

Community Integration Services Society

NEWSLINK



2008 Summer Issue

Volume 12, No.2

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

Community Integration Services Society Presents

FAMILY FUN FAIR

Carnival

Saturday, September 6th • 10 am - 3 pm

Moody Elementary School
2717 St. John's Street, Port Moody

An exciting opportunity for the community to come together to support and sponsor our goal of enabling people with disabilities to become active members of communities in British Columbia.

Carnival Games • Great Food • Face Painting • Bouncy Castle
Live Entertainment • Tons of prizes and much more!

www.communityintegration.org

In this issue...

From the Executive Director's Desk..2
Health and Safety Committee.....2
What's New.....3
Consumer Spotlight: Ed.....4
From the Suggestion Box.....4
Summer Fun Page.....5
Walking your Way to Health.....6
NORD.....6
The Hyack Anvil Battery Salute.....6
Let the Music Play On.....7
Parent and Family Article.....8
Staff Spotlight: Brenda.....8
Kahir's Websites.....11
Perfect Personal Pizza's Recipe.....11

Family Fun Fair 2008

By Desiree

If you have any comments or questions, feel free to contact Desiree anytime at d.mamisao@communityintegration.org.

Grab a pen and your calendars, turn to September 6th and mark this day off for our fifth annual fundraising event: the Family Fun Fair 2008! This year we've decided to give our Ultimate Sports Day fundraiser a makeover into a new and exciting Carnival themed Fair. It's sure to guarantee fun, games, great eats and of course tons of prizes! The event will take place in the same location as last year, at Moody Elementary School, situated in the heart of Port Moody. We're hoping the highly family-oriented community will grasp the chance to come out and share the day with us. The Fair will act as an exciting opportunity for the tri-cities to unite together and make a difference in aiding a greater cause. Though we are focused on creating a fun and memorable event, the main purpose of our fundraising is to reach our ultimate goal of purchasing a building of our own. Owning our own facility would enable us to expand our services, which would include respite care to families in need, a kitchen facility to teach life skills and activity rooms available for training and educational purposes. Our facility could even be used by the community at large for social functions, workshops or service group meetings. We've been having numerous mini fundraisers to support the Fair, including a hot dog sale at the Coffee House in early June, a bottle drive and a penny drive. Also keep a lookout for CISS's Cookbook this year! Hot Dog sales were held at Maplewood Farms on June 27th and July 18th. We appreciate all your support thus far with our fundraising endeavors, and hope that you'll spread the word and join us for the Family Fun Fair 2008! Keep a watchful eye for updates on this and other events!

From the Executive Director's Desk

By Shari

Thank you to everyone who was able to attend CISS' Annual General Meeting (AGM) on June 24th. Together we celebrated another successful year at our meeting. It was terrific to have some of our consumers and their families, our volunteer board members and several staff representing all four programs, and the entire leadership team in attendance. Our speaker this year was



Paul and Reece.

Paul Gauthier. Paul is a three-time Paralympian, who is an athlete in the sport of bocce ball. Paul won a gold medal in individual competition and a bronze medal with his teammate in pairs at the Paralympic Games in Athens. Even though Paul is training hard in preparation for the upcoming Paralympics in Beijing, he still managed to fit our AGM into his busy life. Paul works as the Community Capacity Coordinator with the BC Paraplegic Association, and has been involved in improving the lives of people with disabilities for many years, through involvement in a variety of projects. Paul has a full life; family, work and sports and is a motivation to us all showing us that people with disabilities are able to fully participate in society.

Over the past year we have focused a lot of our energy on employment for people with disabilities. At the AGM I spoke about five people and their success at finding jobs but there are still more to talk about. At the end of June another individual on the North Shore secured a part time job at McDonalds. British Columbia Association for Community Living (BCACL) Vision is "Our Vision for 2015 is that every person with a developmental disability who wants a job has a job". CISS is excited

by this vision and have fully participated with great enthusiasm in initiatives centered on employment. This year we participated in the employment goal by becoming active in two different projects. The first was the BCACL Employment retreat "Working for Change"; this was a highlight for CISS this spring. Lee (Program Manager at IDS Port Moody) attended representing CISS at the retreat. Our participation in the initiative has been compelling and has given CISS a leading edge on the future direction of the employment goal.

The second initiative for CISS was fully participating in the 10x10 challenge put forward by Minister Claude Richards, former Minister of Employment and Income Assistance. Our partnerships with Chamber of Commerce, Polaris Employment, Douglas College, District 43, Simon Fraser Society and Community Ventures have helped us reinforce our commitment to the challenge.

Every June, we reflect on the past year of business and begin our planning for the coming year. We know that there are more people in need of service and that we can create more opportunities if we had the space to do so. As you know we continue to fundraise for our new building and because of your generosity and good planning we are in the next phase of our goal. A special resolution was passed at the AGM to allow the Board to proceed with our plans of purchasing a permanent home for our Tri City programs and head office in which to operate. More detailed planning will continue in the fall during our strategic planning session. This is an exciting time for CISS as we move toward our 20th anniversary in 2010.

Other news is that we have completed our application for our upcoming Accreditation Survey. The application has been accepted and we should be given our survey date sometime in September. As we move closer to the survey date we will contact you, the readers, and our supporters to let you know how we are doing. Part of accreditation is checking for references, the surveyors will want to contact the consumers, their families and other stakeholders. We will contact you in the fall to ask for your support for this phase of our accreditation.

Finally, I would like to thank Pam, Ester, Wendy, Lee, Mary Joy and Kahir for all of their support and work in making the AGM so successful. Thank you to our Board Members for your continued support: Peter Elson, Peter Dawe, Sue Davis, and Sarah Davis.



Health and Safety Committee Update

By Pamela

The Health & Safety committee has been busy working very hard reviewing & revising the Health & Safety manual. Policies have been updated to reflect changes to critical incident reporting, medical emergencies, emergency preparedness, and clear language interpretation of the policies.

The Health and Safety Committee has received and reviewed one feedback form requesting the addition of triangular bandages to the emergency car kits. Following a review of the request the health and safety committee unanimously approved the purchase and addition of this versatile bandage to the emergency bags. Triangular bandages have now been purchased and are being distributed to all employees. All staff please let your Health and Safety representative know as soon as possible if you have not received your triangular bandages by July 30.

The Health and Safety has convened for the summer, next meeting is scheduled for September 9th. During the summer months remember to drink plenty of water, use sunscreen, cover up, and have a Safe and Healthy Month.

What's New?

In North Vancouver

By Kathy

At Inlet

By Mary Joy

Farewell to William Hood who has been apart of CISS since 1994. He has retired to sunny Maple Ridge; we wish him all the best. We also wish to bid Susan Lewis farewell, she left Inlet from a temporary full time position to join IDS in a permanent full time position. You will be missed.

An update on Inlet's fundraiser activities, the bottle drive and penny drive has been collecting funds for approximately one month. Steady but surely the thermometer rises, we are sure to contribute to the building fund as soon as we reach our goals. Feel free to donate any pennies or bottles you may have. You can contact us at 604 -931 -4554.

Our gardening program has taken off as expected; the garden has been planted and weeded. Participants continue to volunteer on a weekly basis keeping the garden and the outside area free of weeds and well watered. We have seen the sun a few times and expect to see it much more. Thank you to all the participants who partake in this on-going project.

Congratulations to one staff who has been with CISS for 18 years as of July 3, 2008 and congratulations to the five consumers who have also been with CISS since July 1990, Maggie, Maria, Lorraine, Richard and Ed.



Jesse, Bruce and Mike.

At the Port Moody Office

By Lee

Well, summer finally arrived. It seems the weather is all we have talked about!

The social committee is planning a summer BBQ on July 10th, with entertainment, door prizes and lots of great food. We welcome John N. to our staff team in a temporary position. He is fitting in nicely working with "the guys". Nishi has moved on from our program and we wish her well. Brian continues with his Tim Horton's job on Fridays and Krista is doing great working at the dollar store. Jesse is enjoying living independently and working at White Spot. John H. is working at the Volkswagon dealership and recently Trevor has joined him. Great going guys! Mike spent a week at camp, although the weather was wet and soggy, he seemed to have a great time. Rae is back with us full time, and everyone agrees that we have missed her smile. Kerry celebrated her birthday in June and will be taking a month off for vacation in August. Geoff is home from the hospital where many people visited him and kept him company, great having you back Geoff!

I hope everyone enjoys the lazy days of summer, I hope they are long and hot!

By Wendy

Plenty of news on our team! We have 4 new consumers for our team! Lee and Julie have already been a part of the program and they both started on July 16th. The team has been very supportive in coming up with opportunities and ideas for their day program hours. Ashish and Byron joined us on July 2nd and we look forward to getting to know them much better! And welcome to Susan, our new full time staff who started just recently. Welcome to them all! On July 23rd quite a few staff and consumers headed to the Vancouver Game Farm for the day, and from all accounts it was a great day. Everyone seemed to come back tired...but happy. Watch for pictures in this newsletter. Quite a few of us got together at Rocky Point Park to have a going away party for one of the consumer's on Lee's team, and we enjoyed some sunshine, bocchi ball, Frisbee toss, pizza and cake! It was nice for me to get away and join in the festivities. We wish you well Nishi! The recipes are all in for CISS' fundraiser cookbook for our team. Thanks to everyone who contributed! I continue to work on it whenever I have a spare moment, and am enjoying every moment of it! Another newsletter under our belt, and I wish to thank all the contributors personally for making my job so much easier. Thanks everyone, and keep those pictures and articles coming!

Spring 2008 was slow to arrive, 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 past 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.

Consumer Spotlight: Ed

By Amber

Congratulations on completing 18 years at CISS and still continuing on strong Eddie! Edwin Hill is one of our longest participating consumers here at Inlet Enterprises. In Ed's many years he has participated in various programs such as; delivering the mail to our Port Moody offices each day, gardening, coffee house, talent club where he is usually seen & heard singing it up for the crowd, walking at the track or parks, attends a weekly bowling program, completes photocopying at the office and much more depending on the time of year and season. One can quickly notice Ed during any holiday season especially Halloween because he tends to win costume contests each year. Maybe next year we could see a three-pete!



I have personally known Eddie for approximately two years and during this time I would describe him as having a strong sense of compassion, a warm and caring heart and is a social butterfly. These qualities are apparent when in the community as Ed will greet kids and children and offer many smiles and sometimes will give them a friendly pat on the head. The shared joy makes it obvious that everyone really likes and gets along with Eddy. He loves to make those extra warm visits to Shari to bring the mail (they have known each other for a long, long time). He is also involved in many additional activities/socials organized by both CISS and various community calendar events such as fundraisers, summer sports days, and picnics, to name a few. We all hope to see him out at this year's Family Fun Fair in September too. Another wonderful program Ed also participates in is a weekly charitable recycling program that he began almost three years ago in which he has collected many donated bottles and cans and has consistently brought them to local depots. What an accomplishment, you can imagine his pride! Keep up the super work Ed.

On the more relaxing side of Ed's ultra active life is that he does enjoy a nice cup of tea with his staff while listening to live music at the CISS Inlet office. Ed's love of music is seen by all as his creative bones get to work by picking up an instrument and playing it to the harmony as he sings his huge heart out for the rest of the crowd. He never ceases to amaze us, that's for sure. We are all so happy to be a part of your life Ed.

From the Suggestion Box

By Shari

Coat Rack at IDS: This awesome suggestion came forward from the Head Office suggestion box. I agree we need a coat rack so it is on the shopping list and may be already here by the time the Newsletter gets out to our readers. Staff at the IDS programs in Port Moody has shown great patience and team work in sharing the work space. I hope that your patience pays off when we get into our new building in the future.

Sample Signatures: Great idea! A suggestion that came from Inlet program is that we put a signature sample form in the front of each consumer's blue binder so that other staff can identify the hand writing. I really like this idea and realize how key workers must struggle if they need specific information and cannot identify the writer. I will pass this suggestion on to the Program Managers and we will put this item in the binders this summer.

Thank you for your ideas. The suggestion box is located on every site and is open to anyone whom wishes to make a suggestion.



Welcome to CISS, Julie!



Word Search

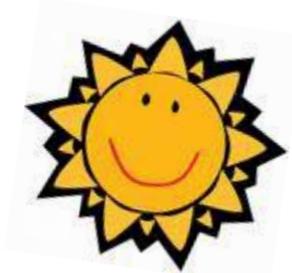
H M R M O W C Z M M J G L Z Y H
 F W L M V I T M H L H C N U A Q
 R A R I I X M C L D E S I P W R
 U D P W U H B O A T I N G M H C
 S E E S A W A T E R S K I A W X
 W M K R S E S N O R K E L C C K
 I H Y O L L E Y B A L L Y A Q K
 N C C L I M B G D Y O Y N N V R
 G T P L D V A C A T I O N O F M
 Y O M E E R L Q D M G G T E P U
 C C E R O L L E R B L A D E I H
 D S K S K A T E B O A R D B C S
 W P I K D L X B W I M D I S N I
 D O B A R B E C U E S E Y I I F
 D H C T A W D R I B G N E R C U
 H I K E P O R P M U J T Y F T T

BARBECUE
 BASEBALL
 BIKE
 BIRDWATCH
 BOATING
 CAMP
 CANOE
 CLIMB
 DIVE
 FISH

FRISBEE
 GARDEN
 HIKE
 HOPSCOTCH
 JUMPROPE
 PICNIC
 ROLLERBLADE
 ROLLERSKATE
 SEESAW
 SKATEBOARD

SLIDE
 SNORKEL
 SURF
 SWIM
 SWING
 VACATION
 VOLLEYBALL
 WADE
 WATERSKI

Free for non-profit use
 ©1997-1998 The Kid's Domain
 www.kidsdomain.com



Unscramble Puzzle

Unscramble the letters to make proper words. When all the words have been unscrambled, take all the letters that are in the () to make another word that explains all the puzzle words.

1. V E M I O S _ _ _ _ () _
2. N C R E T O S C _ _ () _ () _ _ _
3. E G S A T _ () _ _ ()
4. C T K I E T S () _ _ _ () _ _
5. L B A T L E _ () _ _ _ _
6. S C I M U () _ _ _ _
7. I G R E N S _ () _ _ _ _
8. N A B D _ _ () _
9. H G L S I T _ _ _ _ () _
10. N O D U S _ _ _ () _

Can you find the word in the ()?

Walking your Way to Health

by Pam

Now that our summer weather has finally arrived, it's time to get outside and take advantage of it. Walking is an easy, affordable exercise that can be enjoyed by any age plus there are many health benefits associated with it. Walking is considered one of the best exercises because you are able to maintain an acceptable cardio respiratory fitness level and it has a low injury rate. Beginners should start at about 20 minutes, 3 times a week by walking on flat terrain and increase to 50 -60 minutes, 5-6 days per week. By incorporating hills into your walk you will increase your cardio capacity and strengthen muscle you didn't know you have! Here are a few tips for both new and seasoned walkers.

1. If you have a medical condition and are concerned about taking on a new exercise routine consult your doctor first. Walking can help control such conditions as obesity, diabetes, cardiovascular disease and musculoskeletal problems.
2. Start your walk by warming up first. Walk at a slower pace for the first 5 minutes to warm up your muscles and then pick up the tempo.
3. After you complete your walk cool down by stretching (especially your leg muscles quadriceps, hamstrings, hip flexors, and calves) by holding each stretch for at least 20 – 30 seconds.
4. Walk at a pace that challenges you but still allows you to carry on a conversation. Your breathing should be deep and from the diaphragm not short from the rib cage and shoulders.
5. Invest in a good pair of proper walking footwear, preferable fitted by a footwear specialist. It will be your greatest single investment but well worth the investment in order to prevent injury. If your feet are comfortable and don't hurt afterward, chances are you will continue with your walking regime.
6. Walk a variety of trails and routes in order to keep your walks interesting. By changing it up on an ongoing basis this will also help you stay committed and keep you motivated.
7. While walking in trails and parks be aware of your senses. Take notice of all of the different sounds, sights, colours and smells. Look out for different birds, bugs, flowers and plants.
8. Always be respectful of Mother Nature. Ensure that you throw all trash away in appropriate receptacles and pick up after your 4 legged friends. The parks and trails are for everyone to enjoy.
9. When walking with your dog be respectful of other walkers (and cyclists) especially if they have a dog as well. Being a dog owner myself, they can become very excited when other people and dogs approach them, so leash them up. In their excitement dogs may run out in front of a cyclist or run up to other walkers causing them to trip or fall off their bike. Remember not everyone loves your dog as much as you do!
10. Drink lots of water during and after your walk. If you are going on a long walk plan it so that you have access to washrooms if needed.
11. Always remember to tell a family member or friend where you plan to walk/hike. Be aware of your surroundings and the possibility of nearby wildlife. It's a good idea to bring a cell phone along.
12. Finally, don't walk alone. The beauty of walking is that you can walk with friends or family and still have the ability to socialize.

(These tips were taken from Maple Ridge and Pitt Meadows Parks and Leisure Services @ www.mapleridge.ca and www.pittmeadows.bc.ca)

NORD (National Organization of Rare Disease)

By Mai-Lan

National Organization of Rare Disorder is a non-profit, voluntary health agency that was established in 1983 by patients and families affected by the rare (orphan) disease. They worked together to get the legislation passed for the Orphan Drug Act which provides financial incentives to develop new treatments for rare diseases. NORD dedicates their work to provide identification, treatment and cures for people who are afflicted with a rare disease disorder which in U.S.A there are 25 million people are affected by it. NORD can be found on the internet; www.rarediseases.org, which lists about 7,000 rare diseases. NORD provides programs and services that educate, inform, give referrals, advocate as well as support financially where it is needed in the rare disease community. It is a great site for learning about many of the rare diseases that are familiar (such as Prader Willi Syndrome) and not so familiar diseases (Baller Gerold Syndrome which is a rare genetic disorder affecting the skull and physical deformities). It is a site that is worth reading up on if you are curious about finding more information on a rare disease or what disease is on their list.



Sarah, Jessica, and Lee at the zoo.

The Hyack Anvil Battery Salute

By Dan

A long-standing tradition at the Hyack Festival in New Westminster is the Ancient and Honorable Hyack Anvil Battery Salute. It is a famous tradition originally done by the Royal Engineers, in a way to honour Queen Victoria's birthday with a 21-gun salute in the absence of a useable cannon. The engineers instead, runs towards the anvils with a hot poker and lights a powder charge between two anvils, creating a very loud bang. Repeated 21 times, it saluted the Queen safely.

Let the Music Play On

By Mai-Lan

The music at Coffee House is winding down for a respite during the summer and will not start up again until September rolls around. That doesn't mean music has to stop from our community life. There are many other venues one can use to continue the musical days until Coffee House returns. It is well known that music affects both sides of the brain, subconsciously and unconsciously; making us more coordinated, increasing concentration, making us brighter and happier people. For example, listening to classical music affects the endorphins in our brain and has a calming effect on us. Music is a mood enhancer. In the movies, music is relied on to create the ambiance of romance, mystery, suspense, sadness, excitement, etc. In the summer there seems to be music playing everywhere; what kind of mood is called for the day? At Granville Island and at Lonsdale Quay during lunchtimes, there are often live bands playing a variety of music. Take a day trip to downtown Vancouver and visit the Granville, Burrard and Waterfront skytrain entrances; street musicians rotate in turns every day playing their tunes. Or they can be found playing on the streets of Robson, Granville and Davie. If you are fortunate, you may see a large Central American band dressed in costume, playing and singing. In the music stores (there is a large HMV on Robson St.) the choices are endless; sample your favorite, the new releases, ethnic flavors, classical, country, etc. Visiting stores that have instruments is great; the staff is happy to help with any instrument you want to explore; from drums, keyboards, to electric guitars and brass instruments. Visit the libraries and sign out some cds and play them in your car. Or listen to the car radio that has your preference of music on it; with the summer breeze blowing through the window as you head for the beach. When I go for a stroll in the woods or sit beside Coquitlam River for lunch with the individual I support we enjoy the beautiful music of nature. Whatever is your style, whatever is your groove; just let the music play on have a musical summer!

Volunteer Recognition

Throughout April, May, June participants at CISS donated 605 hours to the following:

Westvan Senior's Centre, Maplewood Farms, Kyle Kitchen, Coffee House, Friendship Church, Jolly-Olde 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, Gardening, Church Cleaning, Van Vacuuming, and Calvary Church

Awesome Job Everyone!!

BRAVOS

Submitted by Raishma

Bravo to Savannah for helping a co-worker in a crisis situation.

Submitted by Brenda

Bravo to Amber for graciously carpooling iwth another staff who had car problems.

Submitted by Mary Joy

Bravo to Dee for putting tiles on the countertops to improve the look and protect the cupboards.

Submitted by Dee

Bravo to Ray for fixing the keyboard tray.

Submitted by Linda

Bravo to Ramon, an ambassador for CISS at Coffee House.

Submitted by Wendy

Bravo to Wendy's Team for their enthusiasm in supporting new consumers with keeping me informed and new ideas.

Submitted by Mai-Lan

Bravo to Wendy for boosting team morale at recent staff meeting with a "Valuing Each Other's Gifts" exercise.

Submitted by Lee

Bravo to Graziela for being flexible in supporting pick up and drop off of consumers.

Submitted by Lee

Bravo to Renee for being flexible in supporting pick up and drop off of consumers.

Submitted by Lee

Bravo to Shannon for being flexible in supporting pick up and drop off of consumers.

Submitted by Lee

Bravo to Laura for being flexible in supporting pick up and drop off of consumers.

Submitted by Lee

Bravo to Debbie for being flexible in supporting pick up and drop off of consumers.

Submitted by Mai-Lan

Bravo to Shari for a wonderful NVCi refresher course. The class was fun, stimulating, thought provoking, and refreshing.

Submitted by Kahir

Bravo to Andrea for taking time outside of work hours to help peers and consumers with various tasks.

Submitted by Kahir

Bravo to Kathy for taking time outside of work hours to help peers and consumers with various tasks.

Parent & Family

by Wendy

I struggled with a topic to write about this time, but I thought I would write about some of the experience I have had with caregivers that have been involved in my son's life over the years. I know many of you have met Brent, and we always get lots of comments on how diverse his interests are. And a lot of that is due to the people in his life.

When he was young, we always included him in every activity that our two older children did. And sometimes our older children were thrown into activities that he was involved in...sometimes kicking and screaming...well you get the idea. Anyway, his brother and sister were his caregivers throughout their at home lives, even though we tried to balance a very tricky path to make sure we didn't give them too many responsibilities. I look back now, and I believe they grew up faster in some ways, because of the time needed to support Brent's needs. But they were the "best" of caregivers, because they loved him. Corinne would be the one to make sure he did what she knew he was able to. Sometimes I didn't know Brent had certain abilities, until she pointed it out to me. She taught him independence and to stand up for himself. Steven would sit side by side with him, and play games until he mastered the skills. He taught him patience and the willingness to learn new things. Brent taught them that no matter what, they could do "no wrong" in his eyes. He adores them and their spouses, and looks forward to their visits.

From his babysitters when he was younger, he learned that some were fun to hang out with, and others were just plain boring. In high school we hired his peers to hang out with him after school, so he learned what it was to be a part of the Grad Committee, cheer for the basketball teams, work on the high school annual, and go to 7-11 for a Slurpee. From different staff he has had over the years, he learned their interests, such as gardening, art work, crafts, soccer, music etc. We encouraged his staff to include him in their activities and interests. So...Brent continues to learn, and grow. He has a red belt/black stripe in Sun Hang Do, plays the drums, sings Karaoke until his voice goes hoarse, plays video games and has even got to the end of Zelda! He is in Special Olympic Bowling, likes to hit golf balls at the driving range, go for hikes along the dike, works at two volunteer positions in his community, swims, camps, loves to drive a boat, attend summer camp every year, takes his Mom and Dad out to dinner once in awhile, (we like that too!), listens to CD's, watches movies at home and the theatre...yea, yea you get the idea. And it is all because of the people in his life. Isn't that what made you and me? The people in our lives.....what a difference they can make!

"Being a Parent is unlike any previous job-the results of any one action are not clearly visible for a long time, if at all."
—Anonymous mother Submitted by Pam

Staff Spotlight: Brenda

By Wendy

Well, I had a wonderful visit with Brenda, and got to know her just a little bit better. Brenda is originally from Calgary, Alberta, but has lived in Burnaby for 36 years. She comments that her parents have had the most influence on her life. She learned her favourite hobby, gardening from her Dad, and spent her last birthday with him. She has one younger brother and one older sister. One of her favourite memories of her childhood is going to Powell River and camping with her grandparents. She has a famous uncle, Graham Hill who is a Formula One driver.

She claims she is a morning person, enjoys the fall season, gardening, (sweet peas are her favourite flower), likes to play baseball and go kayaking. Red is her favourite color, because she supports the Canadian troupes, (we knew that Brenda!) and way to go! She loves trucks because she is a cowgirl, is irritated by people who are rude or being late and loves spending Fridays with her Dad. Her favourite movie is "Gone With the Wind", she donates to the Heart & Lung Association, and a couple other charities. We know she has a soft heart.

She prefers cats over dogs, and has a cat named Vanessa Lynn May. I asked her where she would like to retire and she said near the mountains, on a lake and in Alberta. It sounds like a wonderful idea Brenda!





Amir, Quentin, and Christina.



Happy Birthday Greg!



The Hot Dog Sale!



Kathy, Sobalia, and Trish.



Russell volunteering at Kyle Kitchen.



Susan and Mark.



Melissa and the owl.



Rae, Laura, John, Rob, and Mark at Queens Park.



Rae, Graziela, and Brian.



Linda and Jack.



Quentin and Mark.



The North Vancouver Cren.

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.

Kahir's Savy Surfin' Selections

Are you finding that the most basic things are sometimes the hardest to draw? Check out this site to learning the tricks of the trade:

<http://library.thinkquest.org/5794/>

Bored on a rainy day? Or looking for a fun project to take outdoors? For nifty craft ideas check out:

<http://familyfun.go.com/arts-and-crafts/quick-and-easy/>

Heading to the park sometime soon? Grab some friends and try one of the fun games listed on:

http://www.indianchild.com/outdoor_games.htm

Perfect Personal Pizzas

By Amber

The ingredients included here come from many creative attempts I have made when preparing a personal pizza, the choices are just that but are not limited to: 2 Pitas unopened, 2 teaspoons of oil, 2 cups of cheese shredded any type, 1 small can of pizza sauce, half a cup of pepperoni or any type of meat or tofu. 1 bell pepper sliced in strips or diced up, half a can of sliced or fresh mushrooms, 2 teaspoons of fresh garlic, parsley & basil finely chopped. Half a teaspoon of granulated oregano & onion powder and a pinch of cayenne spice for some kick for the pallet, on mine I add anchovies, YUM!

Method: Heat oven to 350 degrees C, smother sauce and spices over your pitas, place all desired ingredients onto pitas and cover with the cheese(s) of your choice. Pour 1 teaspoon of oil over each pita then place them onto a cookie style sheet or an actual pizza tray that has those venting holes for 15 minutes on the bake setting and 2 minutes afterwards on broil. * For each additional pita pizza keep in the oven for approx. 2 more minutes or until crust is very firm/golden brown.

When it turns out perfect you just might find me on your door step, lol. Enjoy your creation!

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.

Layout by Kimberley S.

Printed by Kwik Kopy

8628 Commerce Court
Burnaby, BC
604 444 4452



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

Admin. Office and IDS - Port Moody

#200 - 3003 St. Johns Street
Port Moody, BC V3H 2C4
Ph: 604.461.2131 Fax: 604.931.1690

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

Community Integration Services Society

200 - 3003 St. Johns Street
Port Moody, BC
V3H 2C4