

THE MEPECER



Meet Tendai Kumire, our Organizational Development Counsellor!

Tendai Loretta Kumire has a Bachelor's degree in Strategic Organizational Communication with a minor in Advocacy from Brigham Young University Idaho. She has lived on 3 continents which over the years has given her a unique perspective on understanding the importance of cultural competence and diversity of thought. She has experience in communications, marketing, diversity, equity, and inclusion. Tendai has always envisioned herself working for a non-profit organization. She believes that community-centered organizations are where the real work of change happens.

"In my new role as an Organizational Development Counsellor, I'm thrilled to bring a high level of theoretical perspective to MEPEC's strategic communication. I have been successful in overseeing several outreach and advocacy projects during my time in the US. I will be assisting MEPEC in their strategic planning and community outreach endeavours.



Specifically, I will be working with an external organizational development expert on MEPEC's resiliency project. This project will allow the staff and volunteers to benefit from an adapted structure and a dedicated resource person available for their professional development and human resource needs in addition to implementing retention strategies."

INSIDE THIS ISSUE

DID YOU KNOW...?

P.4

MEPEC'S ACTIVITIES AND SERVICES

P.5

MEPEC'S COMMUNITY INFORMATION

P.8

PARTNERS' ACTIVITIES AND SERVICES

P.12

Did You Know...?

INTERNATIONAL BEER DAY

Alexandra Blasetti Kuhn

International Beer Day is held on the first Friday in August. Although it started in 2007 in the United States, it quickly became an international celebration.

Did you know Canada has its own beer and brewing history? Find below a brief summary of the main events throughout the years! You can also read the full details on the [Canadian Encyclopedia website](#).



"Prior to the First World War, Canada boasted 117 independent breweries. But by the early 1980s, just 10 brewing companies remained in Canada – and the three largest, Molson, Labatt, and Carling O'Keefe – owned 96 percent of the market. Most Canadians were drinking lagers, like Labatt Blue and Molson Canadian, made with minimal hops and hefty amounts of corn or rice (up to 50 percent) to lighten beer's traditional barley base. It was out of this monopolized market, dominated by straw-hued, fizzy brews, that Canada's microbreweries were born."

"Inspired by the burgeoning home-brewing and micro-brewing scene in the United States, Canadian entrepreneurs began installing mash tuns (insulated vessels in which a mixture of grain and water is heated during the process of brewing or distilling) – and the country's first microbreweries (a new term denoting a small, independent brewery) opened in 1984"

"But not all Canadians were primed for bolder brews – and not all of the new breweries were making good beer. In the early 1990s, some of the new entrants went out of business"

"The Boom: The craft beer craze that was making "hopheads" out of ex-lager loving Americans hit Canada too, and it was bolstered by the rise of the local food movement, which focuses on small, community-based producers. Craft beer has been experiencing year-on-year double-digit growth since 2000"

According to [BeerCanada 2021 Industry Trends](#), "Beer supports 149,000 Canadian jobs, with a labour income of \$5.3 billion while contributing \$13.6 billion to Canada's GDP. This impact is due in large part to the domestic nature of Canada's beer industry. In 2020, 85% of the beer consumed in Canada was brewed in Canada."

"Province wide, Newfoundland and Labrador had the highest per capita consumption at 90.6 litres of beer, followed by Quebec and New Brunswick who were tied at 77.4 litres."

CRAFT BEER IN QUEBEC: LIST OF MICRO BREWERIES IN THE MONTEREGIE-EST

"Québec is one of the few Canadian regions with a dominant brewing style; here the best ales are boozy, Belgian-style drinks with flavors derived from spicy, fruity Belgian yeasts that continue to condition these live ales in the bottle."

Are you a beer lover? With no official definition of "craft beer," in Canada, drinkers have to let what's inside the glass speak for itself. On August 4th, raise your glasses and share a beer with friends to celebrate International Beer Day!



[Tourisme Montérégie website](#) has a list of microbreweries in the Montérégie region. Their website is available in English and it will allow you to find more information about the microbrewery, its services, and its production.

Check out the list below and start planning gatherings with family and friends this summer! If you live or nearby the Montérégie-Est, you won't have to go far for happy hour!

- Brasseurs du Moulin in Beloeil
- Broue Shop Brasserie Artisanale in Ste-Julie
- Collectif brassicole ensemble in Boucherville
- Bilpub Microbrasserie in St-Hyacinthe
- Brasseurs du Monde in St-Hyacinthe
- Station Agro-Biotech in St-Hyacinthe
- Perspective Microbrasserie in St-Liboire
- Musée de la bière in Chambly
- Délires et délices in Chambly
- La Croisée des chemins in Chambly

MEPEC's Senior & Adult's Activities and Services



MEPEC IS LOOKING FOR VOLUNTEERS NEW

Do you want to get involved in your community and make a difference? Do you have a special talent that you would like to share with the community? Share your skills with others for a good purpose!

We are currently looking for general office maintenance volunteers for painting, patching holes, etc.

We want to know more about you! If interested, contact us at info@mepec-pemca.org



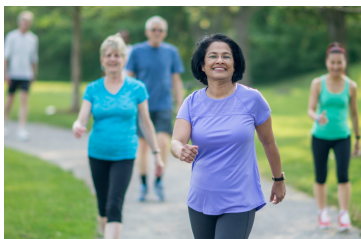
JOIN MEPEC'S BOARD OF DIRECTORS! NEW

Are you interested in making a real difference? Would you like to put your knowledge to work and gain practical experience? Join our Board of Directors!

What can you expect?

- Monthly meetings of the Board of Directors which usually last between one and a half and 2 two hours
- The opportunity to join specialized committees
- The chance to influence the direction of a community organization
- Have a voting right to the Annual General Meeting

We'd love to hear from you! Visit our website and apply [HERE](#).



WALKING GROUP

The Seniors' Walking Group walk in different locations throughout Beloeil and surrounding areas.

Come for a walk every Monday at 10 a.m. Contact us to receive the schedule for the month and the meeting point details.

If interested, email us at info@mepec-pemca.org.



BOOK CLUB

Each month, the Book Club chooses a book together and discuss it at the following meeting. Meetings last about 1h30 and take place in person in our Community Space. **The club is currently scheduling its next meetings for the year.**

If you would like to participate, register and receive more information by email. Please click [HERE](#) and fill out the form!



BILINGUAL CONVERSATION

The French-English conversation group is a great opportunity to share experiences with others and practice your language skills!

Come to this chat group **every Wednesday morning from 10 to 11:30 a.m.** at our Community Space.

Register [HERE!](#)



ART HIVE

Stay tuned to participate in the next session!

Empower and share your art skills! Come to our free art space for dialogue and bonding between members of all ages.

Our Knitters have their own name: The knitting wits! They make awesome projects last year, we can't wait to see their upcoming projects! In addition, the 2022-2023 Art Hive Workshops were a blast! Activities will resume in September.

If interested, contact us at info@mepec-pemca.org



WEEKLY RESPITE FOR CAREGIVERS

In collaboration with the Alzheimer's Society, this service provides a break for caregivers and families, while the affected person benefits from cognitive and socially stimulating activities. Come on **Mondays 1 to 4 p.m.** in our Community Space.

For more information contact Olga from the Alzheimer Society at 579 371-1078.

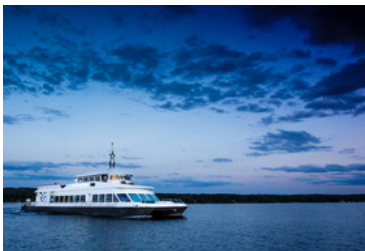


TRIVIA NIGHT

Stay tuned to participate in the next session!

Every **SECOND Tuesday of the month**, we host an online Trivia Night. We invite you to put your thinking caps on and join us to test your knowledge. Team up with your family or play by yourself in the comfort of your home, answer and win!

If interested, contact us at info@mepec-pemca.org



MAGOG CRUISE NEW

On **September 1st**, join us on a 3-hour boat cruise to explore the splendid landscape of the Eastern Townships! Enjoy a 3-course brunch, musical performance and information about the region. Cost fees are 30\$ per person. Participants need to be MEPEC members. Therefore, registration for this event is limited and will be taken on a first-come-first-serve basis. More information on the cruise is available [HERE](#).

To register, contact us at m.firth@mepec-pemca.org.



LUNCH AND LEARN ON AGING IN PLACE WHILE LIGHTSIZING NEW

On **August 24th, from 11 am to 1 pm**, join us at the MEPEC Community space for a special lunch and learn workshop entitled Aging in Place While Lightsizing. This workshop focuses on downsizing, rightsizing and lightsizing: decluttering your home and mind. Please register for this event in advance to ensure we have enough lunch for everyone attending!

To register, contact us at info@mepec-pemca.org.

MEPEC's Family Activities and Services



PUDDLES NEW

Come splish splash with your children at Beloeil's Aqua center waddling pool every Wednesday **starting September 13th to November 1st, at 10 am**. Early swimming fosters a growing sense of self-esteem, confidence, independence and as a child's ability to freely move through the water increases - so does their sense of wellbeing. Time spent having fun and learning new things in the pool is an ideal opportunity for parents and children to bond in a relaxed and fun environment that they will both love being a part of.

To register, please click [HERE](#).



MUMS AND TOTS YOGA AND ZUMBA

From caliente to namaste, come with your little ones and participate in this energizing activity. This class begins with a fun 30 min Zumba followed by a relaxing Yoga. Children can join in with you or keep busy with free play. This activity is held in our community space on Thursdays **from September 14th to November 2nd, at 9:30 am**.

To register, please click [HERE](#). Space limited.



SPROUTS

Come join our weekly literacy circle time activity every **Tuesday starting September 12 at 9:30 am**. Sprouts focuses on social interactions and positive relationships among young children and their parents through creative expression and play. Participating in Sprouts is an excellent way to get children to become familiar with the concept of time, early literacy, gross motor, and fine motor development. Activities are light and fun and help to increase a child's awareness of language, physical, and sensory experiences.

To register, click [HERE](#).



ECO-KIDS NEW

Every Friday, **starting September 13th, from 10 to 11 am**, let's explore the outdoors, nature, and the environment and learn what animals and insects do in their natural habitats but also how plants and trees grow. Outdoor play promotes mathematical learning and mental well being. When playing outdoors, the possibilities for learning are endless. Different outings will be offered throughout the season!

To register, click [HERE](#).



LITTLE BEATS MUSIC CLASSES FOR KIDS NEW

Calling to all little Beethoven's and Mozart's for this introduction to music class. Toddlers will learn about melody, rhythm, tempo, dynamics, movement and much more using fun, unique and educational musical materials. Music has numerous benefits. Incorporating music into routines and play in the early years has a positive influence on your child's early development. It can get them moving, thinking and inspire creativity. Join us on **Mondays at 9:30 am from September 19th to December 11th**.

To register, click [HERE](#).



COOK WITH DAD! NEW

What better way to spend quality time with Dad! Cooking together is an excellent bonding activity and fosters many other early childhood developments such as basic math skills, listening to instructions, fine motor development and boosting their self esteem, just to name a few. The best part of this activity is that you both get to eat what you make! Spending time cooking with your kids can foster an interest in food and cooking that will last for life. Our monthly activity will be offered on **September 23rd, October 21st and November 25th from 10 to 11 am**. To register, please click [HERE](#).

Seniors' Wellness Centre

SPOTLIGHT ON THE CDRV: CENTRE DE RECHERCHE SUR LE VIEILLISSEMENT

Megan Firth

The CDRV is one of the most important research centers specializing in aging in Canada.

A CARING RESEARCH CULTURE

At the Research Center on Aging (CdRV), the health of aging people is the driving force behind its actions. That's why the center is pursuing its development with a particular focus on prevention.

Targeted interventions, applied at the right time, can reduce the development of chronic diseases and promote healthy aging. The center stands out for its strong culture of interdisciplinary research, ranging from biology to rehabilitation, right through to the social dimensions of aging.

The CdRV has more than 30 years of expertise in improving the quality of life of the elderly and helping them to "age better" in society. Visit their website [HERE!](#)

ENCRÂGE JOURNAL

The Research Centre on Aging is proud to share with you the latest edition of *Encrâge*, its popular science publication that allows the public to discover various research initiatives carried out by our teams. In this 2023 edition, you'll discover a number of projects in which several researchers, research professionals and students are collaborating.

Their collaboration is invaluable, because by helping everyone to better understand their research results, they promote "better aging".

Find their Newsletter on current research projects [HERE!](#)



MEPEC IS LOOKING FOR VOLUNTEERS TO TEACH KNITTING TO STUDENTS!

We are currently looking for volunteers to teach students to knit at Mountainview school. If interested, contact us at info@mepec-pemca.org

For Youth and Families

FALL 2023 ACTIVITIES FOR THE LITTLE ONES

Kareen Masse

It is now time to sign up for our Early Childhood Fall activities! We are very excited to present to you some new activities this season! To find out more about our activities and to register, please see pages 5 and 6. But here's a little sneak peak at what's coming up in the next few weeks.

This fall, Sprouts and Mums & Tots Yoga and Zumba are returning. Each week, **Sprouts** offers social, motor development and bonding activities to do with

little ones and their parents. **Mums & Tots Yoga and Zumba** is an exercise class mixing Zumba and Yoga for moms and their children. Also new to our early childhood program are **Puddles**, a parent-child free swimming activity, **Eco-Kids**, an outdoor exploration activity, **Little Beats**, an introduction to music for toddlers, and **Cook with Dad!** a great bonding activity designed for dads and their children aged 18 months to 10 years.



Employability and Education

MEPEC EMPLOYMENT REFERRAL FORM

Regina Uyoga

We understand the numerous challenges English speakers face when accessing Employment services in our region and we are here to help, accompany and support you in your employment journey.


MEPEC can help refer you to:

- Employment organizations offering services in English and French
- Bilingual Employment Counsellors and Career Coaches
- Skill-building and Training Programs offered in English
- French Language courses and Conversation groups
- Job offers and Employment Resources
- Employment Workshops and webinars
- Entrepreneurial and volunteering programs
- Local Recruitment and Networking Events

Let us know how we can assist you! Find the instructions to fill out and send the form [HERE!](#)

MEPEC EMPLOYABILITY

REFERRAL FORM



CONTACT INFORMATION

Full Name :

Postal Code : Phone :

Email :

Age Group: ☐ 18 - 30 ☐ over 30 Languages Spoken: ☐ English ☐ French

Gender : ☐ Male ☐ Female ☐ Other

SERVICE REQUESTED

<input type="checkbox"/> CV/Cover letter Writing	<input type="checkbox"/> Language Classes
<input type="checkbox"/> Interview skills /Practice	<input type="checkbox"/> Conversation Groups
<input type="checkbox"/> Job Search Assistance	<input type="checkbox"/> Entrepreneurship & Coaching
<input type="checkbox"/> Career Transition/Career Exploration	<input type="checkbox"/> Skill-building Training /Education Guidance
<input type="checkbox"/> Career/Employment Counselling	<input type="checkbox"/> Immigration Employment Services
<input type="checkbox"/> Internships/Stage	<input type="checkbox"/> Other : <input style="width: 50px;" type="text"/>


REFERRED ORGANIZATION

Name: Contact Person:

Referral Notes:

I grant MEPEC permission to share my contact information with it's partner organization(s) / individual(s). I understand that this information will be used to facilitate a referral/partnership from MEPEC and it's partner organization(s) / individual(s).

Signature



☐ ☐ ☐ ☐ ☐ ☐

D D M M Y Y

Date

MEPEC Staff Signature

CONTACT US

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106-551 boul. Sir-Wilfrid-Laurier, Beloeil, QC J3G0A4
450 281 3732
info@mepec-pemco.org

THANK YOU FOR YOUR INFORMATION

MEPEC's Community Library

CLOSER BY SEA, FIRST BOOK BY CANADIAN AUTHOR PERRY CHAFE

Alexandra Blasetti Kuhn

Books are a powerful tool that can be compared to a time machine. Yes, in one way, books are a time travel machine! When you read a book, whether fiction or real, it brings you to that described world and feelings from the past, present, or future.

Like the car/time machine in Back to the Future film, imagine your country, your city, your neighbor, and the people you know, in a book where endings are different.

The author must have been inspired by the environment in which he grew up. Our Community Library has acquired his first book that takes place in Newfoundland. We are proud to support Canadian authors!

You can listen to the following [CBC podcast](#) with the author:

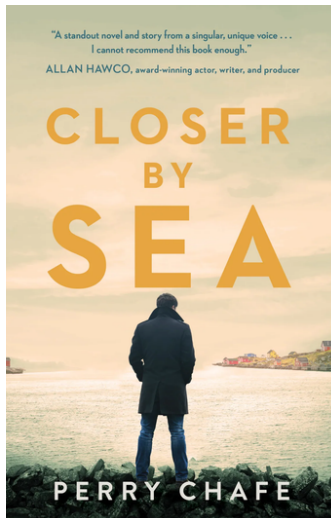
Closer by Sea is on the CBC books' Summer reading list.

"Chafe's debut novel [Closer by Sea](#) is a coming-of-age story set in a small island community dealing with a local fishing industry on the brink of collapse. It's the early 1990s and 12-year-old Pierce Jacobs is struggling to come to terms with his fisherman father's death at sea.

He's determined to save up enough to fix his dad's boat and take it out to sea himself.

When the community is hit hard by the disappearance of a teenaged girl named Anna, Pierce and a group of friends embark on an epic journey to find her. Along the way, they encounter merciless bullies, brutal storms and magnificent sea creatures.

As the mystery unravels, Pierce is forced to abandon his childlike innocence and face the harsh realities of growing up."



Sources: • <https://www.cbc.ca/books/perry-chafe-s-closer-by-sea-is-part-mystery-part-east-coast-coming-of-age-story-read-an-excerpt-now-1.6702249>



OPENING HOURS:

TUESDAY

1:30 PM TO 3:30 PM

WEDNESDAY

1:30 PM TO 3:30 PM

THURSDAY

1:30 PM TO 3:30 PM

**BOOK CLUB: EVERY
LAST WEDNESDAY
OF THE MONTH
6:30 PM**



Partners' Activities and Services



STUDY GROUPS FOR SENIORS - MCGILL COMMUNITY LIFELONG LEARNING

Our Fall 2023 Program is now available! The McGill Community Lifelong Learning offers a wide variety of online, in-person and hybrid study groups and lectures for Seniors.

Fall registration opens on Tuesday, August 1, 2023 at 9 a.m.

For more information and how to register, view the list of study groups [HERE](#). View the list of lectures [HERE](#).



IMMIGRATION PERSONALIZED SUPPORT - INTÉGRATION COMPÉTENCES

Are you a newcomer? Intégration Compétences offers the following services: integration and job search assistance, educational and professional information, entrepreneurship, diversified group activities, and workshops for parents.

The services are offered in French, English, Spanish, Arabic and Russian. Email: info@integrationcompetences.ca



MCGILL COMMUNITY LIFELONG LEARNING

For people who want to learn for the joy of it! Do you know about the MCLL for Seniors? The McGill Community for Lifelong Learning, part of McGill University, is a non-profit, volunteer-based community of seniors focused on peer learning.

Check out their website [HERE](#).



LYME DISEASE - SANTE MONTEREGIE

Lyme disease is caused by a bacterium that is spread by the bite of an infected tick. It is no laughing matter! If not treated in time, it can lead to serious consequences, such as heart problems, arthritis, or nerve damage. Ticks can be found everywhere in the Montérégie region, but fortunately, it's easy to protect yourself against tick bites.

Find more information on how to prevent Lyme Disease [HERE](#).



AMIQUEBEC SUPPORT GROUPS

AMI-Québec's support groups provide a warm welcome to everyone. Free support groups for: family and friends, those suffering from mental illness only, and mixed groups for both.

Join in person on August 7th at 6:30 p.m. 91, boul. Churchill, Greenfield Park. Join online on August 21st and 28th at 6:30 p.m.

Find more information [HERE](#).



ZUMBATHON - INTEGRATION COMPETENCES

Intégration compétences is proud to organize the first Zumbathon for educational success. The event will take place on August 12, from 10 a.m. to 11:30 a.m., at Alfred-Nielsen Park in Beloeil, in front of the Intégration compétences offices.

Funds raised will be donated to students at the Gala de la persévérance scolaire. In the event of inclement weather, the event will be postponed until the following day.



ENJOY A BIKE RIDE THIS SUMMER WITH À VÉLO SANS ÂGE

Have a phenomenal biking experience with "À Vélo Sans Âge". This organization wants seniors to have the right to feel the wind in their hair during a beautiful bike ride. The bike rides are slow and focus on embracing the environment you are surrounded by.

Visit their [website](#) to learn more about their activity and undergo a great bike ride!



SOUTH SHORE RETIRED EDUCATORS

Retiring this year? Have you retired? Want to keep in touch with retired colleagues and have fun?

Anyone who has worked with Students or Staff in Elementary and High School Education can join. To participate contact southshoreretirededucators@gmail.com



**Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise**

**Monteregie East Partnership
for the English-Speaking Community**

www.mepec-pemca.org



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Québec



CHSSN