

Community Integration Services Society

NEWSLINK



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



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Positive Choices

by Mai-Lan

"It is not doing the thing we like to do, but liking the things we have to do that makes life blessed." by German writer Goethe

I read an article by Ross Freake in the 24 Hours issue, Jan 25/08 magazine called "Great Time for Greatness" that really inspired me and I would like to share it with you. He talks about making our own individual choice to pursue the goal of 'to be the best we can be'. By accepting that we create our reality we may find that there is more to life than paying the mortgage, the car, etc. We can make our own happiness and not rely on material things to make us happy. Our perception towards life can be changed if it is of negativity, pessimism, or resentment at any time and that is where choice comes in. We do our best as Professional Lifeskill Workers by trying to influence the individual in 'making good choices' in their daily community life. Sometimes we can harbor anger, such as "the way my family, my co-worker, the waitress, my neighbor, or the cashier at the store, etc. treated me. It can cloud our positive choice making and be unproductive rather than experience the emotion (part of being human) and letting it slide right off our backs. Every one of us have greatness in us whether we are short or tall, curly haired or straight haired, etc. That is, it is our potential and we can achieve that greatness when there is focus on developing that knowledge (knowledge is power). Ross goes on to say that firstly we have to want to do it – intention – to make that choice, to want to achieve who we will become, see it, believe it, taste and then live it. He also quoted from one of the great writers, Goethe, saying "Treat a man as he is and he will remain as he is. Treat a man as he can become and should be and he will become as he can and should be." We have to believe this in ourselves deeply before we can affect others. It made me really think about this, to believe it and not let circumstances or comfort cloud my focus and then to incorporate living it. Having greatness comes in all sorts of ways, big and small, from a kind word to a work of art. It continually enriches my relationships and my life is more 'blessed' when you 'look on the bright side of life'. (Monty Python-"Life of Brian").

From the Executive Director's Desk

By Shari

On January 21st you responded. A group of twenty five representatives of Community Integration Services Society arrived to the Coquitlam Town Hall Meeting and supported the 10X10 Challenge. This initiative was started by Minister Claude Richmond who is the Minister of Employment and Income Assistance. Minister Richmond challenged communities across the province to join others in increasing employment of persons with disabilities by 10 % by the year 2010. Honorable Maxine Wilson, Coquitlam's Mayor, is a very strong supporter of this initiative and was very impressed by the enormous support given to this challenge. This collaborative initiative has been driven by Polaris Employment, Douglas College, Chamber of Commerce, School District 43, Community Living British Columbia, Community Ventures Society, Simon Fraser Society and Community Integration Services Society. On February 4th the motion was passed to accept the challenge put forward by our group. To get more information please visit www.eia.gov.bc.ca. Our next steps are to get other cities in the Tri Cities on board so please keep your eye out for memos asking you for more support. I won't tell you all the good news but keep reading through the Newsletter to hear a real employment success story.



Sara at Club Aniva.

Thank you for responding to our annual satisfaction survey. The results are in and are posted on our web site: www.communityintegration.org and you can also come to any of our three offices and see the copy in the lobby. If you would like to sign out a copy to review please contact Pam Galt at 604-461-2131.

Out of the 158 surveys sent out we had 22% returned from the consumers, 30% from the employees, and 15% from the families, there were no volunteer or other returns. I hope that this colorful summary helps everyone understand the level of satisfaction. Purple and yellow represent Excellent and Good and I have to say that most of the survey shows these two colours as primary answers.

This makes me proud to know that overall people are happy with the service that CISS provides.

Special comments about CISS' strengths made by some of the consumers: 'It's like being with a friend, having fun, I am treated with dignity and respect, my staff are caring and sensitive, I get to do activities that I like to do like swimming, bowling, it's like being part of a family'. By Family: 'Good staff, good communication and location, caring staff, understanding and patient, personal concern for the consumers'.

By Employee: 'The words of the consumers do not fall on deaf ears, constant learning curves, accountable, staff/consumer relationships, consumers are supported in achieving their personal goals, great employees'.

Some of the areas for change and improvement came from the consumers and staff: Hire more staff, give consumers 1:1 supports, keep longer term employees, pay more wages, give vehicle cleaning allowance, give staff daily acknowledgement for daily work, structure programming area'.

Overall I believe with continued work we can learn and continue to grow into a very healthy organization where we have opportunities to expand ourselves to be the best that we can be.

"From what we get, we can make a living; what we give, however, makes a life".

Quote by: Arthur Ashe



Health and Safety Committee Update

By Savanah

On February 12th the committee held a meeting. The focus of this meeting was to review, evaluate and discuss both the Bomb Threat and Earth Quake protocols/procedures and examine the Coffee House's evacuation drills being performed for CISS consumers and staff. Our Committee also began setting goals for the Critical Incident Report (CIR) summaries and the Employee Accident (EE) summaries. Kyle Kitchen's chart is complete and posted in the kitchen with an explanation of its guidelines for safety protocols while working in the kitchen.

The Committee is planning a staff development course on emergency preparedness in the near future to provide CISS staff with up to date information on suggested/recommended requirements should a natural disaster occur. Some potential goals discussed for EE summaries evolved around continuing with NVCI refresher training.

Have a Healthy and Safe Month everyone!

What's New?

At Inlet By Mary Joy

Inlet has two new staff, welcome to Cynthia , who is in a permanent part time position and to Susan, who is in a temporary full time position. Inlet will be doing a couple of fundraiser activities over the spring and summer months to help support our annual CISS fundraiser. We will be holding a bottle drive and a penny drive, save up your bottles and pennies, we will be collecting soon. We have been waiting forever for spring to get here; it is snowing as I type.....what month is this? Our gardening program will begin very soon; the garden has been weeded and ready for planting. Our program recently had tiles put on the floor and the whole office is brighter. Thank you to Shari Mahar, our Director and to our Board of Directors for approving this. We are also very thankful for our new photocopier.



Mark at Club Aviva.

Spring has sprung, the grass is 'ris, I wonder where the warm weather is! Even if the lovely cherry blossoms are out spring 2008 is slow to arrive. The mountains are still white with fresh snow. We would like to extend a warm welcome to Scott & Dong Ku. Their energy & smiles are a great addition. During this winter our consumers & staff have enjoyed outings to Squamish, Maple Ridge & Fort Langley. Scott proclaimed that he really liked his trip to Fort Langley via the Albion Ferry, even if we were crammed on the boat like sardines. We also enjoyed a day trip to Richmond for Chinese New Year. The dragon dancers were very colourful & fun to watch. The loud firecrackers made everyone jump! There has been a big move for Beverly, Dawn & Blake. They have all moved from Larson house to Peter's Road house. Their new home is a rancher & easier for everybody to get around. Margot has now been reunited with all her former house mates at Peter's Road. Dawn fell & broke her hip this quarter. The ever resilient lady is doing well .We look forward to her return to CISS. The holiday spirit continues to fill the air at the North Vancouver office. Our office windows were painted for Valentines Day by Ashley & Scott. Ashley also painted some lovely colourful Easter bunnies. Maplewood Farm continues to be a wonderful community partner. Scott will start a job at Maplewood this week. Ashley has been assisting another consumer with filling his bird bags. What a team! Warm wishes go out to all the birthdays celebrated in the last quarter. Three of our consumers had landmark birthdays.

At the Port Moody Office

By Lee

It's so nice to think that spring is just around the corner. Many people are looking forward to the warmer days with the fun outdoor activities. The social committee is working hard to plan activities for both consumers and staff. The consumer movie event held on April 19 was a huge success! Everyone that attended enjoyed the movie "The Game Plan" featuring "The Rock" and enjoyed popcorn and a hearty laugh. A good time was had by all. This team has seen many changes starting with Jennifer moving on to a new program in White Rock and we wish her well! We hope that Jennifer will keep in touch and perhaps attend our summer BBQ. Kelly resigned her position on February 14th and is now on the casual list. Renee joined our team in a temporary position on January 2nd and Graziela joined our team on March 17 and will be running the Kyle Kitchen program. Shannon's drumming running some time in May. The supplies are purchased and we are looking for a location. If you have any suggestions you can either let Lee or Shannon know. Brian started his new job at Tim Horton's on February 1st. Brian works Friday mornings and has fit right into the "Tim Horton's team". Way to go Brian! Krista started her new job at the dollar store on March 20th. We hope this works out to a two day a week position. Good job Krista! Trevor, Krista and Kerry continue to do volunteer work at the Lions Care Home and seem to really enjoy it. Geoff moved into his new place with his caregiver on March 15th and we wish him all the best. Paul continues to work on his bead work, planning his next big sale. Rae is back attending program two days per week. It's great to have her back working in the kitchen making delicious desserts. Jesse moved into his own place at the beginning of March and now lives independently in the apartment below his mom. Good luck Jesse!

By Wendy

Shana and her partner are doing really well at their volunteer jobs at Kyle Kitchen, and are an important part of the team. Coffee House (Java With Friends) continues to be a success, and a few times recently we have had to turn people away, because of a full house! We appreciate everyone's patronage to this very popular event every Thursday at Place Maillardville, and we hope you come back next week if you couldn't get in. A reminder to participants, families and caregivers, that occasionally this does happen, and participants may need to have a back up plan if they need support. Our team is putting a CISS cook book together, and we need your help! Have you got a family recipe, or two, or three that you can donate to this worthwhile cause? Photocopy, email, handwritten will be gratefully accepted. We really want this to be a fun book, and everyone to be a part of it. If you want to email it send it to wendy.langridge@communityintegration.org. Remember to let me know who is submitting it, because we want that information right beside each recipe! And, if you want to submit some artwork to this project that is related to cooking, we will be adding those that are approved by the cookbook committee. Spring is just around the corner, the sunshine will be out soon! Enjoy!

In North Vancouver

By Kathy

From the Suggestion Box

By Shari

Sign Language Course: This education request is a frequent one with everyone wanting to increase or maintain their skill around sign language. Many of the people we support use single word signs when communicating. Ways that we can broaden our signing skills is through creative planning and programming at the program level and this has been recommended to the managers to take back to their teams for feedback and implementation. CISS has hosted several sign language classes in the past from weekly sessions for staff, to sessions for one particular consumer and his staff team and for consumers and staff together. CISS will negotiate with ACCI to host another future session so keep your ears and eyes open for registration.

Stationary Order Form: Great idea! In the past we used a stationary order form and over time we drifted away from this method and started ordering from the admin. team over the phone. A new form is in the works and will be sent out to the teams in early April.

Snow Fall: Yes, driving and even walking in the snow can be very hazardous. I understand your anxiety around snow as I also have the same fear of driving in the snow. It is expected that we provide service to everyone that requires service in our contracts. Even though many of the consumers chose not to come into the program or have their staff pick them up, there are still several people that want and need support as they cannot be left at home alone. It is stressful for the families to make arrangements to stay at home with their sons or daughters every time that it snows and this year we witnessed an unusual amount of snow. Staff has the option to take a day off and not come to work due to inclement weather and at this point we have not set a limit of how many days this involves. In winter provinces most companies only allow for one snow day a year. We will continue as we have this year advising staff to travel safely, use alternate methods of getting to work, and stay home if you feel unsafe.

New Photo Copier: You got it! Yes, after persistent requests for a new photo copier, Inlet got theirs in February. To make things fair we also purchased a new photo copier for the North Vancouver office.

Bottles of Hand Sanitizer: Yes, go ahead and buy sanitizer for your office and cars wherever you believe that it is needed. Please arrange this with your managers. These types of requests are great and should be dealt with at the program level so you do not have to wait for my attention to the matter. It is a good idea to practice constant hand washing/sanitizing especially during the flu season. I have asked each manager to bring this item to their teams.

Staff Call In Isolation: CISS has implemented a new Isolation Call In for staff working alone in the consumer's home. This suggestion is for us to give leeway to the first call in of the day (generally for most people it is at 9:00 a.m.) The suggestion is to extend it by thirty minutes to reduce tying up the phone lines at the office. I will look into this and discuss it with the managers and we will make accommodations for this while at the same time following the Work Safe BC guidelines.

Consumer Spotlight: Beverly

By Trish

Does light really travel that much faster than time?

When deciding where to aim the spotlight this issue I followed one of the longest and brightest streams of radiance I could find. The focus at the end of the beam is Beverly of our seniors program. Beverly is a pioneer of Leisure Services who has illuminated our program since we became an establishment in 1993. Although the hands of time may change most things, they seem to have made an exception with Bev. And this is no wonder as the vibrant looking gal with a multitude of interests juggles a very full life. For the last fifteen years Bev has attended her program with CISS twice weekly and has seemingly enjoyed every minute of it.



Beverly loves to join her friends at her ceramics program on Wednesday mornings where she creates beautiful projects for her family and friends. On Thursdays, Beverly is keen to go for a walk on the seawall if the weather affords it. Beverly loves to chat to people she meets and has a genuine smile and a warm hello for everyone

Beverly is a member of a bowling team and attends Amity workshop weekly. Our cheerful lady especially loves to dance and sing. In fact, when she is a passenger in the car Bev has a particular fondness for singing a duet with Enrique Iglesias. Sometimes, we just can't hear the cd! But we would not have it any other way!

Beverly is an exceptionally popular lady with a wonderful laugh who charms all she meets. Bev just never seems to alter. Recently Beverly has gone through a very exciting change. Beverly and her housemates have moved to a brand new location at Peters Road.

I think that Peters Road in North Van just became a little brighter. Sharing our spotlight!

Staff Spotlight: Bruce

By Wendy

I got to sit down and chat with Bruce, and find out a little more about him through the interview. Bruce has been with CISS for 7 ½ years. He has worked at Inlet and on both teams at IDS. He has worked on numerous committees, such as Carf, survey committee and newsletter committee, and has also been a terrific help to me when I have computer questions.



Bruce was born in Kapuskasing, Ontario and has one older sister who lives in Arizona. He remembers when he was young, how much she used to tease him, but as they have grown, he says they are much closer, and are great friends.

He enjoys role playing games, and sets up his scenarios for these in his spare time. He enjoys reading and reviewing books on role playing also. He enjoys reading books about the metaphysical, which is a type of philosophy or study that uses broad concepts to help define reality and our understanding of it.

He prefers cats over dogs as pets, but doesn't have a pet at this time. Spring is his favourite time of year, and when I asked him what type of car he likes, he replied, "one that has wheels, as it is just a tool" How true! When I asked if he was a morning or a night person he said he was much more creative at night. If he could retire anywhere his preference would be a cabin out of the

city, but he talked about the pros and cons of living in a small area, too. Especially since everyone knows everyone in a small town. I got the feeling Bruce enjoys his privacy, so I was glad he agreed to this interview, and a bit surprised!

Shari commented that Bruce's greatest attributes are his quiet, observant and introspective ways. "Bruce knows how to give exceptional care and support and is a good role model for his peers. Bruce is a good debater and is skilled at listening as well as talking"

He really enjoys his job at CISS and finds that he often feels like he is just "hanging out" with friends.



Bruce and John at Coffee House.

Community Partner: Quentin Cook and B & J Auto Parts

by Pamela

Quentin came to Community Integration Services Society in December of 2006 and is on Wendy's team. He is a hardworking fun loving individual who has many volunteer and leisure activities. Quentin regularly attends CISS Monday through Friday.



Activities Quentin participates in are; rope climbing and trampoline at Club Aviva in Coquitlam, serving lunch at Kyle Centre kitchen seniors lunch program, regular participation in a bowling league, pew maintenance at Friendship Baptist Church, dancing and socializing at a CISS sponsored Java with friends, and on "Friday afternoons" sorting auto parts at B & J Parts and Machine in Port Coquitlam.

Quentin really looks forward to his Friday afternoon volunteer job sorting and putting various Auto parts away in the large warehouse. Staff at B& J Parts and machine are all very helpful, friendly, and accepting. Quentin's knowledge about the auto parts business is really expanding, as he is encouraged to ask questions about the auto part he is putting away.

Quentin was asked what he liked about the volunteer job at B & J Parts & Machine. He replied "It's an awesome work environment. I like to put away the auto parts, and I like the degree of responsibility it gives me, not to mention the perks." Quentin proudly wears his complimentary B & J Parts & Machine t-shirt on Fridays. Quentin has a love for cars, and hopes to become a mechanic one day.

Fun Fruit Facts

By Pam

We are very lucky in our society to have the variety of fruits available to us in our supermarkets. The Canada Food Guide recommends that daily, children eat between 4 - 6 servings, teens eat between 7 - 8 servings and adults eat between 7 - 10 servings as they contain essential nutrients such as vitamins, minerals, fibre and antioxidants.

You already know that fruit is delicious tasting and a fast healthy snack but you may not be aware of the following facts about fruit.



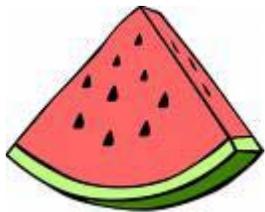
1. Don't peel your apple! The flavour and aroma of an apple comes from the fragrant cells in its skin plus all the vitamins lay beneath the skin.
2. Unsweetened cranberries make a good alternative to mouthwash as it helps kill bacteria and fights cavities.
3. Sour cherries used for making pies actually contain more vitamin C than sweet cherries do.
4. Freeze both green and red grapes to make pretty ice cubes for your summer drinks.
5. Most people like to peel the skin on kiwi fruit but it is actually edible so eat the whole thing if you like.



6. Frozen fruit is just as nutritional as fresh fruit perhaps even more so. Once fresh fruit is picked it begins to lose some of its nutrients while frozen fruit is frozen at its peak retaining its nutrients.
7. Use ripe mango in fruit salads, smoothies or in dessert dishes. Unripe mango can be chopped up in salads or chutneys creating an added crunch and sour flavour.



8. The white part of the orange has as much vitamin C as the orange itself, so eat that part too.
9. The seed inside of a papaya are edible and add a spicy sharp flavour when blended and added to salad dressings.
10. Pineapple contains a substance called bromelain which breaks down protein therefore making it an excellent ingredient for marinades.
11. Strawberries are delicious on their own but if you want to really enhance their flavour try drizzling balsamic vinegar over them and then topping them with vanilla ice cream.



12. And finally, all the years that you have been told to spit out your watermelon seeds or a watermelon plant will grow in your tummy, they are actually edible. Try roasting them and sprinkling them with a little salt (like pumpkin seeds) for a light snack. The rinds are also edible; they can be stewed, pickled or stir fried.

(These facts were taken from the March 2008 Canadian Living Magazine)

Volunteer Recognition

Throughout January, February, March participants at CISS donated 559 hours to the following:

Westvan Senior's Centre, Maplewood Farms, Kyle Kitchen, Coffee House, Friendship Church, Jolly-Old Bookstore, Recycling, TLC Dog Grooming, St. John's Church, Meadowbrook School, Arch Bishop Carney School, Queen's Park, Lions Care Centre, White Rock Flyer Delivery, Lady of Fatima Church, Neighbour Link, Share Society, Adopt-a-Trail, Gradenig, Church Cleaning, Van Vacuuming, and Calvary Church

Awesome Job Everyone!!

BRAVOS

Submitted by Mai Lan

Bravo to Julie for being a great team player, and supporting another consumer when it was needed.

Submitted by Lee

Bravo to Renee for securing a paid position for two individuals!

Submitted by Wendy L./Angela from FSI

Bravo to Eric

Angela called our office to say she was impressed on how Eric had handled a "situation" in the public, and how he supported individuals with respect.

Submitted by Kahir

Bravo to Trisha for continuing to be the tech support and fixing one of our computers outside of her work time.

Parent & Family Information

by Wendy

Information from Canada Revenue Agency www.cra.gc.ca

Q.1 What is the Registered Disability Savings Plan (RDSP)?

A.1 The Registered Disability Savings Plan is a new plan that will allow funds to be invested tax-free until withdrawal. It is intended to help parents and others to save for the long-term financial security of a child with a disability. The plan structure is similar to a Registered Education Savings Plan.

Contributions to an RDSP will be eligible for the new Canada Disability Savings Grant. There is also a new Canada Disability Savings Bond for individuals with lower family net incomes.

Q.2 Who will be eligible for the Registered Disability Savings Plan (RDSP)?

A.2 Any person who is:

- Eligible for the Disability Tax Credit and is a Canadian resident; or
- A parent or legal representative of a person who is a resident in Canada and is eligible for the Disability Tax Credit.

Q.3 Who can contribute to a RDSP and how much?

A.3 Anyone can contribute to an RDSP; however, contributions are limited to a lifetime maximum of \$200,000 in respect of the child, with no annual limit. Contributions will be permitted until the end of the year in which the child attains 59 years of age.

Q.4 When will the Registered Disability Savings Plan (RDSP) come into effect?

A.4 As soon as possible in 2008. Check www.cra.gc.ca often - all new forms, policies and guidelines will be posted on the CRA's Web site as they become available.

Q.5 What are the Canada Disability Savings Grant and the Canada Disability Savings Bond?

A.5 These are two programs designed to augment funds in the RDSP. The government will contribute, in the form of Canada Disability Savings Grants, funds equivalent to 100% to 300% of RDSP contributions, up to a maximum of \$3,500 depending on the net income of the beneficiary's family. The government will also contribute up to \$1,000 annually in Canada Disability Savings Bonds depending on the net income of the beneficiary's family.

Q.6 Where can I get more information about the Registered Disability Savings Plan (RDSP)?

A.6 More information about this plan will be available shortly. Please check the CRA's Web site regularly for updates. In the meantime, please consult the Department of Finance's Budget 2007 documents for details.

Petal Pops

by Mai-Lan

Makes: Make 9 banana pops

You'll need: 3 bananas

9 sticks

500g (2 cups) semi sweet chocolate chips

250g (1 cup) sprinkles/or any edible decorations



1. Line a large cookie sheet with waxed paper. Peel bananas and cut each into 3 pieces. Push a stick partway into each chunk to make a 'lollipop' and put on a cookie sheet. Place in a freezer until frozen.
2. Heat 2 inches of water in a saucepan. Remove from heat. Place a metal mixing bowl onto rim of saucepan. The bottom of the bowl should be over the water, but not sitting in it. Pour chocolate chips into bowl. Stir until melted.
3. Pour decorations onto a shallow plate. Dip each frozen banana into melted chocolate. Use the back of a spoon to help coat each banana.
4. Roll each chocolaty banana in decorations. Place back on waxed paper. Put cookie sheet in freezer for 2 hours. Then enjoy!

Chirp p. 59



Benita having a coffee break.



Happy Birthday Brian!



Dan and Kim, old buddies.



Maggie and Wendy at Coffee House.



Mai-Lan and Quentin posing.



Rob and Tanya during training.



Mark, dancing at Coffee House.



Quentin at Club Aviva.



Paul, working hard.



Mike, having a blast at Coffee House.



Just believe!



Ed, during music therapy.

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.

Movie Review: The Shining

by Dan Cartmel



I have enjoyed watching this movie many times. It was filmed at Prince of Wales Hotel in Waterton National Parks in Alberta, Canada. Go to the website of the hotel, and you will recognize it. It is a very well done movie starring Jack Nicholson and Shelley Duval. And both actors are very good in this movie. Stanley Kubrick was the director, and the book, "The Shining", was written by Stephen King.

Wendy's Websites

1. Just what it says:

<http://scitalks.com/>

Smart People on Cool Topics.

2. Hungry? Want something different?

<http://www.vegetarianlunchbox.com/index.html>

Lunchtime arrives and your tummy is rumbling. You open up your lunchbox, ready to eat something tasty. Instead your heart sinks at the sight of a dried, curled up sandwich! Lunch should be a pleasure.

3. This was an interesting, fun website. Check it out at

<http://heardontv.com/>

Music from your favourite TV Shows

4. Want to know how to work with your new software? Try this page!

http://wikivid.com/index.php/Main_page

Wikivid creates video-courses made up of links to free video tutorials from around the web.

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 2008 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, Mailan, 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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