

Q.V.S.S

NEWS & VIEWS



Feeling the QVSS Spirit!

**LEARN MORE ABOUT
QUINTE VITALITY & SOCIAL SUPPORT!**

- PROGRAM UPDATES
- CLIENT STORIES
- LOCAL NEWS
- & SO MUCH MORE!



**JULY 2024
ISSUE NO.01**

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SPECIAL THANKS TO

JULIA MURRAY, ALICIA ARSENAULT, TANVEER KAUR



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Not pictured: Casey M, Julia M, Tanveer K

**QVSS NEWS AND VIEWS IS CREATED BY MEMBERS
OF THE QVSS 'MEDIA MAKERS' PROGRAM! CLIENTS
ARE LEARNING TO USE MANY DIFFERENT FORMS OF
SOCIAL MEDIA AND WORK WEEKLY ON ARTICLES
FOR QVSS NEWS & VIEWS.**



Message from the Director

I am thrilled about the return of our beloved News & Views publication. It's been a while since our last issue, and I'm excited to share the many changes and developments that have taken place at QVSS through our publications.

I want to welcome all the new faces at QVSS. It's incredible to see our community grow and evolve. To our newcomers, we're so glad you've chosen to be a part of our journey. I'm also excited to share that we've welcomed an impressive number of new staff members - nearly 50% of our team is new! I also want to acknowledge our long-time staff who have stayed with us for many years.

I look forward to updating you all on the exciting initiatives and projects happening at QVSS in the coming editions. There's so much to share, and I can't wait to see how these developments will shape our future together.

Mike Vajda
Executive Director, Quinte Vitality and Social Support

Letter from the Editor



Alyssa Ross
Editor-in-Chief &
QVSS Direct Care Worker

I feel so privileged to be taking over the role of editing Q.V.S.S. News & Views News! Its legacy is truly impactful as I still see old articles circulate through the building! While most of my background is in the human services field I have a passion for media and technology and I have so enjoyed getting to share this passion with the clients here at QVSS.

Since May, we have been working hard to learn a graphic design software called Canva. This program allows us to create really interesting articles and is quite accessible in terms of use! We also use this program to make Facebook posts, edit Tiktoks and are even in the process of learning how to make movie trailers! We are so grateful to have the amazing help of our Loyalist and Summer SEED students, Tanveer and Alicia!

In this first edition of the new 'Q.V.S.S. News & Views' magazine, individuals were encouraged to write articles about topics that were important to them. Some chose to share about community activities and others wrote personal stories. We also hope to use this platform moving forward, to share with you ongoing agency activities, new programs and so much more!

Self expression allows individuals to establish a sense of autonomy and individuality. In the following articles you will see these writers communicate their personal thoughts, feelings, and experiences through their own narrative! There is really something for everyone inside! Enjoy!



It was an exciting day here at Q.V.S.S. on June 28th, as we celebrated Canada Day just before the long weekend! We had our annual Canada Day bash! There were crafts, bingo and Canuck Karaoke! We had peameal bacon sandwiches for lunch. We also had Canada Day cup cakes! After lunch we watched Cool Runnings, starring Canadian actor, John Candy. We also had a dance and Michele F won the raffle prize!

Author: Jeanette Ruttan



Rally One Dances

Dances started up again this past October for the first time since Covid shutdowns! Our new location at the Masonic Hall has proven to be a perfect fit for our dancers, with more parking, accessible entryways AND air conditioning! We can't wait to see you all at Rally One when it begins again in September of 2024!

Rally One offers a safe, fun dance and social gathering for individuals with developmental disabilities! The dance does require a free membership to attend, the form can be found on our website. The entrance fee remains just \$5.00 with many affordable concession options!

Author: Casey Moore & Alyssa Ross



Trenton Air Show

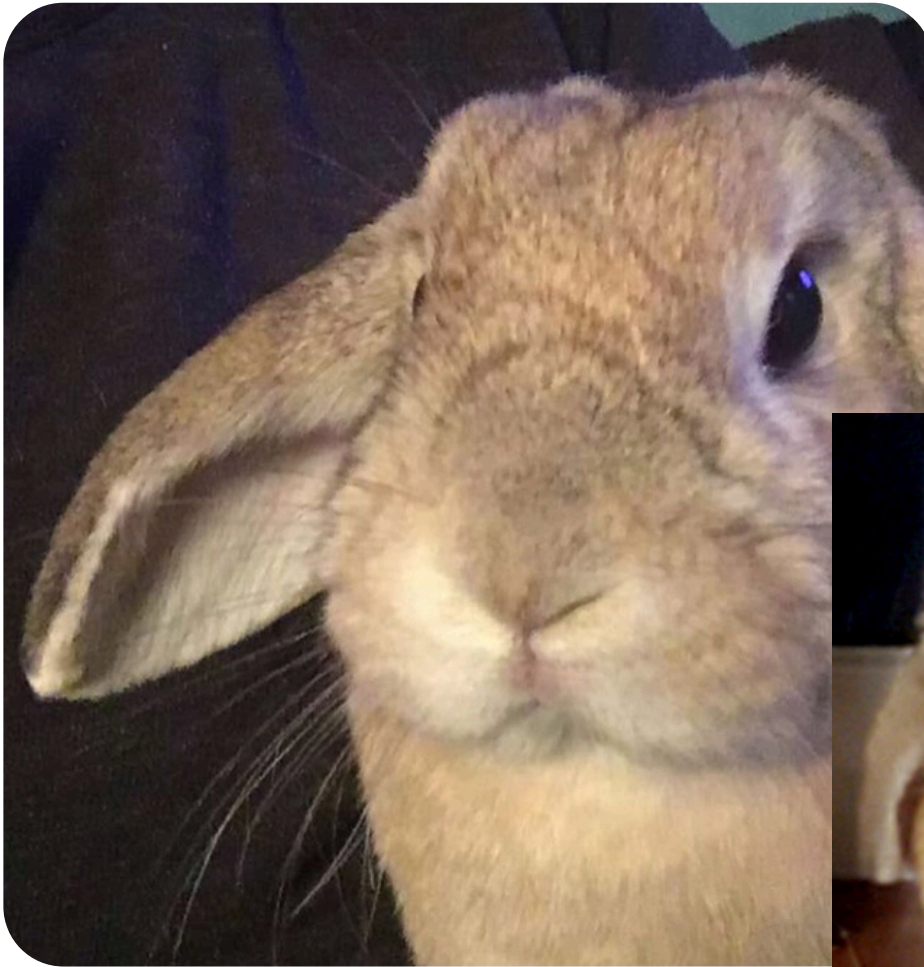
AUTHOR: SHANE HYNES
PHOTOGRAPHY: SHANE HYNES

I went to the air show on 1st July with my family members. It was so exciting and fun over there. We bought the tickets online. There was a great crowd! Different aircrafts performed and some were from the army. The performers were sky hawks, Recce Tricolori RCAF 100 commemorative fly past , CF 18 Demo , Kyle fowler , CC-177, Northern Stars, F16 Viper Demo , Snow Birds. There were 15 parking lots. Also, they offered a shuttle service from 8:30am until 8:30 pm. The tickets were available online. I had a great time with my family!



AUTHOR: SHANE HYNES
PHOTOGRAPHY: SHANE HYNES

It was so colorful when we saw the aircrafts. I had clicked pictures with aircrafts . overall, it was all nice sunny day with family. I had a drink from there to stay hydrated. Still I got sunburn on my knee. We went there in the morning when crowd was less but in the afternoon it was so crowded. The shark type aircraft was so good and I got a picture with it. Yayyyyyyyyyy!!!



PHOTOGRAPHY BY
EMMY ALLEN

THIS WAS MY RABBIT LILLY.
SHE WAS SO BEAUTIFUL.



Remembering Lilly

BY EMMY ALLEN

On May 31st I had Lost My best friend Lilly she was a good Rabbit she was also very friendly I Loved when we would cuddle together she was very special to me I was a Bunny Mom of 3 we would watch disney movies together especially the live action she will for sure be missed we got Lilly in 2013 she was 11 years old.





Summer Programs *are finally here!*

Our summer programs are in full swing and we couldn't be happier! There is always so much to do here at QVSS, and there is certainly a program for anyone!

We have some old favourites like, Bingo, fishing, spa and shopping! As well as some new programs hitting the scene like, Media Makers, Melody Maestros and the extremely popular, Axe Throwing!

Keep an eye out for our new "program trailers" that the media makers will be working on over the next few months!

Article by: Alyssa Ross and Emma Allen



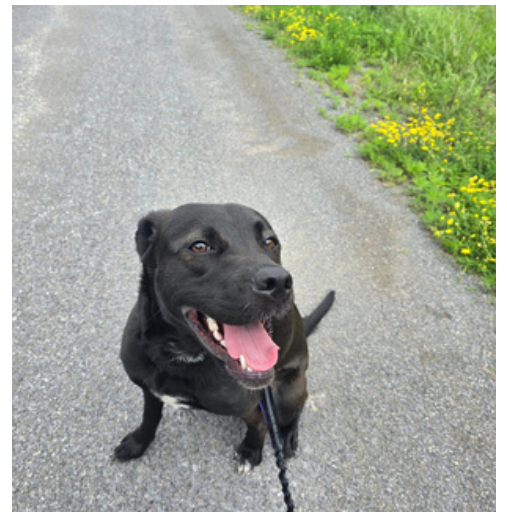
HELLO SUMMER





This is my brother Alex's dog, Artemis. She turned one, this year! I love how cute and hyper she is. I am her "Auntie Sarah" and she loves me. Artemis enjoys long walks outside and cuddles with her Dads! She is still learning not to jump up on people! She is so playful!

Artemis



Author: Sarah Daley

**“HERE YOU LEAVE TODAY AND
ENTER THE WORLD OF YESTERDAY
TOMORROW AND FANTASY”**

-Walt Disney



I like Disney World. I want to visit there with my family. It is in Florida, UNITED STATES. I will go there in August next year. I like Buzz Lightyear because of his strong muscled body.

Author: Shane Hynes



DISNEY

anime north

2024

Anime north happens every year May 23rd to 26th, Friday to Sunday. Thousands of cosplayers come from far and wide. Some even travel 8+ hours to go to this convention, some even from out of the country. There a big list things you can do at anime north. You are given a booklet when you pick up your badge to get in the convention. You can see a sample page to your right.

If you find yourself outside, there be a lot cosplayers. You can ask for pictures of the cosplayers of the character they are cosplaying as.

At night, there is a Rave for opening night with a DJ and disco like lights. A lot of times at night they will have some photo shoots happening with some cosplayers and props that light up!

On Friday I went to “Genshin Impact Tips Tricks & Time in Teyvat” at 9:30 and spend most of my time in Artist alley looking for sucrose or albedo prints. I bought albedo print in Albedo cosplay while trying top find Tokyo revengers, Mikey prints or key chains.

On Saturday I was in a Lyney Cosplay from Genshin Impact. There was archery and I tried it, as my character was also a bow user!

At 3:30 I was scheduled for a photoshoot in my Lyney Cosplay. I brought cards and roses for props and his twin sister plushie!

Author: Kalee Larsen

	Hotel				Frida
	Plaza A Panel 1	Plaza B Panel 2	Plaza C Panel 3	Montreal Room Panel 4	Toronto Room Yaoi North
3:00 PM					
3:30 PM					
4:00 PM	The Apothecary Diaries		Bocchi Royale: Battle of the Bands	Black Butler	
4:30 PM		How to Panel a Panel			
5:00 PM					
5:30 PM	Getting Into One Piece		The Boy and the Heron and the Ghibli Legacy	Oppenheimer: Fiction vs Reality in WWII	
6:00 PM		Live 2D: Live!			Cozy Queers an Food Stories
6:30 PM					
7:00 PM	Best Starter Anime		Exploring the Era of the 2000s Anime Bubble (Samantha Ferreira)	Limbus Company!	
7:30 PM		Dr. Stone			Yuri Seminar (18)
8:00 PM					
8:30 PM	Intro to Gunpla Building & Painting (Gunpla Sisters)		Hip Hop & Anime	Why is Anime Popular in the West (Dr. Rabinovitch, Samantha Ferreira)	Exploring Japane and Korean BL (18+)
9:00 PM		Genshin Impact: Tips, Tricks, & Time in Teyvat			
9:30 PM					
10:00 PM	Hardcore Hentai (18+)		The Survivability of Anime Injuries	A Beginner's Guide to Steins;Gate & SciADV	
10:30 PM					Fixed Position, N Switch! (18+)
11:00 PM					
11:30 PM	Cards vs Characters (18+)	Tiermaker: Waifu & Husbando Edition V (Gunpla Sisters)	Unpopular Opinions (18+)	Stay Up and Choose Ultraviolence (18+)	Korean BL - The Red Flags (18+)
12:00 AM					
12:30 AM					

Congress Center Toronto





LYNEY IS A SKILLED MAGICIAN WHO PUTS ON MAGIC SHOWS AT OPERA EPICLSE IN FONTAINE WITH HIS TWIN SISTER LYNETTE. LYNETTE IS HIS ASSISTANT. LYNEY AND LYNETTE GOT TAKEN IN BY FATHER - ALSO KNOWN AS ARLECCHINO, 4TH HARBINGER OF THE FATUI IN HOUSE OF HARTH. LYNEY IS FATHER'S SUCCESOR. NOT ALL FATUI MEMBERS ARE BAD!



PICTURED IS KALEE IN VARIOUS COSPLAYS AT ANIME NORTH 2024

CHIEF ALCHEMIST, ALBEDO KREIDEPRINZ A SYNTHETIC HUMAN - MADE OUT OF CHALK CREATED BY RHINEDOTTIR IS A SKILLED ALCEHMIST.



(ABOVE) BLADE FROM HONKAI STAR RAIL GAME HE IS PART STELLRON HUNTERS ALONG WITH KAFKA AND SILVER WOLF



THIS IS DRAKEN AND MIKEY FROM THE ANIME TOKYO REVENGERS MIKEY THE ONE WITH HIS HAIR TIED UP WITH JACKET DROOPED OVER HIS SHOULDERS HE ALSO THE LEADER OF THE GANG EVERYONE SURPRISED BECAUSE HOW SHORT HE IS 5'3

DRAKEN IS THE ONE WITH A BRAID AND A DRAGON TATTOO ALSO KNOWN AS VICE COMMANDER OF TOMAN DRAKEN IS 6'1 TALL

FUN FACT: I SHARE THE SAME HEIGHT AS MIKEY!



THIS IS WHEN FIRST COSPLAYED MIKEY WITH A NOT STYLED WIG I GOT FROM ANIME NORTH. THIS IS ONE OF HIS FAVOURITE FOODS, TAIYAKI. HE WONT EAT A HAPPY MEAL WITHOUT FLAG OR HE GETS ALL POUTY!



THIS WHEN I COSPLAYED HIM WHEN HIS WIG HAS BEEN STYLED BY ME I WAS GOING MINI CON AND DECIDED STOP BY AT DOKI DOKI

"I cross my heart and promise to, give all I've got to give to make all your dreams come true. In all the world you'll never find, a love as true as mine."

**-GEORGE STRAIT
"CROSS MY HEART"**

Patricia



**JEANETTE AND HER MOTHER PATRICIA
ON JEANETTE'S WEDDING .**

My Mom Patricia was the best woman in the world. I was sad when my mom passed away. She liked going to the car races every summer. I'm glad to be her daughter. I'm thankful that she gave me and my sister life. I was glad that my mom and dad gave me away at my wedding! I think of mom everyday and every night. I'm happy that I can call her my mom. I love her a lot with all my heart and soul. I will miss her forever.

AUTHOR: JEANETTE RUTTAN



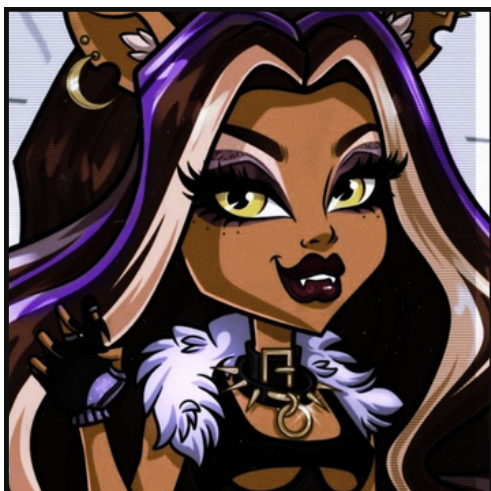
MONSTER HIGH



I like monster high because it is a good movie and it's funny. My favorite song is "Boo York, Boo York". My favorite character is Cleo because I love her. She is right beside here!

Author: Jeff O'Hara

Some of my favourite Monster High characters!



Clawdeen



Cleo



Frankie Stein



Draculaura



CATTY ORANGE



CATTY GREY

Author: Jeff O'Hara



TRIP TO

WINDSOR



I visited Windsor, Ontario to visit my brother Alex who graduates from the University of Windsor! I am very proud of my brother Alex for working so hard! He now has a job working with people who have disabilities!

Author: Sarah Daley



Quinte Vitality & Social Support