

Community Integration Services Society

NEWSLINK



2007 Spring Issue

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



Nenad, Ed, and Quentin rockin' the house.

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Talent Club Rocks!

By Zorina

Since February, many of the consumers have been excitedly participating in a band at Talent Club; eagerly displaying their unique musical abilities. Everyone is encouraged to participate by playing instruments, dancing or singing along. Among many of the consumers involved are, Quentin, Geoff, Nenad, Mark, Todd and Mike who play various instruments including the electric guitar, maracas, tambourines and cymbals. Everyone thoroughly enjoys the performance and appreciates the energy and talent that goes into this fun activity.

What CISS Means to Me

By Mai-Lan

- C** caring company, collaborative, consumer centered
- I** innovative, inquisitive, inspirational, insightful
- S** sharing, social, sensitive, success stories, serendipity
- S** super, stupendous Shari, skillful smiling staff

There are many more positive adjectives to describe CISS of course but that may take up too many pages!

From the Executive Director's Desk

By Shari

CISS had a General Staff Meeting on February 15 where we had a guest speaker from Community Living British Columbia (CLBC). Our speaker, Jay Birdie, came to speak about the role of a Facilitator. Jay was informative and left a package of information to use as reference material for our office. The turn out for the General Staff Meeting was good with an all time attendance from our North Vancouver team. Once we handed out the door prize and had our Bravo draw for prizes, we broke into groups to discuss our fund raising event, the Ultimate Sports Day, and brainstorm ideas about our future Building Plans. The room was a buzz with ideas flowing; we were excited and our ideas were never ending. The flip charts were summarized and posted in each office for any staff who did not attend the meeting to have the opportunity to contribute their ideas as well. All of the ideas were presented later to the CDC (Community Development Committee) group. The CDC committee was pleased with the input and plan on implementing many of the suggestions in our future goals. As stated earlier, we are busy planning goals around a future permanent building for the society. With having a permanent home we can expand our services to more fully meet the needs of the families in our society and the community. Some of the services that we would like to offer would be respite services, summer camp, after school programs, evening classes, and drop in programs, to name a few. Keep your ears and eyes open for future announcements regarding fund raising activities for our initiatives.



The Mad Hatter's Tea Party.

It is hard to believe that we are already planning our AGM (Annual General Meeting). Time has passed quickly and with the bumping up of our AGM date from September to June, it is right around the corner. The AGM will be held on June 27, 2007 from 5:30 – 7:30 p.m. at Kyle Centre in Port Moody. This year will once again have a guest speaker, which will be announced closer to the date of the AGM. I ask that all of our Members come out to vote for the Board of Directors and that other families join our membership as well and be involved in the future of CISS.

Cri du Chat Syndrome (CdCS)

By Amber

Each one of us will usually have 23 pairs of chromosomes in each cell of our bodies. Each chromosome contains a narrow point that acts to separate two different segments or “arms” which are called the short arm and long arm. Cri du Chat syndrome also referred to as 5p Minus syndrome and/or Le Jeune’s syndrome, results from the deleted, or missing part of the short p arm of chromosome 5. This is not an illness or disease but an intellectual and physical disability.

This is a relatively rare genetic condition that occurs in approximately 1:37,000 births. Families are often reminded that this deletion is not the result of anything the parents have done to cause this condition. CdCS appears to have an indiscrimination of incidents in terms of geographical locations, ethnic groups, exposure to medications and pollutions; however, it seems to affect a greater number of girls. Major identifying characteristics include: monotone voice cat-cry, small head, high palate, round face, small receding chin, widely spaced eyes, low set ears, folds of skin over the upper eyelid and distinctive creases on the palms of the hands. Parents of CdCS children have reported additional features that are not officially included with this syndrome such as, sensitivities to sound, touch on the hands, feet, head and face. Respiratory infections and sleep disorders are also mentioned.

At present there is no treatment for this condition; however, therapy beginning at an early age has shown to assist in achieving developmental potential in particular physiotherapy. Early introduction of alternate means of communication, such as ASL, will enhance speech development, language skills and behaviour. A future goal of this syndrome is to further understand and predict the unborn child’s development and to move forward with that child to reach their full potential.

References: <http://www.criduchat.co.uk/> and <http://www.criduchat.asn.au/>

Health and Safety Committee Update

By Kelly

The health and safety committee met on February 22, 2007. We welcomed George to the committee. George will be the representative for Inlet Enterprises. We want to thank Dee for all her hard work and dedication to the committee. So... welcome George!

All programs have completed their site self inspection reports and any or all infractions have been fixed and/or corrected. Way to go CISS!

Our next meeting will be held on Monday April 30, 2007. If you have any questions or concerns please contact your rep or fill out a feedback form and submit it to your health and safety representative.

Be healthy, be safe.

What's New?

At Inlet By Mary Joy

We wish to extend a warm welcome to Savannah, to Inlet in a permanent part time position. Farewell to Julie & Kevin who have moved on to new endeavours. Kevin will continue on as a casual staff for the Port Moody programs, and we look forward to his return. Happy Birthday to Rosella. Be sure to read the staff feature in this newsletter. The Drama club has updated the name to The Talent Club, but the 'drama' is still there. Happy Anniversary to Raishma, Amber, Ray and Dee for one year of service and Brenda for 12 years of service. The community garden will be starting up very soon; everyone is looking forward to this enjoyable activity and waiting in anticipation for the variety of flowers and vegetables for the season. Thank you to all the volunteers who keep it that way, we all appreciate the hard work.



Kabir and Barb on sleigh ride.

At the Port Moody Office

By Lee

I want to start off by thanking my team for pulling together during staff vacations and illness. This season has proven to be trying for our team. Lots of people have been ill and away. Consequently, staff has adjusted their supporting style to accommodate someone they do not regularly support or someone concerned about changes to staffing and/or schedules. Great job and Thank you! Welcome Eric to our team! It's good to have you here. Welcome new consumers Paul, Jesse and Krista to our team. Our team continues to grow, so be sure to introduce yourself and get to know someone new. The spring and summer months will be soon be upon us. New volunteer opportunities will arise and exciting activities will be announced. So keep involved and informed, we will keep you posted.

By Wendy

Well, hopefully the winter doldrums are behind us, and Spring is rejuvenating all of us. We have had some great staff meetings with full participation by all. It is good to see everyone attending and hopefully learning lots from each other. We have been lucky to have a few guests in to do workshops with our team, Paul Malette from CBI Consultants and Gus Kops from Bernard C. Vinge & Associates (HCS) Ltd. Thanks for all the great information! Many of the staff came forward and let me know that they really enjoyed them and learned a lot. Sarah, B., Chantal and Dana have all started Hip Hop dance class at Salisbury Center in Port Coquitlam. We are looking forward to seeing some wonderful new dance steps! I wish to thank Dan for all his extra help with the Coffee House banking that is done every Friday. Todd has been excellent in helping out with keeping the CISS main office nice and tidy. So an extra big Thank – You to him too! We wish Todd well on his move to his Maple Ridge day program. Stay in touch Todd! Quentin & Mark have been great in helping out with some tasks at Kyle Kitchen. Way to go guys! It sure is nice to see Jack back at Kyle Kitchen too, and picking up where she left off. We would also like to welcome new staff, Zorina, Linda L. and E., to the team! And also a welcome to Monica, Jimmi, Wendy H. and Catherine who have just become casuals for the Port Moody Offices.

In North Vancouver By Kahir

We regret to relay that Darren has left our team to explore new horizons. CISS would like to wish Darren our best wishes in his future endeavors. When a door closes a window opens and through that window comes the newest member to the North Shore Staff. A warm welcome is extended to Andrea. Our program has expanded in other areas as well. Kathy in our seniors program is delighted to have increased her hours to attend twice weekly. Gordon, also of our seniors' program, has also extended the days he will be attending his program. The IDS and leisure groups have been 'hot and cold' since our last newsletter. Recently, some of our seniors and IDS participants visited the Conservatory at Queen Elizabeth Park. In the middle of winter we were treated to an afternoon in a rain forest surrounded by fragrant tropical plants, exotic birds and waterfalls. In February, the North Shore group went to Grouse Mountain, it was truly a memorable day for all, the snow was falling and the scenery was breathtaking. We were transported to the top of the mountain on the Gondola. After snowball fights and frolicking in the crisp deep snow we gathered our team and glided across the mountain on a sleigh ride. We wrapped up the day sipping hot chocolate by the fireplace. Our last excursion took us to Squamish in the search of nesting Bald eagles. We were able to spot a few of the big birds before taking a walk along the dyke. We later assembled at the White Spot for lunch before returning home. Happy Birthday greetings to Kathy, Greg and Russell who celebrated their birthdays recently. Kathy had a surprise party at Red Robin where all the staff and consumers attended to extend their greetings. Russell celebrated his special day with staff and peers at Cheers enjoying a lunch of greatly anticipated Fish and Chips. For all of you that remember Ashraf. We are pleased to tell you, all is well with him and his Bride, Naveen. They were in town briefly to visit family and were spotted in Metrotown.

Community Partner: Friendship Baptist Church

By Zorina

Over the last six years, consumers from CISS have been volunteering at Friendship Church, which has significantly increased their independence and confidence, while actively participating in their community. Shana and a peer are responsible for collecting the recycling every week and taking it to the recycling depot. They perform an excellent job, laughing and joking together while they do their job. On Fridays, Quentin straightens all the chairs, ensuring that each row is aligned properly. He always performs his job diligently, with an enthusiastic and positive attitude. Each week, Dana and a peer are responsible for pew maintenance, ensuring that there are sufficient paper and envelopes available at each seat. Both of them have become increasingly independent, performing their jobs with minimal assistance from staff. Their jobs have greatly helped to improve their concentration skills, enhancing their self-esteem and autonomy. The consumers enjoy socializing with the friendly staff at Friendship Church, including Elaine, Jerry and her dog, Casey. CISS greatly appreciates all of the consumers for their commitment and hard-work, as well as the staff at Friendship Church for providing them with the opportunity to volunteer in their community.



Queen Elizabeth park.

Family Corner

By Wendy

I have had a few phone calls from parents recently asking about workshops that are being presented over the next few months. This just came through my email last week and I thought some of you might be interested. British Columbia Association for Community Living has a lot of information for families. I have attended this conference a few times, and they always do a great job, as well as, present a variety of excellent workshops.

BCACL invites you to join them for their annual Conference and Annual General Meeting, "Aiming High and Leading the Way" in Prince George from June 14-16, 2007. Go to www.bcacl.org to register.

If you are interested in other workshops, you can find out through BCACL what workshops they have coming up, check out their website under "Upcoming Events" section.

Another website to check out, if you haven't already done so is, <http://www.family-supportbc.com>. I am a Resource Parent for this wonderful organization. They just recently had a very successful training weekend in April. Check out their website for workshops too.

The Family Support Institute mission is:

"To strengthen and support families faced with the extraordinary circumstances that come with having a family member who has a disability".



Rae's Corner

Singaporean Breakfast Dish: "Coconut Rice Recipe"



Ingredients:

- 2 cups uncooked rice, washed
- 1 cup coconut milk, from 1 whole coconut
- 2 cups water
- 2 screw pine leaves, knotted
- 2 cm fresh ginger, sliced(2 centimeter piece)
- 3 onions, sliced
- 1 cinnamon stick
- 1 star anise
- 1 tsp. of salt to taste
- 1 tsp. of sugar
- Fried Anchovies (optional)

Methods:

Mix all ingredients in a rice cooker and cook until rice is tender and dry (approx 45 mins). Stand for ten minutes. Fluff up the rice mixture with a spoon or spatula and leave it for another ten minutes.

To serve hot and spicy sauce use Sambal Oelek. This ingredient can be found in the ethnic food aisle of your local grocery store. (Optional) add sliced cucumbers, hard boiled egg, roasted peanuts, or pickled vegetables to make your dish more interesting and tasty.

Some of you may want to know where this rice comes from. Well, it comes from: Malaysia, Singapore and Indonesia. People from my country have been eating this particular breakfast meal for centuries.

You can add many different ingredients to this meal. Some examples are: lemon grass, cucumber, small dried anchovies, roasted peanuts, stir fried convolvulus, hard boiled eggs and pickled vegetables. Just about anything you want to put in.

!!!ENJOY YOUR MEAL!!!

Wendy's Websites and Books

By Wendy

This is a very interesting website (<http://www.thenthdegree.com/>), it has links to articles written by many different people, and some items for sale too. As always, some of the sites that are recommended to me may not be suitable for everyone. I do try and check them, but I only have a chance to take a quick peek.

A few years ago representatives of several community living agencies which provide day program and employment services, as well as some community based services, came together to discuss new ways of working together. This collaboration of independent agencies was originally called Community Living Consortium. It has now evolved into LINCS, which stands for LEARNING through INNOVATION by NETWORKING COMMUNITY SERVICES (<http://lincs.sharevision.ca/default.aspx>). One of the goals of LINCS is to develop more efficient ways of providing services through the sharing of their resources. It is felt that this collaboration will also provide a possible way of addressing waitlists, reduce redundancies of existing services, and hopefully provide the means to address service gaps.

The BC Coalition of People with Disabilities (<http://www.bccpd.bc.ca/>) is a provincial, cross-disability advocacy organization. Their mandate is to raise public and political awareness of issues that concern them. They hope, through their work, to facilitate the full participation of people with disabilities in all aspects of society and to promote independence.

If you ever have a chance to hear Dave Hingsburger speak, go to it! He is an amazing speaker. Everyone I know that has attended his workshops rave about them. To give you an idea of who he is, please check this website (<http://davehingsburger.blogspot.com/>) and I know that you will find his topics interesting and thought-provoking!

“A Real Nice But”: Articles that inspire, inform and infuriate By Dave Hingsburger. This collection of writings brings together for the first time Dave Hingsburger’s articles from a variety of different magazines and newspapers in the disability movement. These articles have caused controversy, inspired debate and even brought on the odd belly laugh. Without a doubt, this collection will give readers something to think about, to argue with and to read aloud to friends. You can order this book on line at <http://www.diverse-city.com>.

CISS Crossword Puzzle

By Mai-Lan

Across:

3. Program Manager who had a baby.
4. The friendly lady who answers the phone.
8. Return bottles for money.
10. Program Manager who has a son named Brent.
12. The gentleman who is “Christina”.
13. Our Executive Director.

Down:

1. Family and _____ are important to have.
2. The lady who has the big board room for her office.
3. The “house” where people have “coffee”.
5. Program Manager at Inlet.
6. The place where consumers cook for seniors.
7. We do this activity at Friendship Baptist Church.
9. Program Manager who’s office is at the end of the hall.
11. The activity where people sing Karaoke.

Aladdin Play Review

By Geoff and Debbie

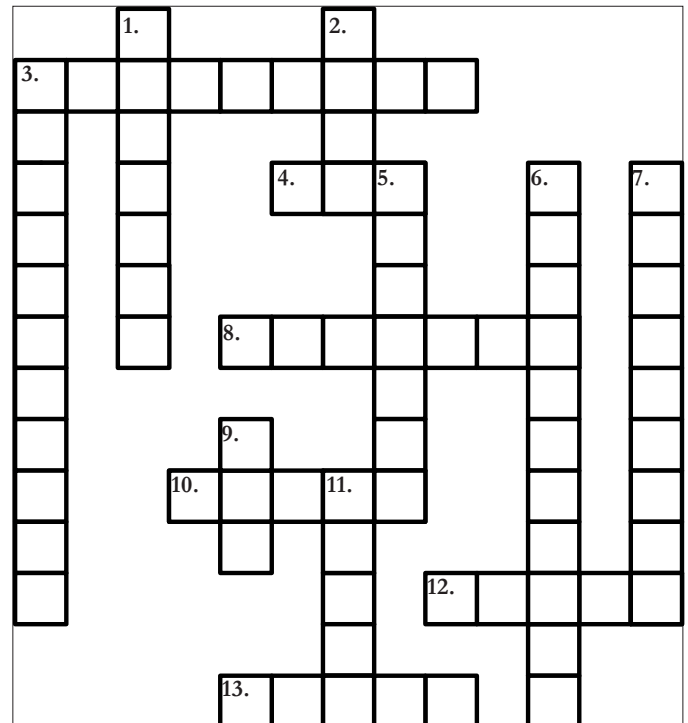
Geoff and the crew at the talent club have been busy organizing a play for everyone’s enjoyment. Geoff chose the play “Aladdin” and has gotten people to sign up



Shana, always a smile on her face.

for parts to play. Some of the people who have signed up to be in the play are Geoff, Sarah, Nishi, Quentin, Mark, and Brian. The Narrator will be Shari, and John is taking care of the props. Geoff

would like to thank everyone involved for their participation and enthusiasm. The talent club has planned to be ready to perform the play sometime in September. Geoff hopes the production will be a huge success. Geoff thinks the play will be a good one.



Staff Feature: Spotlight on Rosella

By Wendy



Rosella was born right near here in Vancouver, B.C. The unusual part is that she was born right at home, not in the hospital. One of her favourite childhood memories was going to church every Sunday with her family, and afterwards on the nice weather days they would take a picnic lunch over the ferry on Okanagan Lake and sit on the beach to enjoy the sunshine and family get together.

During her spare time she likes to read, visit with friends, go to church, and take nice quiet long walks in the nature.

Now for the fun questions! Here are some of Rosella's replies.

If you wrote your memoirs, what would you title the book? "The Twists and Turns on an Interesting Journey"

How do you plan to spend the next 13 years? "Just enjoying life"

What is your proudest achievement? "When my sons were born."

What is a lifelong dream of yours? "To learn to swim without fear."

What would you do if you won the lottery? "I would like to have a log cabin somewhere on a peaceful lake, buy my sons a new home, and have a new Mercedes Benz sports car. I would also like to give some away to people who need it, too."



Who has impacted you most in your career? "My friend, Dorothy."

What was the best movie you have seen in the last year? "Passion of the Christ"

Rosella has been a long time employee of Community Integration Services Society, and has worked with many of the people we support during the 13 years she has been with us. I really enjoyed interviewing her, as I got to know just a little more about her. Hopefully you can get a glimpse of this very active woman too.

Spring Cooler Punch Recipe

By Kelly - This is one of my kid's favourite spring/summer time drinks.

6 oz can frozen lemonade
12 oz can frozen orange juice
6 oz can water with bananas (see directions)
4 cups sugar
6 cups water
5 bananas
42 oz can pineapple juice
3 qt ginger ale

Directions:

1. Boil the sugar with the 6 cups of water in a large saucepan for 3 minutes. Allow to cool.
2. Mash the bananas in a blender and combine with the 6oz can of water, orange juice, lemonade, and pineapple juice in a large bowl. Add sugar syrup; blend well.
3. Freeze the mixture for at least 24 hours. Remove from the freezer 1 hour before serving. Using a fork, break up the frozen punch into smaller pieces. Add ginger ale. Continue blending until slushy. Serve in punch cups. (makes 50 servings).



Consumer Profile: Spotlight on Chantal

By Mai-Lan

Since joining Wendy's IDS team with CISS 7 months ago, I have had the great opportunity to be with a young lady named Chantal. Chantal will be celebrating her 1st year with CISS in April 2007. The experience has been exciting, challenging, and fast-paced. We have done activities through sun, high winds, rain, sleet, snow and slush - the 'fun never stops'. Chantal has been busy exploring and being involved in many activities; kayaking, playing baseball, karaoke, the Capilano Suspension Bridge, and the Greater Vancouver Zoo, just to name a few.



Chantal has a zest for life and a wonderfully contagious sense of humour that I find myself caught up in daily. She has taught me a lot about striving for autonomy and self-determination when she states, "I do it." Or to see things from a different perspective when visiting abandoned dogs at the SPCA; where she is initiating volunteer time to be with them. I have learned more about the meaning of 'reaching one's potential', and discovering learning opportunities in every situation, everyday and developing

a relationship with each other. Our days pass by quickly and before I know it, Chantal has to go home.

Chantal has been enthusiastic to take on new volunteer opportunities and has at present four volunteer jobs that contribute to the community on many levels. On Tuesday mornings Chantal volunteers at Meadowbrook Elementary School library re-shelving books. Wednesday mornings, after participating in Craft Club, Chantal volunteers to put the chairs and tables away, as well as, wiping the tables clean. Thursday mornings, Chantal prepares the Sunday bulletins for St. John the Apostle Anglican Church in Port Moody.

Tuesday and Thursday afternoons, in rain or shine, Chantal insists on taking the owner's dog for a walk at TLC Grooming in Port Moody (dog grooming salon). Since working with Chantal I have come to know many facets of her personality such as: she's an animal lover, a baker, a jokester, a singer, an artist, a dancer, an explorer, a hiker, a helper, a hard worker and meticulous. Every day is a balance of work and play. One of the activities Chantal enjoys doing is making her scrapbook at Craft Club once a week, as well as, making crafts. She enjoys creating and filling her book up with artwork, photos of her friends, workers, animals, volunteer jobs and activities she has participated in. Her scrapbook always guarantees to be a conversation starter and recounts the stories of her adventures with CISS.

Chantal has also shown me the depth of her empathy; when I clear the 'frog' in my throat or just sneeze she reaches out and pats comfortingly on my shoulder asking if I am "OK?". She wants to take care of my needs by offering to carry my lunch bag, by putting cream and sugar in my coffee, she always reminds me to put my seat belt on before I drive or retrieves things from the floor that I dropped. I am always impressed by Chantal's enthusiasm and positive attitude.

I cannot say enough good things about Chantal; the lady I support and have gotten to know. What I do know for sure is that I am privileged to be a part of her life; to be there in her endeavors, to pursue her interests, her independence, and in her contributions to the community.

BRAVOS

BRAVO to Cristina S. for seeing a need in the Kyle Kitchen program for new aprons. Cristina used donated materials and purchased some ribbons and made 18 new aprons for Kyle Kitchen Program!
Submitted by Lee W.

BRAVO to Ray H. for purchasing a carrier for the Karaoke Machine. The carrier is on wheels and it is much easier to transport the machine, and the price was cost efficient!
Submitted by Mary Joy

BRAVO to Kelly for helping the Inlet staff by starting the cleaning process at Kyle Kitchen. Due to a consumer crisis the cleaning team was unable to start the process on time. The help was appreciated.
Submitted by Lee W. and Raishma B.

Volunteer Recognition

Over the last three months, December, January, and February, the consumers of CISS have been working very hard at various volunteer jobs. Of the many places are: Kyle Centre, Place Mallardville, Arch Bishop Carney School, Jolly Olde Bookstore, Meadowbrook Elementary, B&J Auto, TLC Grooming, various Churches in the community, Neighbor Link Shore, Share Society Thrift Store, and Kyle Centre Kitchen. The consumers perform many different duties including: recycling, cleaning, serving, cooking, shelving, dog walking, and so on.

During December, January, and February the IDS team completed 374 hours of volunteer work, the Inlet team completed 53 hours and 10 minutes of volunteer work, and the North Vancouver team completed 50 hours of volunteer work. Awesome work CISS!



“If you never try, you will never succeed.”

By Paul



Helpful Hints: The Triangle of Life

By Pam

A recent story on the six o'clock news made me jump into action in preparation for an earthquake. It was a Friday evening and as I watched the six o'clock news, it was reported that we could be in for a possible earthquake within the next couple of weeks. I stayed up to watch the late news only to hear the same story again. The next morning I went out to buy the necessary earthquake supplies that I had always put off in doing. To say that I was a little freaked out was an understatement. I later learned after listening to the news again on Saturday that the story had been updated and an earthquake was not immediately impending after all. From this experience came some good; however, and I am now prepared for the unforeseen earthquake. During this same timeframe I received an email from a friend with interesting tips about earthquakes called the “Triangle of Life”. A fellow by the name of Doug Copp simulated an earthquake and collapsed a building with mannequins inside and filmed it to prove that his method of survival actually works. The concept of the “Triangle of Life” is that when buildings collapse the weight of the ceiling falling upon furniture or other objects crushes them but leaves a space or void next to them. It is in these “voids” that you want to be when an earthquake strikes. I thought this was quite interesting and worth sharing as it could ultimately save a life, if and when a dreaded earthquake should arrive.



1. Most people are taught to use the duck and cover method in an earthquake however people who go underneath objects are more likely to be crushed. Get next to an object like a sofa or other bulky object (rather than underneath); it will compress slightly but will leave a void next to it.
2. By curling up in a fetal position you will be able to survive in a smaller void. This is a natural instinct for animals and babies.
3. Wooden buildings are the safest construction in an earthquake as they move with the quake. If a wooden building does collapse it will create larger survival voids and wood is a less crushing weight than concrete or brick buildings.
4. If you are in bed during an earthquake get out of bed and lie next to the bottom of the bed in the fetal position as a safe void will be created and you will not be crushed by the weight of the ceiling.
5. Get near the outer walls of a building or outside of them entirely if possible. It is safer to be near the outside of the building rather than the interior. The farther inside you are from the outside perimeter of the building the greater the probability that your escape route will be blocked.
6. If you are driving in a large freeway system and an earthquake hits do not stay in your vehicle. Get out of your vehicle and lie or sit next to it. People that stay in their vehicles are more likely to be crushed by falling slabs of deck however if you remain next to your vehicle voids as high as 3 feet will be created which may save your life.



7. Most people have been told to stand under a doorway during an earthquake however this may not always be good advice. If the door jam falls forward or backwards the ceiling will fall and crush you. If the door jam falls sideways the doorway could cut you in half. Either way you will probably be killed.



8. Always avoid stairs during an earthquake. Stairs have a different moment of frequency and will swing separately from the remainder of the building. The stairs and the main part of the building will continuously bump together during the quake until structural damage has been caused to the stairs. Even if the stairs do not collapse during the quake they may if many fleeing people are using them to escape.

(Note: These tips were extracted from an article by Doug Copp, a rescue chief with the American Rescue Team International.)

Setting up and Cleaning up at Coffeehouse: Always a Team Effort!



Jack, doing her part.



Team work makes our society successful!



John takes the lead, good work John!



Nishi, always there to help.



Quentin, putting those muscles to work.



Brian enjoys good hard work.



Brian enjoying a game of pass.



Samantha and Dana showing off their hip hop moves!



Kathy enjoying her birthday party with friends.



Melissa enjoying the snow.



Werner, giving his weekly performance at Inlet.



Nenad and Quentin rockin' the house.

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 at shari.mahar@communityintegration.org. Membership forms are available for download: www.communityintegration.org.

Community Integration Services Society



presents the

Ultimate Sports Day Carnival

Come out for a fun filled day of games, food, a few surprises and some special activities!

The event is designed to raise awareness and funds for programs and ultimately a permanent home for Community Integration Services Society.

This year we have a bigger vision of what the day should look like. We would like to have a carnival feel to the event, with games, cotton candy, food and activities!

Become a part of the vision for CISS!

Get involved by:

- ◆ Being a volunteer!
- ◆ We need a photographer for the day of the event.
- ◆ Get a team together and relive your childhood sports days!
- ◆ We want your great ideas!
- ◆ We are looking for some outstanding sponsors! See your company name on our T-Shirts!!
- ◆ And we are always in need of donations, no matter the size!

Please let us know if you can help make this the best Ultimate Sports Day ever!

Contact us at lee.weisgarber@communityintegration.org
or kahir.lalji@communityintegration.org

CISS COFFEE HOUSE COME JOIN THE FUN!



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



Place Mallairdville
1200 Cartier St.
Coquitlam

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



Live Music

Door Prizes

Dancing

**Opportunities to
Socialize**



We need your support

Please support CISS by donating to our 2007 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, Kahir, 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:
wendy.langridge@communityintegration.org

Community Integration Services Society

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