

# Community Integration Services Society

# NEWSLINK



2007 Summer Issue

Volume 11, No.2

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



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## COME FOR A DAY OF FUN!

Here's the chance to come relive the sports day of your childhood while raising money to enable individuals with disabilities to become active members of their communities. Come alone or bring some friends for a day of fun! Play a game or two, or register for the whole day! (Registration includes t-shirts, refreshments, plus a chance to win some great prizes; contact us at 604-461-2131 to register)



Saturday, September 8  
10am - 3pm  
Moody Elementary School  
2717 St. Johns Street, Port Moody



# From the Executive Director's Desk

By Shari

Happy 17<sup>th</sup> Anniversary Community Integration Services Society! On July 3<sup>rd</sup> 1990 our first program, Inlet Enterprises, opened its door to sixteen people who had left Woodlands Institution and moved into the community. Since then, we have grown significantly, supporting people throughout the Tri-Cities, Burnaby and North Vancouver areas. This has been quite a journey...

It has been a very busy few months for all of us at CISS with a flurry of activities like: staff training, fundraising, and preparing for our Annual General Meeting (AGM).

On April 12<sup>th</sup>, Mary Joy represented CISS at the Tri-City Annual Transition Fair. A great turnout was seen at this year's event. Mary Joy had the opportunity to meet many families looking for future services for their children.

On April 19<sup>th</sup>, CISS was represented at the Innovations Fair in Richmond by Lee and some of the Kyle Kitchen participants. We are all very proud to have this program recognized as an Innovative Program within British Columbia. Way to go Kyle Kitchen cooks, shoppers and cleanup crew, we really appreciate your effort.

During the spring months Pam and I attended some CARF training to keep ourselves abreast of any changes in the accreditation standards. CISS is due for our next survey December 2008 (not 2009 which I mistakenly announced at the AGM).

In June, Lee, Peter Dawe (BOD) and I had the good fortune to attend the BCACL (British Columbia Association for Community Living) conference in Prince George. This experience was a good one especially when we got to visit the sponsor agency, AimHi, in their office. This agency has retrofitted a school to provide a variety of programs and services – the facility has everything that we aspire to have. It was very inspirational being at the conference and visiting this awesome organization. I left the conference feeling sure of where we need to go as an organization and what we need to do to get there.

Our Annual General Meeting was held on June 27<sup>th</sup> at Kyle Center. What a wonderful turn out we had at this year's AGM. Our guest speaker Eileen Reppenhagen the Tax Detective was very informative and has provided us with extra copies of the Medical and Disability-Related Information booklet from the Canada Revenue Agency. If you did not get a copy, please stop by the head office and pick one up. For further information from Eileen please visit her at [www.taxdetective.ca](http://www.taxdetective.ca) or if you have any follow up questions please send her an email at [Eileen@taxdetective.ca](mailto:Eileen@taxdetective.ca).

I want to send out a special thanks to Kahir for doing such a terrific job at presenting a slide show update of our Ultimate Sports Day event planning (by the way, have you done your part and told five friends about the USD?), and to Pam and Lisa for taking care of the food and venue and a big thanks to Wendy for helping organize, plan and coordinate the evening. I am not sure what my favorite part of the evening was but I did go home thinking about, "Why did the Chicken Cross the Road?"



*The crowd at the AGM.*

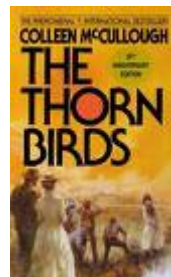
## Health and Safety Committee Update

By Pamela P.



We met on April 30/07. The 2007 Critical Incident Report summaries were finished up and given back to all key workers for a final review. If you did not get your key consumers report, please contact your teams' health and safety representative. The Health and Safety Committee would like to thank a staff at IE for continuing on as the Inlet backup representative and attending the meeting in George's absence. The committee is also tossing around an idea for a staff mentoring program. If you have any ideas to share, please drop your H&S Rep. a feedback form and let us know. Just a friendly reminder that summer is upon us, so "remember" to be safe by using sunscreen, wear a hat, bring extra water, and have a healthy summer.

## Dan's Book & Movie Review: "Thumbs Up"



The Thorn Birds

Dan really enjoyed the book written by Colleen McCullough and the movie that came out in 1983. The movie starred Richard Chamberlain, Rachel Ward, Barbara Stanwyk, Christopher Plummer and many more.

# What's New?

## At Inlet By Mary Joy

Inlet has been involved in many new and exciting activities these past few months. They participated in donating items to our North Vancouver program for their White Elephant Sale and some participated in the event as well. Many consumers and staff attended the visit to the Zoo and had an awesome time. Inlet staff and consumers are working on a volunteer calendar which will be our fundraiser for this upcoming year. Please look forward to purchasing one in the near future. The

community garden is up and running. Many volunteers take care of our garden and look forward to this annual activity. All participants enjoy watching the garden develop and grow with a variety of flowers and vegetables. Thank you to all the volunteers who keep it that way! We all appreciate the hard work.



*Mike singing karaoke at the office.*

Happy Birthday to Richard who celebrated his big 50<sup>th</sup>. The Talent club has wrapped up for the season and will be reopening in September with new and exciting venues; the word is a play is being pondered. Hope everyone has a great summer and keeps safe.

Happy Anniversary to April and George for five years of service with Community Integration Services Society.

## At the Port Moody Office

### By Lee

Finally summer is upon us, after that interesting winter and spring; with all the rain and potential flood risk. Welcome Krista, a new consumer, to our program, I hope everyone has had a chance to introduce themselves. We are happy to announce that John is attending day program on a full time basis, after 10 years of part time attendance. Kelly has accepted a position with fewer hours on our team and we wish her well. Thank you to the team for putting so much time and effort into Ultimate Sports Day fundraisers. We are busy working on a penny drive and a recipe book which will be available closer to August. Be sure to bring all your extra pennies and submit a recipe to support our event. Kyle Kitchen had a successful Bridge lunch on June 26<sup>th</sup>. This is an opportunity for the Kyle team to showcase their many talents and create a lunch for the Bridge group to end their season. The Summer Festival will soon be in full swing; opportunities to have fun and kick back will be on the schedule for the summer season.

Happy Anniversary to Bruce for more than 5 years of service with Community Integration Services Society.

If you have any suggestions for summer activities, feel free to drop by and see me or drop me a note.

### By Wendy

Well, the sunshine has finally arrived; sunscreen, hats and vacations are in full swing at CISS! Extra activities through Summer Sports Festival have begun, and many are signed up for the different events such as kayaking, canoeing, waterskiing, outrigger paddling, the ever popular Dragon Boats and even a Trailrider day! Watch for pictures in the newsletter and on the web page. I want to thank everyone for their excellent participation in our Bake Sale fundraiser that our team helped organize. Families, friends, and staff all donated some wonderful goodies. The table was full of a variety of treats for everyone's taste. We made an astounding \$82.37! That's a lot of goodies! We were able to offer the treats at our regular Thursday Coffee House, and also the seniors at Kyle Centre were able to purchase some too. Another step closer to our goal! We wish Dana all the best in Kelowna; hopefully she will drop by and see us when she comes to visit the coast.

Now get out and enjoy the sunshine and have a good time on your vacations!

## In North Vancouver By Trisha

We are regretful to announce that Margot recently took a fall while attending her church and suffered a broken hip. Fortunately the feisty senior has undergone a hip replacement and seems to be on the mend. The setback has not dulled Margot's spirits as she was cheerful and animated when staff and consumers visited her lately. Margot has been transferred to Evergreen where she will undergo physical therapy to restore her to her previous lively little self. We all miss you Margot!!!

A staff is busy making waves by putting together an agenda for our North Van consumers with the adapted paddling program with the Vancouver Parks and Recreation Board.

Our CISS team hustled to make room for a pacaderm. Kathy organized a White Elephant Sale which we had in early June at Maplewood Farms. The day was packed with lots of fun and success.

Keep an open eye for details regarding other fundraising events which will be held throughout the summer as a lead in to our major annual fundraiser – the Ultimate Sports Day.

Happy Anniversary to Mary for five years of service with Community Integration Services Society.

Congratulation also goes out to one of our IDS consumers who has gained volunteer employment at Maplewood Farms. Every Wednesday this active consumer helps to fill bags of bird food which are sold to the public. This consumer has found a wonderful new group of friends in the animals at Maplewood Farms.



## Helpful Hints:

By Christina S.

Stiff Jeans?

Break in those stiff jeans and make them soft by washing with detergent and a half cup of table salt.



Dusty Lamp Shades?

Use a rolling lint remover over your dusty lampshades.

Want to Keep Your New Towels Looking New?

When washing new towels, always add a cup of salt to the water. The salt will set the color so the towels won't fade as quickly.

Weeds in your Garden?

Spray or pour apple cider vinegar on weeds and they will be gone by the next day. But do not pour or spray on or around any plant you do not wish to destroy.

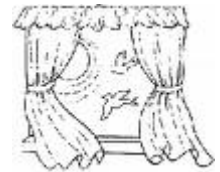


Washing Dishes

Add a tablespoon of baking soda to your water with your usual dish soap. It will soften your hands while cutting through that nasty grease!

Window Cleaner

Fill a spray bottle with three tablespoons of ammonia, one tablespoon of vinegar and cold water. You can also pour rubbing alcohol into a spray bottle. This is also great for bathroom mirrors and faucets because it's streak free and kills germs!



Retrieved from [http://members.tripod.com/~Barefoot\\_Lass/](http://members.tripod.com/~Barefoot_Lass/)

## Community Partner: Maplewood Farms

By Kathy F.

In the early 1900'S Mr. Akiyo Kogo first discovered this idyllic little spot nestled at the foot of Mount Seymour on the banks of the Seymour River. He could not have known then that this land would be the last remaining farm on Vancouver's North Shore. During the twenties, the farm developed into a thriving dairy, delivering fresh milk and cream to customers from Deep Cove to Lonsdale for almost three decades. By 1970, agriculture had all but disappeared from North Vancouver, but luckily the farm land came under the protection of the district's park department. The land was preserved for future generations to enjoy a truly rural experience in our ever expanding urban area. Officially opened to the public in 1975 and now home to over 200 domestic animals and birds, Maplewood Farm strives to provide a unique experience of enjoyment, education and a recollection of the rural heritage of the pastoral 5 acre setting.

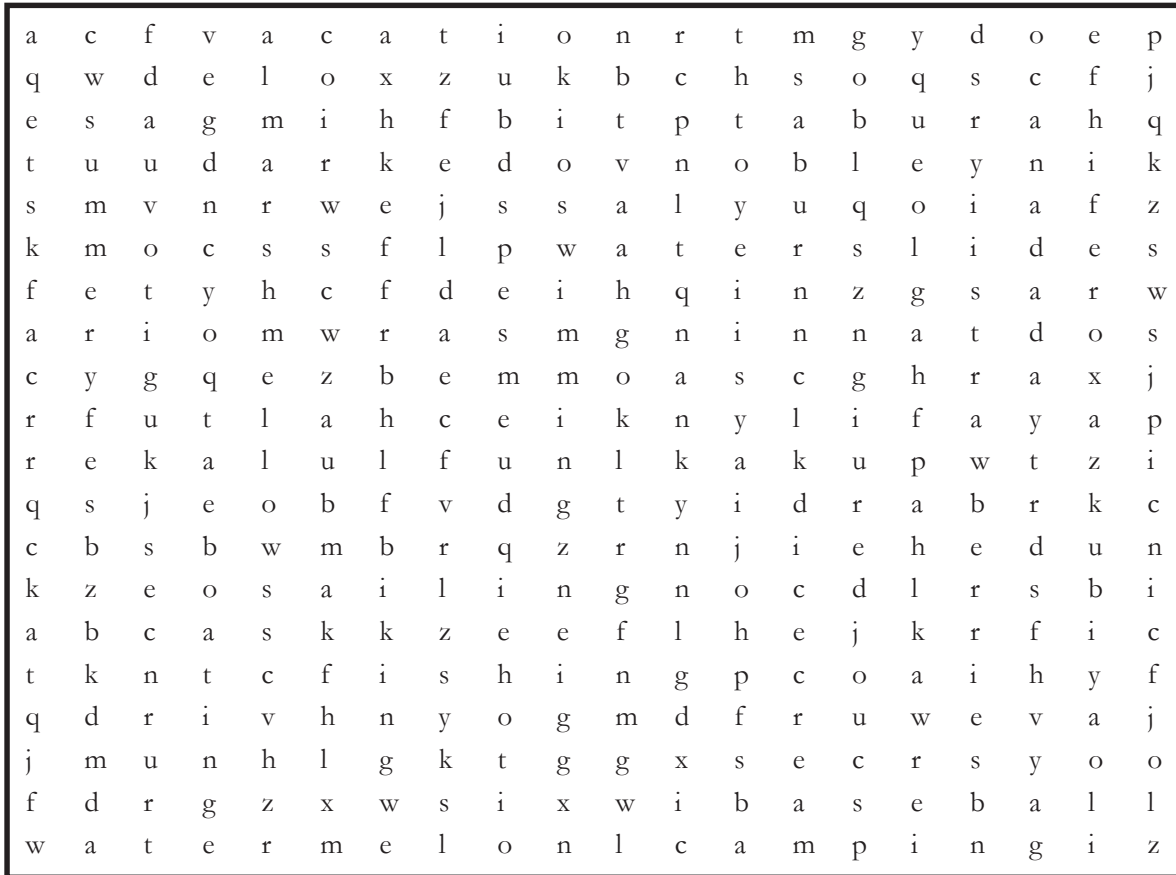
Maplewood Farm has been a long time supporter & friend to C.I.S.S. Maplewood has always offered discount prices to consumers & staff wishing to participate in this unique experience. Consumers & staff have enjoyed this hands on time with a variety of domestic animals. We have seen consumers almost moved to tears, as they are surrounded by baby goats and other affectionate animals. The area is wheelchair accessible which enables a wide range of consumers to participate. There are picnic tables & amenities needed for a day or an hour. A huge bonus is free parking. Maple Wood has also opened their facilities to consumers wishing to attain a volunteer job. In the spring, a consumer from North shore commenced a job of filling bags with birdseed. He is enjoying his "employment" and appears to have pride in his work. Recently, Maplewood Farm went above & beyond to support C.I.S.S. in a rummage sale. Staff were very supportive, not only with the physical setup, but with a free entrance for C.I.S.S. consumers & staff. We look forward to continuing to build our relationship with Maplewood Farm and thank them for their untiring support and encouragement.



*Suzanne, Kathy, and Rhinde petting the animals at Maplewood Farms.*

# Summer Time Word Search

By Mai-Lan



Circle the words on the list; you can go backwards, up, down, right, left, and diagonally:

- |              |             |              |            |
|--------------|-------------|--------------|------------|
| Vacation     | Fun         | Swimming     | Hiking     |
| Hat          | Ice Cream   | Boating      | BBQ        |
| Camping      | Baseball    | Summer       | Tanning    |
| Hot          | Lake        | Lemonade     | Picnic     |
| Beach        | Waterslides | Marshmallows | Watermelon |
| Strawberries | Sunscreen   | Canada Day   | Burn       |
| Fishing      | Sand        | Friends      | Ants       |
| Bees         | Family      | Biking       | Sailing    |



## Consumer Profile: Spotlight on Geoff

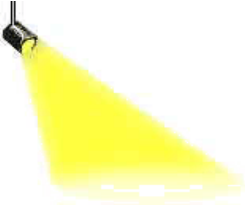
By Rae and Kelly

Geoff C – let's see...hmmm, where can I begin, "How you doin'?" Geoff came to CISS October 2006 and joined Lee's team. Since then, Geoff has made many friends and contacts here. Geoff is a very talkative young man with many goals and dreams. The biggest goals he has is to move out of his parent's home and live either independently or with a friend. He is also a very busy guy as he has two paid part-time jobs, and volunteers at Kyle Kitchen every Monday. He is a great asset to the lunch program as his desserts sell out regularly. He is very proud of his accomplishments, both with IDS and in his personal life. If you have never had the pleasure of working with or meeting Geoff, you can always find him VJ'ing at Talent Club or dancing up a storm at Coffee House. Everyone really appreciates his great sense of humour and contagious laugh. Geoff is admired for his positive attitude and for acknowledging the positive attributes of staff and peers. You go Geoff!!!!



## Staff Feature: Spotlight on Trisha

By Wendy



I just finished interviewing Trisha over the phone, and it was good for a few chuckles. I am not sure if we had a good connection...or if she and I both have had plenty of coffee today!

Trisha has worked for Community Integration Services Society, North Vancouver for five and a half years. Some of her past jobs included: working in the Newspaper/ Magazine Field, graphic design & computer instruction and owning and operating a licensed daycare! She is up most mornings at 4:30 a.m. to start her day off right. No wonder coffee is her favourite beverage!

As always, I had some interesting interview questions to ask of her. Here are some of her answers:

What is your favourite season of the year and why? "Autumn, because of the vibrant colours."

What are some of your hobbies? "I border on being a computer geek but I also enjoy gardening, cycling, photography and being somewhat of a clean freak" (she has a lot of cleaning gadgets in her home).

The latest book she read was about computers. 'InDesign CS'

Do you have any pets? "I have two dogs, a golden lab named Chuck and a border collie named Max."

Tell me about a favourite event in your childhood. "Going fishing with my Dad."

Have you travelled at all? "I have travelled a bit in the States, back east, the British Isles. I lived in South Wales for about 8 months."

Trisha says she enjoys soft rock music and acoustic guitar, pink is her favourite color because it is relaxing and warm, her favourite food is pizza. Her interview was very enlightening and we had a few good laughs while we were chatting.

## My Life Story

By Paul; with assistance from Bruce

My name is Paul. I started with CISS in January of this year. I enjoy being at CISS and I'd like to continue with them.

I was born prematurely. I was born in Athens, Greece. My father was a tailor. My mother worked in textiles. She worked there for many years. My brother is an electrician. When I was in Greece we lived in a mezzanine above the tailor shop.

When I came to Canada everything was different. My mother bought me a toy train. I had some operations on my legs and then I started walking with canes. My father took me for walks. My mother also took me for walks. I was 11 years old.

I lived in Toronto from 1965 to 1975. In 1975 we moved to Vancouver. My brother lived here already. My mother passed away in 1978 and my father passed away in 1986. After that I lived with my step mother for a while. Then I had a heart-attack and went to the hospital. When I got better I went to my first caregiver. After this caregiver I went to another caregiver. Later we moved in with my brother. I lived in the basement for a year while my brother was making preparations for me to live upstairs. He had to get a permit from the city hall. Then he built an addition to the house upstairs and a wheelchair ramp. I'm happy that I have a brother who cares about me. My current roommate started living with me about 3 years ago. My life is good. I like this life.



*Paul, enjoying coffeehouse.*

## Play Review: Aladdin

By Laurel

The play, Aladdin, has currently been postponed because the Talent Club will be taking a break through the summer months and returning in September. The Talent Club is hoping to have the play ready to perform in June of 2008. An update of the play will be done in upcoming newsletters once it is underway.



## Family Corner

By Wendy

We all seem to struggle with time; running here and there for Doctor's appointments, meeting up with family, shopping, and numerous other daily chores, etc. Community Integration Services Society would love to have a Family/Parent Group meeting on a regular basis. But, it is a struggle for anyone to find that extra one or two hours to attend just one more meeting. I have talked to other organizations, and they are saying that it is difficult to get people to attend meetings, no matter how interesting the topic.

What can we do? That's where we could use your help. Let us know how we can share the information we get to you. Is the CISS web page helpful? Would you like regular emails or would you like us to continue sending information on paper to your home?

On a regular basis we get information about upcoming workshops, news about tax deductions, T.V. shows or movies that may be interesting to watch, news bits from other organizations such as, BC Association for Community Living, Canadian Association for Community Living, Family Support Institute and numerous others.

We figure the best way to keep you informed on the regular updates is on our website, but we understand that some people may not have computers. We are interested on your feedback concerning the way we keep you informed, so we thought we could ask your opinion at the yearly ISP meeting telling us how you would like to receive information, or at all. Keep us informed and let us know how we can better support families.

Call us at 604-461-2131 or email [wendy.langridge@communityintegration.org](mailto:wendy.langridge@communityintegration.org).

## BRAVOS

**BRAVO to** staff at IE for going above & beyond as the back up person for the H&S committee as the Rep. has been off for several months and Dee just took over the duties without questions. She is now training the new Rep. Awesome job Dee!

Submitted by Mary Joy

**BRAVO to** Brenda for staff recognition. Brenda keeps track of staff/consumer birthdays and anniversary dates, she purchases cards and has other staff sign them. She also plans parties for consumer special birthdays and encourages staff to sing to their peers on their special days.

Submitted by Mary Joy

**BRAVO to** Shannon S. for filling in for a committee member who has and may be away for a long period of time. Great job Shannon!

Submitted by Lee W.

**BRAVO to** Kathy for all the extra hard work on making the White Elephant Sale such a hit.

Submitted by Suzanne

**BRAVO to** Raishma for helping out another staff in a critical incident.

Submitted by Brenda

**BRAVO to** Jessica for helping out during an intense situation.

Submitted by Brenda

**BRAVO to** Raishma for making sure a gentleman got his groceries.

Submitted by Brenda

**BRAVO to** Monica for making sure a gentleman got his groceries.

Submitted by Brenda

**BRAVO to** Trisha for helping out with technology issues at North Van office.

Submitted by Kahir

**BRAVO to** staff at IE for being back up as a H&S Rep. for Inlet.

Submitted by Rosella

## Volunteer Recognition

Throughout April, May, and June participants at CISS donated 636 hours to the following:

Adopt-A-Trail - Rocky Point Park, Archbishop Carney School, Calvary Church, CLS Coffee House, Coquitlam Animal Shelter, Coquitlam Community Garden, Costco, Eagle Ridge Church, Friendship Baptist Church, Java with Friends Coffee House, Jolly Olde Bookstore, Kyle Kitchen Senior Lunch Program, Lady of Fatima Church, Pronto Deli, Queen's Park Hospital, Recycling, Share Society Thrift Store, Drama Club, Kyle Kitchen and the West Vancouver Seniors Centre.

Awesome Job Everyone!!

## Websites

By Wendy

Well, I really haven't had too much time to search for websites lately, but today I was very lucky in finding these listed below. I am going back to many of these sites myself, as they look like a lot of fun! I tried the typing exercise one...and yes I made a few mistakes, but if you are trying to work on your skills...it is excellent!

Do you like pop quizzes? This is a fun site that has some free pop quizzes to take. Lot's of fun, and great to see how you do against others! <http://www.brainpop.com/>

How about some free shockwave games? I took a look around on this site, and it looks like it could be lots of fun! ENJOY! <http://www.shockwave.com/>

An exciting collection of brain teasers, puzzles, riddles, games and optical illusions. With thousands of brain teasers and puzzles, over one hundred awards, BrainBashers is updated with optical illusions and games regularly and has 5 new puzzles added every other week. <http://www.brainbashers.com/>

Okay this page is just plain fun and educational. Practise your typing skills! <http://gwydir.demon.co.uk/jo/typing/index.htm>

The National Zoo is home to thousands of animals from all over the world. Learn about our exhibits, the wonderful species in our collection, science and conservation efforts in the wild and at the Zoo, and education resources. <http://nationalzoo.si.edu/Animals/default.cfm>

Thanks to Shari for this website. I have already found my Dr. and good to know she has a good rating! RateMDs.com allows patients to rate and read about their doctors and dentists. This is a fairly new website, so please add your doctors and rate them! <http://ratemds.com>

## Rae's Cool Picks for an Economical Summer:

By Rae

I was doing some event research for myself and CISS and I came across some really cool events that are free or close to free that I think you and your family may enjoy this summer:

Ongoing until September 9<sup>th</sup>, the 12<sup>th</sup> annual Vancouver Chinatown Night Market. It's a shopping extravaganza featuring Asian handicraft, fashionable gifts, and ethnic snacks to tempt your taste buds. The market is open every Friday, Saturday, and Sunday evenings. The street market consists of approximately 100 booths that offer many different products for sale. There are also multicultural performances, folk dancing, singing, magic shows, martial arts performances and the famous Chinese Lion dance. For further information check out the website at [www.vancouver-chinatown-com](http://www.vancouver-chinatown-com) or call 604-682-8998.

July 29<sup>th</sup> – September 4<sup>th</sup> from 11am- 10pm daily, Meadows Maze will be open. Rates are general admission \$11.00, ages 4-12 are \$8.00. Admission includes corn mazes, petting zoo, meadows mountain, bee observatory, two corn cannon shots, hay wagon ride, barrel train ride, maze train ride, and more. For additional \$2.00 you can go on the pony ride. If you would like further information check out the website at [www.meadowsmaze.com](http://www.meadowsmaze.com) or call 604-460-0603. \*\*\*\* Maze wheelchair/walker friendly.

I hope this helps everyone to find cool summer stuff to do. I found most of this information at [www.findfamilyfun.com](http://www.findfamilyfun.com). Have a wonderful summer.....Don't forget to use your sunscreen.

## Coffin Lowry Syndrome

By Laura

Ever heard of this syndrome? What is it you ask? Not many people have heard of this disorder as it is very rare.

The cause is unknown and there is no cure or treatment (Not yet anyway). But there is supportive care with speech and physical therapy.

Some problems that may occur are short stature, protruding nostrils, prominent brow, thick eye brows, awkward gait, flat feet, and heart and kidney problems. There are many more symptoms. It seems that the symptoms are more severe in men than in women.

There seems to be no history of it in any of the families. CLS is an x-linked dominant disorder, and it affects 1 in 40,000 to 50, 000 births.

If you would like to find more information, there is a great website called the Coffin Lowry Syndrome Foundation.



*Shelley, with her beautiful smile.*





*Mary Joy, smiling for the camera.*



*Christina, Wendy and Greg at Greg's birthday party.*



*CISS's bake sale sign at coffeehouse.*



*Summer fun with Nishi, Quentin, and Shana.*



*Andrea and Rhinde out and about.*



*Barb, Trish, Russell, and Rhinde enjoying the sun.*



# Annual General Meeting



*Everyone playing close attention.*



*Shari and CISS board members.*



*Sue and Mike.*



*Eileen, "The Tax Detective".*



*Time out for karaoke fun.*



*Chatting before we start!*

## 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](mailto:shari.mahar@communityintegration.org). Membership forms are available for download: [www.communityintegration.org](http://www.communityintegration.org).



*Greg's big smile.*

## 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**



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

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



**We need your support**

Please support CISS by donating to our 2007 fundraising campaign.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Enclosed is a cheque or money order (made payable to Community Integration Services Society) for the amount of:

- \$25     \$50     \$100     other

Your charitable receipt will be sent to the above address.

**Thank you for your contribution!**

Members of the Newsletter Committee include: Amber, Kahir, Cristina, Laurel, and Wendy.

Layout by Kimberley S.

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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](http://www.communityintegration.org)

**Community Integration Services Society**

200 - 3003 St. Johns Street  
Port Moody, BC  
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