

Community Integration Services Society

NEWSLINK



2005 Fall Issue

Volume 9, No. 3

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



The Superstars show their enthusiasm at the 2nd annual Ultimate Sports Day.

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Ultimate Sports Day 2005

By Bruce

The second annual CISS Ultimate Sports Day took place on September 10, 2005 at the Coquitlam Town Centre Stadium. It was a great day of fun and the air was filled with a festive spirit. There were about seventy people at the event. Forty-seven people were registered as part of the eight teams who showed up to compete in the events. About fourteen students from SFU came as volunteers to set up and run the events. Spectators also came to cheer the teams on. The event raised a little over \$1,000. This money will be used to enhance and develop programs within Community Integration Services Society.

Thank you to our sponsors Panago, G&F Financial Group, OpenRoad Toyota, Petro-Canada, and the Barnet Lions Club, to all our prize donors (see list on page 7), and to all the participants, volunteers and supporters for making our second annual Ultimate Sports Day such a great success. We would also like to thank Julia, the event organizer, for all her hard work in making this event happen.

...continued on page 10



Glenn, hard at work barbecuing hot dogs and hamburgers for everyone during the 15th anniversary celebration.

From the Executive Director's Desk

CLBC Proclaimed as a Crown Agency! - By Glenn

On July 1, 2005 Community Living British Columbia (CLBC) was officially proclaimed a Provincial Crown Agency. This historic event is the culmination of over 4 years of commitment and work by the Community Living sector, individuals and families from across BC, as well as MCFD staff.

The goal was to build a new agency focused on improving the lives of adult and children challenged by living with a developmental disability. We look forward with excitement over the next few months as CLBC implements a new service delivery model that will provide individuals and families with more service choices and new options for how their services will be delivered. It is expected that it may take up to 18 months before all changes to the service delivery model can be completely implemented.

Hundreds of people have committed their energy and time to bringing this dream to completion. It has been a remarkable journey and it's not over yet.

The creation of CLBC is a milestone for community living in BC.

15th Anniversary Celebrated

By Bruce

On August 24 CISS held a BBQ in honour of its 15th anniversary. The event took place at Buntzen Lake, and nearly all the staff and consumers of CISS showed up to celebrate. A couple of the board members made an appearance as well.

The BBQ was similar to other BBQs held by CISS in the past. Glenn, our Executive Director, spent nearly the entire time cooking hot dogs and hamburgers for everyone. Games like bocce ball and frisbee were played and everyone socialized to their heart's content.

In the afternoon, after everyone had eaten, certificates were given to those who have been with CISS since the beginning, 15 years ago. Eight participants from Inlet Enterprises and one staff member were each presented with a certificate. Congratulations to you all!



Everyone at our 15th anniversary BBQ indulged in the food and fun.

The Health and Safety Committee Update

By Shari



The Health & Safety Committee would like to thank Tara for all of her contributions and leadership on the Committee. Tara has recently left the organization. The remaining members of the Committee have taken a small break over the summer and will be reconvening in the fall.

The organization has recently purchased the emergency car backpacks and portable radios for our emergency kits. The cost of such supplies is very expensive; therefore, we will need to build the remainder of the required items ourselves to cut costs. The application for financial support from Terasen Gas has been rejected at this time; therefore, it looks like the Committee will need to seek financial assistance from another source.

Currently we are preparing for the office relocation of Inlet Enterprises, Individualized Day Services (IDS) and the CISS administration and will be busy preparing the sites and office equipment to meet our health and safety standards.

The Committee is well on its way and welcomes any new members or donations of emergency supplies.

For further information, please contact Shari at 604-461-2131.

What's New?

At Inlet - By Mary Joy

Goodbye to Kathy and a fond farewell to Tara, who will be missed by all. Goodbye to Edith, Edna and Mary as well, who have retired and will be moving to Maple Ridge (see article on page 4). Welcome to Rose who joined us this August. We also have a new participant at Inlet, Paul, who began in August. Mike is back after his long bout in the hospital (Yahoo!!), and congratulations to Shannon and Mark on the arrival of their son Gabriel.

We have begun harvesting vegetables and herbs from the Burquitlam Community Garden for Kyle Kitchen. Thanks to Derek and Stephan for all their hard work and care. Thanks also go out to Mary, Maria, Eddie and Russell, who have been watering the garden and the ditch area regularly. Thanks again to Brian, a family member of one of our staff, for his plant donations.

IDS Port Moody and the Head Office are Moving!!!

The CISS Head office and the IDS Port Moody Program have outgrown their office space! After 6 years at #205-3003 St. Johns Street we are moving 45 paces down the hall to #200-3003 St. Johns Street. Not far, but we will now have twice the space that we currently have for the IDS Port Moody Program and the Head Office. We will have completed the move by the end of October 2005.

Inlet Enterprises is Moving Too!!!

Inlet Enterprises is also moving...to #205-3003 St. Johns Street. That's right, they are moving into the space that IDS Port Moody Program and Head Office is vacating! This will benefit the individuals and families we serve by offering a space that better meets people's needs. This move will also be completed by the end of October 2005.

KEEP YOUR EYES OPEN FOR THE OPEN HOUSE NOTICE!!!!

In North Vancouver - By Christina

The North Van office has celebrated two huge birthday milestones this quarter. Dawn celebrated her 80th birthday in July at her home and from all reports a great time was had by all. Although Dawn is our oldest senior in our Leisure Services program, she is also the most active and enjoys many activities at CISS including long walks along the seawall, various senior day trips, a weekly ceramics class and is currently working on writing her life memoirs.

Melissa turned 30 in August, celebrating at our local Red Robin with a huge crowd of friends. She received many gifts. Among her favorites was a beautiful silver floating heart necklace that she wears proudly. Other birthdays included Gord, Barb, Bev and Dene in June, Richard and Glen in July and Michael in August.

CISS has had a very busy summer with trips to Playland, VanDusen Botanical Gardens, the CISS 15th anniversary BBQ, Horseshoe Bay, Albion Ferry ride, Granville Island, a day trip to Bowen Island and day trips to Whistler and Harrison Hot Springs.

Farewell to Gillian, a skilled Life Skills Worker who was well liked by all the consumers she supported. We wish her well in her future endeavors.

We would like to take this opportunity to welcome Allison, who accepted a relief position and filled in for staff during their summer holidays. We look forward to working with her in the upcoming months.

At the Port Moody Office - By Wendy and Shari

Welcome to John, Conny, Sheila and Christine who have recently joined us. You are welcome additions to the team. Welcome back Adam, who has been away due to an injury. Glad to have you back! We also welcome Dana, a new consumer. Her peers have been very warm in welcoming her to CISS. Welcome back from summer school Trevor! We sure missed you. Many of the participants were away over the summer on family vacations, summer camps, weddings, and so on. Come September everyone is back, well-rested and ready to get busy for another year.

Goodbye to Brandon, Brad and Nicola. Brad has moved to Surrey, Nicola has moved to the interior, and Brandon is attending Kwantlen College. We wish them all the best and look forward to hearing from them soon. Kyle, Jennifer and Gope have also moved on to new adventures. All three will remain in our relief staff team. Farewell also to Margaret who has regrettably moved on. Rosella will be going to Inlet for a few months to cover a maternity leave. She will be missed at IDS. Check out the Staff Feature about her in this issue (page 7).

Verna and April are taking a course through the Fraser Valley Mental Health Office. We look forward to hearing about what they have learned. In July, Lee was acting supervisor for IDS SM team. Thank you Lee for keeping the team afloat. Everyone appreciated your hard work. The summer festival activities were another hit. Many people attended a variety of the water sports: dragon boating, canoeing, and water-skiing.

Congratulations to Kim and Jared who were married in July. You still look like a blushing bride Kim! The team is coming together and are happily anticipating our pending move to a larger office in October.

Consumer Profile

Spotlight on Edith, Edna and Mary

Edith, Edna and Mary started at Inlet Enterprises in July of 1990 when it was located in a church basement in Maillardville.

On August 24, 2005 they were each presented awards in recognition of 15 years with CISS.



On September 2, 2005 Edith, Edna and Mary retired from Inlet Enterprises and will be moving to Maple Ridge. They will be deeply missed by all their peers and staff.

We would like to wish them all the best in their retirement and new community.



Edith Kjorstad
By Brenda

When Edith first started at Inlet she went full time (5 days a week), then she slowly retired to 3 days a week. Edith will be 71 this year and continues to have several interests. She enjoys crafts, scrapbooking, dessert preparation, special events and Music Therapy. Edith is well respected by all her peers and staff; it's been a real pleasure to work her.

Mary Widdowson
By Marva

During her time at CISS, Mary has done several volunteer programs such as at the Wildlife Rescue in Burnaby, bagging birdseed, and the Adopt-a-Trail program at the Shoreline Trail at Rocky Point Park in Port Moody.

Mary enjoys the outdoors, long walks in the grass and collecting pinecones. She will be deeply missed by her peers and staff.



Edna Black
By Dee

During her 15 years with CISS Edna has been coming to the day program full time. Edna has an amazing sense of humour and is well loved by her peers and staff. She loves to bake and enjoys listening to the musician during Music Therapy. Her favourite music is anything by Elvis Presley. Edna has worked on numerous crafts including her scrapbook and making a pillow, which she stuffed and sewed herself. She has also made two braided rugs over this year. It has been a joy and privilege working with Edna.

Cheesy Spinach Dip

By Margaret and Dan

- 1 lb (16 oz) VELVEETA LIGHT, cut up
- 1 can (14 ½ oz) tomatoes cut up
- 1 pkg (10 oz) frozen chopped spinach, thawed, drained
- ¼ tsp crushed red pepper



MIX prepared cheese and tomatoes in a 1 quart microwavable bowl. Microwave on HIGH for 5 minutes or until completely melted, stirring after 2 minutes.

ADD remaining ingredients; mix well. Microwave on HIGH for 2 minutes or until thoroughly heated.

SERVE with breadsticks, tortilla chips or assorted cut-up vegetables.

Tried and tested by Margaret and Dan and both said it tasted great!

Jack-O'Lantern Candle Holder

By Marva

Materials needed:

- one small baby food jar, cleaned with label removed. The lid is not needed.
- orange tissue paper or paper napkins
- mod podge or white glue
- a tea light candle
- paintbrush, Q-tip or popsicle stick

1. If using white glue you will need to thin it; mix 1/2 glue and 1/2 water in a container (like a margarine container).

2. If using paper napkins, separate the plies.

3. Rip tissue paper or napkins into pieces about 1 inch by 1 inch. It is good if the pieces are jagged.

4. Using your paintbrush, Q-tip or popsicle stick, paint the baby food jar with the mod podge or thinned glue. Only paint the main jar area (not the part where you would screw the top on - we don't want any paper to catch fire).

5. Paste tissue paper all over the jar. Feel free to overlap pieces.

6. Paint more glue over the top of any pieces that look a bit loose.

7. Let dry.

8. Cut out a jack-o-lantern face from black construction paper, or from white paper and colour it in, and paste it to the jar.



When the candle is lit, it will shine very prettily through the tissue paper.

Wendy's Websites

By Wendy

Here is my latest instalment of websites for you to enjoy. I enjoy searching the Internet and finding these sites to share, but if you know of one that our readers would enjoy looking at, please share the address with us! E- Mail me at wendy.langridge@communityintegration.org and I will make sure it will get into the next newsletter.

<http://www.pwd-online.ca/>

Access a world of information for persons with disabilities A site where persons with disabilities, their family members, caregivers and service providers can access a full range of information on disability-related programs and services in Canada.

<http://www.ccdonline.ca/>

The Council of Canadians with Disabilities (CCD) advocates at the federal level to improve the lives of men and women with disabilities in Canada, by eliminating inequality and discrimination. Their members include national, regional and local advocacy organizations that are controlled by persons with disabilities.

<http://www.techsoup.org/>

TechSoup Stock connects non-profit societies with donated and discounted technology products. Choose from over 240 products from 25 providers including Cisco and Microsoft. CISS has been accessing this website for almost a year, and has purchased software from them.

<http://www.keepsmling.com/>

Keep Smiling is a fun website, created from the email that is sent in by the members. Keep Smiling is Good, Clean Fun. Keep Smiling is meant for everyone! You will find lots of Good Clean Jokes, games, pictures, and other stuff.

Favourite Quote

By Bruce

“Wisdom is the right knowledge applied to the right circumstance.”

Author unknown

Dan's Book Choice

PROPHET by Frank E. Peretti

Dan has read PROPHET several times, and really enjoyed this book.



The Author writes about his book:

“This novel is a creative work of fiction imparting spiritual truth in a symbolic manner, and not an emphatic statement of religious doctrine. As usual, when I am dealing with real ideas, I'm not writing about any real persons, places or institutions.”



Life IS a Song

My heart decided to write, poetry and rhymes is. The way that i'm expressing my true feelings about my life, is a song that i've heard it on the radio but every word i said, its true yes, its true what i said, And thats how i feel about my life is a song but i guarantee you that song - It will last forever and always and always so i wonder why.

Like I said my heart keep singing that same song, over and over again. So my heart keep saying to me my life is a love song that, i've heard it inside. My head but it sounded like the sounds of music; words of wonder once again.

what will i do with my, poetry and rhymes with harmony. It sounds so sweet and swell but, i guess now's the time for me to sing a love song, to you.

So I said to myself, That's my life is a song that, i've heard it on the radio once again



Brad is the author of *Life is a Song* and many other such works, several of which have been published in NewsLink. Thanks for all your contributions to the newsletter Brad!

In August, Brad moved to Surrey, leaving CISS. He has contacted us since the move and informs us he is doing very well.

We're going to miss Brad's smooth style and creative flare.

Reflections

By Bruce



What if you slept
And what if
In your sleep
You dreamed
And what if
In your dream
You went to heaven
And there plucked
A strange and beautiful flower
And what if
When you awoke
You had that flower in your hand
Ah, what then?

Samuel Taylor Coleridge
1772-1834



Staff Feature - Spotlight on Rosella

By Verna

BRAVOS

BRAVO to Ramon for your extra help supporting the team at the Coffee House! Submitted by Verna.

BRAVO to Rosella for all your hard work at the Coffee House, and making sure the concession runs smoothly! Submitted by Linda.

BRAVO to April for providing a consumer with a wish come true. She went camping with Corene for a night. Submitted by Shari.

BRAVO to Linda for supporting her team mate. She joined April and Corene in the evening on their camping trip. Submitted by Shari.

BRAVO to Laura for arranging a tour of the Maple Ridge Fire Hall for Brian. (See picture on page 11.) Submitted by Shari.

BRAVO to Bryan and George for repairing the flat tire on the Inlet van. Submitted by Bryan and George.

BRAVO to Gope for working with an Inlet consumer and adjusting your hours of work to meet the family's needs. Submitted by Mary Joy.

BRAVO to Brenda for donating items to Inlet consumers and staff, and for her hard work on special events. Submitted by Mary Joy.

BRAVO to Wendy for being flexible and doing relief shifts as needed. Submitted by Brenda and Mary Joy.

When we hear the words Coffee House, what usually comes to mind is smiling faces, music, dancing and fun times. What often goes unnoticed is that there is a lot more happening behind the scenes.

Rosella plays a major part in the smooth operation of the Coffee House. She has taken on the job of ordering supplies, setting up chips and pop, purchasing and preparing door prizes, balancing/counting floats, organizing and ensuring the musician is paid, ensuring that everyone is in position for opening the doors on time, public relations, training new staff, and making sure everything is put securely away and ready for the next week.

Rosella puts a lot of time and effort into running a tight ship, and her hard work is reflected by the many smiles and good times had by everyone.

Thanks for the GOOD WORK!

Thank you to all our 2005 Ultimate Sports Day prize donors:

Angelo's Salon & Spa, Andres Wines, BC Lions Football Club, Blockbuster Video, City of Port Moody, Coast Capital Savings Charlie or Carlos Mexican Food, Coquitlam Centre, Capilano Suspension Bridge, Escents, Frogstone Grill, HMV, Il Mercante, Kumsheen Rafting Resort, Kast Hair Salon, Leavitt Machinery, Old Dutch, Park & Fly, Pronto Deli, PVL Nutrients, Sports Mart, Save-On-Foods, Safeway, The Vancouver Whitecaps, The Keg, Tan de Soleil, Vancity, Vancouver Aquarium, Wish on a Star, and Whistler Water.



Volunteer Recognition

Throughout June, July and August, participants at CISS donated 487.4 hours to the following: Housekeeping 411, Computer Cleaning I.E., North Vancouver Seniors Centre, Red Cross, West Vancouver SPCA, Kyle Kitchen Senior Lunch Program, Java with Friends Coffee House, Wildlife Rescue, Ridge Meadows Women's Centre, The Jolly Olde Book Store, Queen's Park Hospital, Arch Bishop Carney Church, Lady of Fatima Church, Share Society, Calvery Church, Coquitlam Community Garden, Rogers Video, and Senior Shopping IGA. Great Job Everyone!!

Garage Sale Moved to the Fall

By Shari

A date and location have been set for Shelly and Kim's yard sale! It will take place on October 17, 2005 from 11:00 to 2:00 at Kyle Centre in Port Moody, located at 125 Kyle Street.

Shelley and Kim are still working hard at putting together this yard sale fund raising event. So far, we have received several gently used items to be sold and we are still accepting items.

The money raised from this event will be donated to Mike for his trip to Newfoundland. As you have read in previous articles it is Mike's wish to visit his grandfather in St. John's Newfoundland.

For donations drop-off please contact Kim or Shari at 604-461-2131.



Thank you to everyone who has contributed.

Community Partner - Jolly Olde Bookstore

By Bruce

The Jolly Olde Bookstore is a used bookstore located in one of the heritage buildings on Clarke Street in Port Moody. A relatively new business in the area, open for two years, the Jolly Olde Bookstore is doing well for itself in the used book business.

In December of 2004 Sarah, one of the participants at CISS, applied for a volunteer position with this bookstore. Her love of books drew her to this kind of volunteer work. The owners of the Jolly Olde Bookstore, Brian Sword and Tom Jolly, welcomed her with open arms. Sarah now volunteers there once a week facing (aligning) the books on the shelves. She does this throughout the entire store. Sarah looks forward to her volunteer job each week and hopes to continue doing it.

Brian and Tom were thrilled to receive Sarah's offer to volunteer at their bookstore, and they remain pleased with her excellent work. She provides a valuable service to them, as the store always looks great when she's done. Customers have even commented on how good the store looks. In return for this service Sarah is allowed to borrow books from the Jolly Olde Bookstore.

This community partnership is one that everyone hopes will turn into a long-term relationship.

Jolly Bookstore used and rare books

2419A Clarke St.
Port Moody, BC
V3H 1Z2

phone: (604) 939-1092
email: jollyoldebookstore@hotmail.com
online: www.abebooks.com













Open Monday to Saturday 10:00 to 6:00, and Sunday 12:00 to 4:00



Helpful Hints – Fall Gardening Tips

By Pam

Now that the summer months have drawn to a close for another year it is time to prepare our gardens for the cooler months ahead. Time spent in the garden now will make a big impact on your garden next year.

-  Continue to water your plants even if it is a wet fall. A general rule of thumb is one inch of rain per week.
-  Aerating your grass in the fall will open up the soil to air, water and nutrients and give the roots room to grow.
-  Store bulbs in a cool dark space such as a garage, basement or closet and withhold water until new growth appears.
-  Clean gutters and downspouts. Clear them of leaves and debris to avoid clogging in winter when heavy rainfall occurs.
-  Remove any dead or infected branches from trees or hedges. Fall is also a good time to fertilize. Apply the fertilizer just slightly farther than the trees natural drip line (longest branches).
-  Plant your spring bulbs now. Squirrels and chipmunks may dig them up so protect them before planting by dipping them in repellent and then spraying the leaves and flowers when they emerge in the spring.
-  Clean garden tools that have movable parts. Sharpen lawn mower blades and pruners and store them in a safe dry space.
-  Fall is also the time to plant new trees or shrubs. By planting them in the fall the cooler weather and rainfall helps them establish a sturdy root system, which will support the vigorous growth they will experience in the spring.
-  Don't throw those fall leaves away. Apply the mulch around bushes and shrubs as this will keep them moist, help insulate them and control weeds and erosion.
-  Seed your lawn if it appears thin or bare. Seeding every year will keep it healthy and lush and contributes to weed prevention. Lawns require between four to six applications of fertilizer per year. Leaving grass clippings on your lawn and allowing them to decompose to a natural fertilizer is equivalent to one application.
-  Store garden chemicals and fertilizers in a dry place away from children, pets and animals.
-  Store hoses, outdoor pots and planters indoors to prevent cracking.

Down Syndrome

By Trisha

Down Syndrome is the result of an additional chromosome, identified as chromosome 21. It occurs at the rate of around 1 in 800 births and affects more than 2,000,000 people worldwide.

What causes the presence of the additional chromosome is still not known. Although the risk of having a baby with Down Syndrome increases with maternal age, babies with Down Syndrome are born at the same rate into families from all social, economic and racial backgrounds, and to parents of all ages.

It is almost certain that there have always been people with Down Syndrome. Children with Down Syndrome are seen in pictures from 1505. The first person to recognize Down Syndrome as an entity was Dr John Langdon Down, an English doctor who, in 1866, first described the characteristic features of this syndrome.

Down Syndrome is associated with a variation of medical problems. These include increased risks of hearing and vision defects, heart abnormalities, infection, leukemia, thyroid disorders, and of developing Alzheimer-type dementia in later life.

Down Syndrome is also linked with a range of developmental complications that include delayed motor skills (such as sitting, crawling and walking in infancy) and delayed cognitive skills (such as speech and language acquisition and short-term memory abilities).

The three forms of Down Syndrome are called simple trisomy, translocation and mosaicism. The most common form of Down Syndrome is known as "Trisomy 21" (literally meaning "3 copies of chromosome 21"). This form is slightly more common among older parents, but it can occur at any age. Translocation, as the name suggests, means movement to another location where a segment of chromosome 21 breaks off and attaches to another chromosome. This occurs in about 4% of Down Syndrome cases. In one percent of people with Down Syndrome, body cells have a mosaic pattern. This means that there is an extra whole chromosome 21 in only some of the body cells, the rest of the cells are normal or have 46 chromosomes. As a result of this mixture, babies with a mosaic cell pattern may have less prominent physical features of the syndrome.

People with Down Syndrome are individuals like everyone else, with their own personalities and family characteristics. People experience many great things and also face many challenges throughout their lives. People with Down Syndrome are no different, but may need a little extra help and support along the way.

Persons with Down Syndrome are each distinctive in their range of abilities and disabilities. Characteristics, interests and achievements among people with Down Syndrome vary widely, as they do with everyone. Individuals with Down Syndrome can lead fulfilling and productive lives with access to informed and effective health care; individuals with Down Syndrome can now expect to live to 50-60 years of age. With appropriate education, therapy, and social support, the majority of people with Down Syndrome can lead independent and productive lives.

Down Syndrome associates them - it does not define them.

Resources For More Information on Down Syndrome:

The Down Syndrome Research Foundation

1409 Sperling Avenue
Burnaby, BC V5B 4J8
Phone: 604 444 3773 Toll Free in Canada: 1 888 464 DSRF
Fax: 604 431 9248 Email: info@dsrf.org
<http://dsrf.org/>

The Lower Mainland Down Syndrome Society

13281 - 72 Avenue
Surrey, BC V3W 2N5
Phone: 604 591 2722
<http://www.lmdss.com/>

Club ndss - A web site for people with down syndrome and other developmental disabilities.
<http://www.clubndss.org/>

Canadian Down Syndrome Society

811 - 14 Street NW
Calgary, Alberta T2N 2A4
Phone: 403 270 8500
Toll Free: 800 883 5608
Fax: 403 270 8291
Email: dsinfo@cdss.ca
<http://www.cdss.ca/>

Down Syndrome Association of Toronto

511 - 45 Sheppard Ave E.
Toronto, ON M2N 5W9
Phone: 416 966 0990
Fax: 416 966 3962
Email: info@dsat.ca
<http://dsat.ca/index.asp>

..Ultimate Sports Day 2005 continued



The day started out with a TaikoFit drumming warm up to get people ready for the action. The games were light hearted and lots of fun for the participants, and quite amusing to watch as well. Smiles and laughter permeated the crowd as the teams competed in the eight different events.



Julia and Glenn address the crowd.

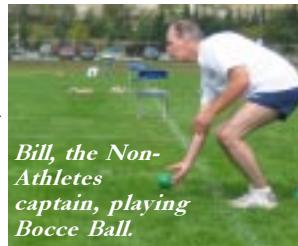


Sue and Peter, from the CISS Board Members team, switch-off in the potato sack race.



Yup, there's a water balloon coming at her. Go Chris!

Participants hopped along the grass in their own unique ways in the Potato Sack Race. They threw water balloons at their teammates, who attempted to catch them, in a Water Balloon Toss. The Three-Legged Race required great coordination between teammates. The Bocce Ball and Memory Game, while less amusing to watch than other events, took skill and concentration to win. Participants also ran an Obstacle Course in which they had to kick a ball between pylons, jump a pair of milk crates, and take a whirl at the hoola-hoop (observers noted that nobody had quite mastered the hoola-hoop). Every drop counted in the Bucket Filling Competition. We saw determination as the participants ran with a dripping wet sponge to fill a bucket some 20 feet away.



Bill, the Non-Athletes captain, playing Bocce Ball.



The Board Members and the Friends of Julia face off for the three-legged race.



Brent, from the Wild Bunch team, sprinting with the wet sponge.



The teams compete in the obstacle course.

The most amusing event to behold, and the favourite of many of the participants, was the Egg-in-the-Spoon Race, done while wearing funny clothes and carrying a football between their neck and shoulder. After depositing the egg onto a chair they had to toss that football into a milk crate from at least 10 feet away (way harder than it might sound!).

For more on the 2005 Ultimate Sports Day visit our website at www.communityintegration.org.



Go Wendy!



Laura takes an earnest shot at the milk crate.

The winner of this year's Ultimate Sports Day was the Non-Athletes in Action from the Coquitlam School District #43-Board Office. The captain, Bill Kilner, also won the BC Lions Football for having the most enthusiasm.



CISS COFFEE HOUSE



Come join the fun!

Live Music

Dancing

Door Prizes

Opportunities to Socialize

Location:
Place Maillardville
1200 Cartier St.
Coquitlam



**Java
with
Friends**



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

Cost:
\$2.00 admission

concession also available
(coffee, pop, chips)



Greg, walking in the beautiful and serene rainforest surrounding the Belcarra Picnic Area.



**Have a
happy
fall!**

Dene and Darren give a hearty thumbs up.



Brian recently had the opportunity to visit the Maple Ridge fire department for a tour. He looks great in that outfit!

We need your support

Please support CISS by donating to our 2005 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: Wendy, Bruce, Laurel, Christina, and Marva.

Layout by Bruce Hansen

Hey!! Are you interested in our newsletter? Would you like to contribute? We are always looking for new articles or information that you might want to share.

If you would like to submit a piece for the next edition, e-mail Wendy at: wendy.langridge@communityintegration.org

Community Integration Services Society

IDS - Port Moody

#200 - 3003 St. Johns Street
Port Moody, BC V3H 2C4
Ph: 604.461.2131 Fax: 604.461.4443

Inlet Enterprises

#205 - 3003 St. Johns Street
Port Moody, BC V3H 2C4
Ph: 604.931.4554 Fax: 604.931.1690

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