMPLOYERS**

## Summertime at Voice of English-speaking Québec!

Voice of English-speaking Québec is busier than ever this summer with great activities going on for all ages. Seniors, Out & About is in full swing, with weekly outings to a range of great places. This project is aimed at allowing English-speaking seniors to keep their autonomy and actively participate in community activities through safe and free transportation on a weekly basis. Read more about it on page 3.

VEQ and Be Active Québec have teamed up again this summer to organize the Fit & Fun English Summer Day Camp. This 6 week camp invites children ages 5-12 to participate in team and individual sports to help them learn about an active and healthy lifestyle. Read more about it on page 4.

Mark your calendars for Fall Fest 2014! This year, join us on Saturday, September 20 at St. Vincent Elementary school. Come visit local community groups and businesses, catch up with old friends and participate in activities for the whole family. Fall Fest will feature live performances by cultural groups, inflatable games, face painting, the St. Vincent corn roast and more! Community groups and businesses interested in having an information table at Fall Fest can contact [info@veq.ca](mailto:info@veq.ca) or 418-683-2366 ext.221.



Enjoy the beautiful summer in Quebec City, and as always, feel free to contact us if you have any questions or comments at 418-683-2366.

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# Join us to Celebrate!

## Nous célébrons ensemble!



## Fall Fest Fête d'automne

Free admission

Entrée gratuite

Saturday, September 20, 2014  
from 11 a.m. – 3 p.m.

Samedi, le 20 septembre 2014  
de 11 h à 15 h

Live performances • Corn Roast  
Community & Business Showcase  
Inflatable games • Face painting

Performances artistiques et culturelles  
Kiosques informatifs • Épluchette de blé d'inde  
Jeux gonflables • Maquillage

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

For more information • Pour plus d'informations

418 683-2366 • info@veq.ca • www.veq.ca



Voice of English-speaking Québec



Jeffery Hale  
Une communauté de soins  
A Community of Care



Government  
of Canada

Gouvernement  
du Canada

Canada



Voice of English-speaking Québec



www.veq.ca

# Updates from the Newcomers' Coordinator

## Newcomers Walking Tour of Old Québec: June 14, 2014

In June we had our first Finding Your Niche Event for newcomers of the fiscal year, the **Newcomers Walking Tour of Old Québec**. We had a turnout of 19 people which was fantastic considering the very rainy day! Overall it was a success! Thanks for coming out!

Are you new to the city or still feel like a newcomer? Come out in the fall for one or all of our Finding Your Niche for Newcomers events! These events are a great way to connect with other newcomers while learning more about our community! Stay tuned for more news on our newcomers events: **Taste of Québec: Meet and Greet** and **Winds of Change** in October and our **Language fair** in November



## Seniors, Out & About

The Seniors Out and About program is up and running again! This project provides English-speaking seniors with free transportation to community activities and outings. This summer seniors will participate in a variety of activities that will allow the participants to get outside, enjoy good company and the sunshine, such as botanical garden tours and visits to Sugar Shacks. Outings will continue throughout the summer and fall. For more information about the project, to offer your suggestions or to register for activities please contact Heather McRae at **418-683-2366 ext 224**



# BAQ/VEQ Fit & Fun English Summer Day Camp

Voice of English-speaking Québec, in partnership with Be Active Québec, is offering again this summer a one of a kind summer day camp experience where children ages 5 to 12 enjoy activities entirely in English. The camp is running for 6 weeks, from June 30 – August 8 at St. Vincent Elementary School. With over 90 children registered, camp director Jeanne Nivischiuk, 5 regular counselors, special needs assistants and other helpers from the VEQ team have been busy creating a fun and safe environment for campers to learn and play.

The main focus of the Fit & Fun English Summer Day Camp is to promote healthy eating habits and a physically active lifestyle. Each week centers around a theme inspiring daily activities, as well as a weekly outing. On top of the special weekly themed activities, the campers are able to enjoy daily swims at the pool, a weekly cooking workshop, and crafts. Campers also benefit from a free daily smoothie. The BAQ smoothie bike which the campers are encouraged to ride in order to blend their smoothies, combines our healthy eating and active lifestyle goals! All you need to do is pedal this stationary bike and the blades on the blender begin to make a delicious and healthy snack.

This year's themes and outings:

Week 1 – Quebec City – Outing to Old Quebec

Week 2 – What's New? – Outing to the Baie de Beauport/Île d'Orléans

Week 3 – Summer Fun – Outing to Village Vacances Valcartier

Week 4 – Circus – Outing to Québec Circus School

Week 5 – Adventure – Outing to Centre D'Escalade

Week 6 – Summer Olympics – Final Going Away Party

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



# VEQ's Annual General Meeting

Over 100 people attended Voice of English-speaking Québec's 33rd Annual General Meeting held on Thursday, May 29 in the Coin Soleil room at Jeffery Hale Hospital. Members had the chance to hear about VEQ's successes this past year and learn about many exciting new initiatives. 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 with the new guidelines set out by Corporations Canada.

This year, VEQ was fortunate to have overwhelming interest from community members wishing to join its board of directors. Board candidates made short presentations, then votes were made and tallied. As a result, VEQ welcomed 4 new board members and 2 current board members were elected for a second term.

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

VEQ is pleased to welcome its 2014-2015 board of directors:

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

Members: Philip Almaguer, Alexander Cooper, Jeanne Grégoire, Véronique Hunter, Justyna Lemieux-Lefebvre, Stephen Marchessault, David O'Neill, Colin Standish, Helen Walling, and Marie White  
Thank you to everyone who participated in our events this year. We look forward to an exciting year ahead!



## YES Business Coaching

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

Business Coaching dates for the coming year:

August 27<sup>th</sup>, 2014  
September 17<sup>th</sup>, 2014  
October 15<sup>th</sup>, 2014  
November 12<sup>th</sup>, 2014  
December 10<sup>th</sup>, 2014  
January 14<sup>th</sup>, 2015  
February 11<sup>th</sup>, 2015  
March 11<sup>th</sup>, 2015

**NEED HELP WITH YOUR BUSINESS?**

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

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

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

## VEQ's Job Bank

Looking for employment? Our job bank is constantly updated with new opportunities.

Visit [www.veq.ca/category/job-bank](http://www.veq.ca/category/job-bank) and don't forget to sign up for the Job Notifier to receive a notice each time VEQ has a new job posting.

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

## Life Long Learning (LLL)

Lifelong Learning provides opportunities for growth and intellectual stimulation for mature learners (predominantly seniors), placing an emphasis on idea exchange, peer learning, and inclusive participation. If you enjoy taking part in lively discussions, learning about a variety of topics, and meeting new people, please contact us to participate!



**LIFELONG  
LEARNING  
QUEBEC**

Ready to sign up? Or further questions? Just call us at the following number: Quebec City Reading Council 418-681-1258 or email [info@lifelonglearningquebec.org](mailto:info@lifelonglearningquebec.org).

To view the calendar of upcoming events: [www.lifelonglearningquebec.org/schedule.html](http://www.lifelonglearningquebec.org/schedule.html).

LLL is a collaborative effort of several community organizations and individuals with funding support from the Citadel Foundation.

## Park Playdates – all summer long!

Join other English-speaking parents and their preschool children for free get-togethers at the park:

- Fridays from 10 AM to NOON
- May to September

Parent volunteers host these free events in different parks around the city all summer long.

Park locations are listed each week in our e-newsletter **Toddler Talk Online** (so be sure to sign up for this online newsletter).

Check us out on Facebook: <https://www.facebook.com/groups/MomsNiteOutQC/> For more information, please contact our Community Organizer at 418 684-5333 extension 1539.

## Till the Boys Come Home

Wednesday, August 6, at 7:00 p.m. - "Till the Boys Come Home" - a 100th anniversary musical tribute to Canadians who served their King and Country in the Great War 1914 – 1918. One hundred years ago, on October 3, 1914, the first contingent of the Canadian Expeditionary Force set sail for Europe. Many would never see home again. A 50-voice choir and band will give a concert at **Chalmers-Wesley United Church**, 78 rue Ste-Ursule in Old Quebec. The 78th Fraser Highlanders will provide a colour guard. Cost – \$15 per person. Tickets will be available at La Maison Anglaise bookstore in Place de la Cité or at the door the night of the concert

## Chalmers-Wesley United Church Open to Visitors

Chalmers-Wesley United Church will be open to visitors this summer from Saturday, June 21, to September 21, on Thursdays, Fridays, Saturdays and Sundays. If you are new to the area or visiting Quebec City this summer, you are invited to come and tour this beautifully-restored building. The church is located at 78 Rue Sainte-Ursule in the Old City.

## New Exhibit at Cathedral of the Holy Trinity

Visit *The King's Gift* at the Cathedral of the Holy Trinity in Old Quebec. This beautiful new exhibit highlighting the 10-piece silver communion set given to the Cathedral by King George III in 1809 is not to be missed!

Visit the exhibit for only \$2, or for \$5 you can take a guided tour of the Cathedral which includes the exhibit. 31, rue des Jardins in Old Quebec

## Jeffery Hale Friends' Foundation Golf Tournament

Jeffery Hale Friends' Foundation will be returning to the Club de Golf Cap-Rouge for our 24th Annual Fundraising Golf Tournament on Thursday, September 11. The day of golf will be followed by cocktails and dinner at the Club. For more information, please contact the Foundation at 418-684-2260 or [lesamisdujeff@hotmail.com](mailto:lesamisdujeff@hotmail.com).



## Midi en Music concerts at Cathedral of the Holy Trinity

Thursday, July 24, at 12:30 p.m. – Midi en Music concert at the Cathedral of the Holy Trinity, 31 rue des Jardins in the Old City, featuring the Consort Baroque Laurentia with Michel Angers & Peggy Belanger. Free will offering at the door.

Thursday, August 7, at 12:30 p.m. – Midi en Music concert at the Cathedral of the Holy Trinity, 31 rue des Jardins in the Old City, featuring pianist Nataliya Labiau and cellist Dominic Painchaud. Free will offering at the door.

Thursday, August 14, at 12:30 p.m. – Midi en Music concert at the Cathedral of the Holy Trinity, 31 rue des Jardins in the Old City. Chamber Organ and Choral Festival featuring various soloists and choir. Free will offering at the door.

## Come Knit with us!

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

Where: Kirk Hall, 45 Chaussée-des-Écossais, Old Québec

Who: All interested in knitting, experienced or beginner. Join this fun all-ages group and enjoy tea & a chat while working on your latest knitting or crochet project!

For more info call: Katherine 418-704-2278



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

In an effort to help minimize event scheduling conflicts in the English-speaking community, VEQ, in partnership with the Quebec Chronicle-Telegraph, is urging community partners to send us their events and to post upcoming events on the community calendar.

To send an event to VEQ, email [info@veq.ca](mailto:info@veq.ca)



### VEQ on Facebook

Be sure to follow us on our facebook page!

## Contact Us: Voice of English-speaking Québec

1270, chemin Sainte-Foy, suite 2141

Jeffery Hale Pavillion (to the right of the Jeffery Hale-Saint Brigid's Hospital)

Québec (Québec) G1S 2M4

Canada

Telephone: 418-683-2366 \* Fax: 418-688-3273 \* E-mail: [info@veq.ca](mailto:info@veq.ca) \* Website: [www.veq.ca](http://www.veq.ca)

Please call for an appointment for one-on-one referral services.

### Summer Office Hours (through August 31)

Monday to Thursday: 8:30 am to 4:00 pm \* Closed during lunch hour: 12:00 pm to 1:00 pm

Friday : 8:30 am to 12:00pm

### Regular Office Hours

Monday to Friday: 8:30 am to 4:00 pm \* Closed during lunch hour: 12:00 pm to 1:00 pm

Be sure to follow us on our Facebook page!

[www.facebook.com/pages/Voice-of-English-speaking-Quebec/114198115271356](https://www.facebook.com/pages/Voice-of-English-speaking-Quebec/114198115271356)

### Newsletter Update



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

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

VEQ

Voice of English-speaking Québec



[www.veq.ca](http://www.veq.ca)