

October Issue

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M'AKOLA

HOUSING SOCIETY

Tenant Newsletter

Summer always seems to come and go so fast! We hope you can settle into the Fall season with this October 2023 edition of the M'akola Tenant Newsletter. We thank everyone who participated in our Tenant Events this Summer and have some helpful tips for your home preparing for the Fall weather. We have included the first edition of the Emergency Preparedness section, which will be on future newsletters. Of course there are some great activities, recipes, and resources too!

Thank You for Joining Our Tenant Events!

This Summer tenants across the province joined M'akola staff in enjoying food, playing games, and connecting.

The Return of Tenant Events

This Summer was the return of M'akola Tenant Events after a temporary hold, due to COVID-19. We are thankful to all tenants who were able to attend, and if you weren't available don't worry, we will plan BBQ's and other Tenant Events next year!

Events Across the Province

Tenant Events were conducted from June through August at various M'akola properties throughout the Province. These events were primarily hosted at central complex's to accommodate as many M'akola tenants and their families as possible. We organized events spanning from Victoria to Campbell River on Vancouver Island, as well as in Prince Rupert and Terrace in the Northwest region, ensuring widespread coverage across the Province.

More than 730 family members participated in the Tenant Events across the Province.

As the most attended year for Tenant Events you have made it clear they are much needed. We extend our gratitude to all families that came out and helped to rekindle the sense of community in your area. M'akola staff were also happy to connect and develop stronger relationships with you!

Your Feedback is Importance to Us!

Many that attended the Tenant Events completed our event feedback survey. Your positive experience was reflected in these surveys as they averaged a rating of 9.1 out of 10!

We want to congratulate the survey winners who were randomly selected to win a gift card:

Always Room for Improvement

Survey Winners

Audrey in Victoria
Aaron and family in Courtenay
Amanda and family in Prince Rupert

We know there is room for improvement and have taken your survey responses into consideration to make the Tenant Events even better next year!

If you have any suggestions for future Tenant Events you can still submit them to us at INFO@makola.bc.ca

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:

Oct. 2	National Day for Truth and Reconciliation
Oct. 9	Thanksgiving Day
Nov. 13	Remembrance Day

Preparing Your Home for Fall

It's hard to believe Summer has already left us, but as it goes the cold and wet Fall weather comes to take it's place. Please review the following information to have your home ready for this cooler season.

Keeping Your Home Comfortable

Avoid turning your heat on high after being off during the Summer. When turning on baseboards for the first time of the season turn them all on to 10 degrees and slowly increase the heat over the course of weeks.

If you will be away from your home for a period of time do not turn the heating off, but lower it to save on utilities and avoid any pipes freezing and bursting causing damage.

When cold air outside is pushing against your windows it can create moisture. Inspect windows regularly and keep them free of moisture.

Think about the harsh Fall and Winter weather before it catches you by surprise:

- If you have outdoor furniture prepare it for colder weather by storing items that can't get wet.
- Have umbrellas and rain jackets at the ready.
- Have a snow shovel and ice melt for if snows.

Notify M'akola of Any Concerns in Your Unit or Complex

Fall Pest Concerns

As the temperature gets colder pests look for a warm place to call home and may try living in your house. If you notice any pests within your home please call to request a work order ASAP.

Avoid pests from coming into your home by eliminating their food source. Clean regularly and ensure no food scraps are around your home. Dispose of all waste (garbage and compost) as soon as you can in an appropriate receptacle. It's important to take it out regularly.

M'akola Toll-Free 24 Hours Repairs Line:
1-877-384-1423 ext.2

Ensure Water Escape Ways are Clear

If you notice gutters are damaged or clogged prevent water from flowing away from your home let M'akola know! If your complex has a storm drain that is collecting large amounts of water call in to request a work order.

Emergency Preparedness—Tenant Insurance

Emergency Preparedness will be a regular feature in the M'akola newsletter that is dedicated to providing information on how to be prepared for emergencies. Each newsletter will have something new. For the first Emergency Preparedness section we are focusing on tenant insurance. What is it, why is it important, and how to find the right insurance for you and your family!

Why do I Need Tenant Insurance?

Your home is more than just a place; it's where memories are made, and it's essential to ensure your safety and security. As a requirement of your tenancy, tenant insurance plays a crucial role. In the unfortunate event of a disaster, M'akola's insurance doesn't cover your personal belongings. Tenant insurance, however, protects your possessions like furniture, electronics, clothing, and more in case of theft, fire, or other specified incidents, guaranteeing you the ability to replace your items if they are lost. Additionally, tenant insurance can help cover temporary lodging expenses if your residence becomes uninhabitable due to a covered event.



How do I Obtain Tenant Insurance?

Tenant insurance is typically available through banks and insurance companies, offering various coverage options tailored to your family's needs and budget. To help you secure the right tenant insurance, consider these steps:

Research Providers: Start by researching online, consulting your bank, or insurance providers, or seeking recommendations from friends and family.

Compare Quotes: Request quotes from multiple insurance providers to assess coverage options and pricing. Ensure you provide accurate details about your rental property and the value of your belongings.

Review Policy Details: Thoroughly examine the insurance policy's terms and conditions, including coverage inclusions, exclusions, deductible amounts, and premium payment information.

Making Payments: Arrange a suitable payment plan for your insurance premiums, with options typically available for monthly, quarterly, or annual payments.

Keep Records: Safeguard essential documents, such as a copy of your tenant insurance policy, payment receipts, and a comprehensive inventory of your valuable items. These records will be essential if you ever need to file a claim.

Fall Fun Fact: Daylight Savings

Daylight savings remember to turn your clocks back 1 hour on Sunday November 5 at 2AM. *Did you know, Canada first observed Daylight Saving Time in 1908.*

Simple Halloween Costume Idea—Train Conductor

If you are looking for an inexpensive DIY costume idea, we have you covered. These instructions are for a train, but there is a lot of room for variation to make the idea your own!

What You Need:

- Large cardboard box
- Small cardboard box
- 1 Empty toilet paper tub or plastic cup
- 1 Paper plate
- Spare cardboard
- Assorted paint (Two colours of your choice for train. Grey and black for the wheels)
- Paint brush
- Washi/Masking tape (colour of your choice)
- Hot glue gun
- Box cutter blade
- Cutting board
- Kitchen bowl
- Reusable bag or sturdy felt (for straps)
- Grey foam (for numbers)

What to Do:

1. Use a box cutter to cut a square in the bottom of the box.
Make sure it's large enough for your child to fit in.



2. Cut 6 circles and 3 rectangular trim pieces. Use a bowl as a template for the circles, but make sure you can fit 3 wheels on each side of the box.



3. Use grey and black paint to paint the train wheels.



4. Paint the large box you cut, small cardboard box, and other pieces of cardboard with the colours of your choice. You may need to put a base colour of white if you are using a glossy cardboard box.

5. Put together the train with the hot glue gun. Attach the small box on the back of the train. Rectangular pieces at the bottom of each side as a guard. Wheels go behind these guard rails. Paperplate is installed at the front (you can also paint on a light). The toilet paper or cup goes in front of the conductor.
6. Add accessories like coloured washi tape for vertical or horizontal stripe accents. Numbers in grey foam is a good 3-D touch, but painting them on is an option too. Add the straps to hang on the shoulders of the conductor!
7. Dress the conductor! An old timey hat and a bandana around the neck and you are good to go!



Make it Your Own!

Using these instructions as inspiration you can make your own variation of a cardboard costume: rubix cube, dice, robot, traffic light, even a post box, and more!

Homemade Pumpkin Spice Latte

When Fall comes so does everything pumpkin spice! If you are looking to save a bit of money by making coffee at home or just not wanting to leave the house you can still enjoy a pumpkin spice latte with this quick recipe.

Ingredients:

- 2 Shots espresso or 1/2 cup of hot freshly brewed coffee
 - 1 cup milk of choice (almond and oat are good alternatives)
 - 3 tablespoons of pumpkin puree
- You can make your own by roasting a small baking pumpkin at 400F for 45—60 minutes then blending
- 1-2 tablespoons of maple syrup
 - 1 teaspoon of pumpkin pie spice
 - 1 teaspoon vanilla extract
 - Whipped cream for topping (optional)

Instructions:

1. Pour milk into a small pot and heat over medium-low heat until it is hot and almost simmering. Be careful not to boil the milk!
2. While milk is heating make your espresso or coffee and pour into a large mug or glass. Add pumpkin puree, maple syrup, pumpkin pie spice, and vanilla extract. Stir until well combined
3. If you have a milk frother you can froth your milk for about 30 seconds or until foamy. You can try and put the milk in a blender and use the pulse feature to get a similar frothy texture.
4. Pour the milk into the mug on top of the pumpkin



Make Your Own Pumpkin Pie Spice

If you don't have any pre-mixed pumpkin pie spice you can make your own and have it as a seasoning or garnish in different recipes!

1 part nutmeg (1/8 teaspoon)

1 part ground cloves or allspice (1/8 teaspoon)

4 parts cinnamon (1/2 teaspoon)

Fall Fun Fact: Pumpkin Spice

Did you know, pumpkin spice is believed to have been used up to 3,500 ago! The oldest proof of nutmeg and other spices comes from Indonesia's Banda Islands. Also known as the 'Spice Islands'.

espresso/coffee mixture.

5. Top with whip cream and enjoy!

Peanut Butter Chocolate Chip Cookie

Try out this cookie recipe for a peanut butter twist on the classic chocolate chip cookie.

Ingredients:

- 1 1/2 cups all purpose flour
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup salted butter, softened
- 1 cup creamy peanut butter
- 1/4 cup white sugar
- 3/4 cup brown sugar
- 2 tablespoons of honey
- 1 large egg
- 1 1/2 teaspoon vanilla extract
- 1 cup semisweet chocolate chips

Instructions:

1. Preheat oven to 350 degrees. Line 2 large baking sheets with parchment paper.
2. Whisk together the flour, baking soda, and salt in a medium bowl. Set aside.



1. Beat the softened butter, peanut butter, sugar, brown sugar, and honey in a bowl and beat until creamy and light (approx. 5 minutes). Add egg and vanilla, and mix well to combine.
2. Add the flour mixture in 2 batches, mixing consistently to combine completely in between each addition. Then stir in the chocolate chips.
3. Scoop balls of dough (about 2 tablespoons each) and roll the scoops into neat balls. Divide the balls between the baking sheets. Using a fork press the cookies down to about half an inch thick, then turn the fork and press again to make a criss-cross pattern.
4. Bake for 11 to 13 minutes, just until the bottom edges look light brown, rotating the trays from top to bottom oven racks halfway through baking. Let the cookies cool for 5 minutes on the baking sheets. Then transfer to a cooling rack.
5. Enjoy after completely cool.

Fall Fun Fact: Leaves' Fall Colours

Did you know, all the colours of a leaf have always been there. Leaves are full of chlorophyll, which makes them green when receiving a lot of sunlight. The green starts to fade when there is less sunlight, which naturally turns leaves red, yellow, and orange!



Provincial Resources



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

Wellness Together Canada

Wellness Together Canada is a free, 24/7 mental health and substance use service, funded by the Government of Canada. It is available to anyone in Canada and Canadians living abroad. The service provides free mental health and substance use resources, e-courses, peer support counselling services by phone, text or video chat to adults and children.

Same-day counselling services:

1-866-585-0445 (adults) / 1-888-668-6810 (youth)

Immediate crisis support text (SMS) "WELLNESS" to:

741741 (adults) / 686868 (youth)

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

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

M'akola Development Services Scholarships & Bursaries

M'akola Housing Society's sister society, M'akola Development Services offers a scholarship and Trades bursary. The Tom Finnie Indigenous Trades Bursary has an annual amount of \$2,500 being awarded to six applicants. Applications are being accepted until October 27, 2023. To find out how to apply and learn more about other scholarship and bursary opportunities visit:

makoladevelopment.com/scholarshipsbursaries/

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

Cowichan Resources

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

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

House of Friendship Food Programs

The House of Friendship has a food cart every Tuesday at 1PM that provides non perishable food items to those in need.

Gift cards may also be available to those that can benefit.

House of Friendship has a community kitchen that is put together twice a month to plan, budget, shop and cook nutritious meals to take home to participants' families at a very affordable cost.

cowichancommunitykitchens.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

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

Cowichan Valley Basket Society

5810 Garden St
250-746-1566
office@cvbs.ca

The Cowichan Valley Basket Society provides a foodbank and lunch kitchen, ensuring no individual or family in the Cowichan Valley goes hungry either physically, spiritually or emotionally. Contact to coordinate a hamper, dining rooms are open Monday to Friday, and Sunday Sandwiches from noon to 1PM.

cvbs.ca

Cowichan Valley Youth Services Society

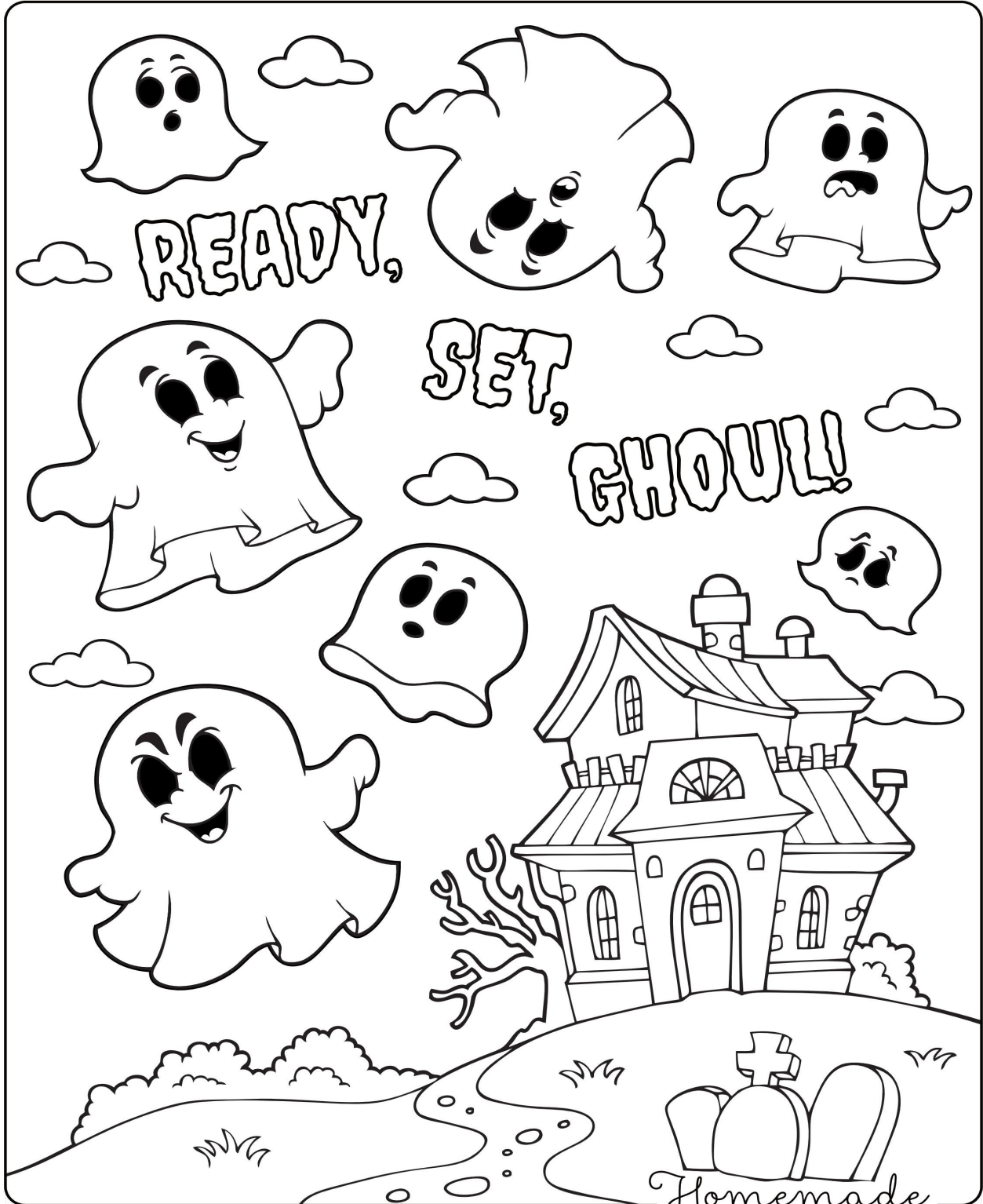
294 Coronation Ave, Duncan
250-748-0232

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

cvyouth.ca

Spooky Colouring Contest

Participate in this Halloween colouring contest by submitting your entries to info@makola.bc.ca by October 31st to be entered in a draw for a \$25.00 Amazon gift card.



Homemade
GIFTS MADE EASY