

April Issue

Inside this issue:

Spring Cleaning & Organizational Tips

Spring Activities & Earth Day

National Grilled Cheese Day & Easter Craft

Provincial & Local Resources

Colouring Contest



M'AKOLA
HOUSING SOCIETY

Tenant Newsletter

With warmer weather on the horizon this April issue of the newsletter is full of fun and creative ways to get back outside to interact with nature and to get Summer ready with Spring cleaning tips and tricks. Winter can leave some wear and tear on units, below we have provided information on how to report any damages to your regional office to keep your unit in great shape!

Spring Cleaning Tips

After a long Winter, Spring has finally sprung! But before you open the windows to let in that fresh Spring air, you must clean them first. Yes, we're talking about Spring cleaning!

- **Work Room by Room** – for example clean all the windows in one room and then go to the next room
- **Break Big Tasks into Small Chunks**
- **Don't Start Projects You Don't have Time to Complete** – if you only have 5 Minutes, pick a 5 min task – unfinished cleaning tasks can become overwhelming
- **Focus on Practical Organizing** – the item you are organizing should be just as easy to put back as it is to leave out
- **Declutter & Minimize Household Inventory** – for example: expired items like food, makeup, toiletries, stained or ripped clothing, worn out shoes, toys missing pieces, and paper clutter
- **Wash Shower Curtains and Bathmats**
- **Vacuum Furniture**
- **Clean Grout**
- **Deep Clean the Refrigerator and Freezer** – Pull everything out of your fridge/freezer and throw out/compost all expired items, then wipe down the inside



Organizational Tips



- Utilize the Back of Closet Doors -Over-the-door shoe organizers are practical storage solutions for more than just shoes.
- Reuse Tin Cans for Pencils, Pens, and Crafts
- Hang Spray Bottles with Tension Rod: Make your cleaners easy to grab by installing a small tension rod under your kitchen or bathroom cabinet.
- Store Sheets inside Pillowcases: If you struggle to keep your sheet sets together and organized, you'll love this clever idea. After folding your sheets, place the set inside the pillowcase. When you need a new set of sheets, the bundle will be easy to grab.
- Use Laundry Baskets for Toys & Gear: If you have an extra laundry basket or two, give them a new purpose. These are great for storing children's stuffed animals, sports equipment, and more.

M'akola Contacts

You can call or email the Housing Services Team at: 1-877-590-0204

- For Applications press 1
- applications@makola.bc.ca
- For Repairs press 2
- For Rent Review press 3
- rentreview@makola.bc.ca
- For Rent Collections press 4
- rentcollections@makola.bc.ca

For all other housing inquiries, questions, or concerns, please email: INFO@makola.bc.ca

Victoria Regional Office
250-384-1423

Cowichan Regional Office
250-746-1785

Nanaimo Regional Office
250-756-4217

Port Alberni Regional Office
250-732-9855

Comox Valley Regional Office
250-923.4145

Prince Rupert Regional Office
250-627-7501

Terrace Regional Office
250-638-8339

Please note M'akola offices will be closed the following dates:

Good Friday	April 7th
Easter Monday	April 10th
Victoria Day	May 22nd



Ultimate Guide for the BEST Spring Activities

Here is a list of fun activities to tryout as the days become nicer!



- * Go on a walk
- * Plant flowers
- * Jump rope
- * Go hiking
- * Go to a farmers market
- * Fly a kite
- * Play at a playground
- * Go on a picnic
- * Go stargazing
- * Take a nature walk
- * Watch a new movie
- * Take pictures of nature
- * Cook something with fresh veggies
- * Make a bird feeder
- * Visit downtown
- * Go on a bike ride
- * Do a random act of kindness
- * Make a smoothie bowl
- * Blow bubbles
- * Feed ducks
- * Enjoy a sunny day
- * Read outside
- * Do an art project
- * Play hide and seek
- * Play a board game
- * Look for daffodils
- * Play a sport
- * Pick up litter
- * Hunt for books
- * Play tag
- * Start a planter garden
- * Draw flowers
- * Climb a tree
- * Start a journal
- * Volunteer
- * Visit someplace new



Happy Earth Day!

Earth Day

Earth Day is coming up on April 22! Start thinking about different ways to honour and celebrate our planet.

1. Support Our Pollinators! - Bring native bees and other pollinating creatures to your garden
2. Clean Up Plastic in Your Neighborhood or Local Park - One of the best ways to connect with the Earth is through cleanups. Go on a walk with a trash bag and help to clean up any plastic that you find
3. Swap Out Your Kitchen and Household Products! - Think 100% recycled aluminum foil, chemical-free parchment paper for baking, compostable bags made with potato starch, and even vegetable-based inks for their packaging
4. Use Wildflowers and Native Plants - Wildflowers and indigenous species are not only beautiful but also attract native and beneficial insects that improve both pest control and pollination—meaning bigger flowers and better harvests.
5. Stop Pesticides and Chemicals in the Garden
6. Get Kids Involved! - Pass down a love of nature and plants to kids
7. Think About Your Diet! - About one-third of the food that we produce every year goes to waste annually! Usually, this happens after we buy the food.
8. Plant a Tree! - Did you know that planting one oak tree brings in more insect and bird species than an entire yard of plants? Talk to your local government about planting more trees and native garden beds in public spaces
9. Reduce, Reuse, Recycle in the Garden - Caring about yourself and nature means being less wasteful and saving money too.
10. Conserve water!

For more ways to celebrate Earth Day
check out earthday.org



National Grilled Cheese Sandwich Day

National Grilled Cheese Day is an unofficial holiday which celebrates one of the most popular comfort foods on the planet: the grilled cheese. On this holiday, which just so happens to fall on April 12th, people make themselves their favorite version of a grilled cheese sandwich. Which probably means this is one of the most delicious holidays on the calendar.

How to make grilled cheese:

1. Spread 1/2 tablespoon of butter on one side of each slice of bread.
2. Heat 1 tablespoon salted butter in a cast-iron or nonstick skillet over medium-low heat.
3. Stack cheese on one of the pieces of bread, cover with the other piece of buttered bread
4. Press the sandwich slightly and place it in the skillet. Cook until golden on the bottom, 3 to 5 minutes.
5. Flip, adding more butter to the pan if needed, and cook until the other side is golden and the cheese melts, 3 to 5 more minutes



A couple quick and easy variations:

Grilled Cheese Fingers: Make Classic Grilled Cheese. Cut off the crusts and cut the sandwich into strips.

Cheddar and Pickles: Make Diner Grilled Cheese, replacing the American cheese with aged white cheddar and adding sliced pickles between the cheese.

Bacon-Waffle-Cheddar Sandwich: 2 thawed toaster waffles with 1 slice cheddar, 2 slices crisp bacon and another slice of cheddar. Cook, flipping once, until golden. Serve with maple syrup.

DIY Recycled Easter Bunny Vases

What You Need:

- Mason Jar or Sauce Jar
- White Chalk Paint
- Black Acrylic Paint
- Pink Acrylic Paint
- Paint Brushes
- Twine (optional)



What To Do:

1. Remove the label off jar if using an old sauce container
2. Paint the Jar - The best way to paint a glass jar is with chalk paint. The chalk paint adheres well to glass and leaves less streaks. Only 1-2 coats are required.

Tip: Put your hand inside the jar and hold the jar up as you are painting. This allows 360 degree access while painting. Also just paint to the edge of the bottom. No need to paint the bottom of the jar.

3. Paint a Bunny Face - Using a smaller detailed brush about a quarter of the way down the jar paint two small black dots for eyes and a small pink rounded triangle for a nose. Off of the nose add whiskers and a small mouth.

Tip: Don't directly touch the whiskers and mouth to the nose and you can paint them all at once. To give your bunny some extra cuteness add two white dots to your eyes. It makes the bunny look adorable.





Provincial Resources



The following resources may be great supports for your household for health and wellness.

Rent Smart

This course is designed to teach important life skills to individuals, build tenancy knowledge, and help to increase confidence while providing tools to prepare for and maintain stable housing.

The Benefits: Empowers tenants to understand their rights and responsibilities, communicate effectively with landlords, neighbours and roommates, a budget to maintain their housing, and an understanding of how to look after their home.

info@rentsmarteducation.org

Toll free: 833-333-7171

HealthLinkBC: 8-1-1

8-1-1 is a free-of-charge provincial health information and advice phone line. By calling 8-1-1 you can be connected to a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family

Call toll-free: 8-1-1

healthlinkbc.ca

Crisis Support & Suicide Prevention

Anywhere in BC 1-800-SUICIDE: [1-800-784-2433](tel:1-800-784-2433)

Mental Health Support Line: [310-6789](tel:310-6789)

Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am)

Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)

TRAC: Tenant Resource & Advisory Centre

TRAC provides information and resources for BC tenants. We encourage all M'akola tenants to reach out to their regional office if they have questions or concerns regarding their tenancy, though TRAC has great information for all tenants to know the rights and responsibilities of tenants and landlords in BC.

tenants.bc.ca

Canadian Mental Health Association

The Canadian Mental Health Association provides mental health promotion and mental illness recovery-focused programs and services for people of all ages and their families.

cmha.bc.ca/programs-and-services

Cowichan Resources

The following resources are available in your area and may be able to support your family at this time!

Cowichan Family Life Association

28 – 127 Ingram S, Duncan

250-748-8281

cfla@cowichanfamilylife.org

Cowichan Family Life offers affordable counselling as well as workshops for Healing Anger and Personal Power & Self-Esteem.

cowichanfamilylife.org

Cowichan Green Community Society

360 Duncan St, Duncan

250-748-8506

info@cowichangreencommunity.org

Provides information on food resources in the community, runs kids summer camps, community gardens, Youth Drop In on Thursdays 3:30 - 5 pm for ages 14-25 to learn to garden and participate in workshops, and hosts free events. Their reFRESH store sells affordable frozen meals and local fresh food.

cowichangreencommunity.org

CWAVS: Cowichan Women Against Violence Society

246 Evans St, Duncan

250-748-7000

Transition House Support Line: 250-748-8544

cwav@cwav.org

Providing safe shelter and support for women and their children fleeing physical violence.

cwav.org

Cowichan Valley Youth Services Society

294 Coronation Ave, Duncan

250-748-0232

Provides counselling for youth and parents, art, LGBTQ2S+ groups, parenting groups, and a Youth Employment Mentorship Program (YEMP).

cvyouth.ca

Salvation Army

280 Trans Canada Hwy, Duncan

250-746-8669

Offers a variety of programs and services. Contact for more information.

cowichanvalleysa.ca

Family Caregivers Support

1843 Tzouhalem Rd, Duncan

250-597-0886

Free services for caregivers of adults including information, emotional support, assistance navigating health care, advocacy, and support groups.

familycaregiverssupport.org

Colouring Contest

In the box below please see the Spring themed colouring picture. Please send your completed artwork to INFO@makola.bc.ca. Feel free to colour in your own colourful Spring background. Households can submit one picture per child and be entered in a draw to win a \$25.00 Amazon Gift Card. Please submit your entries by May 1st.

