



Celebrating **20** *Years*

Join us at our 20th Anniversary Celebration Event

When: Saturday June 26, 2010

Where: Place Maillardville located at 1200 Cartier St., Coquitlam (Home of our Coffee House)

Time: 11:00 – 3:00 p.m.

Event: Annual General Meeting (AGM)
11:00 a.m. – Noon

Celebration: BBQ, Social, Open Microphone
Noon – 3:00 p.m.

Our celebration is a reunion event inviting all of our past and present board members, employees, consumers, and volunteers. BBQ food, salads, cake and non-alcoholic drinks will be served and a 20th Anniversary Gift will be given to everyone who attends. Participate in raffle basket draws, 50/50 draws and fun activities with your old friends and your family. Please bring old photos from your time at CISS to add to our memory book.

Looking forward to seeing you, please RSVP your attendance to Pam Galt at 604-461-2131 or email your confirmation to pam.galt@communityintegration.org.

FROM THE EXECUTIVE DIRECTOR'S DESK

by Shari Mahar

On July 3rd 1990 Community Integration Services Society opened its door to our first day program, Inlet Enterprises. Our founding member Chris Curr, was a solid supporter of community integration and had all the right skills and knowledge to launch a not for profit society. Chris worked at Woodlands Institution as the Vocational Director and had a very good relationship with the clients who became our Inlet Enterprises program participants.

In 1999, when Chris was interviewed for our newsletter he told the interviewer "It was difficult trying to find a site that included both a business district and a residential neighbourhood, while also having enough space for the various activities in which the clients would participate. So, the first home of CISS was temporarily in a church basement in Maillardville. From there Chris and the manager stopped in to a local restaurant for lunch (Johnny's Restaurant) when they noticed a "For Lease" sign in the window of the building across the street. This was the first permanent home for Inlet Enterprises and the Administration and soon became home to our North Vancouver Supervisor (1993) and home to our first Individualized Day Services (IDS) program (1996).

Inlet Enterprises initially supported sixteen individuals who lived in staffed residential group homes. There were four homes from across the lower mainland (Surrey, Burnaby, Port Moody and Port Coquitlam). Although the individuals lived in different residential communities they grew up together at Woodlands and had very strong friendships which they were able to continue through their day program. For those of you who were around in those days know, not everyone got along well all the time but did get along like siblings, battling over some of the smaller things in life from time to time.

At Inlet our motto for many years was *Change Is Good*. We knew that change was needed to keep up with the ever changing needs of the individuals in the program as they adapted to living in the community. So many opportunities were at our finger tips and the ambition of the team and the high interest of the clients made it an easy path. Our first client to find gainful employment worked across the street at Johnny's Restaurant. The owner, Jeanie, was a fair employer, paying a good wage, Christmas vacation pay, and had a very positive relationship with our Perogy Master Dennis. It only feels like yesterday

In our 20th Anniversary year we will share stories and pictures from the past throughout all of our newsletters. Each team will host a special event commemorating the years gone by and we will have a grand event at our 20th Reunion Party as mentioned on the cover. It feels very satisfying to see all of our growth over the years and I look forward to all of our new adventures in the future.



Health & Safety

By Brenda

Vancouver had its' mildest winter in a very long time, which meant no snow for the lower mainland, not that it was missed, due to the very long winter we had in 2009. Being stuck inside for a long period of time is not a good or healthy thing. There are people that find when it's dark and rainy out for long periods of time, very depressing. So when it's not rainy or dark out, and the bright sun comes out, it's refreshing for everyone. You see more people walking their dogs, jogging, walking, biking and gardening. Eating healthier and exercising is what we should be doing. Ask your family members, friends and co-workers to be your support system for eating healthier and exercising each day. Eating your fruits, veggies, fibre, dairy, protein, and a 20-minute workout every day will help you feel alive! Be encouraging and supportive to yourself (always) and the people around you and don't forget to smile!



What's New at CISS?



At Inlet

By Mary Joy

Spring is in the air and allergy season is upon us, I'm hoping it will end sooner too. CISS will be celebrating our twentieth anniversary this year. Some of us have been here for many of those years. I started with Inlet as a Life Skills Worker, back when our paperwork was completed without computers. Actually I remember our first computer, it was a Macintosh, 12" screen I believe it was black and white too! Everyone was so excited at the modern technology. Thanks to CISS, I learned how to operate both a PC and a Mac. We recently retired a long-term consumer, Lorraine Nelson who will be 60 years young on March 24th. We wish her the best in her future endeavors and will be keeping in touch. We are sure to see her at our twentieth anniversary party. Brenda's green thumb may have something to do with it. We have seen many staff walk through CISS and are proud to see individuals move on to a variety of fields such as nursing, RCMP, corrections and the school system. Knowing we had a part in training them in this field will make the world a better place.

We are proud of our four working individuals, Derek, Shelley, Corene and Elisa and thank you to all our volunteers who keep the community happy, Ed, Russell, Paul, Shelley and Maria. Keep up the good work. Inlet was fortunate to have a fourth year nursing practicum student for several months, Lisa Brooking and she worked closely with support staff and focused on one individual from Inlet. Lisa worked on developing effective teaching strategies and presented them to the team near the end of her practicum. She was also successful in obtaining a nursing position in Abbotsford, which begins near the end of April, best of luck in your future endeavors.



At Port Moody IDS

By Lee

It is hard to believe that this year is CISS' 20th anniversary! It does not seem all that long ago that I started in my casual position at CISS however it is now going on 8 years! Much has changed over the years particularly on this team with our huge shift to employment and never give up attitude. Kyle Kitchen will be celebrating CISS's 20th anniversary on June 1st. We plan to create a wonderful lunch and thank the seniors for all of their support over the years. I would like to mention some of the staff and consumers that have come and gone and invite them to attend our celebration on June 26th. The list starts with Laura, Laurel, Sarb, Christina, Kelly and Amalia to name a few. I also remember some consumers that I have personally supported and created relationships with; Jennifer, Nishi, Trevor and Todd. I have enjoyed every moment of being part of the growth this agency has seen and look forward to the next 20 years and what we are going to accomplish!

At North Vancouver

By Aly

The air was abuzz recently with Olympic fever. It was finally here and amidst worries of predicted traffic waits there was electricity in the air that gripped the whole city of Vancouver. Gold medals are deserved all around to the staff of North Shore, who made an Olympic sized effort in coordinating and organizing multiple trips downtown and to Richmond to take in the craziness of the Winter Olympics. Also, we welcome Darren Cathcart as a new addition to the North shore CISS family so let's all give him a warm CISS welcome! A big "congratulations" is in order for Scott, a North Vancouver consumer who has been welcomed into the Boston Pizza work force. As a testament to how well Scott fits into the work environment, when he received his first paycheck he responded with two simple words: "that's it?!" I'm sure we can all relate to that sentiment.

At Port Moody IDS

By Wendy

Well it is confirmed! The Olympics were a hit! Many of the people we support took in some of the events with their families, or were able to see some of the smaller venues outside of Vancouver during the day with the staff. Coffee House even had a "Celebrate the Olympics" to be a part of the whole atmosphere. Coffee House has had a few other events such as celebrating St Patricks Day, (lots of people wore green), Valentine's Day and also the most recent is "Hockey Play Off celebration". All in good fun! Just a reminder, our team is responsible for selling the CISS Cookbooks as a fundraiser. Great gift idea for families and friends. ONLY \$12.95! Remember this book was put together by staff, family and friends and there are plenty of "tried and true" recipes. Call the office at 604-461-2131 if you wish to purchase this great gift.



Gardening Tips from Ms. B's



By Brenda

So spring and summer is just around the corner, Yay! I have to say, it has been the nicest winter I have ever seen as a gardener. The last couple of weeks have been really warm. Yes gardeners, that's right, it's so easy to get caught up on the nice warm weather, but don't be fooled by Mother Nature. Even your local gardening stores will say the same thing. I was at my favourite gardening store the other day and there were signs "Keep from the cold", the bulbs that you had in for years or even last year's should have already started to come up. The cherry trees are showing off their blooms, and it's so nice to see that spring arrived on March 20th, a Saturday this year. So start turning your soil, make a list of the things you want or need this year. I recently read a gardening magazine the other day and there are over 300 new plants and flowers out this year. So enjoy fellow gardeners. From Ms B's gardening corner, enjoy and get ready to plant.

Parent Article

By Wendy

20 years ago, our son Brent was in the first "Neighborhood School" in the province. To get him into the school had many challenges. We met with the school board often, formed a parent group, invited speakers, researched, talked to other parents across the province and had help from provincial organizations such as BC Association for Community Living and Family Support Institute. We started this when Brent was 4 years old, and he finally got into his school when he was 6...2 years of talking and meetings, and trying to get people to understand that he has a right to be a part of his community.

Now in 2010, we begin again. Our children have now grown up, and they have a right to work for equal pay. It's time to talk again. Our community needs to hear and know the value of everyone belonging.

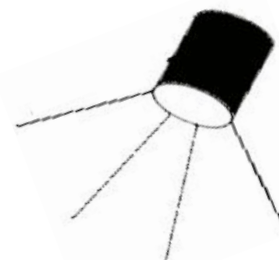
Staff Spotlight: Pam

By Wendy

Pam Galt is the friendly voice and usually the first person you hear on the phone when you call Community Integration Services Society. She is the Office Administrator and she has been with CISS for 15 years.

I sat and had a great chat with her over a cup of coffee and this is some of her responses for this article. Pam was born in Burnaby BC, and lived in a wonderful neighborhood, where all the kids hung out and the parents kept an eye out on everyone. She believes she raised her kids with the same good neighborhood values, and she is proud of who they have become. Her kids have worked hard at making a good life for themselves. In her spare time Pam likes to cook, host dinner parties, go to the movies with friends and family and really enjoys home decorating. One of her favorite movies that she has seen in the past few years was Blood Diamond. She says if she wins big on the lottery she would want to get some professional advice first on how to manage it. Then she would help out her kids, take her friends on a trip and donate some as well.

Her plans for the next 10 or so years? Maybe travel a bit more, work part time, and looks forward to having grandchildren and spending lots of time with family and friends!





Fun Activity Page

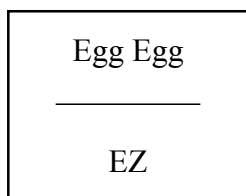


From: The Big Book of Mind-Bending Puzzles by Terry Stickles

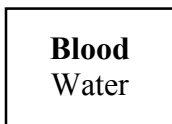
Frame Game

Find the hidden phrases or title in the frame:

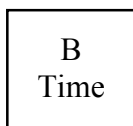
1.



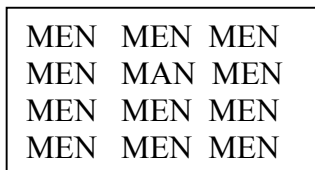
2.



3.



4.



Word Puzzles

1. Six hours ago, it was two hours later than three hours before midnight. What time is it?

Answer: 5:00 am



2. Judy and Mary are Susan's sister's mother-in-law's son's daughters. What relation is Susan to Judy and Mary?

Answer: She is their aunt.

3. Samm y Johnson has two sisters, but the Johnson girls have no brother. How can this be?

Answer: Sammy must be a girl.



4. An eagle, an elephant, and a walleye have two each. A tiger, a moose, a bear, a turtle and a snake have one each. Neither a human nor a gorilla has any. What are we talking about?

Answer: The letter 'e'.

Unscramble the Letters!

1. ELCBTRAEE

2. NINAVRSAEYR

3. ETNWYT/ERAYS

4. OOHRYA

5. NIRCEBLDEI

6. DOWNEFLUR

7. LEMISNETO

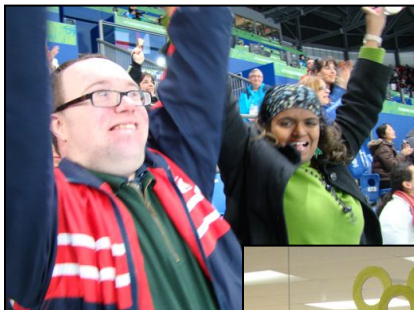
8. MUMCINOYT/TENRGIANOTI

9. ATRPY/MIET

10. NOCGTALIRUAONST

HINT: There is a special theme with the words this time!

GO CANADA GO!



DAN'S MOVIE REVIEW

Dances With Wolves is one of his favorite movies and he is a proud owner of one of it, so he can watch it any time! 20 years ago the movie Dances With Wolves was directed by Kevin Costner and it won many awards including one for Best Picture at the Oscars.

The main character, played also by Kevin Costner is a Civil War hero. He requested to be sent to a remote outpost in Dakota, where he is accepted into the local Sioux tribe. The Sioux give him the name, Dances With Wolves. As he gets to know the Sioux he understands and appreciates them. Eventually, Dances With Wolves calls the Sioux who adopted him, "his people".



CONSUMER SPOTLIGHT

MAGGIE

By Wendy V

Maggie has been with CISS (Inlet) for 20 years September 1990. Maggie is a very social person; she is caring, loving, and very friendly. Maggie is a big part of her community she has banked, shopped and ate in the same area for twenty years.

When she is in the community people will walk by and say "Hi Maggie" or if she leaves her home the neighbours will stop and have a chat to see how her day is going. Some of Maggie's favourite things to do are shop; eat in pubs, baking and music therapy. I think, if Maggie could, she would shop every day because she loves new things.

She loves to go to the pub to see her friends who work or regularly attend, and eat all the great food. Her favourite is fish & chips, tuna casserole, and hot dogs. Maggie likes to go to Music therapy at the day program, she will listen to the music and at times she will even play an instrument. Maggie also enjoys the CISS coffee house, which she attends faithfully every Thursdays. Here she socializes with other staff and her some of her peers, has her lunch and the occasional dance if she feels inclined to do so. Maggie has come a long way in the twenty years she has been with CISS; we hope to see many more years ahead.



SUGGESTION BOX

By Shari

CISS Annual Christmas Banquet: In December 2009 there was a suggestion made through our suggestion box recommending that CISS change our Annual Christmas Banquet location from the Executive Inn to a different location/venue. We did this through our general satisfaction survey to our Stakeholders and a special consumer survey. The results are in and the majority voted that we keep the Christmas Part at the Executive Inn.

The summarized results were published in the Annual Satisfaction Survey 2009 and are as follows:

Undecided: 2 responses (2 consumers)

Yes stay at the same location: 42 responses (11 employees, 6 family, 1 volunteer and 24 consumers)

No do not stay at the same location: 8 responses (3 employees, 5 consumers)

The decision will be based on the majority which believes that the CISS Christmas Celebration will remain at its current venue the Executive Inn.

Driving: The suggestion is *in relationship to the one way alley lane behind the building (3003 St. Johns Street) – although this was a suggestion in the past and a sign has been posted by the building manager indicating one way, vehicles continue to drive down the alley the wrong way. The writer of the suggestion is concerned about the safety of staff going to the back lane to pick up the van.*

This is a serious safety concern and for the safety of our staff using the company van however I am not sure how we can police this situation. Because we will be vacating this location at the end of September I will make arrangements with Mary Joy that the Inlet van be parked in a different more safe location and recommend that we not use the two designated parking spots at the end of the alley. Thank you

Smoking Area: The suggestion is *If the building Manager could put up a sign out in the front of the building (3003 St. Johns Street) “No Smoking” during hours 9 – 4 p.m.*



In the province of British Columbia there is a 3 metre buffer zone that applies to all public places and work places, such as your shopping mall, library, and office buildings. The area around all doorways, windows that open, and all air intakes cannot be used as an area to smoke. This protects against smoke entering the building, and protects people as they enter or exit the building. I believe that the ashtray located outside of the building is within the guidelines however if smokers stand closer to the door they should be asked to move away. There is no system in place for the landlord to police this so I will once again ask that individuals take it upon themselves to ask our neighbors to move closer to the ashtray. It is not within the authority of our building manager or CISS to not allow smoking in the designated area during our hours of operation. Sorry that I cannot be of further assistance in this situation. Thank you.

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

NOONAN SYNDROME

By Andrea

Noonan Syndrome, named after Dr. Jacqueline Noonan, is a condition that is believed to affect between 1 in 1000 - 2500 people. It affects both females and males equally, and it is a congenital disorder, which means that it is evident at birth. Formerly called "Turner-like syndrome," the disorder is similar to Turner syndrome due to webbing of the neck and an abnormally shaped chest.

There are a range of other symptoms and features that characterize the condition, including distinctive facial appearance such as wide set eyes, upper eyelid dropping, short nose, and a small jaw. Spine curvature and sternum abnormalities are commonly present as well. Many infants are born with heart defects, mild developmental disabilities, and blood and lymph vessel malformations. Fortunately, there are a variety of treatments available, and while mental and behavioural issues can occur, there are many promising strategies to aid with these often mild symptoms.

ANSWERS FROM FUN PAGE

Frame Game:

1. 2 eggs over easy
2. Blood is thicker than water
3. Be on time
4. A man among men

Unscramble:

- | | |
|-----------------|---------------------|
| 1. Celebrate | 6. Wonderful |
| 2. Anniversary | 7. Milestone |
| 3. Twenty Years | 8. Community |
| 4. Hooray | Integration |
| 5. Incredible | 9. Party Time |
| | 10. Congratulations |



By Wendy

1991 - The World Wide Web is born!

1996 - Nearly 10 million hosts online. The Internet covers the globe

1997 - 2000+ - Some people telecommute over the Internet, allowing them to choose where to live based on quality of life, not proximity to work.

Many cities view the Internet as a solution to their clogged highways and fouled air.

Schools use the Internet as a vast electronic library, with untold possibilities.

Doctors use the Internet to consult with colleagues half a world away. On March 13th, 2009 the World Wide Web turned 20 years old.

As a new generation grows up, as accustomed to communicating through a keyboard as in person, life on the Internet will become an increasingly important part of life on Earth.



The Age of the Internet has arrived.

Information from [falasha-recordings](http://falasha-recordings.com) website

Overall, I'm sure most would agree that the internet standards have been raised over the last decade or more, it will be exciting to see what the next ten years hold...

Here are a couple great websites that I found recently! Enjoy!
<http://www.librophile.com/>

Librophile.com (beta) provides a simple interface for finding both the free audio books at Librivox.org and the pay books at Audible.com.
<http://blachan.com/shahi/>

Do you have times where you do not understand the explanation on the dictionary, as you are unable to picture the description? Picture dictionary is the way to go.

Quality of Life Project

By Shari

CISS is always striving to improve our systems capacity to improve our performance and accountability to the people served. We strive to achieve overall satisfaction through our planning, goal setting, asking for feedback and in how we provide daily support to our consumers.

CLBC's Innovation Committee is sponsoring a unique project in which self-advocates will be trained to interview individuals about their Quality of Life. The interview responses will then be analyzed according to the Quality of Life framework created by Dr. Robert Shalock. The Quality of Life Project facilitated by Dr. Susan Powell has invited service providers to be part of the project. Through the application process CISS was chosen as one of the seven partner service providers. This is an exciting opportunity for CISS to learn how the people we serve measure their quality of life while at the same time giving some individuals the opportunity to learn new skills and become employed during the life of the project.

In May Dr. Shalock will be visiting British Columbia to share more information to the partner agencies. On that day Lee, a board member Peter Dawe and myself will attend the morning session, in the afternoon we will invite consumers from the Tri City programs (this is a regional project) who may be interested in the project/employment and who have the skills required (will send out a notice letting you know what those skills are) and in the evening the management team, board members and some family members/key staff will be invited to attend.

There is so much information to share but this will have to be done through staff meetings, general staff meetings, notices and discussions. In the meanwhile to learn more about the Quality of Life project please visit www.pdd.org/edmonton website and read about their experience with the Quality of Life project (see left hand side of page to find link).

If you have any questions about the project please drop in or give me a call.

Community Integration Services Society Consumer Survey Summary

Date Range: January 1, 2010 – March 31 2010
Number of Surveys Completed: Seven individuals

Question	Yes	No		
Did you get help to fill out the survey?	5	2		
Who helped you fill out your survey?	Family or Care Giver	PM	LSW	Other
	4	0	1	0
		Awesome	Okay/ Good	Terrible
The social committee plans parties that I like		5	2	
List ideas of events you want: bike rides, birthdays: invite a few friends over, summer activities at the beach, camping, boat ride, lunch date at your group home (completed by support staff), farm trip, more dances				
I like the programs that I do at my day program		5	1	1
I get to set my own individual goals at my ISP meeting		5	2	
I get to try new things at my day program if I want		5	2	
I like the way my staff help me at the day program		4	2	1
My program manager listens to my complaints		6	1	
What do you like the best about CISS	Bike rides, that they plan different events for me, bowling, Coffee House, Tim Horton's, friends and staff, I like the best about CISS is they give me independence and self-esteem, like the people, like the programs, ABBA, a specific staff named (North Van program), coffee, friends and staff, hanging out with peers, staff socializing and coffee			
What do you not like the best about CISS	I am ok with everything, no response, nothing, no response, transitions (the individual's transitions), walking too far to certain destinations, getting up in the morning			
Do you have any suggestions or ideas	Please help me find a paying job – I like to work in a music store or garage or an animal shelter, movies?, going for movies, summer times go to the beach for picnics, good support for the individual (name included in survey), make money and go to an ABBA concert, movie day with popcorn, having my opinion respected			

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.



BRAVOS

To: Brenda
From: Raisma
Reason: for supporting a coworker before her shift started, when she found out they were in an accident.

To: Brenda
From: Rosella
Reason: for having a replacement mail key made for Inlet on her own time.

To: Brenda
From: Raishma
Reason: for going out of her way to reassuring a new staff he/she is part of the team.

To: Cynthia
From: Brenda
Reason: for starting a walking program for her teammates after work.

To: Ramon
From: Lorna
Reason: for assisting another staff when they were busy with other tasks and cleaning up a room that needed some extra attention.

To: Rob
From: Wendy
Reason: for attending an Open House on his own time and being very positive about the event.

To: Christina
From: Bobbie
Reason: for always being the first person to offer help for decorations, etc for any event.

To: Linda
From: Wendy
Reason: for attending an event outside of work hours and making sure it was enjoyable for a person she supports.

To: Rob
From: Christina
Reason: for being supportive and showing flexibility in order to help a staff member in a difficult situation.

To: Ramon
From: Linda
Reason: for assisting his co-worker with an issue from another organization.

To: Wendy L.
From: Linda
Reason: for working on discussion and finding an issue on daily logs.

To: Linda
From: Pam P.
Reason: for taking the time to get the HELP/OK signs from ICBC for the H & S Committee.

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 2010 we donated 906.75 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.



Celebrating the Olympics 2010



Then and Now

By Pam

Community Integration Services Society is celebrating their 20th anniversary in July. To commemorate the occasion we thought it would be interesting to take a walk down memory lane and recall the many changes that have taken place over the last 2 decades. Some might say that things were better back then however others feel that the advances made have made life a lot easier – you make your own decision.

Then	Now
<ul style="list-style-type: none"> Cell phones were large and clunky and not everyone owned one. People carried out their business and personal transactions (sales, shopping, banking, travel, education, etc, either in person, by fax or over the telephone. Children spent more time outdoors playing and as a result were more physically fit. Physical Education was also practiced at schools. More time was spent on meal planning preparation and eating together. More meals were made from scratch although the microwave was found in many homes. Prepackaged and Fast Food Restaurants were usually for special occasions, not for everyday. Television 20 years ago was geared more toward family audiences. There were considerably less shows that contained subjects that are offensive or inappropriate for some viewer. Recycling was on the upsweep as we talked about how to reuse, reduce and recycle our garbage and household items. Cars years ago were larger which used more fuel and were less environmentally friendly. 	<ul style="list-style-type: none"> Most people now own a cell phone (including children) and can't imagine their life without one. Many people now conduct their business and personal transactions using the computer and using the Internet. The obesity rate in children has risen (along with associated diseases) as the computer has now become a household item. Children are not the only ones who have become more sedentary as video/computer games have become popular. This the first generation where experts believe that children of today will die sooner than their parent's generation. Fast food and prepackaged food has become a household staple for many busy families. Many families have both parents that work (or are single parents) so convenience is important. Many television shows today deal with real issues such as addiction, sex, violence, gangs murder etc. Reality TV has become a huge part of what we watch on T.V. today. Today the protection of the environment in all capacities is on everyone's mind. We are concerned about the long term effects of pollution, garbage and how we can all leave less of a carbon footprint. The vehicles of today are less large and are being manufactured with more efficient engines that produce less emission to pollute the air. Many manufacturers are building hybrid cars that run on both electricity and gas.

We need your support

Please support CISS by donating to our 2010 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 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

Community Integration Services Society

200 - 3003 St. Johns Street
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