



# SUMMERTIME

## Gardening Tips from Ms. B's Garden



By Brenda



Brrrrrrrrr.... what a cold, long spring! Old gardeners that I have talked to state that you shouldn't start planting anything until after Victoria Day, and boy are they right this year. The Inlet Team has started planting in the community garden, mostly veggies/herbs and some flowers, on June 3<sup>rd</sup>, 2011. The plants are hoping for lots of sun and some rain. The best time to water your garden is first thing in the morning, before it gets too hot. If you need to water your garden, do it before the sun goes down, no later than 6:00 – 7:30 pm. Ms B encourages everyone to try gardening – it's healthy and very relaxing. Enjoy your summer everyone and happy gardening!



Recipe: *Fresh Tomato Salsa* From the Kitchen of: *CISS*

*- way better than any store-bought salsa and easy to make!*

*3 large tomatoes - chopped*



*1 small jalapeno chilli - chopped (remove seeds for mild taste)*

*½ red onion - chopped*

*1 large clove of garlic - minced*



*¼ cup fresh cilantro - finely chopped (fresh basil if wanted)*

*1 Tbsp. freshly squeezed lime juice (or more if you like lime)*



*1 Tbsp. olive oil*

*Salt to taste*



## **FROM THE EXECUTIVE DIRECTOR'S DESK**

*by Shari Mahar*

As I sit and write this article I can hardly believe that it is summer. This article is the first of many that will be written at our new building Melissa Park Lodge. The garden and property is lush with trees, flowers and fruit and the schoolyard is silent as the children are on summer break.

Plans for our new building are well underway and the building sub-committee continues to work tirelessly to ensure that we have a facility that meets our current and future needs. It is exciting to think about the future and it was even more exciting to share our plans with all of you who attended our 2011 Annual General Meeting. The meeting was held at Central Community Elementary School and ran smoothly with several people in attendance. Following the meeting we had an open house and tour of Melissa Park Lodge. Hearing all the laughter and conversations in the house really made the dream feel real. The freshly baked goods made by the consumers and staff in the IDS programs were appreciated by all of our guests. The future feels very bright for CISS.

Amidst the design development and renovations that are currently taking place, we are also working with the City of Port Coquitlam to obtain a Temporary Use Permit which will allow us to operate our programs in the house for the time leading up to our Heritage Revitalization Agreement taking effect. The building sub-committee along with our architect team (Doug Massie and Thomas Grimwood) has presented our plans to two committees (Community Inclusion and Smart Growth) at City Hall since the spring. In the final phase of the application we will return to the Smart Growth Committee Meeting to consult with the community. We have met with many of the neighbours on Central Avenue and Mary Hill Road and have definitely found that this is a very welcoming and accepting community in Port Coquitlam. We have heard over and over again that people want to see Melissa Park Lodge remain a caring facility, as it has been this for the past forty years.

The Quality of Life Project wrapped up at the end of May and we were able to share the results of the survey at our Annual General Meeting, if you did not attend and want a copy please see your Program Manager. The experience was an exceptional one and it certainly has given us some food for thought regarding quality of life. Our future plans following the project is to modify our Individual Service Plan, building a working plan that staff can utilize when assisting individuals in achieving their goals. The experience was exciting and engaging and I thank all of you who participated in the event and thank Katrina and Lee for overseeing the project.

Over the past several months, I have witnessed our front line staff work in situations "over and above" their regular duties by supporting individuals at end of life, in medical crisis and in emotionally difficult times. I would like to tip my hat to them and thank them for a job well done. It all boils down to the care and needs of the individuals in our programs and this cannot be done without the gentle caring of our staff, thank you.

## **Health & Safety - Dehydration**

*By Michale*

Water is a very important part of the body; hydration is a must for your body to function. Our body weight is made up of 75% water.

Dehydration can occur when you do not drink enough fluids (water is the best). Our bodies are routinely losing water; this happens when we are breathing; when we sweat; and when one is expelling waste. It is necessary to drink a significant amount of water daily to replace what our bodies lose. When there is too much water lost and not enough water taken into our bodies, we become dehydrated. Some common causes of dehydration also include diarrhea, vomiting, sweating, or a combination of any of these symptoms.

How do we know if we are dehydrated? Some symptoms include dry mouth, muscle cramps, nausea, vomiting, and light-headedness.

If you should become dehydrated, you should begin fluid replacement right away. You can replace fluid orally or, in some severe cases, by IV (intravenous fluid). Drinking small amounts of clear fluids frequently is a good way to rehydrate your body. Some examples are water, clear broth, jello, popsicles, and fluids with electrolytes such as gatorade, pedialyte, and powerade.

During the summer it is very important to keep up the fluids in our bodies. To prevent dehydration please remember to drink lots of water throughout the day. Try to stay in the shade and in cooler places for outside activities. The more you sweat the more you need to drink, so have fun enjoy the summer and drink lots of water.



# What's New at CISS?



## At Port Moody IDS 2

By Katrina

Well, to start with, we welcome a new staff member and a new consumer to our team. Hallan first came to CISS as a summer casual relief staff in 2009 and again in 2010. He accepted a temporary F/T position with IDS 2 in April of this year. Hallan is fitting in well and we are happy to have him on board. A consumer, Lee, has recently transferred over from IDS 1. He seems to have adjusted well to the change and staff report that they are enjoying getting to know him. Welcome to you both!

As our consumers continue their quest for employment, some exciting opportunities are just on the horizon. We are happy to report that Rae's injury has finally healed enough to allow her to start her Café Attendant position at Starbucks in July. She will be working there two days per week. Boston Pizza has also recently come on board employing both Hudson and Lee in the prep area of their kitchen. Congrats to the three of you. We are confident that you will all do well.

The Kyle Kitchen Senior's Lunch Program has expanded its catering service and now provides refreshments for our office staff meetings. The Seniors Bridge Group was so pleased with our catering service for their Bridge Tournament this past March that they have asked us to do it again in July. The Lunch Program has collected a fair amount of tips over the last year and we will be using that money to treat the volunteers to a movie at some point this summer. Thanks to Reina and the entire Kyle Kitchen crew for all their hard work. They have earned this reward. Kyle Kitchen will be closed for the month of August.

A good number of us are taking some much-deserved vacations during the months of July and August. For example, Brian is heading off to the Calgary Stampede, Lee M is heading to New York City, Krista is visiting family in Nanaimo, Geoff is planning a trip to LA, Reina and Katrina are both flying out to Ontario and Angel is heading south to Cancun for some fun in the sun. There will be a lot of stories to share when life returns to normal in the fall. Have fun and be safe everyone!!!

## At North Vancouver

By Andrea

Summer has finally arrived! We are now looking forward to several outings, including trips to the Aquarium, the PNE, Britannia Mines, and even a ferry trip to Gibsons Landing! Some of our consumers have started new paid jobs this quarter. Congratulations to Melissa, who now vacuums every Wednesday at the Marine and Shipbuilders office, and to Dong Ku, who has begun employment at Heike's Hairlequin. This quarter, we also celebrated the birthdays of some consumers and staff. As the summer approaches, we also look forward to moving our Hot Dog Stand back outside. Be sure to stop by and enjoy a tasty lunch under the sun!

## At Inlet

By Jim

Hopefully, by the time this newsletter reaches you, we will be well into summer, complaining that it's too hot instead of wondering where the sun is. Nevertheless, in spite of possible climatic conspiracies, we have pressed on to plant our neighbourhood garden. With the hard work of many of the consumers, hopefully by this time next newsletter, we will be regaling you all with tales of wondrous fruits and vegetables.

Music Therapy continues to be extremely popular each week, not only with Inlet consumers, but our guests from the other programs. Paul, Russell, Peggy, and Maria continue to be faithful to their responsibilities at their volunteer positions. Elisa also began volunteering to help the Port Coquitlam Court offices with their recyclables. And Corene took on the daunting task of directing traffic at the Surrey Children's festival. It has been a busy few months for everyone!

Special congratulations go out to Raishma who has been with CISS for 5 years and to Wendy who has been with CISS for an incredible 20 years!

## At Port Moody IDS 1

By Mary Joy

The IDS 1 team has had a very busy three months. We had a great brainstorming session with the consumers and staff at the loco recreation centre and everyone was very enthusiastic and focused. The consumers came up with the rules for the day and they followed them very well. All at the lunch break enjoyed pizza and beverages.

Many people have begun the gardening program and are looking forward to the summer months, hoping to see many plants and vegetables.

Cristina arranged a Bus Tour and those who attended had a great time. A couple of individuals got to sit in the driver's seat – they make great bus drivers.

Several individuals and staff enjoyed an annual visit to the Vancouver Zoo by attending Access Day. This was a fun way to spend a day and the weather held out for them.

People have been working hard at their paid employment and volunteer jobs over the past three months. Many are finishing up their resumes and handing in applications to find new or other employment. It sure has been a busy three months. Shana and her peer continue to volunteer at Kyle Kitchen and the Coffeehouse continues to be a great success every Thursday afternoon, with a live band and lots of dancing and socializing.

We also have our cookbook fundraiser, which is now going for \$10.00 a book. Contact anyone at CISS and they will direct you to where you can purchase one. There are some really unique recipes to try out.

Many staff and consumers attended the AGM and enjoyed a tour of the new building, which was very exciting. The refreshments were pretty good too, thanks to the Kyle Kitchen group and CISS.

# Meet the Board-Vinay Nand

By Jim

Vinay Nand is one of our newer members on the Board of Directors for CISS. He has been serving in this capacity since the latter part of 2010 and so we thought it would be a good time to get to know him a little better. Vinay was born and raised in Burnaby, British Columbia. He graduated from Burnaby North Secondary School and then went on to obtain his Bachelor of Science degree in Cellular Microbiology from Simon Fraser University. From there, as cellular microbiologists are apt to do, Vinay pursued a doctorate designation in the Healthcare field. However, Vinay discovered that what he was truly interested in was the operational/business side of the Healthcare system. It was a difficult decision; however Vinay decided to change his educational path and instead completed his Master of Business Administration degree from Simon Fraser University, along with a Certificate in Project Management and Executive Education Certificate in Strategic Leadership from UBC's Sauder School of Business.

Vinay is currently working as Change Consultant with the Provincial Health Services Authority working on Strategic Planning, Transformation Support & Innovation. Vinay became involved with CISS because he wanted an opportunity to volunteer, using his gifts, talents, and expertise in the health field to give back to his community. When he became aware of the opportunity at CISS, he was intrigued by the opportunity to work with an organization to which he could truly contribute in a hands-on, concrete, and positive way. He's loved being able to be involved in CISS's growth and has been truly excited in being a part of our successful bid to move into a new building. As a newer board member, Vinay is grateful for the trust he's been given to make a real contribution to CISS's future.

In what little spare time he has, Vinay likes to dabble in photography, take advantage of beautiful BC's outdoors, and is an avid Canucks fan, despite what bandwagoners would say. We are all thankful for Vinay's contributions to CISS and we look forward to a long and prosperous relationship together.

“There is nothing ugly; I never saw an ugly thing in my life; for let the form of an object be what it may; - light, shade, and perspective will always make it beautiful.” - John Constable



Groupons: What the heck are they?

You may have heard the word “Groupon” around the water cooler lately, as in: “I got a great *Groupon* for dinner the other night.” Groupons and services like it are becoming more and more popular. The term comes from the words *Group* and *Coupon*. That's right – a *groupon* is a group coupon. The website, [www.groupon.com](http://www.groupon.com) offers members a chance to get a great deal on products and services, but only if enough people sign up for that deal. If enough people sign up, you could get a spa treatment for 50% off the regular price (or more). If not enough people sign up, you don't pay anything, but nobody gets the deal.

In today's tough economic times, it's always worth shopping around for a better deal. *Groupons* might be just the thing to help you save a few dollars. If you want to check it out, visit their website at <http://www.groupon.com>

“My disability is that I can not use my legs. My handicap is your negative perception of that disability, and thus of me.”  
- Rick Hansen (Canadian Wheelchair athlete).

## Staff Spotlight: Angel

By Lee

Angel was born and raised in Mexico and moved to British Columbia in 1998. Angel went to Elementary school in Mexico and High School in Minnesota. Angel went on to University in Minnesota studying electronics, engineering and computer science. Bright guy! Angel began volunteering with individuals with disabilities and mental health issues just a few short years ago and began working at CISS 2 years ago. Angel enjoys helping people, working in the community, and his staff team.

In his free time, Angel enjoys painting with oils, working on computers, snowboarding, tennis and hiking.

When I asked Angel what his hidden talents were, Angel stated, “my talents are well known”.

Angel would love to travel to remote places to learn about other cultures, perhaps backpacking on obscure tours to smaller towns.

“Education is an admirable thing, but it is well to remember from time to time that nothing that is worth knowing can be taught.” - Oscar Wilde



# Fun Activity Page



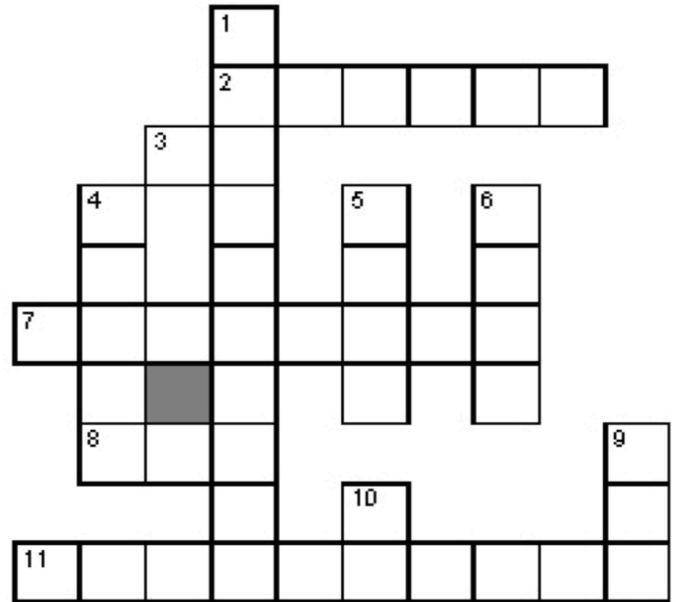
## Summer Crossword

### Across

- The month at the end of summer.
- The book is \_\_\_\_ the table.
- The time when you don't go to school.
- How's the weather in summer?
- A big fruit you eat in summer.

### Down

- What do you make at the beach?
- You go to the \_\_\_\_ in summer.
- What do you do at the beach?
- The month at the beginning of summer.
- A machine that makes you cool?
- I \_\_\_ swimming.



## Jokes to Tickle your Funny Bone

Which letter is the coolest?

Answer: Iced t.



What do frogs like to drink on a hot summer day?

Answer: Croak-o-cola.

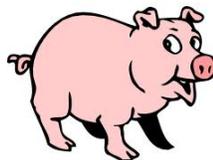


What do you call a cat at the beach?

Answer: Sandy claws.

What does the sun drink out of?

Answer: Sunglasses.



What did the pig say at the beach on a hot summer's day?

Answer: I'm bacon!



What is black and white and read (red) all over?

Answer: A newspaper; An embarrassed zebra; A sunburned skunk.

How do you know if your clock is crazy?

Answer: It goes "cuckoo!"

How do you fix a broken tomato?

Answer: With tomato paste!



Why do birds fly south in the winter?

Answer: Because it's too far to walk.

# Are you looking for paid employment? Here are some Interview Tips

By Lee

## DO

- Be on time and no more than 15 minutes early
- Turn your cell phone off
- Dress appropriately for the industry
- SMILE. Be friendly and pleasant
- Use a good, firm handshake, but not too firm
- Make eye contact
- Sit up straight
- Listen to questions carefully and answer to the best of your ability
- Be confident
- Shake hands when you leave and thank the interviewer

## Don't

- Be late or show up more than 15 minutes early
- Wear too much cologne or perfume
- Avoid eye contact
- Lie, even if you don't know the answer
- Talk about personal problems or issues
- Act desperate for the job
- Chew gum
- Forget to shake hands and thank the interviewer

## Richard Neild In Memorium



On Friday, July 8<sup>th</sup>, 2011, a memorial service was held for Richard Neild, who passed away this past June. The service was attended by Richard's housemates at Kerrywood House, Kerrywood staff, staff from CISS, past and

present, and many others whose lives were touched and enriched by knowing him. In spite of the somber occasion, everyone was blessed by the opportunity to share stories, remember moments, and celebrate the life of an amazing man.

Richard joined Inlet in 1990 and was one of our very first consumers. Staff remember him as kind, gentle, caring, and funny. It is often said that Richard was someone who simply would not be rushed through anything – Richard had no problem reminding us that we needed to do things on his time, and not ours. Richard was also known for collecting little things, which might have seemed like junk or trinkets to us. But perhaps he knew something that we didn't – that, if we know how to see, we could find joy in even the smallest things.

Richard will be greatly missed. But the Love and Joy he brought us does not end with his passing, but is carried on in each of us.

# CONSUMER SPOTLIGHT

By Jocelyn

Darren attends CISS three days per week: on Tuesday, Wednesday and Thursday. Darren has a very busy schedule, which includes working at Hansen & Co, and volunteering at Northshore Outlook, attending a ceramics program, and volunteering at Maplewood Farm.

Hansen & Co. is an accounting firm in Lynn Valley where Darren shreds documents Tuesdays, and visits with the receptionist's dogs who regularly visits their office.

On Wednesdays, Darren helps fill birdseed bags at Maplewood Farm. And on the first Wednesday of every month, Darren participates in a ceramics program in which he has made ornaments, mugs, and figurines to take home. On Thursdays, Darren volunteers with delivering newspapers for Northshore Outlook.

In Darren's spare time, he enjoys swimming, cooking, telling jokes and visiting both peers and animals!



# SUGGESTION BOX

*By Shari*

Over the past three months there were zero suggestions made through the suggestion box.

Although there were no suggestions through the suggestion box or feedback given through the Health & Safety committee I will take advantage of this portion of the newsletter to make my own suggestion.

As we are moving forward with our plans to move into a single site for the administration, Inlet and IDS 1 & 2 programs, we should take time to reflect on the positive changes that are soon to occur. For administration and IDS we have learned over time to share a work space and look forward to extending that experience to the Inlet team who have not shared a work space since we were located on Clarke Street in Port Moody.

There are advantages and disadvantages to sharing space but I think that our focus should stay on the positive advantages. Working in a shared space provides us with a range of opportunities; not only financial savings. In a shared space there is a vast array of people who have a vast range of skills which can be shared amongst the teams. I often, over the past five years, have witnessed staff from different teams supporting each other by sharing ideas, sharing experiences and sharing opportunities particularly lately around employment.

In planning for our new shared space we are building two computer labs which will hold sufficient equipment for nineteen users at the same time. In each lab there will be a very good multi-use photocopier which will have the capacity to print, scan, fax and copy. Our developer is designing the staff office to accommodate all of the consumer's current records as well as built in mail trays for every employee.

In Melissa Park we will be able to expand our current services to our consumers as well as make room for new people. Here, when having an ISP meeting, the individual, their family and support staff can do so in a comfortable space where they can relax and dream together about a great future.

I thank all of you for your patience during the construction phase and in the eventual transition phase when we all come together under one roof. Our hope is to move in by November 2011, given we do not hit any major road blocks along the way.

The suggestion box is located on every site and is open to anyone whom wishes to make a suggestion.

## CARPAL TUNNEL SYNDROME

*By Jim*

Have you ever felt numbness or tingling in your hands and wrists after working on the computer? Do you wake up at night with a sharp pain shooting up your wrist to your arm? It may just be a simple cramp, but it could also be signs of carpal tunnel syndrome.

Carpal tunnel syndrome (CTS) is a fairly common condition, with some doctors estimating that 10% of adults will develop it. It is a result of the nerves in your wrist having too little room – this compression of the nerves causes numbness, tingling, or even pain. It is believed that people, who perform a lot of repetitive motions such as typing, sewing, writing, or assembly line work, are more likely to develop CTS.

Luckily, the prognosis for someone with CTS is quite good. In extreme cases, a person might need surgery – however this is usually simple, although healing can take some time. For most people, CTS can be controlled by wearing a wrist splint while sleeping or while doing repetitive types of tasks.

Although some doctors argue that CTS can't be avoided or prevented altogether, it is generally advised to reduce repetitive movements of the hand and wrist, to use tools and equipment that are well-designed in order to prevent wrist injury, and to use aids like wrist supports for keyboards or wrist braces in order to reduce your likelihood of developing CTS.

## The King's Speech - Movie Review

*By Dan*

I first heard of this movie from my mother, who went to see this movie with a friend in Penticton, and really enjoyed the movie. I wanted to see this movie since it did really well at the Oscars. I really enjoyed this movie because it was based on a true story of the King of England, who had a speech impairment called stammer. There were so many, very funny moments in the movie. You must see it for yourself.

# Consumer Satisfaction Survey Results

April – June 2011

By Shari

In the past three months (April, May, June) there have been 14 surveys completed and returned to CISS.

<u>Question</u>	<u>Yes</u>	<u>No</u>
Did you have help to fill out this survey?	<b>13</b>	<b>1</b>
<u>Who helped?</u>	<u>Family or Caregiver</u> <b>9</b>	<u>CISS Support Staff</u> <b>4</b>

The measuring range for the survey was: Awesome or Okay/Good or Terrible which was demonstrated through face symbols (see our web site [www.gociss.org](http://www.gociss.org) for a view of the survey tool).

<u>Question</u>	<u>Awesome</u>	<u>Okay or Good</u>	<u>Terrible</u>	<u>No Response</u>
The Social Committee plans parties and events that I like.	<b>8</b>	<b>5</b>	<b>0</b>	<b>1</b>
<b>List of suggestions for the Social Committee:</b> Movie days, trip to Grouse Mtn., Vancouver Island, Easter Party, Starbucks, more bowling.				
I like the programs that I do at my program.	<b>10</b>	<b>4</b>	<b>0</b>	<b>0</b>
I set my own individual goals at my ISP meeting.	<b>7</b>	<b>6</b>	<b>0</b>	<b>1</b>
I get to try new things at my day program if I want.	<b>10</b>	<b>4</b>	<b>0</b>	<b>0</b>
I like the way my staff help me at my day program	<b>10</b>	<b>4</b>	<b>0</b>	<b>0</b>
My Program Manager listens to my complaints	<b>10</b>	<b>3</b>	<b>0</b>	<b>1</b> <b>N/A no complaints</b>

## What do you like the best about CISS?

Swimming, staff and events  
 Staff are very kind and helpful  
 Volunteer jobs and coffee  
 The staff with their enthusiasm  
 Named a staff followed by the words and stuff  
 Going out, bowling, swimming and coffee house  
 Going to do ceramics  
 Coffee house, job at McDonalds, the staff and my friends  
 Outings at Pet Stores, Belcarra and bowling  
 Like help finding a job, bowling, McDonalds, working at Kyle Kitchen  
 Nintendo 3, DS  
 They treat me good, ask me if I want coffee or something

## What do you not like the best about CISS?

Nothing  
 No Complaints  
 Nothing  
 When it rains, hard to get to program  
 Tim Horton's, Coffee house and staff nagging  
 Office is too small  
 Like everything

## Do you have any suggestions or ideas?

Having a different staff now and again  
 BBQ and picnic  
 They were discussed and presented to CISS staff and responded to well.  
 Nothing at this time  
 More fun outings  
 I hope that staff will listen and not nag  
 More activities together

# Camping Tips

By Pam

Now that summer is here, what better thing to do than plan a camping trip in the great outdoors? Camping can be a lot of work if you're not prepared and organized so before you venture out consider some of these tips. They just may enhance your camping experience and make the difference between an enjoyable holiday and a bad memory.

1. Start your campfire at home by filling paper egg cartons with dryer lint and drip old candle wax over everything to cement it. Pack the cartons up and when it's time for your campfire tear off the amount desired and place it under kindling and paper and then light – presto!
2. If you have a pair of welding gloves pack them along. You can safely adjust burning logs in your campfire and it is easier to extinguish the fire as you can spread out the wood and burning embers. A campfire is not truly out until you can run your bare fingers through the ashes.
3. Rub liquid soap or a bar of soap over the bottom of your pots and pans if you're cooking on an open fire and the black soot will wash off more easily.
4. Waterproof wooden matches by dipping the tops in melted wax or nail polish.
5. Old pill bottles make great waterproof storage containers for matches, batteries or any other small items.
6. Cool night? Warm your sleeping bag by filling your water bottle with boiling water and wrapping it in a towel. Then place it inside your bed ½ hour before and it will be nice and toasty.
7. Avoid pesky mosquitoes by rubbing your exposed skin with the inside of an orange peel and they will stay away.
8. Add support to a flimsy paper plate by placing it inside of a Frisbee.
9. To keep animals away, spray your garbage can with ammonia. Also use baking soda on your hands and clothes so that bears won't smell food on you.
10. When hiking always bring along a watch, whistle, cell phone, flashlight, and knife in case of emergency.
11. Make a small kit and include the following: nylon rope – it can be used as shoe laces, clothes line, stringing up tarps, replacing missing tent ropes; old shower curtains can be used as extra tarps or ground covers; and always pack a role or two of duct tape can be used to repair virtually everything.

And the most important tip of all is to pack out everything that you pack in.

## ANSWERS FROM FUN PAGE

### Across

2. August
3. on
7. vacation
8. sun
11. watermelon

### Down

1. sand castles
4. beach
5. swim
6. June
9. fan
10. go

## BECOME A MEMBER OF CISS

CISS would like to present to you, the stakeholders, and 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).

# BRAVOs

When staff at CISS goes above and beyond the call of duty to support a consumer, assist a colleague, improve the programs, etc., they receive a *Bravo* in recognition of their contribution. In the past few months, the following individuals were recognized for their exceptional contributions:

## In North Vancouver:

Kathy, Andrea, Trisha, and Laura

## At IDS 1:

Bobbie, Navjit, Ramon, Cristina, Hallan, and Lorna

## At Inlet:

Brenda, Jailene, and Rosella



Mel's participation certificate!



Kathy celebrating her birthday!



Kahir and his playoff beard!

# CISS COFFEEHOUSE, 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**





# Volunteer

In the months from April to June 2011, the consumers of CISS have volunteered their time and energy to contribute to our communities in a variety of ways. Some of the places that people have volunteered are:



Arch Bishop Carney, CISS Hot Dog Express, Coffee House, Free Geek, Kyle Kitchen, Lions Gate Seniors Centre, Maplewood Farms, North Shore Bowl, North

Shore Meals on Wheels, North Shore Outlook, Parkgate Seniors Centre, Pemberton Building Complex, PetLand, Place Maillardville, Our Lady of Fatima Church, Share Neighbourlink/Food Bank, and West Vancouver SPCA.



## Community Partner:

McDonald's Restaurant, Braid Street, New Westminster

By: Katrina

Brian has been employed at McDonalds since November 2009 and Geoff since May 2010. They each work a one and a half hour shift, one day a week. Their main responsibility is to bus tables, ensuring that customers always have a clean place to eat. Their other duties include cleaning the food trays, keeping the condiment counter fully stocked, sweeping and mopping the floors, monitoring the garbage receptacles, and checking that the washrooms are clean. Both Brian and Geoff seem to enjoy their job and take pride in doing the work to the best of their abilities. Manager John Pufflett said, "Having Brian and Geoff be a part of the McDonald's team is a win-win situation."

# Organic Versus Non Organic Food

By: Rae

People buy food from grocery stores not knowing whether it is organic or not. To be on the healthy side, try buying ORGANIC FOODS. Organic foods are very healthy compared to non-organic foods. Here are some of the facts comparing Organic foods and Non Organic Foods.

### Nutrients:

*Non Organic Food:* During processing, non organic foods lose some nutrients and such nutrients have to be artificially added back to the food.

*Organic Food:* Organic foods contain more nutrients. That is, a higher amount of minerals and vitamins.

### Fertilizers:

*Non Organic Food:* Chemical fertilizers are used to provide nutrients for the growth of crops in conventional farming.

*Organic Food:* Natural fertilizers like green manure or compost are used for the plants and soil in organic farming. If the question is of chemical fertilizers versus organic fertilizers, then chemicals are obviously more harmful.

### Food Poisoning:

*Non Organic Food:* There are more chances of food poisoning with conventional farming food products because of the use of the chemicals, in the form of fertilizers and pesticides.

*Organic Food:* Possibility of toxic pathogens is much less in organic foods.

### Infection:

*Non Organic Food:* As animals are given antibiotics in conventional farming, the human body, when sick, does not accept the same antibiotics. This reduces the body's immunity in the long run. Exposure to pesticides is especially harmful to women's health.

*Organic Food:* Organic farming is not permitted to use such chemicals. Thus, when you measure pros and cons of organic food, organic food is better as it has lower health risks.

### Cost:

*Non Organic Food:* Non Organic Food contains many hidden costs, like taxes, as well as the cost of the treatment for the harm caused to the environment by the conventional farming.

*Organic Food:* The pros and cons of organic farming show us that organic food is more expensive. But with the number of farmers shifting to organic farming and increased government funding, the prices will come down. Also, organic food has lesser-hidden cost.

**We need your support**

Please support CISS by donating to our 2011 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: Mai-Lan, Andrea, Katrina, Brenda, and Jim

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If you would like to submit an article, picture, or creative work e-mail your submission to: [jjjo@gociss.org](mailto:jjjo@gociss.org)

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