

Community Integration Services Society



News Link

Volume 13 ♦ Number 1

2009 Spring Issue

Mad Hatters Tea Party



The Mad Hatters Tea Party was held at "The Summit" (<http://www.nsamh.org/summit>) on the afternoon of March 19th. We created/decorated hats in preparation, and all CISS LS & IDS consumers in program that day attended. Congratulations to Barbara who won the prize draw!

Annual General Meeting 2009



This year's Annual General Meeting will be held on Wednesday June 24th, 2009 at Kyle Centre in Port Moody. Please bring your family and friends as we are looking forward to a full house. We will be focusing on Employment; real work for real pay. As well as, we will highlight our future plans around employment and our current success. Hope to see you there!



Family Fun Fair! Set your calendars for Friday July 10th, 2009 at Moody Elementary School! Prizes, fun, games, entertainment and so much more!

From the Executive Director's Desk

by Shari Mahar



Community Integration Services Society is a learning organization that values feedback and input from all of our stakeholders. Over the past several years we have gathered feedback through our annual survey but felt that the people who should have the strongest and largest voice were not being heard through our survey methods. On January 1st, 2009 we created a new survey tool which every person in service receives and is supported to complete at the same time of the year as their Individual Service Plan (ISP) meeting.

I am happy to announce that three months into this system and we have already received seven surveys back – this is a high number in comparison to previous years. We will fully recognize the impact of our methods at the end of the year after every person in service has completed their annual ISP meeting and hopefully their survey.

In summary seven individuals completed the survey from January 1 to March 31, 2009. All seven were supported in completing the survey and one individual stated that they had support from their manager as well as their direct support staff. Therefore there were eight responses instead of the expected seven responses. Out of the seven individuals three individuals had support from their family to complete the survey.

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

Responses:

1. The social committee plans parties that I like:
Awesome 2, Okay/Good 5
 - a. List ideas of events you want to participate in: BBQ, canoeing, camping, Bowen Island, some parties, bowling
2. I like the programs that I do at my day program: Awesome 3, Okay/Good 4
3. I get to set my own individual goals at my ISP meeting: Awesome 3, Okay/Good 4
4. I like the way my staff help me at the day program: Awesome 5, Okay/Good 2
5. My program manager listens to my complaints: Awesome 2, Okay/Good 5

Responses to the question: What do you like the best about CISS?

Golfing, meeting new friends, photo copying, helping me look for new jobs, coffee house, banking, dressing up for work, going to coffee house, bowling and swimming, my staff is awesome, my program is quite flexible, the staff are friendly, walking, coffee and tea, dancing and music, walking, transit, socializing with peers, swimming.

Responses to the question: What do you not like the best about CISS?

Don't like working, too many meetings, nothing I don't like about CISS, comments are specifically about the program not CISS: hard to work on computer skills – either problems with computer not working, or good learning computer software are hard to find, day program to be over, N/A, nothing

Responses to the question: Do you have any suggestions or ideas?

To look for a job, more company trips (they are fun) setting a day where everyone goes to the beach, continue to be resourceful, good planning works well every time and thank you, N/A, office without stairs, none

Thank you to those of you who have participated in the survey, I will forward your recommendations to the social committee and the program managers. At the end of the year these surveys will be used for the annual full survey results and recommendations.



SPRING IS HERE!

The rain and the cold weather is slowing down and now we have time for fun activities such as, golf, nature walks, gardening, and picnics.





What's New at CISS?



At North Vancouver

By Kathy

March has arrived with a few brave flowers peeking out of the ground. Winter will not let go of its icy grip. We are looking forward immensely to warmer weather activities. We have 2 new staff working part time on the North Shore. We wish to extend a warm welcome to Hamed & Lorrie. Suhaila had a baby boy on Feb.17th. Congratulations to Suheila & family. We have enjoyed a few outings, such as Steveston Village, Dragon Dancing, Granville Island & New Westminster. We even managed to have sunshine!



Scott, Melissa & one other consumer continue to do a great job filling little bird seed bags at Maplewood. Thanks to Maplewood for our continuing symbiotic relationship. Melissa continues to enjoy doing her jobs at North Shore Bowl & CISS office. Melissa had the good fortune to win a prize at coffee house in Feb. & again in March. She was very excited! Beverly, Barb, Russell & another consumer attended the Mad Hatters tea party at The Summit. Everyone had great fun creating these kooky works of art. We also send out best wishes to all 3 consumers who celebrated birthdays during the passing quarter. In closing, the North Vancouver programs are urging all readers to keep their eyes and ears open for some very exciting pending news.....stay tuned!!!!



At Port Moody IDS

By Wendy



Well the sun is shining, and the good weather is on the way! Our team held a hot dog sale in March at Java With friends Coffee House, and every one chipped in and did a great job! A special thanks to Chef Mike (Bobbie's Dad) for coming and so graciously offering to cook up the hot dogs. We sure appreciated it! We made \$101.43 in that one hour! Courtney and Mai Lan were able to get some donations and Courtney was able to secure a large donation from Save On Foods in Coquitlam which greatly helped with that profit too. Thanks everyone for the great ideas such as having relish and veggie dogs for future hot dog sales. We will take them into consideration. The whole team came together and did a wonderful job.

At Inlet

By Mary Joy

Happy Spring time, I hope everyone had a great Easter ... even with the snow. We are hoping that the winter weather is nearly gone and spring is just around the corner. The Gardening committee is gently nudging us to start digging mother earth for our new flowers and veggies, and everyone is looking forward to their new tasks.

Inlet has a few staff away, and we would like to welcome Michelle to the team, in a temporary position. We would like to welcome back Jimmi and Nancy. We wish Cynthia, George and Savannah all the best and are looking forward to their return. The Inlet team is busy working on craft projects to be sold at the upcoming Family Fun Fair; this will be a surprise, so you will have to come out to see what fares we have to offer. The team is also looking forward to taking part in our hotdog sale in June.



At Port Moody IDS

By Lee

As I am writing this the sun is out and there is a hint of spring in the air. After the long, cold winter we have had, it can't be soon enough! There seems to be a buzz in the air around paid employment for the people we support. BCACL (British Columbia Association for Community Living) has made employment a top priority and goal for the organization. Other agencies including our own are quickly following suit. I have been attending workshops on this topic and arranging staff development for some time now. We have been quite successful with many people gaining new paid positions over the past year. On that note I would like to congratulate Brian on successfully obtaining a second part time paid position at Panago pizza. Way to go Brian! Other exciting news is that we have had a new individual join our program; many of you have met William at the coffeehouse, please introduce yourself and make him feel welcome.





Gardening Tips from Ms. B's



By Brenda

My sister always says believe so I do "Believe" its spring now even though we have a few extra days of snow. You can think ahead and get things ready to garden. Start saving your banana peels and put them in a baggie and freeze them. Once you are able to start planting your tomato plants dig or make a hole the length of the banana peel cover with dirt and then plant your tomato plant as usual. You will get sweet fruit and taller plants so enjoy. Next gardening tips from Ms B's will be on lavender and the different kinds that are available. Talk to you soon from Ms B's garden.

Community Partner: Maplewood Farm

By Andrea

Donkeys and pot-bellied pigs are among the first animals our consumers see as they pass through the entrance at Maplewood Farm. Next they are greeted by the excited squawks of ducks and chickens, waiting expectantly to be fed. Further in, horses and goats welcome our consumers as they make their way towards the large red Storage Barn, where they spend hours of their time volunteering each week to mix and fill birdseed bags. This is an experience shared by several of our North Vancouver consumers who volunteer at Maplewood Farm.

Operated by the municipal District of North Vancouver, Maplewood



Farm plays an important role for CISS in North Vancouver. Not only do they provide volunteer jobs for our consumers, but they have allowed us to use their property to host fundraising events such as our White Elephant Sale in

2007 and our Hot Dog Stand in 2008. This year, Maplewood Farm will play an even bigger role for CISS North Vancouver, as they have agreed to host our Hot Dog Stand on a regular basis – this will mean ongoing paid employment for several of our consumers. We look forward to this exciting opportunity, and hope in the future you will stop in to try a hot dog and to meet the animals at Maplewood Farm!



Singing Fish

<http://www.singingfish.com>

Not many people have heard of it yet, but this is easily the best way to find streaming media.

Jokes and Trivia!

<http://kids.niehs.nih.gov/jokes.htm>

Collection of jokes, humorous observations, and trivia.

How to Plant a Tree

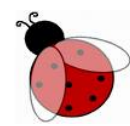
<http://www.wikihow.com/Plant-a-Tree>

If you want the tree you're planting to survive and thrive, here's what to do.

Educational Games for Children

<http://www.city.newport-beach.ca.us/nbpl/Children/games.htm>

A variety of online games especially created for pre-teens.





FUN ACTIVITY PAGE



BUDS

SPRING

RAIN

SUN



FLOWERS

DAFFODILS

DAISY

INSECT

BUTTERFLY

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

LADYBUG

KITE

WINDY

SEEDS



BIRDS

BEEES

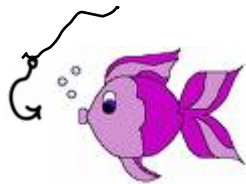
WARM

UMBRELLA

BUGS

Jokes to Tickle your Funny Bone

1. How do you communicate with a fish?



A: You drop him a line!

2. Why do geese make lousy drivers?

A: All they do is honk!

3. What did one fly say to the other fly?

A: You bug me!

4. What's the difference between a hacker and a beaver?



A: One logs on, the other is on logs!

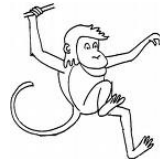


5. What kind of music do rabbits like?

A: Hip-hop.

6. What kind of music do whales like?

A: Blues



7. What kind of music do monkeys like?

A: Swing

8. Why did the elves make all right shoes?

A: Because they didn't want to make all wrong shoes.

9. What do you get from confused chickens?

A: Scrambled eggs



10. Why did the chicken cross the road?

A: To get away from Colonel Sanders!

Some are from 991/2 Animal Jokes, Riddles, and Nonsense by Holly Kowitt



Chemical Photosensitivity Another Reason to Be Careful in the Sun



By Lee
Health and Safety Committee

Chemicals that produce a photoreaction (reaction with exposure to UV light) are called photoreactive agents or, more commonly, photosensitizers. The FDA (Food and Drug Association) has reported that photoreactive agents have been found in deodorants, antibacterial soaps, artificial sweeteners, nylon and wool fibers, naphthalene (mothballs), petroleum products, and in cadmium sulfide, a chemical injected into the skin during tattooing.

Widely used medications containing photoreactive agents include antihistamines, used in cold and allergy medicines; nonsteroidal anti-inflammatory drugs (NSAIDs), used to control pain and inflammation in arthritis; and antibiotics, including the tetracyclines and the sulfonamides, or "sulfa" drugs.

In photoallergic reactions, which generally occur due to medications applied to the skin, UV light may structurally change the drug, causing the skin to produce antibodies. The result is an allergic reaction. Symptoms can appear within 20 seconds after sun exposure, producing eczema-like skin conditions that can spread to nonexposed parts of the body.

Not everyone who uses medications containing photoreactive agents will have a photoreaction. In fact, a person who has a photoreaction after a single exposure to an agent may not react to the same agent after repeated exposures.

Before going out in the sun, it's a good idea to check with your doctor to see if any of the medications you're taking is likely to cause problems and decide how to best avoid such reactions.

Parent Article

By Wendy L

Well, I just returned from a full week conference through **PLAN Institute** and it was the Leadership Training course. And what a week it was! The week was packed with learning about Leadership, future security for our families, social networks, future planning, Tyze, Social Media, social entrepreneurship, communication and so much more. It made me think about our son's future, and the plans we need to make to ensure he will be okay after we are gone. I know, a touchy subject, but for us to be at peace and for our families not to have to take on that burden, we need to face those realities. Through PLAN Institute you can learn more about Wills and Estates, RDSP's, and social networks. Contact them at 604-439-9566 or go to their website at www.plan.ca. Just a reminder, if you haven't signed up for your Registered Disability Savings Plan and want more information, give us a call and we will send out an information package to you, or stop by your bank for information.

Enjoying Each Other's Company



Consumer Spotlight



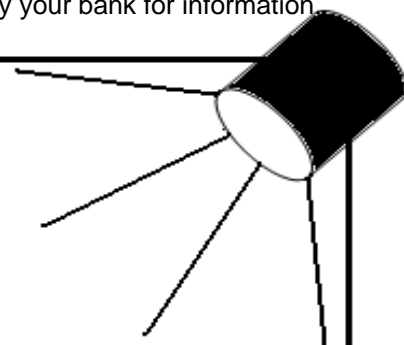
Name: Maria Silva

Years with CISS: 19 years

Volunteer Jobs: Grocery Delivery and Garbage Pick-up with Adopt Trail at Rocky Point Park.

Enjoyments: Walking at local parks; Music Therapy

Favourite Music: Beatles, Elvis, and a little country



SUGGESTION BOX

By Shari

Refreshments for Visitors: One suggestion came from a visitor – provide guests with refreshments when they are waiting. This suggestion I believe was made lightly from one of CISS's employees' son. He specifically asked for pop and chips while he waited for his parent to leave work. My suggestion is that your mom stops working and takes you out for a treat....she works too hard.

Fund Raising/Community Visibility: The suggestion is to look into participating in the Golden Spikes Day (in celebration of Canada Day) event in Port Moody specifically on the Friday when our own staff and consumers can man our own booth and sell arts/crafts, raffle tickets, etc. while at the same time telling people about what we hope to accomplish (getting our own building). I really like this suggestion and will forward it on to the Family Fun Fair committee to review. I do know that we have looked into this in the past and learned a few things: it costs money to participate, a portion of the proceeds must go to the Golden Spike Committee, and information/public service information booths are low or no cost. Participating in the event would certainly help us gain attention from this community and could help draw in people to our own Family Fun Fair which will take place this year on July 10th at Moody Elementary School. I know that there was some discussion that we walk around the event and hand out flyers for our own event – thank you for reminding us about Golden Spike Days. I will put your ideas forward to the committee.

CIR: A suggestion came relating to our current practice of how we complete Critical Incident Reports. The suggestion is that we provide staff with a document on the computer where they can type out the report and print it off to sign off and hand in to the manager - yes this is a great suggestion and I understand the challenges that you face with limited time, re-writes, etc. which take up a lot of effort and energy following an already challenging incident. One of the managers has recently obtained a better incident report from CLBC and we are in the process assuring that it can be typed on without changing their format. We will work on this request and will have it in place soon. Thank you for your suggestion.

Overtime: There was a statement placed on a suggestion slip that said the following – someone suggested we use our annual staff meeting overtime, H&S ex: bank those hours to use on a snow day/inclement weather. Yes, I have made this suggestion however it may not have been understood in the right context. This winter in particular was challenging (weather wise) and some staff have had great difficulty driving into work and may not have access to public transit and may not be able to afford to take unpaid time off; therefore, I suggested that it may be a good idea to keep earned overtime in a bank (as many already do) and over the course of the year access the overtime when those situations come up that you are off work on an unpaid leave like a bad weather day.

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

All Smiles at CISS



My Trip to the Virgin Islands

By Geoff

Last December I went on a trip to the Virgin Islands with my family. I went with my Mom, Dad, and Grandmother. We couldn't go right away because our flight was delayed due to the snow. We took a flight to Houston, then to Puerto Rico and stayed in a hotel for 9 hours. It was okay. Then we went to St. Thomas in the Virgin Islands. That's where the boat was. My sister Ashley was there already. The boat is a sailboat. There is a kitchen and sink in the boat, beds, and a toilet in each room. Our boat is named "Clava". We got to St. Thomas on Boxing Day. We got on the boat and opened the Christmas presents when we got there. It was so hot there, I was almost dying. We went shopping for food and went for sushi.

Next, we went to a place called Blue Ray, where there were small waves. We got a mooring buoy there. That's where you can park the boat. All the boats get one because you're not allowed to put an anchor down there. It's illegal to put an anchor down because it will wreck the coral. Ashley [my sister] said, "Can Geoff have a swim?" and I said, "Sure!" Ashley and I swam to the beach. I wore a lifejacket and the waves pushed me ashore. We saw a turtle. My Dad took me on his back for a walk on the beach. My Dad brought the dingy to shore and the police saw it and said that we couldn't park it there so we had to leave. We went for a long dingy ride and then had a shower outside on the boat. There's a hose that we use as a shower. I got a sunburn while on the boat. It's gone now. My Mom and Ashley went for a walk to

look for flamingos but didn't find any. Me and Dad stayed on the boat. Ashley saw a cat. We stayed overnight there. While there I took Ashley for a ride in the dingy. I drove some of the way.

Next day we went to another island. We went through customs. The beach there was too full so we stayed on the boat. We stayed there for New Years. We had champagne. We went to the beach later and parked the dingy. The police let us park the dingy there. We missed the New Year's countdown. After that we danced to disco music and had chicken. We stayed up late eating and partying on the beach. We then said bye and happy New Year and went back to the boat. I was very tired. We went through customs again and went to another island. Ashley went diving in the waves and saw a sunken ship.

We went to Melpot. We watched DVDs and went swimming. I swam from the beach to the boat. It started to rain so we waited for the rain to pass before swimming. We saw a dolphin. I thought it was a shark but it wasn't. Then we went to another island. We saw some fish at night there and watched the sunset slowly go down behind the hills.

At the end of our trip we took a plane back. We were delayed in Houston, and then got back to Vancouver. We got back late. We got our luggage from the carousel and went home and went to sleep.

That's it. I was so tired from the trip that I stayed home the next day instead of going to the day program. It was a good trip but I was glad to be home.

Next year I think I want to stay in Vancouver with Darren. We'll see what happens next year.



Helping Hands at CISS





It's Barbeque Time!



By Pam G

Now that the nasty winter months are behind us, it's time to start thinking, Barbeque! Some of you may brave the cold outdoors and barbeque year round, but to me once Spring arrives it means barbeque season has officially begun. Maybe you're a beginner or maybe you're already a master outdoor chef; either way it's fun to barbeque and get outside with your family and friends. Here are a few grilling tips to help you get started.

1. To achieve a moist, tender steak it's all about the cut. For the juiciest steak choose one that is at least a full one inch thick. Always allow your grill to heat up first, if you cannot hold your hand over the grates for more than 5 seconds it's ready.
2. Marinating meat will tenderize it and add flavor. Use about 1 to 2 cups of marinade for every 1.5 to 2 pounds of meat.
3. Always use tongs to turn your meat, chicken or fish so you do not puncture the flesh. When you puncture the flesh before, during or after grilling you will be allowing the natural juices to escape.
4. When grilling meat it is usually best to turn the meat only once. If you like your meat cooked to medium or greater, use the lid to assist you as it will decrease the cooking time by applying heat to all sides of the meat at once.
5. Once your meat is grilled never cut immediately. Let it rest a few minutes as the internal juices have been through some trauma and need some time to redistribute.
6. Keep your grates lubricated by pre-oiling them each time before you barbeque. Using your tongs dip a piece of folded paper towel into cooking oil and rub over the grates.
7. Flare ups are caused by fat dripping onto the grill. By trimming fat to 1/8th of an inch prior to grilling it will reduce the amount of grease. As a safeguard always have a spray bottle on hand and squirt the flames with a bit of water if they occur.
8. Tomato and sugar based barbeque sauces should be added only at the end of the grilling time as they are loaded with sugar and will burn the food if added too early.
9. Be prepared and have your utensils on hand and keep an extra bottle of propane nearby in case you run out. Be attentive to the food you put on the grill, once you've placed the meat or veggies on the grill as you are responsible for them. After all you don't want to be known as the charcoal king or queen!

These tips are from the following sites www.thefunplace.com and www.grillingcompanion.com

BRAVO

Date: March 10, 2009

To: Katrina

Department: IDS LW

From: Renee

Reason: Katrina is a team player. Consulted with staff on behalf of consumer regarding paid position. Worked together as a team to derive best situation for consumer. Made a difficult time better.

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. Membership forms are available for download: www.communityintegration.org.

BIPOLAR SPECTRUM DISORDER

By April

Bi-polar spectrum disorder also referred to as manic-depressive illness is a brain disorder presently affecting 5.7 million American adults over the age of 18 years. The illness may develop in childhood; due to a genetic inheritance, but is more commonly found in late adolescence or early adulthood and equally distributed between the sexes. The characteristics of the disorder cause changes in an individual's moods, energy level and behavior. The person experiences episodes of high and low mood swings; the high mood known as "mania" and the low mood known as "depression", with normal levels of mood in between. The varying degree and duration of the symptoms give relevance to the spectrum aspect of the disorder and its different classifications: Bipolar Type I, Bipolar Type II, and Cyclothymic Disorder. Individuals who experience many episodes within a day, week or year have what is called 'rapid-cycling' bipolar, a characteristic of the disorder that develops later in the illness course and is typically found in women. Thyroid malfunction is generally found with this disorder, as too little or too much thyroid hormone has adverse affects on a person's energy levels and mood changes. So it is not surprising to find individuals who have bi-polar disorder to be taking thyroid medication also.

The cause of this disorder is that of a genetic link found in the DNA or genes as the disorder tends to run in families. Research findings show that it is not one specific gene, but likely genes acting together as well as an individual's environmental and personal factors to be contributors. Like heart disease or diabetes, bipolar is a long term illness that if managed successfully, can lead to a healthy and productive life.

Successful treatment consists of a combination of medication, psychosocial treatment and education of the illness to allow the individual overall understanding of their condition. Medications known as "mood stabilizers" are used to treat bipolar; the most common being lithium, sometimes alone or in combination with anticonvulsants, antipsychotics or antidepressants for their stabilizing properties. SSRI's known as Selective Serotonin Reuptake Inhibitors are also given with the mood stabilizers as to keep consistent the amount of serotonin; responsible for the mood, sleep and appetite patterns, in the body. The psychosocial treatments given are psychotherapy or "talk therapy", cognitive behavioral therapy which discusses thought patterns verses behaviors, interpersonal and social rhythm therapy which improve relationships and establishes routines and family therapy which is essential to help improve and reduce the stress that is felt when dealing with any disorder.

References:

Mental Health Nursing, Bauer/Hill

National Institute of Mental Health, Publication Feb/09.

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

At CISS we contribute to our communities through volunteering in many different ways. For the months of January, February, and March 2009 we donated 1139 hours to the following:

Maplewood Farms, North Shore Bowl, Pemberton Office Complex, Share Society, Calvary Church, Bottle Recycling, Lady of Fatima Church, Church cleaning, Neighbour



Link/Share, Coquitlam Animal Shelter, Archbishop Carney School, Coquitlam Animal Shelter, Costco shopping, Eagle Ridge Church, Friendship Baptist Church, Java With Friends Coffee House, Kyle Kitchen

Senior Lunch Program, Fatima Church, Lions Care Centre, Central Elementary School.



Enjoying Pottery Class



Lunar Phases and Planetary Influences...

By Savannah

Ancient civilizations used planetary influences and the moon cycles as a compass; sort of speak, for navigating in their every day to day life. From planting crops to harvesting season, to the practice of healing in ancient Egypt, its influence has served as a tool to achieve greater results throughout centuries. Lunar and planetary influences are still used today as part of cultural ways of life. In India, for example, charting the transits (Vedic astrology), plays a role in marriages, business ventures, births, among other life occurrences as their influences is used as a road map to assist in moving thru the ups and downs that is bound to be encountered throughout life.



Even though in the west, our understanding or beliefs may be somewhat limited on the influences of the transits, never the less, we seem to carry similar views that behaviors fluctuate more during a full moon. Throughout my childhood, my mother used to cut our hair when the moon was at its peak as she believed that they would grow stronger and shinier. I remember lining up with my two sisters, once a month for my mother to cut only an inch, and yet, the next month, my hair seemed to have grown two inches...

When the moon reaches its full cycle, it may feel like the pendulum swings from one extreme to the other, at times it may even feel that the balloon is about to burst. Other

times, even though the moon reaches its peak, it seems to go unnoticed in our surroundings. Well to make a long story short, the variation of its effects depends on which astrological sign it is visiting in that month as well as the degrees of transit.



We're more likely to feel its influences when the moon reaches its peak (full moon), and beginning of new cycle (new moon). The new moon occurs about 14 days after the full moon took place. The moon also has a period where it travels in a sign for about 2 ½ days which is when the moon is void of course. During this period, it is not making planetary connections and life may feel unsteady and/or chaotic. It is also not suggested to undertake new endeavors as the results may not be congruent with the expectations that were set forth.

A good way to track the moon's cycle and its influences is to write in a journal or note book how one feels and/or the experiences that took place during a particular cycle, starting about a week prior to reaching its peak. For example, I use my wall calendar to write in point form the ups and downs that take place during the cycle. It also assists me in foreseeing the potentials for the following month...and eventually assists in recognizing a pattern that could present itself in any area of my life.

Moon cycles for the next 5 months:

- Full Moon: April 9, May 8th, June 7th, July 7th, August 5th
- New Moon: April 24th, May 24th, June 22nd, July 21st, August 20th.



Happy Charting...

We need your support

Please support CISS by donating to our 2009 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, and Wendy

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604 444 4452



If you would like to submit an article, picture, or creative work e-mail your submission to:
wendy.langridge@communityintegration.org

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IDS - Leisure Services
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