

June Issue

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M'AKOLA HOUSING SOCIETY

Tenant Newsletter

Summer is enroute with blue skies, sunshine, and longer days on the horizon this issue of the newsletter looks to inspire you to enjoy the outdoors, interact with neighbours and nature while being safe all at the same time. In this issue we also take time to acknowledge and celebrate National Indigenous People's Day!

Annual Unit Inspections

After pausing the annual unit inspections for a few years due to COVID-19 they are being conducted again this year. Please read the important information below for more on M'akola's Annual Unit Inspection process.

Why are Annual Inspections Done?

M'akola conducts unit inspections each year to make sure buildings are maintained. It is an important process to ensure M'akola continues to provide safe and healthy homes to all tenants.

Please note the purpose of inspections is **not** to assign blame, but for tenants and M'akola staff to work together so all homes meet health and safety requirements. This is also a time to connect with M'akola staff and discuss concerns or questions you may have about your unit.

Please remember, if you have any concerns regarding the physical condition of your unit you can call the toll-free repairs line at anytime:

1-877-590-0204 ext. 2

I've Already Had My Inspection. What Now?

If you have already completed your annual inspection continue to work with the M'akola team at your regional office to address any follow-up items. If all items have been resolved nothing further is needed.

When is My Unit Inspection?

You will receive a notice informing you of your annual inspection, if you haven't received it already. Please read the notice and supporting documents closely as it has important information. You can always reach out to your regional office to confirm when your inspection is scheduled.

Who do I Talk to About My Inspection?

Your regional office is the best place to reach out to if you have any questions before, during, or after your inspection. Each office number is listed on the left side of this page. You can always contact M'akola by sending an email to INFO@makola.bc.ca as well.

We would like to thank all M'akola tenants for your cooperation as we work through the Annual Unit Inspection process for the first time since COVID.

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
250-723-9855

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:

Canada Day	Jul. 3rd
B.C. Day	Aug. 7th
Labour Day	Sep. 4th

Rent Payment Refresher

Rent Payments

- All rent payments are due on the 1st of the month. It is M'akola's policy to send 10 Day Notices for Unpaid Rent to tenants with arrears.
- If you are registered for EFT rent payments are withdrawn directly from your account on the 1st business day of the month.
- If the 1st of the month falls on a weekend or Statutory holiday, then your Financial Institution will most likely process the withdrawal on the 1st or 2nd business day of the month. Although to ensure your payment goes through, please have the funds in your account on the 1st of the month.
- Using July 2023 as an example, the 1st of the month is a Saturday and the 3rd is a Statutory Holiday in lieu of Canada Day, which occurred on the weekend. Most tenants saw their rent come out of their accounts on the 4th of the month.

- Please note that if your Financial Institution is unable to process the withdrawal and returns the payment then you will incur a \$ 20.00 NSF Fee. This will also be the case if your Financial Institution returns a payment that was made in the form of a cheque.

Rent Payments from the Ministry

- If you receive assistance from the Ministry, please make sure they have your latest Rent Review Letter and/or Shelter Form to them so they pay the correct amount on your behalf. If they are not paying the correct amount, you could end up with arrears or be short on your assistance cheque.

JULY 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8

National Indigenous Peoples Day

June is National Indigenous History Month, and Monday, June 21, is especially recognized as National Indigenous Peoples Day. These celebrations should serve as a reminder that Indigenous history, people, and cultures should be recognized, celebrated, and acknowledged all year round. Language is one of the most tangible symbols of culture and group identity. It is not only a means of communication, but a link which connects people with their past and grounds their social, emotional and spiritual vitality. When these languages vanish, they take with them unique ways of looking at the world, explaining the unknown and making sense of life. Please refer to the list below to learn more about languages in your area and contacts to learn more about them!

Language Revitalization Resources in Your Region

Nanaimo

- Songs in Hul'q'umi'num – happyfriends.ca
- Vancouver Island University - library.viu.ca/fnlanguage

Port Alberni

- North Island College Lik^wala/Kwak'wala and Nuu-chah-nulth language courses - questions@nic.bc.ca
- Nuu-Chah-Nulth Tribal Council – nuuchahnulth.org
- Tseshaht First Nation - tseshaht.com/history-culture/language

Prince Rupert

- Gitxaala Nation – language@gitxaalanation.com

Terrace

- Haisla Nation - haisla.ca/community-2/culture

Language Resources

First Voices has information for over 75 languages and language apps. To learn more visit: firstvoices.com

First Peoples' Cultural Council has great resources and an interactive map of BC so you can learn more about the languages and communities in your area: fpcc.ca

Cowichan

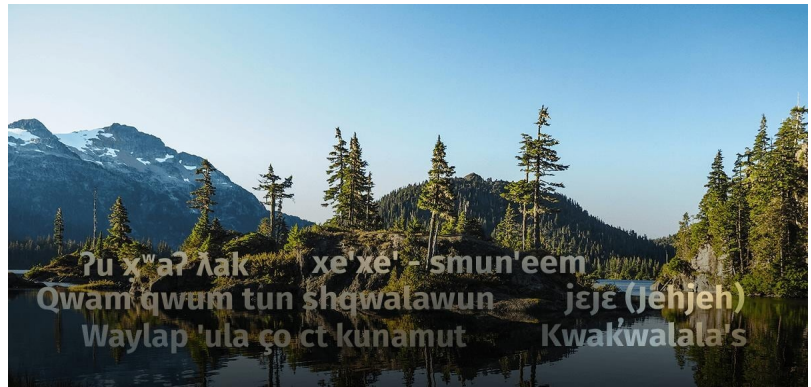
- Hul'q'umi'num Language Academy – sqwal.hwulmuwqun.ca
- Vancouver Island University - library.viu.ca/fnlanguage

Comox Valley & Campbell River

- North Island College Lik^wala/Kwak'wala and Nuu-chah-nulth language courses – questions@nic.bc.ca

Victoria

- Songhees Wellness Centre – info@sonheesnation.com
- Victoria Native Friendship Centre – language@vnfc.ca
- Michif Language Revitalization Circle – speakmichif.ca



Judy Bourne Memorial Scholarship

This scholarship is in memory of Judy Bourne, an inspirational woman of Cree Ancestry. From 1984-1989, she was the Executive Director of M'akola Housing Society, a society responsible for developing urban Indigenous housing on Vancouver Island. Under her guidance, the society became a model for housing projects across Canada. During her tenure she was chosen by the Aboriginal Nations Education Department as a role model for her contribution to the Indigenous Communities of this area.

British Columbia Regions:

Twelve scholarships will be awarded over six regions to Indigenous students enrolled in Grade 12 who plan to attend a recognized post-secondary institution or training centre. Each scholarship will be in the amount of \$2,500.



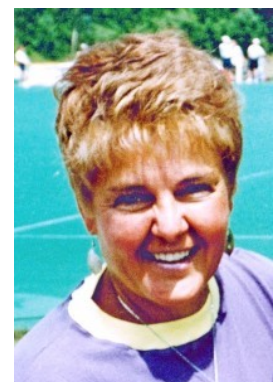
Who is Eligible:

- Students Indigenous to Canada living in British Columbia
- Graduating Grade 12 student planning to enroll in a
- full-time post-secondary institution

We would like to congratulate this years'

recipients:

- Bryn Anderson, Victoria High School
- Brookelynn Frasch, Ecole Royal Bay Secondary
- Kaydence Kauffman, Belmont Secondary
- Zacharyah Khalif, Frank Hurt Secondary School
- Mira Penninga, Kelowna Christian School
- Elsy Petrie, Belmont Secondary
- Shaneal Rutherford, Reynolds Secondary School
- Tamara Strachan, Spectrum Community School
- Krista Wagner, Ucluelet Secondary School



Judy Bourne

For More Information Please Visit:

Makoladevelopment.com/scholarshipsbursaries/

Recipe

Ingredients for pasta salad:

- 1 lb penne pasta, uncooked (about 5 cups dry)
- 1-1/2 cups peeled, seeded and diced English cucumber
- 3 Medium tomatoes, seeded and chopped
- 1 cup crumbled Feta cheese (4 oz)
- ½ cup chopped red onions
- ¼ cup chopped green onions
- ¼ cup pitted, sliced black olives
- ¼ cup chopped fresh oregano or 1 Tbsp dried

Ingredients for dressing:

- 1 tsp sugar
- 1 clove garlic, minced
- 1/3 tsp black pepper
- ½ cup chicken broth
- ¼ cup red wine vinegar
- 1 tsp olive oil
- 1 tsp lemon juice
- 1 tsp Dijon mustard

Zesty Greek Pasta Salad



Instructions:

- Cook pasta according to package directions. Drain. Rinse with cold water and drain again.
- In a large bowl, toss together pasta, cucumber, tomatoes, feta cheese, red and green onions, olives, and oregano. Set aside.
- In a small bowl, whisk together all dressing ingredients. Pour over salad and mix well. Season with more black pepper, if desired.
- Cover and refrigerate for at least 1 hour before serving.

Recipe makes 8 servings!



Craft

Supplies:

- Dandelions
- Rocks
- Black Marker
- Double-sided tape



Dandelion Rock Family



Here's How to Make Them:

1. In Grab some rocks. Line your rock with double-sided tape. I put the tape on different areas of the rocks for the different family members. Since we are using double-sided tape, one side will stick to the rock and the other side is for the dandelions.
2. Draw the facial features on your rocks. Don't stress out over this, just keep it simple!
3. Now head outside to collect dandelion heads to press on the tape. It's best to collect your dandelions on a dry day and you might need to press them for a second or two to make them stick.
4. When the dandelions dry out, you can always take the flowers off the tape, add some fresh tape, and make more!





Provincial Resources



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

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 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

British Columbia Aboriginal Network on Disability Society

BCANDS assists and supports their clients acting as a liaison/lead between various service agencies and their clients to address their needs and obtain or develop a variety of health and disability services. More information can be found on their website:

bcands.bc.ca

Cowichan Resources

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

National Indigenous Peoples Day

Where: Si'em Lelum Soccer Fields

Event by Cowichan Tribes

Si'em Lelum Soccer Fields

Duration: 4 hr

Come celebrate National Indigenous Peoples Day on Wednesday, June 21st!

Join us for some family-friendly fun, including cultural stations and recreational activities!

There will also be vendors, information booths, and snacks.

To volunteer, please contact: Angela.Underwood@cowichantribes.com and Kim.George@cowichantribes.com

Vendors, please contact: Jen.Charlie@cowichantribes.com

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

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

Fun Summer Activities for Kids

To help your child get active and practice a range of skills this Summer try some of these fun Summer Activities. Your child could even make a goal of trying every activity on the list! Feel free to simplify or level up these activities based on your child's age and physical abilities. For more resources please visit: activeforlife.com

30 Fun Summer ACTIVE-ities for Kids



Run through the sprinkler
Make an obstacle course

Throw a ball
Make a mud pie



Go for a bike ride
Dance in the rain
Learn to jump rope
Visit a playground

Play hide and seek
Visit a splash park
Fly a kite or paper airplanes



Visit a playground
Go on a nature walk
Build a sandcastle
Try to Hula Hoop
Play with sidewalk chalk
Climb a tree
Blow bubbles

Walk on tin can stilts
Try lawn bowling
Jump in a puddle
Do a bean bag toss
Build a fort
Play Frisbee
Go treasure hunting



Kick a soccer ball
Play water tag

Try to juggle
Walk on a log or balance beam



Swing on monkey bars

Go on a scavenger hunt

