

Community Integration Services Society

NEWSLINK



2006 Spring Issue

Volume 10, No.1

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



Friendship is a treasure we all seek. Mark and Quentin make a new friend volunteering at the Coquitlam Animal Shelter.

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New and Exciting Partnership for CISS

By Shari

CISS and ACCI (Alternative Communication Consultants Inc.) have had a long and positive relationship over the past 15 years. The consumers and staff have always appreciated the service provided by Jean McDonald's group and have developed a very positive relationship with Cindy Ouellette (ACCI consultant). During the month of March CISS and ACCI will be hosting a four-week Basic Sign Language Class. The class is one hour long and will be held at the CISS head office. This interactive course covers Basic Sign Language, Conversational Sign Language and Strategies for Effective Communication for Adults with Special Needs. The class is intended for people with communication challenges and their support network: family members, support staff, and caregivers. Please keep your eye open for an update on how the course turned out and about how to register for future classes.

Check it out on our website at www.communityintegration.org.



Key points of interest within the CARF Survey Summary:

- The organization [CISS] has undergone several significant changes in a very short time and has managed the changes well.
- CISS provides very comprehensive information to the funding agency in a timely fashion.
- Persons served, family members and the funding agency representatives interviewed were uniformly satisfied with the services provided and were complimentary to the staff members' performance and the organization's integrity.
- The program demonstrates creativity in establishing relationships with the community resources (e.g. Kyle Kitchen, Java with Friends, Community Garden) to provide increased volunteer opportunities.



From the Executive Director's Desk

By Shari

Community Integration Services Society is proud to make known that we have successfully achieved a three year accreditation standing with CARF (the Commission on Accreditation of Rehabilitation Facilities).

The accreditation outcome is awarded to organizations that, on balance, demonstrate that the persons served are benefiting from the service.

“This accreditation outcome represents the highest level of accreditation that can be awarded to organizations and shows the organization's substantial conformance to the standards established by CARF”.

Next steps for CISS are that we must complete a QIP (Quality Improvement Plan) and return it to CARF within 90 days. In the QIP we will address all recommendations (made by the surveyors) and indicate “Action to be taken” and the “Completion date” to be completed by. The intention for CISS is to persist to strive for continual improvement and in three years, when we have our next survey, we will embrace it as an opportunity to learn and grow.

Other news from the Executive Director's desk is that I am now officially the Executive Director of CISS. I am proud to be in this position and I am committed to guiding this organization into what I consider to be a very bright future. I believe that the organization has chosen skillful staff and strong supportive leaders which will be the key to our success.

In closing, I will share a quote from Max Depree, a prominent author on the subject of leadership in business, that is meaningful to me and to my journey as a fifteen-year employee at CISS. “We cannot become what we need to be by remaining what we are”. Sometimes it is easier to stay idle than to take a risk, but in the end our true growth and development comes from stepping out of our comfort zone.

Let's see what our future together holds.



The administration team are all smiles and looking forward to a very bright future for CISS!



Health and Safety Committee Update

By Linda

The Health and Safety Committee met on January 24, 2006. Adam and Dee are currently on the Committee representing IDS-Port Moody and Inlet Enterprises respectively. Welcome to both of you and thank you for your time and assistance. Items discussed at this meeting included an update on the emergency car kits. The Committee also updated the H&S Manual and reviewed the H&S feedback forms. Thank you to everyone who gave us feedback. The injury/illness summaries were also reviewed and recommendations were passed on to the Executive Director.

We also looked at the CARF recommendations regarding Health and Safety. One of the major ones was that each emergency drill must be performed at least annually at each site. While some of our program offices have been doing regular drills, others have not. We have an elaborate system in place for conducting the various emergency drills in the Health and Safety Manual. Emergency drills will be a regular monthly task for staff at all our sites in the coming year. Be prepared!

What's New?

At Inlet - By Mary Joy

Congratulations to our new Executive Director, Shari Mahar. We look forward to the next fifteen years. A warm welcome to Deirdre (Dee), who has joined the Inlet team in a full time position, as well as Ray and Bonnie, who recently joined the Inlet team in permanent part time positions. The team is looking forward to long lasting relationships. Welcome to Shelley who has transferred from IDS to Inlet. CISS also welcomes Jeff as a new relief staff. Stephan returned over the spring break as relief, this was a pleasant surprise for Derek. Farewell to Lim, once again...he will be returning in June as relief. We wish you the best of luck.

The Drama Club has been busy practicing Karaoke and is preparing to put on a show in the near future. Ray welcomes any other ideas or suggestions for future plans; an idea in the process is a talent show.

Inlet is also in the process of planning a skating activity for people to participate in to end the winter drab blasé with a positive outlook.

At the Port Moody Office

By Wendy

This just under the wire! Great news! Shari is officially our Executive Director. Congratulations Shari, we look forward to working with you, and we are very excited to have you at the helm! Also, congratulations go out to Lee as the Program Manager at IDS. We welcome her as a terrific addition to the Management Team.

We want to welcome Cristina to our team! She has just moved into a full time position after working many hours as a relief staff. We wish Lisa well and will miss her! Congratulations to Jessica who has moved into a five day a week position with us. We also have three new consumers on our team, Chantal, Quentin, and B. They appear to be settling in nicely, and already showing to be wonderful additions to the organization.

Recently, I have been video taping the consumers reading out parts of their "Charter of Rights". My husband, Niel, is editing it and we look forward to having the finished product soon! It was a lot of fun, and we hope to do more of this in the future. We hope to have a screening of it for the next Parents' Group meeting. Thanks to everyone for all your help.

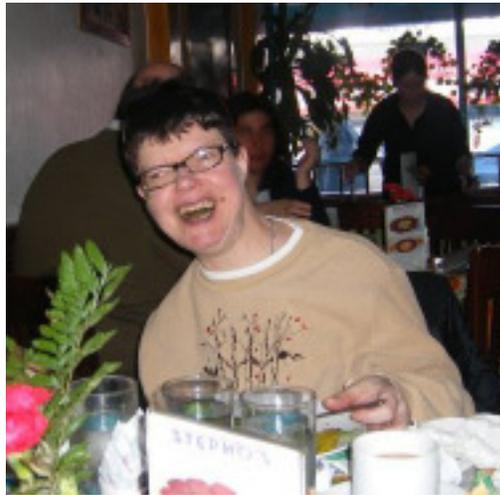
By Lee

Everyone on Lee's team would like to congratulate Shari as our new Executive Director. Congratulations, it is well deserved! I will do my best to fill your shoes as Program Manager.

We would like to welcome Kim, Nancy and Sarb who recently acquired part time, permanent positions. Congratulations! We would also like to say a fond farewell to Shelley, one of our long time consumers who will be moving down the hall to Inlet Enterprises. We wish Shelley well and hope she keeps in touch.

Michael's fundraising for his Newfoundland trip is up and running again. He is selling cookies at Kyle Kitchen and at the Coffee House. We will see how popular this is and it may become an ongoing fundraiser. Trevor has started his office job on Wednesdays, working quietly and focused. Congratulations Trevor! Brian has moved with his family and no longer takes transit to the day program as his family now gives him a ride. Jennifer is taking some well-deserved time off, attending the day program on Wednesdays and Fridays for the time being.

In North Vancouver - By Trisha



Kathy celebrates her 50th birthday at Stepho's Restaurant.

January 28 has marked a special milestone for Kathy of our seniors program. Kathy celebrated her 50th birthday with a special birthday lunch at Stepho's in Vancouver's Westside. Although the staff at the North Shore office planned the event in advance, it was a complete surprise to Kathy. The celebration was also an opportunity for Russell to meet more of the consumers in his program.

The management and staff would also like to extend a warm welcome to Suzanne who has joined our team this season.

Our newest consumers, Russell and Christine are now attending our program twice weekly. The couple seems to be settling in well. We look forward to seeing them at many of our upcoming events.

CISS would like to give a warm welcome to Lisa. She will be assisting in the admin office during peak work times, as vacation relief and helping out wherever she can. If you haven't met her yet please introduce yourself next time you are in the office.



Unusual Helpful Hints

By Pam

Most of us are familiar with the more “normal” home remedies such as using mayonnaise or beer as a conditioner on your hair, or that Preparation H will relieve puffy eyes, but here are some weirder or more unusual home remedies that you may or may not want to try.



Do you suffer from arthritis? Apply some WD-40 and rub it in.



Fungus on your toenails or fingernails? Rub on some Vicks Vapor Rub.



To relieve a bad sunburn add a large jar of Nestea iced tea into your bath water.



Want to remove blackheads and dead skin off your face? Apply Elmer’s Glue, let it dry and peel it off and see what comes off with it.



Kool-aid will clean your dishwasher pipes. Put it in the detergent section and run a cycle, it also will clean your toilet. (Imagine what it does to your stomach!).



Kool-aid is also great for tie-dyeing a cotton T-shirt. Just tie elastics around the T-shirt and soak it into the Kool-aid mixture. It is also a colourful and safe way to make finger-paints for young children. Just add some Kool-aid to plain yogurt and mix it up. You won’t have to worry about them eating it.



A useful tip for those grease monkeys in your life. Pam cooking spray will remove grease from your hands, so keep a can in the garage. It also will help a sticky bicycle chain, just spray it on.



Peanut butter is another useful kitchen item. It will clean ink off of dolls’ faces and will also get scratches off of CDs. Just apply and wipe it off with a paper coffee filter.



Have you got a newspaper clipping that you want to preserve? Mix a large bottle of club soda and 1 cup of Milk of Magnesia, soak for 20 minutes and let it dry. It will last for many years.



Finally, you know when you buy bread and the bread bags are tied with different coloured tags? They identify which day of the week the bread was delivered to the store. Monday = Blue, Tuesday = Green, Thursday = Red, Friday = White, and Saturday = Yellow (no delivery on Wednesdays and Sundays). No need to squish the bread anymore to check how old it is.

Consumer Profile: Spotlight on Quentin

By Jessica

IDS would like to welcome Quentin Cook, a new consumer to our program. Quentin is a very compassionate and outgoing individual, and has participated in most of our daily programs including Drama Club, Craft Club, Bowling League and Coffee House. He is an excellent athlete and has many interests outside of the day program as well. He enjoys collecting model cars, riding his bike, playing video games, street hockey, playing the drums and guitar, and hanging out with his friends. Quentin loves cars and hopes to become a mechanic one day.



Quentin proudly holds a model car he made at the CISS Craft Club.



Community Partner: Port Coquitlam Bowladrome

By Pamela

The Port Coquitlam Bowladrome is located in the heart of Port Coquitlam on McAllister Avenue. To an outsider, Port Coquitlam Bowladrome might appear to be just another bowling alley filled with the resonating crash of falling pins, the bustle of league play and shoe rentals. To the participants at Community Integration Services Society, Poco Bowling means Wednesday afternoon bowling, a chance to show a little competitiveness and to enjoy good times with friends.

For the last 10 years, the participants at Community Integration Services Society have been bowling at this alley. Initially the group of bowlers from CISS was very small, consisting of only a few people. Over the years the participants in bowling have grown to complete at least 2 full teams of league bowling each week.

As a community partner, Port Coquitlam Bowladrome has gone above and beyond, consistently welcoming our group with smiles and a willingness to help in any way. The staff, Karen, Pat and Brian Madaski (owner) often warm up a lunch meal in the microwave, or listen to an exciting event which one of our bowlers wants to share with them. The CISS crowd really appreciates that Poco Bowling offers a place to eat lunch before bowling, as well as their persistent friendliness and warmth.

On Wednesdays, after having lunch, team play begins and generally lasts until one o'clock in the afternoon. Thanks to Poco Bowling, what began as an individual activity for many participants has developed into a long term recreational activity that is also a weekly social event for many people. The bowlers from CISS look forward to this activity each week.



Trevor looks focused as he prepares to take his shot at the bowling pins.



Port Coquitlam Bowladrome LTD.

2263 McAllister Avenue
Port Coquitlam, BC, V3C 2A9
(Across from City Hall)



Karen and Pat, the gracious and friendly employees at Port Coquitlam Bowladrome.

Jessica's Web Page Picks

Special Olympics - High-quality sports programs and competitions to meet the needs and interests of individuals with intellectual disabilities.
www.Bcso.bc.ca

Burnaby Association for Community Inclusion - Activities and programs for individuals with special needs.
www.Bamh.org

Douglas College - Programs offered for adults with special needs.
www.douglas.bc.ca/programs/basic-occupational-education/

Theatre Terrific - "A professional performing troupe of disabled actors". Find out show times and acting class schedules at this website.
www.theatreterrific.ca/

Lee's Lemon Squares

1 cup flour
½ cup butter
¼ cup powdered sugar
2 eggs
1 cup granulated sugar
½ tsp. baking powder
2 ½ tbsp. fresh lemon juice
dash of salt



Blend flour, butter, and powdered sugar until well mixed. Pat evenly into the bottom of an 8 x 8 inch baking pan. Bake for 12 minutes at 350 degrees. In a separate bowl beat the eggs, granulated sugar, baking powder, lemon juice, and dash of salt together. Pour over baked crust and bake for another 20-25 minutes.

Cool on rack, cut into squares, and sprinkle with sifted powdered sugar.

Martisor, a Romanian Custom

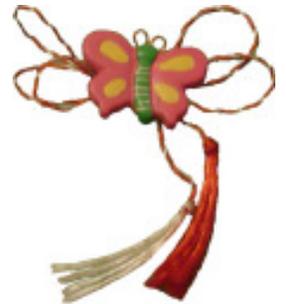
By Cristina

The “Martisor” is celebrated in Romania on the first of March. The word “Martisor” is the diminutive of March (in Romanian Martie) and is the name of an 8,000 years old tradition, which symbolizes the beginning of spring. The origins of this custom are from Rome (ancient Italy), where the Romanians’ ancestors come from. In Rome the New Year’s Eve was celebrated on the 1st of March, the day of the god with the same name.

On March the first, men offer women small decorative objects also called “Martisor”, as a symbol of the coming of spring, consisting of a jewel symbolizing a flower or an animal, etc. tied to a red and white string. The women wear them pinned to their blouses on this day and up to two weeks after. The shape of these amulets always has a meaning. Thus, if you give a person a heart that means that you love her, a horseshoe or a cloverleaf means good luck, and a snowdrop or a butterfly represents spring. The red colour of the string, given by fire, blood, and the sun, symbolizes life and it was attributed to women. On the other hand, white symbolizes the clarity of water and white of snow, and represents men. The two strings twisted together symbolize the connection between men and women.

It is believed that those who wear “Martisor” will not be burned by the sun during the summer and that they will be healthy, lucky, and beautiful like flowers.

Romanians were the first nation to have this custom, after which other countries in the area of the Carpathian Mountains adopted it.



Believe in Yourself

By Christina

As the Dawn of each morning peers into your Life
There lays a Path to Follow.
Delicate whispers can be heard
When listening to the sound of your Heart.
If you listen closely to your Soul
You will become aware of your Dreams that are yet to unfold.
You will discover that there lies within you
A voice of Confidence and Strength
That will prompt you to seek a Journey, and live a Dream
Within the Depths of your Mind.
The Purpose and Direction of your Life
Can be Determined by listening Intently
To the Knowledge you already Possess.
Your Heart, Mind, and Soul
Are the Foundation to your Success and Happiness
In the still of each passing Moment.
May you come to Understand, that you carry the Capabilities
That will aid you in reaching a Higher Destiny.
When you come to Believe in all that you are
And all that you can Become
There is no cause for Doubt.
Believe in your Heart, for it offers Hope.
Believe in your Mind, for it offers Direction.
Believe in your Soul, for it offers Strength.

Author unknown

Favourite Quotes

By Linda

“Failure doesn’t come from not reaching your goal, but from having no goal to reach.” Benjamin Mays

“How can you understand my words if you can’t understand my silence?”
Toller Cranston



CISS Parent Group

Thursday April 20th 2006
6:30 - 8:00p.m.

This is a parents' brainstorming evening (consumers welcome).

Facilitators: Wendy Langridge and Shari Mahar

CISS would like to hold regular meetings for families to attend and we want to know what you would like:

Guest Speakers?
Information Sharing?
Networking?

Come and join us for some light snacks and brainstorming.

RSVP to Wendy Langridge 604 461 2131

Volunteer Recognition

Throughout December, January and February, participants at CISS donated 553.25 hours to the following:

Adopt-A-Trail - Rocky Point Park, Archbishop Carney School, Calvary Church, Community Living Society Coffee House, 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, West Vancouver Seniors Centre, Queen's Park Hospital, Recycling, Share Society Thrift Store.

Great Job Everyone!!

Special Thanks

To Cristina and Linda for providing material for the newsletter beyond what was requested by the Newsletter Committee. We really appreciate getting unexpected high-quality submissions like the ones you have provided. Our gratitude also goes out to everyone who submitted pictures.

BRAVOS

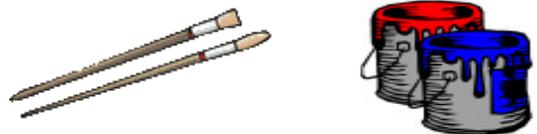
BRAVO to Bruce for cleaning up on Wednesdays following lunch during Poco Bowling league. You quietly clean up, collapsing tables, stacking chairs, and sweeping the floor. Thanks Bruce!
Submitted by Pamela.

BRAVO to Nancy for being flexible around supporting a consumer during an unpredictable time in her life. Nancy has consistently and with enthusiasm gone out of her way to pick up and drop off this individual, which has allowed her to remain in the program on a part time basis. We appreciate all of your effort.
Submitted by Lee.

BRAVO to Jessica for coming forward and graciously offering to do extra tasks. Thanks for helping out with organizing and writing letters for the next Ultimate Sports Day event.
Submitted by Wendy.

The General Staff Meeting

Held in March was a fun and informative affair that included presentations by Mary Joy and Wendy, and a team-building exercise by Christina and Lee. There was also a door prize draw, of which Rosella, Lee and Ramon were the winners.



Supplies Needed for Painting Class

The CISS Craft Club is considering expanding its horizons and starting a therapeutic painting class. The following items are needed for this endeavour:

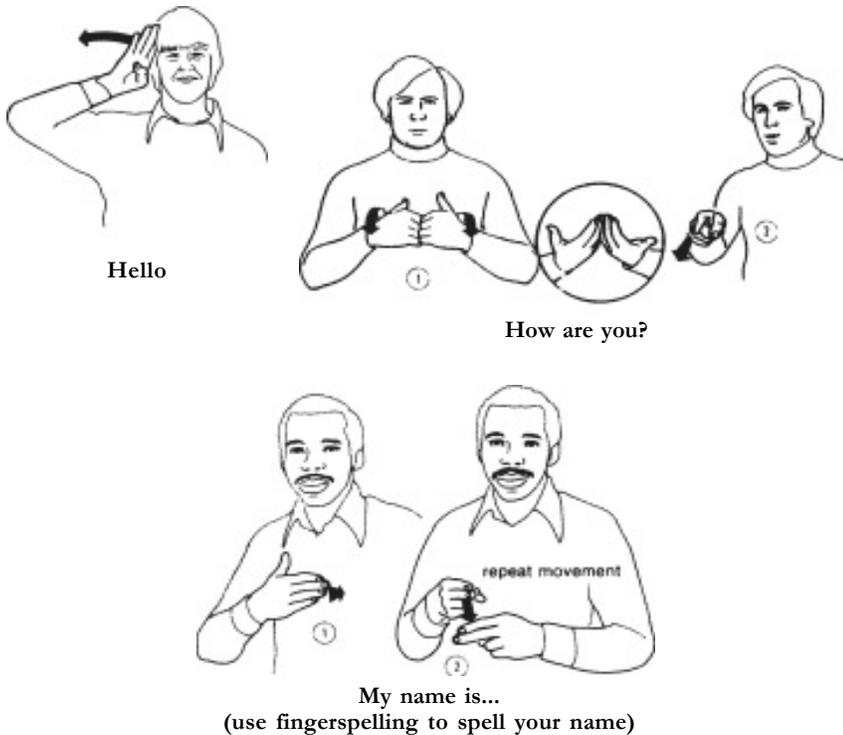
- Large paintbrushes (flat and round)
- Acrylic and watercolour paints
- Scrapers
- Large paper rolls
- Large cardboard
- CDs with classical/meditative music

If you have any of these items and would like to donate them please contact Conny at our Port Moody office (604-461-2131).

Community Integration Services Society would like to thank and recognize the following Board members for their dedication to the Society for the year 2005: Peter Elson, Peter Dawe, Ming Ow, Patricia Chou, Sue Davis, Sarah Davis and Lenore Jacobsen. Their knowledge, expertise and many volunteer hours over the past year have not gone unnoticed. Our heartfelt thanks to you all!!!

Sign Language Feature: Greetings

By Verna



American Sign Language Facts:

- In the late 1800's deaf people were discouraged from using sign language. They were encouraged instead to fit into the hearing society through speech and lip reading.
- ASL is often mistaken as English conveyed through signs. ASL is its own language and has its own distinct grammatical structure, which must be learned the same way as any other language.
- ASL is not universal; for example, deaf people living in Mexico sign differently than in Canada.
- ASL is now used by about 1/2 million people in Canada and the US.

Staff Feature: Spotlight on Kathy

By Trisha

It was in 1983 when 'Mountain Ceramics' first opened its doors. The familiar Pemberton address, which is now the quarters of our North Shore office, was also the primary location of Kathy's first studio. Kathy had delighted in the craft of ceramics since she was a child so the opportunity to turn her passion into a business venture seemed to be both a practical and rewarding way to become an entrepreneur in her craft.

Soon, the ground floor of 1583 Pemberton became a bustling workshop and classroom. For six days a week, Kathy kept long hours accommodating the needs of her clientele.

Kathy treasured her shop but it became more and more evident that the cost of maintaining the city location was becoming overwhelming. After seven years, Kathy came to the conclusion that she had to relocate if she planned to continue with her trade.

Determined not to let down her patrons Kathy decided to turn the basement of her home into her new studio. As Kathy packed her treasures and paints she also took with her the interest of the tenants above her, and when she reopened her doors at her home in Lynn Valley, she had a few more artistic enthusiasts in her workshop. Several of the new faces in the group belonged to CISS seniors from Leisure Services. It proves to be true when a door closes a window opens. The window was the opportunity for CISS to welcome Kathy to our North Van program. 1583 Pemberton Avenue may have lost a ceramics shop but it gained a terrific team player, and Kathy has been employed with CISS since 2003.

Twenty-three years have gone by since the paint, ceramic and clay studio first moved into what is now the North Van SPCA thrift shop. While the passing of the years changes many things it has not altered 'the Ceramics Lady's dedication to her studio. Each Wednesday morning (and sometimes Mondays) you will still see our CISS consumers chatting and taking pride in completing project after project.



Kathy, in her ceramics shop with some happy clientele.

Tourette's Syndrome

By Bruce

Tourette's syndrome, also known as Gilles de la Tourette syndrome after the Doctor who first documented it in 1884, is a neurological condition that causes a person to make sounds or words and body movements that are beyond his or her control. These involuntary actions are known as tics. They are the main symptom of Tourette's syndrome. Other symptoms may include early-onset involuntary movement disorders such as dystonia, or psychiatric disorders characterized by repetitive behaviours such as the stereotypic behaviours in autism and compulsive behaviours in obsessive-compulsive disorder. In any case, a person with Tourette's syndrome has several tics that can adversely affect their ability to function normally.

There are two types of tics, motor tics and verbal tics, and they are classified as either simple or complex. Motor tics are involuntary body movements and verbal tics involve the involuntary utterance of sounds, words or phrases. Throughout a person's life, they may experience many different types of tics and the nature of the tics can change as old ones disappear and new ones develop.

Simple motor tics usually involve the use of few muscles such as eye blinking or grimacing. Complex motor tics usually involve the use of more muscle groups. Some examples include throwing things, scratching, making obscene gestures (copropraxia), and mimicking movements that others make (echopraxia).

Simple verbal tics may be throat clearing, making clicking sounds, repeated sniffing, yelping, or shouting. Complex verbal tics include laughing, whistling, making animal sounds, vocalizing obscene or other socially unacceptable words or phrases (coprolalia), repeating what someone else just said (echolalia), or repeating one's own words over and over again (palilalia).

While tics are characteristic of Tourette's syndrome, many people who do not have this disorder experience them in their lives as well. It is very common for children to experience 'transient' tics, which appear suddenly and disappear shortly thereafter. Some adults experience them too. A few people also have 'chronic' tics, which persist for long periods of time. In people who do not have Tourette's syndrome, these tics usually do not impede their ability to function in their day-to-day lives.

Although the word "involuntary" is used to describe the nature of these tics, this is not entirely accurate. Most people with Tourette's syndrome have some control over their symptoms, but usually for only seconds to hours at a time. They are compelled to perform their tics and the tics are experienced as irresistible. Suppression of these tics often causes a more severe outburst afterwards. It is like trying to stop yourself from scratching a mosquito bite, or even trying not to blink.

Tics that are part of Tourette's syndrome usually begin between the ages of five to seven and persist throughout adolescence. In some cases these tics diminish by the age of eighteen, although some people will experience them for life. In very few cases the tics can become even more severe in adulthood.

Tourette's syndrome has been considered an uncommon disorder historically, although more recent studies suggest that it is more common than was previously suspected. One source estimates that 1 to 3 out of every 1,000 people has Tourette's syndrome. It affects people of all races and backgrounds, although it is more common in men than in women.

Tics are known to increase as a result of tension or stress and decrease with relaxation or concentration on an absorbing task. This is also true of people who have tics that are not part of Tourette's syndrome. Some medications may be helpful in controlling or reducing tics and are available for those whose symptoms interfere with functioning. Although psychological problems do not cause Tourette's syndrome, psychotherapy may help a person to cope with the disorder and the social and emotional problems that can occur as a result of it. Some behavioural treatments such as awareness training and competing response training (voluntarily moving in response to an urge) are being explored and have shown some effectiveness. More research is being done in this area.

Resources for More Information on Tourette's Syndrome:

**Tourette Syndrome Foundation of Canada
Greater Vancouver Chapter**
984 West Broadway
Vancouver, BC
Phone: 604-732-3594 Toll Free: 1-800-361-3120
Website: www.tourette.ca
E-mail: kaywilen@hotmail.com

Tourette Syndrome Association, Incorporated
42-40 Bell Boulevard
Bayside, NY 11361
Phone: 1-888-486-8738 Fax: 718-279-9596
Website: www.tsa-usa.org
E-mail: ts@tsa-usa.org



Kerry and Nishi take part in some 'canstruction' at Canada Place.



Derek at the Pumpkin Patch. That goat seems to be enjoying Derek's attention.



Some of the 'canstruction' exhibits Kerry and Nishi saw included Mr. Potato Head and Spongebob Squarepants.



Derek, hanging out with the scarecrow at the Pumpkin Patch.



Mike, hard at work folding bulletins for Our Lady of Fatima church. Every Friday he folds over a hundred bulletins for them.



Brian and Trevor take a break from their activities at Java with Friends Coffee House to pose for a picture.



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



**Introducing
Coffee House Themes**

once per month

Extra Door Prizes

**Prize for Best
Theme Representation**

April 13
Crazy Hat Theme

May 18
Wild West Theme

June 15
Tropical Party Theme



The musician sings his heart out for the crowd of enthusiastic dancers.



The Coffee House set-up crew prepares for the event. Quentin, Brian and Jessica are busy putting up tables.



Barb and Suzanne, from our North Shore office, dance at Java with Friends Coffee House.



Quentin and Brian are only two of the many people who help out with setting up and taking down the CISS Coffee House (Java with Friends).

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: Bruce, Christina, Laurel, Marva, Pamela, and Wendy.

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604 444 4452



If you would like to submit an article, picture, or creative work e-mail Bruce at: news1@communityintegration.org

Community Integration Services Society

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Inlet Enterprises

#205 - 3003 St. Johns Street
Port Moody, BC V3H 2C4
Ph: 604.931.4554 Fax: 604.461.4443

IDS - Leisure Services

#1 - 1583 Pemberton Ave.
North Vancouver, BC V7P 2S4
Ph: 604.986.1511 Fax: 604.986.4455

www.communityintegration.org

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