

August Issue

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M'AKOLA

HOUSING SOCIETY

Tenant Newsletter

Summer is a beautiful time throughout B.C. and we hope this edition of the M'akola Newsletter will help you make the most of it! As August is usually the warmest month of the year we have some sun safety tips, a Summer movie watch list, and fun Summer recipes. As always, you can find some great resources and a fun craft too! Be sure to check out the wordsearch contest to try and win a prize.

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:

B.C Day	Aug. 7th
Labour Day	Sep. 4th
National Day for Truth and Reconciliation	Oct. 2nd



Sun Safety Tips

This summer has been a hot one, below are some tips to keep safe and cool.



Tips for Babies

- Keep babies under one year out of direct sunlight to prevent skin damage and dehydration. Never let them play or sleep in the sun.
- Keep babies in the shade, under a tree, an umbrella, or a canopy. Never leave children in a parked vehicle.
- Remember, sunscreen will protect against the sun's harmful UV rays, but will not protect children from the heat.
- Give lots of cool liquids.

Tips for Children

- Follow the UV index readings each day to plan outdoor activities.
- The sun's UVB rays are strongest between 11 a.m. and 3 p.m. and it is also usually the hottest time of day. Unless the child is protected, keep them out of the sun during these hours.
- In strong sunlight, have children wear a rimmed, breathable sun hat and sunglasses, and cover their skin with clothes or sunscreen.

- Get your children used to wearing sunscreen lotion early on. Pay close attention to the areas that are most exposed, like their face, lips, ears, neck, shoulders, back, knees, and the tops of their feet.
- Don't forget to reapply sunscreen regularly (renew every hour)

Tips for Teens

- Give teenagers sunscreen lotion if they are going to be outdoors for extended periods. Make sure they understand the importance of using it.
- Teach teens about sun safety, how to understand the UV Index, and the symptoms of sunburns and heat illness.
- Warn teenagers to avoid using tanning equipment.



BC Education Resources

The Government of BC website offers lots of supports and resources for the upcoming school year for both children and adults

Kindergarten to Grade 12:

Everyone, at different stages, can use support regarding the educational system. You can find a comprehensive list of supports, including Children & Youth in Care, Career Programs, Transcript Services, Classroom Alternatives, Inclusive Education and more on the Government of BC website:

www2.gov.bc.ca > Education and Training > Kindergarten to Grade 12 > Supports

Post-secondary Education

BC has many great education options after high school. From upgrading your skills to training for a career you can find lots of great information including:

- Indigenous Post-Secondary Education & Training
- Paying for School: There are different options like Grants & Scholarships (the website has a link to search for these), Student Loans, Tuition Waivers
- Adult Upgrading Grant : Non-repayable grants are available for eligible low-income students who are taking English as

a Second Language, Adult Basic Education or Adult Special Education programs at public post-secondary institutions.

www2.gov.bc.ca > Education and Training > Post-secondary Education

Adult Education

Whether you are a mature student looking to graduate high school or looking for a change in your career there is some great information including:

- Adult Graduation Diploma Program – for persons 18 years of age and older can take courses to achieve their adult high school diploma
- If you are looking for supports in starting your career or thinking of something new, there are resources for training and apprenticeships.

www2.gov.bc.ca > Education and Training > Adult education

www2.gov.bc.ca > Education and Training > Job and career training

Summer Movie's Must Watch

For the days where its too hot or nights when you feel like staying in and getting cozy on the couch with some snacks we have a list of some movie suggestions! with a touch of summer feeling to check out for both child and adults!



Summer Movies that Feel Like a Mini Vacation

Movies for the Kids

- Luca
- The Parent Trap
- Toy Story 3
- The Goonies
- The Secret Life of Pets
- Finding Nemo
- Karate Kid (2010)
- Hotel Transylvania 3: Summer Vacation
- Cars
- Rio
- Moana

- Holes
- A Goofy Movie
- Pirates of the Caribbean Series

Movies for the Teens

- Finding 'Ohana
- Sisterhood of the Travelling Pants
- Stand By Me
- The Way, Way Back
- Aquamarine
- Flipped
- Addams Family Values
- BEANS

- Moonrise Kingdom
- Grease
- National Lampoon's
- Clueless
- Ferris Buellers Day Off
- Blue Crush
- Mamma Mia 1 & 2
- 500 days of Summer

Create a Virtual Watch Party!

You don't need to be in the same place as your friends or family to watch a movie together! Try some watch services included in streaming platforms like Amazon or Disney+. You can also use Zoom to share your screen and enjoy a movie together. If you're on you computer some Google extensions like "Teleparty" can let you watch with others!

Craft: Anytime Wreath

Wreaths are a great way to jazz up your home and can be made to suit any season!

What You Need:

- 2 (ish) yards of fabric
 - 12-inch wire wreath frame
 - Scissors and / or pinking shears
- For the fabric, you can get creative and use just about anything. Here are some ideas for you to get that imagination going for your own Rag Wreath.
- Old T-shirts or flannel shirts
 - Flowered sheets and pillowcases
 - Used curtains
 - Thrift store fabric scraps
 - Cheap bandanas
 - Upcycled old cloth napkins
 - Canvas and burlap
 - Soft denim
 - Lace and ribbon scraps



What To Do:

- Cut the fabric into strips about 9 inches long and an inch or so side. No need to be precise . You can also use pinking shears to create different textures with the fabric
- You will end up with piles of fabric "rags" to make your wreath with. You can go with all one color, three or four solid colors, or mix and match patterns
- To get started, turn the wreath frame so the "curved" side is facing you. This will be your "fluffy" side, and the curve will help give the rag wreath a fuller look. Take the first fabric strip and tie it in an even double knot around the center two wires
- Repeat this double knot process on the outside two wires, then the inside two wires, then back to the middle.
- After every 5 or 6 knots that you tie, slide the knots down onto each other. This creates that full wreath that you are after. Repeat this process until filled
- To hang, cut a length of matching fabric or twine as long as you would like. Loop it through the wire frame and secure with a knot. If you see any rag pieces that are too long, just snip them off to shape the wreath how you like it

Fun Easy Summer Dishes

Dishes that can be made for you and your family whatever size it may be, or brought to any gathering. The below recipes are shareable and seasonal dishes with minimal ingredients that you can make to your own tastes!

Ingredients:

- Cornmeal, for dusting
- All purpose flour for dusting
- 1lb refrigerated pizza dough at room temperature
- 8oz. of lean ground beef
- 1/2 cups of BBQ sauce
- 1/2 cups of extra sharp cheddar or cheese of your choosing, grated
- 1 head of lettuce of your choosing
- 1/2 pint of cherry tomatoes quartered
- 1/2 small red onion, thinly sliced
- 1 tablespoon olive oil
- Salt and pepper

Cheeseburger Pizza



Instructions:

1. Heat oven to 425°F. Dust baking sheet with cornmeal. On lightly floured surface, shape pizza dough into 14- to 16-inch oval and place on prepared baking sheet.
2. Meanwhile, heat large skillet on medium. Add beef and cook, breaking up with spoon, until no longer pink, about 5 minutes. Remove from heat and stir in barbecue sauce.
3. Spoon beef mixture over pizza dough and sprinkle with Cheddar. Bake until crust is golden brown and crisp, 20 to 25 minutes.
4. Meanwhile, in large bowl, toss lettuce, tomatoes, onion, oil, and 1/4 teaspoon each salt and pepper. Top pizza with salad and serve immediately.

Strawberry Shortcake Ice Cream Bars

Ingredients:

- 3 cups canned coconut milk or heavy cream
- jar (12-16 ounce) strawberry jam
- 2 teaspoons vanilla extract
- 6 ounces white chocolate, chopped
- 1 tablespoon coconut oil
- 2 cups freeze dried strawberries
- 1 cup rice crispies



Instructions:

1. In a bowl or a blender, blend together the coconut milk or heavy cream, strawberry jam, and vanilla.
2. Evenly divide the mix between 8 popsicles molds or use paper dixie cups.
3. To make the magic shell. Melt the white chocolate and coconut oil together in the microwave. Cook on intervals, stirring every 30 seconds until smooth. Let cool for around 10 minutes.
4. Add the dried strawberries and rice crispies to a blender or ziplock bag. Crush into fine crumbs, then place into a shallow bowl or pie plate.
5. Remove the pops from the freezers and cover in white chocolate, then roll through the strawberry crumbs. Eat or keep in the freezer until ready to eat!



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)

IndigiFund

\$500.00 bursary for Indigenous youth age 15 to 30 needing financial assistance in the areas of sport, education, and culture.

www.indigifund.com



Cowichan Resources

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

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

Hiiye'yu Lelum Society House of Friendship

106-5462 Trans Canada Highway
250-748-2242

AJack@hofduncan.org

Provides supports for parenting, budgeting, nutrition, cooking, counselling, cultural values, healthy pregnancies, family programs, addiction services, employment and training support, and a 4 Pillars Program for youth ages 7-14 offering games, recreation, time in nature, arts, music, and connection with elders.

hofduncan.org

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

BC Hydro: Energy Conservation Assistance Program

BC Hydro Energy Conservation Assistance Program aims to help households across BC have a more energy efficient household. Households within the income range noted on their website could be eligible for free upgrades to help improve the comfort and efficiency of your home. For more information and apply go to the BC Hydro website:

bchydro.com > Energy savings > Residential > Rebates & free programs

Word Search

Participate in this summer themed word search, submit your entries and be entered in a draw for a \$25.00 Amazon gift card.

Submit entries to info@makola.bc.ca by August 31st!

Name: _____

Summer Fun

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

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

ADVENTURES
BASEBALL
BEACH
BICYCLING
CAMPING
CANOEING
CREATING

FLIP FLOPS
FRIENDS
GARDENING
ICE CREAM
LAUGHING
LOUNGING
PICNICS

PLAYING
POPSICLES
READING
SUNGLASSES
SUNNY
SWIMMING