

Community Integration Services Society

NEWSLINK



2006 Fall Issue

Volume 10, No.3

Community Integration Services Society is committed to enabling individuals with disabilities to become active members of their own communities



Vijay entertained the participants of this year's Ultimate Sports Day during the opening ceremonies.

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Ultimate Sports Day 2006

By Shari Mahar

On Saturday September 16, 2006 CISS had our Third Annual Ultimate Sports Day. Once again it was a great success with perfect weather, enough food to feed an army, fantastic prizes, and incredible gift bags and of course unbelievable team spirit. Our opening ceremony was especially extraordinary this year because we had the good fortune of having Vijay Chandra (Jack FM) to get everyone in the spirit for the day. Vijay assisted Michelle from BodyBeyond in doing the Taiko Fit drumming exercise. Herman Wong, our 2006 summer event student did a great job of finding volunteers for the day and invited a group of students from SFU to help out with the stations. The scene was set for a great day with Tim Horton's Community Cruiser, Thrifty Foods and Frog Stone Grill onsite as well as the many CISS employees and board members who volunteered themselves and their families to work at the event. Petro Canada once again generously donated all of the t-shirts for the event and Bea's Promotions supplied us with custom made 1st, 2nd and 3rd place ribbons. We couldn't have had such a successful event without all of our supporters and their generous donations (see the full list of supporters on page 11). I hope that all of our readers join us in next years Ultimate Sports Day.



From the Executive Director's Desk

By Shari

What a busy and exciting time for CISS. We have just finished up with our summer activities and have successfully completed our Ultimate Sports Day and the Society's Annual General Meeting.

I want to thank our summer students Herman Wong and Emily Cooper for their hard work and dedication in getting the job done. Herman's work was focused on the Ultimate Sports Day and Emily's was focused on our promotional material and fund raising activities. You can see the success of the Ultimate Sports Day by visiting our web site (www.communityintegration.org) for more pictures. While you are at the web site look around, Emily has revamped our site and has made it easier to maneuver through the different pages of information about CISS and its programs.

Another area that Emily worked on this summer was to update our pamphlets, if you haven't seen them pop by one of our offices and pick one up. The beautiful picture of Mike and Sarah on the front of the pamphlet was donated to us by a professional photographer and the other pictures were taken by Emily and some of our staff. You will gasp when you see how beautiful Rocky Point Park is as a background picture on the pamphlet. One other big job that Emily worked on was updating our display boards to be reflective of our evolution. She completed one for the North Shore programs and one for the Port Moody program. If you haven't seen our displays take a minute and drop into the head office and take a peak in the board room.

On September 20th CISS had our Annual General Meeting (AGM) at Kyle Center in Port Moody. I believe that this was an AGM that will last a long time in our memories. The highlight of the night for me was the unveiling of our Consumer's Charter of Rights. With the generous donation of time and skill by Niel Langridge and his wife Wendy's great filming expertise we were able to capture the true meaning of the Charter of Rights through our consumers. This DVD will become part of the orientation into the society for all new consumers, board members, and staff.

Another highlight of the AGM was listening to our guest speaker Doctor Larre who is a renowned Canadian speaker. Doctor Larre brought great insight to us during his speech. He reminded us of the important role that support staff and family play in supporting individuals with special needs. When I watched the audience I saw more than one person wipe a tear from the corner of their eye while he spoke. Following his speech Doctor Larre joined the social part of the evening and had several intimate conversations with our guests.....we certainly appreciate the personal touch that he brought to this important night.

The night was filled with many firsts with having our Charter of Rights DVD being unveiled, as well as our pamphlets and display boards. We also launched our Membership Program to our families and friends at the AGM. To date we've had several inquiries about the membership program and have had three families join. I encourage everyone to look at our web site and read all about the benefits of being a CISS Member..... be part of the very bright future that lies ahead.



Wendy gleefully shows-off the raffle tickets at the 2006 Ultimate Sports Day.



Health and Safety Committee Update

By Linda

The Health and Safety Committee met recently and discussed issues such as the need to do our emergency drills in the community. The H&S reps are going to prepare a scenario and distribute it to the person responsible for doing the drill. It was also decided that staff could practice their skills in first aid and CPR with the consumers present in the form of a mock disaster. Thank you to all staff for your input via the H&S feedback forms. This enables your H&S committee to address issues you believe need attention. The quarterly report prepared by the Executive Director was also studied. It was excellent and summed up the activities of the H&S committee for the last quarter. Our H&S committee is looking for volunteers to serve as members. I am stepping down as the chair of the H&S committee. I would like to thank everyone who made my job so easy. Pamela has agreed to step up to the plate and serve on the committee. The H&S Committee will still need someone from IDS and from IDS/Leisure Services as well as back up members. Please contact Adam or Pamela if you wish to serve IDS, Dee if you wish to serve Inlet and Christina if you would like to help out IDS/Leisure Services.

What's New?

At Inlet - By Mary Joy

We wish to offer a warm welcome to Kevin, who started at Inlet on September 21, welcome to the Inlet team and to CISS. Congratulations to Wendy for her fifteen years of service to CISS...they call us 'lifers' by the way. We would like to appreciate Russell for finding a wallet, money included, and returning it to the rightful owner. Lorraine had a wonderful visit with some of her relatives, her mom who is 91, her aunt who is 90, her 'Aunt' Betty and cousin Selma and both their husbands. The visit was in Langley at Aunt Betty's home. Lunch was served and pie and ice cream for dessert, photos were taken and all had an enjoyable time. We wish to thank Amber for stepping up as the Newsletter representative for the Inlet team and thanks to the previous representative for her involvement. The Drama Club resumed on September 11, be sure to check in, they have some awesome ideas for the upcoming season which I'm sure you won't want to miss. It just keeps getting better!



Russell and Paul tend Inlet's garden plot at the Coquitlam Community Garden.

At the Port Moody Office

By Lee

Fall is fast approaching and summer activities are slowing down. The Summer Sports Festival was a huge success; everyone who attended seemed to have a wonderful time. Soon people will be back doing volunteer jobs and regular schedules and programming will once again be worked on.

We welcome a regular staff back who has been on paternity leave, and welcome Bruce to a permanent part time position. Welcome to Jesse, a new consumer who has joined our team. We would like to thank Emily and Herman, our summer students, for all the wonderful work and contributions they have made over the last 3 months. Herman was working on the Ultimate Sports Day event held on September 16. The event was lots of fun and everyone seemed to enjoy themselves. Emily has been working on our website and brochure, so stay tuned for those developments.

Mike went on his long awaited trip to Newfoundland to visit his Grandfather. Thank you to everyone who helped Mike succeed with this goal by participating in fundraising events.

By Wendy

It has been a busy summer! Lots of consumers taking vacations, going to camp, spending quality time with families and caregivers. It was great to hear them talk about what they did, who they saw and especially the big grins on their faces. One of our consumers went to England this summer and three other consumers went camping locally and in the Interior. Quite a few were able to get in on the Summer Sport Festival events. Watch for the pictures in this newsletter! They went kayaking, water skiing, outrigger paddling, dragon-boating and canoeing!

Amber has started working at her new position at Inlet Enterprises. We wish her well! Adam and his wife had a wonderful time in Europe in June. Adam came back with some great stories. Adam and his wife have just bought a home on the island. Good luck Adam; you will be missed! Chantal is a new consumer that joined our team this past spring. Welcome Chantal!

I wanted to thank everyone who helps out at Coffee House. I understand that the "Theme Parties" are a big success! It has been great to see the different outfits that everyone wears for these events. Such beautiful colours for the "Beach Party"!!!

In North Vancouver - By Trisha

Congratulations go out to Ashraf and his new bride who celebrated their wedding in Egypt on July 18, 2006.

The CISS participants have been taking public transit most Friday's to various locations in Greater Vancouver. It has been enlightening for our consumers to visit places like Commercial Drive, Metrotown, Surrey and Richmond.

Kathy, from our seniors program, celebrated a small send-off gathering at Cap Mall. She has flown to Smithers this summer with four siblings and their families to attend a family reunion. Russell is now attending his senior's program an extra day each week. He has been a popular member of our social activities. Sewing has become a popular activity with our consumers. Some family members may receive hand made gifts this Christmas. Dawn is working on her second project already.

This season seemed to be bursting with birthday merriment! Melissa was surprised with a birthday picnic lunch with her peers and support staff. She said she was absolutely unaware of the party; however, she did appear suspiciously camera ready. Dawn celebrated her birthday at Cheers. The manager of Cheers delighted Dawn with a special birthday dessert complete with a sparkling candle. Barb also celebrated her special day with a gathering at the White Spot in the company of her peers and staff.

A Dream Come True

By Peter Dawe

For Michael Szczgielski, August 14 marked the beginning of a great adventure.

For many years he had hoped and dreamed he could “go back home” to Newfoundland. This is “back home” for him because this is where his 86 year old “Grandpa” lives. He has struck up a very close friendship with Mr. Ed Dawe, whom he calls his Grandpa, over many years.

After traveling all day to St. John’s, with stops at Toronto and Halifax, Air Canada delivered him safely at 10 pm Tuesday evening. He screamed with joy as the glassed-in elevator descended to the arrival level at the airport. Grandpa and his sons took Michael to a student residence at Memorial University where he had good sleeps every night. In the morning, a short cab ride took him to Grandpa’s home.

They enjoyed each others company at home and in touring the sights of St. John’s. The highlight was an afternoon trip on the sailing ship, *Scademia*, from Petty Harbour, home of his favourite musical group “Great Big Sea”. And big seas did indeed roll the ship back and forth like a Playland ride. He visited the Waterfront, Signal Hill and Cabot Tower, and Quidi Vidi, a local fishing village. He attended a music festival at the ballpark in Mount Pearl. Michael loved meeting many of Grandpa’s family members for the first time.



Mike and his Grandpa, in Newfoundland, doing some sight-seeing.

The stay was a busy one and the departure was on August 22, one week after arrival. Despite arriving home late at night in Coquitlam, he was first up on Wednesday morning to get back to CISS to connect with friends and staff again. Air Canada staff treated Michael with courtesy and dignity on both trips and made our travel with a wheelchair work so very well.

Michael wishes to express his appreciation to all who helped him raise the funds for this trip over the past three years. The big supporters were his staff boosters at CISS and home at Wingate House. Significant donations were received from the Knights of Columbus, Our Lady of Fatima chapter and Abbotsford chapter, the Jo Dickey Foundation, and Archbishop Carney Secondary School. Michael’s attendant on the trip was myself, Peter Dawe, the principal at Archbishop Carney Secondary and Michael’s foster father.

Now Michael sings “When You Wish Upon a Star” each day because his dream did come true.

Community Partner: Kyle Centre

By Kelly

Kyle Community Centre is located at 125 Kyle Street in Port Moody – behind the Arts Centre on St. John’s Street. Some of the many services available at Kyle Centre are Internet Access, Children’s activity classes, Sushi and cooking classes, exercise classes, bingo and bridge for senior members.

Kyle Centre has partnered with CISS to provide a reasonably priced lunch to the senior community in Port Moody. CISS volunteers work on Mondays, shopping and preparing lunch and on Tuesdays serving lunch to the seniors.

Thanks to the following Kyle Kitchen volunteers:

- Brian – Food prep and serving
- Rae – Head baker
- Quentin – Tuesday service support
- New participant to the kitchen – Order taker
- John – Monday food prep
- Mark – cashier
- Russell and Derek – Dishwasher and clean up crew
- Benita and another participant – Shopper and Laundry person



Brian works hard peeling potatoes for the Kyle Kitchen Senior’s Lunch.

So if you are ever in the area, please stop in and check out the centre’s activities and enjoy Tuesday seniors lunch.

Helpful Hints: Laughter

By Pam



You know that feeling you get when you've had a really good "belly" laugh, a feeling of exhaustion... but good exhaustion? Studies have found that laughter is actually good for our bodies. Laughter has been referred to as an internal form of jogging that simulates the release of beneficial brain neurotransmitters and hormones. Researchers estimate that laughing 100 times is equivalent to 10 minutes on the rowing machine or 15 minutes on an exercise bike. Laughter can also reduce stress levels, lower blood pressure and increase vascular blood flow and oxygenation of the blood, much the same way aerobic exercise does. A good dose of laughter also can strengthen and tone your diaphragm, abdominal, respiratory, facial, leg and back muscles. As we grow older we tend to laugh less often. The research indicates that adults only laugh approximately 15 times per day while children laugh up to as many as 400 times per day. The benefits of laughter can have a very positive and profound effect on our health which is why some professionals are introducing laughter therapy to help people cope by using humour. Laughter is cathartic and contagious so I say let's spread it around. Here are a few tips to bring more laughter into your life and those around you.

-  Watch at least one funny movie per week.
-  Listen to funny CD's or tapes while driving to work in the morning. (If you're not a morning person this especially applies to you!).
-  Sing in the morning. It's hard to be crabby and sing at the same time, and if you're a bad singer you'll certainly get people laughing.
-  Try to have one good bout of laughter each day whether it be with your family, co-workers or even strangers (as long as it is not at some one's expense).
-  Be physical during your laughter, roll on the floor with your dog or have a pillow fight with your kids.
-  Learn to laugh at yourself each day. The problems you face may not seem as overwhelming or you may see them in a different light.
-  Identify what makes you laugh and seek out those things or situations daily.
-  Surround yourself with funny people and laughter will become part of your every day activities.
-  Finally, if you just have no sense of humour and can't master the art of laughter the research indicates that "faking laughter" has all same benefits as true and real laughter and gives just the same physiological changes to your body. Remember the old saying: 'Laughter is the best medicine!'



Consumer Profile: Spotlight on Chantal

By Amber

IDS would like to welcome Chantal, a new consumer to our program. She joined CISS in the spring of 2006. Chantal is a very caring, perceptive and delightful individual who is eager to try many new experiences. She is a member of Club Aviva where she participates in various gym activities such as trampoline and balance beams. She will also be volunteering with the Coquitlam Animal Shelter in the dog-walking program. Chantal's interests include computers, arts and crafts, cooking, animals and helping others with completing any task. Chantal's positive and bright spirit is appreciated by all! We are sure glad to have you with us Chantal!

SLOW DANCE

Submitted By Mary Joy

Have you ever watched kids
On a merry-go-round?
Or listened to the rain
Slapping on the ground?

Ever followed a
butterfly's erratic flight?
Or gazed at the sun
into the fading night?

You better slow down.
Don't dance so fast.
Time is short.
The music won't last.

Do you run through each day
On the fly?
When you ask How are you?
Do you hear the reply?

When the day is done!
Do you lie in your bed
With the next hundred chores
Running through your head?

You'd better slow down
Don't dance so fast.
Time is short!
The music won't last.

Ever told your child,
We'll do it tomorrow?
And in your haste,
Not see his sorrow?

Ever lost touch,
Let a good friendship die
Cause you never had time
To call and say, "Hi"!

You'd better slow down.
Don't dance so fast.
Time is short.
The music won't last.

When you run so fast to get
somewhere
You miss half the fun of getting
there.
When you worry and hurry
through your day,
It is like an unopened gift....
Thrown away.

Life is not a race.
Do take it slower
Hear the music
Before the song is over.

Written by a young girl with terminal cancer.

A Volunteer's Tale

By Melissa

Hi, my name is Melissa. I started volunteering at Novaco Day Care Centre in May. I go one morning a week to help with children who are 3 to 5 years old. I like playing with the children. I like dancing with the children. I like doing puzzles with the children. I like going outside to play with them.

Some of my duties are to put the beds out for the children to sleep at naptime. Then I clean the tables before snack time. I put out the placemats for the children and one for the teacher on each table. I put each of the children's lunch boxes on their placemat.

At the end of the morning, if I have time I can play with the children and then I have to say goodbye and have a nice day!

*Sounds like a cool job!!
Melissa also celebrated
her birthday over the
summer. Happy
birthday Melissa!*



More Than Just The Bay

By Trisha

An outing to the Hudson's Bay Company (The Bay) really does not spark a lot of exhilaration, but when it is a trip back in time to 1858 it becomes a little more exciting. Fort Langley is the exact location where, a century and a half ago, a huge fur trade organization, the Hudson's Bay Company, established a small post to trade with the First Nations of the West Coast.

Our tour of Fort Langley was an enormous success and packed with oodles of activities, entertainment and information. The fort is a re-creation of its era complimented with costumes, exhibitions and demonstrations. One of the features included an education of how weights to anchor fishing nets were made by children of this period. Two months of repetitious pounding one rock with another produced one fishing weight.

In addition to touring the trading post, workshops and homes, our consumers were able to practice panning for gold and tasting fresh scones right out of a stone oven.

It was a rewarding day for all of us. I can't help but think it sent us home with a renewed appreciation for modern conveniences and shops such as The Bay.

Reaching Molly

By Trisha

The Northshore team has enjoyed many wonderful excursions this summer. With the weather being so agreeable it was the ideal time to take advantage of the incredible landmarks our vacationers travel here to enjoy. This Season we took the ferryboat from Horseshoe Bay to Gibson's Landing to sightsee and enjoy lunch at one of Gibson's famed attractions. From 1971 to 1990, Gibson's was the setting for the internationally popular CBC television program "The Beachcombers". Molly's Reach, once a TV soundstage, is now a real cafe. The décor of the café was rustic but spectacular with a contrast of photographs of the TV series stars and beautiful paintings of the village. Our group enjoyed a stroll through the quaint village and along the wharf. The combination of the boat trip, quaint settings and a stroll along the seaside made this a truly memorable day for our entire group.

Parents Group

By Shari, Sue and Wendy

In the spring we had our first Family Group meeting. Parents, family members and caregivers were invited to Community Integration Services Society to get this group up and running. We had hoped to have another meeting during the summer months, but with so many people taking vacation at that time, we felt that we would start it up again this fall.

Some of the discussion we had at the spring meeting was what everyone would like to have on future agendas. Some of these future topics could be Wills and Estates, Advocacy, Community Living BC, extra curricular activities in each community and much more.

Next Parent Group Meeting:

**Thursday November 16, 2006
7:00 pm to 9:00 pm**

Glenn Campbell from Community Living British Columbia (CLBC) will be the guest speaker for the evening with an update on CLBC.

Pre-registration for a Wills & Estates Inservice will also be accepted at this meeting.

Volunteer Recognition

Throughout June, July and August participants at CISS donated 405 hours to the following:

Adopt-A-Trail - Rocky Point Park, Archbishop Carney School, Calvary Church, CLS Coffee House, Coquitlam Animal Shelter, Coquitlam Community Garden, Costco, Eagle Ridge Church, Friendship Baptist Church, Java with Friends Coffee House, Jolly Olde Bookstore, Kyle Kitchen Senior Lunch Program, Lady of Fatima Church, Pronto Deli, Queen's Park Hospital, Recycling, Share Society Thrift Store and the West Vancouver Seniors Centre.

Great Job Everyone!!

FREE Wheelchair Available

10 year old Quickie Wheelchair. Barely used – in great shape. More suitable for a child or adult with a slight build. For more information please contact Cory at 604-802-1489 or corygauvin@hotmail.com.

Grant Information

Check out the following website for recently released information about the Family Independence Fund (FIF) and the Children and Youth with Special Needs Supports Fund (CYSN) available through the Vancouver Foundation.

[www.vancouverfoundation.bc.ca/
GrantInformation/FIF/DisabilitySupport.shtml](http://www.vancouverfoundation.bc.ca/GrantInformation/FIF/DisabilitySupport.shtml)



BRAVOS

BRAVO to Christina for passing along grant information from the Joe Dickey Foundation. This grant helped enable Mike to go on the trip of a lifetime to visit his Grandfather in Newfoundland. Your assistance is greatly appreciated. Submitted by Lee.

BRAVO to Ramon for all the extra help on Sport's Day! Submitted by Wendy.

BRAVO to Bruce for volunteering your time to be our photographer at the Ultimate Sports Day on September 16, 2006. Thank you for your contribution. Submitted by Lee.

BRAVO to Bruce for volunteering on the Newsletter Committee for four years and for being our editor for the past two years. Your expertise and ever efficient eye has been appreciated. Submitted by Shari.

BRAVO to All the Staff at CISS
I would like to send out a big BRAVO to all the staff at CISS! I see all of you work so hard and try so hard to make the lives of the consumers better. Good job to everyone!!!
Submitted By Laura.



Russell received an official thank you from his program's manager for returning a wallet he found. The certificate reads: Community Integration Services Society would like to thank Russell for his honesty and integrity for turning in money he found.

Bi-Polar Disorder

By Dee

Bi-polar Disorder can also be known as manic-depressive illness. This disorder causes shifts in a person's mood, energy and the way they live their everyday life.

Signs and Symptoms:

Bi-polar Disorder can cause a person to have a lasting sad, anxious or empty mood, feelings of despair, loneliness or hopelessness. Symptoms can also include a loss of interest in activities, a feeling of fatigue or decreased energy, a change in appetite, weight loss or gain and sleeping too much or too little. Children and adolescents who are affected by Bi-polar Disorder may experience mood swings between depression and mania many times within one day.

Treatment:

Bi-polar Disorder can be treated with medications known as "mood stabilizers" such as lithium. Individuals who are diagnosed with Bi-polar Disorder also have other options in addition to medication. There are support groups, not only for people suffering with Bi-polar Disorder, but for their families and friends as well. Help can also be found at community mental health centers, universities or medical schools, and offices of family physicians and pediatricians.

Famous People with Bi-Polar Disorder:

Heinz C. Prechter - Entrepreneur
Virginia Woolf - novelist
Axl Rose - rock singer
Maurice Benard - actor
Robert Lowell - poet
Charley Pride - country-western singer
Rosemary Clooney - singer
Mariette Hartley - actress - advocate
Linda Hamilton - actress
Sting - musician, actor
Margot Kidder - actress
Jean-Claude Van Damme - actor
Jeannie C. Riley - country-western singer
Carrie Fisher - actress/writer
Sylvia Plath - poet/author
Vivien Leigh - actress
Jonathan Winters - comedian, actor
Burgess Meredith - actor
Dick Cavett - actor, author, host
Ben Stiller - actor, director, writer
Connie Francis - singer, actress
Patty Duke - actress
Phil Spector - musician, producer



Staff Feature: Spotlight on Christina

By Wendy

I interviewed Christina for this article, and thought I would ask some different questions.

Christina started working at CISS on December 10, 2001. She initially started working at IDS Port Moody and transferred to the North Vancouver IDS/Leisure Services office after about five months. I asked her why she chose this career path, and she replied that she just sort of fell into it. She got a position in a children's group home in San Diego, where she was living at the time, and decided that this was her calling. She changed her university major from Education to Psychology and the rest is history! We are so glad she is a part of our organization.

She was born in San Diego, California and went to various schools there throughout her childhood. As a child she enjoyed playing softball, dancing, oil painting and skiing. She also learned how to play the flute too! One of her first jobs was as a waitress, and as she puts it, she was a terrible waitress, but a much better hostess. Her first car was a Datsun 210 and she crashed it, but she wouldn't elaborate on that story. We will have to ask her more on that one!

Her favourite food is chocolate, and her least favourite is liver and lima beans. She said her Mom served that often, and insisted that she eat it as it was good for her. We have all heard that line.

When I asked her to tell me about her best day, she remembered being in Rosarito with a friend and riding horses all day on the beach. She also told me about another time when she tandem bungee jumped with her Mom (that was actually her second time at bungee jumping). I guess that makes up for all those liver and lima beans, Christina?

She met her husband Rob, in Puerto Vallarta, Mexico. They are expecting their first child in January 2007.

Christina has done an enormous amount of work on CARF and various other projects over the last few years. She sits on numerous committees, and participates enthusiastically. We are going to miss you when you start your Maternity Leave!

Keep in touch!



Russell and an instructor paddle a kayak around Trout Lake.



Mark and some friends from CISS celebrate his birthday with a party at Rocky Point Park.



A group from CISS goes dragon-boating in False Creek.



Doing admissions at the CISS Coffee House is always fun!



Dawn participates in the ceramics workshop in North Vancouver.



Quentin takes a canoe ride around Deer Lake.



Herman, the event organizer, addresses the participants before the events.



The opening ceremonies were followed by a TaikoFit drumming warmup by BodyBeyond.



One of the events involved the teams tossing water balloons at each other... using a plastic garbage bag.



Transporting water from one bucket to another using only a sponge is challenging. The teams found that out first-hand.



Three-armed soccer, with three legged goalies. What better scenario for some light hilarity?



Blindfolded, one member of each team tried to find the other team, who were all tied together at the ankle, while his or her teammates called out the general direction to go.

CISS Membership

CISS would like to present to you, the stakeholders, the opportunity to become official supporters of the society. You are invited to become a member of the Society today.

As a **Member of CISS** you will enjoy the following benefits:

- ✓ Voting privileges at our Annual General Meeting
- ✓ Subscription to Newslink our quarterly newsletter
- ✓ Invitations to society events:
 - Annual Christmas Party
 - Annual Barbeque
 - Special Events

The annual fee for a membership is \$20.00. For more information please contact us at 604.461.2131 or email Shari Mahar at shari.mahar@communityintegration.org. Membership forms are available for download at www.communityintegration.org.

IMAGES BY WOLFGANG

COQUITLAM PHOTO STUDIO LTD & STUDIO IN THE WOODS
2849 North Road Anmore, BC

Weddings	Studio in the Woods
Engagement	Studio Work
Graduation	Outdoor
Children	Pet Photos
Black & White	

Special thanks to Images By Wolfgang for donating the professional photograph displayed on the front of our new brochure.



CISS Would Like to Thank the Supporters of the 2006 Ultimate Sports Day

Petro Canada, Thrifty Foods, Port Moody City Hall, Vancouver Whitecaps, Marks Work Wearhouse, Bread Garden, Party Tailors, Burnaby Carter GM, Canadian Tire, Applebees, Kast Hair Studio, Codfather's Fish and Chips, Gerry Vinter's Wine Making, Wine Kitz, Popeye's Supplements, Smile and Shine Flowers, Wilbur and Sebastian's Bistro, Sportmart, Canadians AAA Baseball, Sammi J Peppers, Kumsheen Rafting, Whitespot, Panago Pizza, Keg, Skydive Vancouver, Pronto Deli, G&F Financial, Angelo Salon and Spa, Blockbuster Video, TV Week Magazine, The Real Canadian Superstore, Famous Players, Coquitlam Center, HMY, Vancouver Aquarium, Safeway, Tim Horton's Port Moody, Leavit Machinery, the Frogstone Grill, BodyBeyond, and Polygon Homes.



CISS COFFEE HOUSE

Come Join the Fun!



Live Music Dancing

Door Prizes

Opportunities to Socialize

Thursdays
12:15 - 1:30 p.m.

Place Maillardville
1200 Cartier St.
Coquitlam

\$2.00 admission
concession also available
(coffee, pop, chips)



**Java
with
Friends**



**Coffee House Themes
once per month**

Extra Door Prizes

**Prize for Best
Theme Representation**

October 26
Halloween

November 16
Grey Cup/Football

December 21
Christmas

We need your support

Please support CISS by donating to our 2006 fundraising campaign.

Name: _____

Address: _____

Postal Code: _____

Phone: _____

Enclosed is a cheque or money order (made payable to Community Integration Services Society) for the amount of:

- \$25 \$50 \$100 other

Your charitable receipt will be sent to the above address.

Thank you for your contribution!

Members of the Newsletter Committee include: Amber, Bruce, Christina, Cristina, Laurel, and Wendy.

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If you would like to submit an article, picture, or creative work e-mail your submission to:
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www.communityintegration.org

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