

## February 2024 Issue

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# M'AKOLA

HOUSING SOCIETY

## Tenant Newsletter

Happy New Year from M'akola Housing Society! We hope you had a happy holiday and are getting excited for the new year ahead of us. In this issue we focus on getting set up for a productive and safe beginning to the year. Along with regional updates we've included reminders on how to stay on top of your rent reviews, emergency preparedness tip, celebration of Pink Shirt Day, and some fun seasonal recipes, activities, & crafts.

## Regional Office Updates

Check out a the information for your regional offices below to keep you informed on important updates! For any questions don't hesitate to reach out to your local office.

### 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](mailto:applications@makola.bc.ca)
- For Repairs press 2
- For Rent Review press 3
- [rentreview@makola.bc.ca](mailto:rentreview@makola.bc.ca)
- For Rent Collections press 4
- [rentcollections@makola.bc.ca](mailto:rentcollections@makola.bc.ca)

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

Family Day	Feb. 19th
Good Friday	Mar. 29th
Easter Monday	Apr. 1st

### Annual Unit Inspection Reminder

We would like to remind all tenants many Annual Unit Inspections are taking place early in the year.

If you are a new tenant you may not of had an annual inspection before. 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.

If you are a long time M'akola tenant you may be familiar with a pen and paper inspection. M'akola has moved to an inspection software so unit information will be recorded electronically. If you have any questions about your inspection please reach out to your regional office!

### Garbage & Recycling At Your Complex

Recycling: If you have cardboard or mixed recycling (glass, tin, plastic, etc.) at your site please be sure to use the correct bin. If you are disposing of cardboard boxes break them down before recycling.

Garbage Bins: Garbage bins are only for the use of tenants for regular garbage items. Tenants will be charged for extra garbage removal if their guests dump their personal trash in the M'akola bins.

Large Trash/Furniture: Garbage bins at your site are not intended for large items such as furniture. Please know, if you dump these items in/by the bins you will be charged for the extra hauling fee. If you have large items or furniture (like an old mattress) you can reach out to your local office to coordinate hauling it away for a fee. You may be able to establish a repayment plan if you can't afford all the hauling costs at once.

## Rent Review Refresher

### Rent Review

At least once per year, as per the Tenancy Agreement, tenants who receive rent subsidies must declare their current income and household composition to ensure they are still eligible for subsidy, and if so, how much their Tenant Rent Contribution (TRC) should be. This process is called an **Annual Rent Review**.

**Your Tenant Rent Contribution (TRC) is based on:**

**Household Composition** – the number of people living in the unit and their relationship to each other. TRC is not based on the number of bedrooms in the unit.

**Income Sources and Amount** – the gross household income of all adults age 19 or older.

If your household income is negatively impacted for a long period of time (minimum 3 months) or your household composition is changing; a household may **Request a Rent Review** to have their rent reviewed prior to their next Annual Rent Review.

There are also **Short Term Rent Reviews (3-6 months)** – if your income is based on a temporary change in the household income like E.I. or Short Term Disability, a Short Term Rent Review may be required.

M'akola Housing sends tenant(s) two letters (the full rent review package is included with the first letter) and makes courtesy calls prior to the document due date to answer any questions you may have.

The **Rent Review information sheets and forms are available online at <http://makola.bc.ca/tenant-resources/>**. These are not 'fillable' forms. If you need another set of paper copies of the forms, please contact the Regional office in your area or call Rent Review to have copies emailed or mailed to you.

*If you have any questions regarding this information, please reach out to Rent Review at 1-877-384-1423 Ext 3. or email [rentreview@makola.bc.ca](mailto:rentreview@makola.bc.ca)*

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## Emergency Preparedness—Earthquake

In the event of an emergency it is always best to be prepared! In this issues Emergency Preparedness section covers preparing for an Earthquake

### Drop, Cover, and Hold On

When you notice the first signs of an earthquake (loud bang or roar, emergency alert on your phone, or feeling the ground shake) immediately **drop, cover and hold on**

- ◆ **Drop** to your hands and knees. Stay inside if you are already inside. Don't run outside or to other rooms
- ◆ **Cover** your head and neck with your arm and shelter under a sturdy piece of furniture. If there is no furniture find the nearest interior corner or while (continue to protect your head and neck)
- ◆ **Hold On** to your shelter, remember to keep covering your head and neck until shaking stops for at least 60 seconds.

### Preparing Your Home

You can limit damage to your home, possessions, and even your family if you prepare your home for an earthquake.

- ◆ Secure tall furniture like bookcases and shelving to each other to make them more stable or the wall (reach out to M'akola before fastening any furniture to the wall with brackets).
- ◆ Move framed pictures and mirrors away from beds and couches

- ◆ Ensure your appliances and water heater is fastened correctly. If you have any concerns or questions reach out to your local office for a Caretaker to have a look and make sure everything is secure!

- ◆ Know how to turn off your utility services (electricity, water, or gas). If you don't know how or where to do this reach out to M'akola.

### Emergency Kit Should be Ready!

In previous issues we shared how to make an emergency kit. The BC Government has a comprehensive list online: [www2.gov.bc.ca](http://www2.gov.bc.ca) > [Public safety and emergency services](#) > [Emergency Management](#) > [Public preparedness and recovery](#)

Have your kit ready as you may need to use the supplies while you shelter in place at your home. If your home is unsafe to stay in you will need to take your kit with you and your family as you find safety.

### Have an Emergency Plan

In the event of a sever earthquake you could need to shelter in place for several days with out electricity, water, and other vital utilities.

Ensure your family knows what to do in this scenario by preparing ahead of time. Note who you will contact. Have access to radio to listen to emergency broadcasts. You can keep a copy of your Emergency Plan in your Emergency Kit.

### Ensure Your Renter's Insurance is Up-To-Date

Check your renter's annual (at a minimum) to make sure all your possessions and family are covered in the event of a natural disaster. For any questions about renter's insurance you can reach out to your local M'akola office or refer to the information in October 2023 Newsletter.



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## Pink Shirt Day

Pink Shirt Day is an annual event against bullying. Participants wear pink shirts and attend or host informative events to raise awareness about bullying. Pink Shirt Day is on February 28th this year.

### The Pink Shirt Day Story

In 2007, Berwick Nova Scotia, after a new student at their school was bullied for wearing a pink shirt, two grade 12 students bought 50 pink shirts and encouraged their classmates to wear pink. The next day they went to distribute the shirts and to their surprise the majority of students arrived wearing pink! With that act of kindness, Pink Shirt Day was born.

In recognition of the Berwick event, Nova Scotia proclaimed the second Thursday of September "Stand Up Against Bullying Day." In 2008, British Columbia proclaimed February 27th to be the provincial anti-bullying day, and the movement has continued to grow. In 2012, the United Nations declared May 4th as Anti-Bullying Day, and now the last Wednesday each February is Canada's national Pink Shirt/Anti-Bullying Day.

To order the 2024 design for Pink Shirt Day : [pinkshirtdaycanada.ca](http://pinkshirtdaycanada.ca)  
The Artwork has been designed by Brooke Gillam from Oromocto First Nation (in New Brunswick).

Other Indigenous Pink Shirt designs: [leadingedgepromo.ca](http://leadingedgepromo.ca) > [Indigenous Pink Shirt Campaign](#)

Artist Chantelle Trainor-Matties' Indigenous Pink Wolf design is one of the designs of the Indigenous Pink Shirt Campaign merchandise.

When asked to talk about her design she stated:

"The Nisga'a word for wolf is "gibuu"; the wolf is loyal, smart, strong and they come together as a pack, as a team, representing unity. The world is full of hate, we are given the opportunity to work as a team, to be members of the pack, to "spread love" to one another and to stand up against bullying."



## Word Search Fun Facts!

- A fun and engaging way to improve your vocabulary and increase your familiarity with words
- Can be a way to relieve stress by offering a valuable way to relax. By taking little breaks absorbed in completing your daily puzzle, it can help you to feel happier and calmer.
- Provide great practice with eye-tracking or visual-motor integration
- Improve your attention to detail, as well as your ability to recognize words
- The word search puzzle was originally designed and published by Norman E. Gibat in the Selenby Digest on March 1, 1968

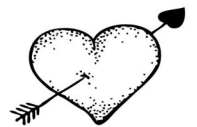
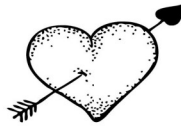
# Valentine's Day Word Search

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

Gift  
Hugs  
Love  
Arrow

Candy  
Cupid  
Heart  
Sweet

Kisses  
Flowers  
Chocolate  
Valentine



## Recipe

Heart Shaped Pizzas. Who doesn't love a pizza, let alone a heart shaped one! Get in the Valentines day spirit and make some fresh heart shaped pizzas with your loved ones this month.

### Ingredients:

- Your favorite pizza dough
- Your favorite pizza sauce
- Cheese of your choosing
- Your favorite toppings. Some go to favourites: Pepperoni, Ham, Pineapple, Basil, Mushrooms, Onions, Black olives, Peppers, Jalapenos, anything you find tasty!

### Instructions:

1. Grab a ball of pizza dough. Set it on your cookie sheet or pizza stone.
2. Shape/flatten it into a circle. If your dough won't hold its shape, let it sit for 5 minutes then try again.
3. Pinch and pull the bottom of the circle to form a point.
4. Take a finger to the top middle and push down toward the center of the pizza. Then tweak and shape a bit here and there if you'd like.
5. Top just as you would any pizza!
6. Bake following your pizza crust instructions - The general rule is 450 degrees Fahrenheit and start checking the pizza at about 5 minutes - usually it's about 8 minutes before the toppings are perfectly melty and the crust is golden.





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# Colouring Contest

Participate in this Valentines Day colouring contest by submitting your entries to [info@makola.bc.ca](mailto:info@makola.bc.ca) by February 29th to be entered in a draw for a \$25.00 Amazon gift card.



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## Provincial Resources

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

### **BC Ombudsperson Pathfinder**

Pathfinder is a new role of the BC Ombudsperson that offers Ombudsperson services to Indigenous peoples. The Ombudsperson office receives and investigates concerns from the public when they believe they have been treated unfairly when receiving provincial or local public services. If you have a problem resolving a concern with provincial or local public services contact them at:

[bcombudsperson.ca](http://bcombudsperson.ca)  
1-800-567-3247  
[info@bcombudsperson.ca](mailto:info@bcombudsperson.ca)

### **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](http://bcands.bc.ca)



### **2024 YVR Art Foundation Scholarship Programs**

YVR Art Foundation has Artist Scholarships for British Columbia and Yukon First Nations artist to work with a Master Artist/Mentor, or attend a school of art or art training program. Scholarships are awarded at \$5,000 each and recipients will have the option to display their artwork at the YVR Vancouver International Airport in 2025. To learn more about eligibility criteria and apply visit them online:

[yoraf.com/programs/](http://yoraf.com/programs/)

### **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](tel:8-1-1)

### **Crisis Centre of BC**

9-8-8 is This life-saving service provides support by phone or text to people in every province and territory across Canada, 24/7 and 365 days a year. [Call or text 9-8-8](tel:9-8-8), Canada's Suicide Crisis Helpline.

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## Nanaimo Resources

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

### **Tillicum Lelum Aboriginal Friendship Centre**

Education Centre: 250-753-8291  
Health Centre: 250-753-6578  
Administration: 250-753-4417

The Tillicum Lelum Aboriginal Friendship Centre provides family supports with programs for education, families, and food

[tillicumlelum.ca](http://tillicumlelum.ca)

### **Cedar Woman House (Xpey' Selhni' Lelum)**

250-591-5580  
[cwh@xpey.ca](mailto:cwh@xpey.ca)

Cedar Woman House is a 24/7 staffed transition house for women and children who have experienced or are at risk of experiencing violence. Cedar Woman

House is designed around Indigenous values, cultural priorities, and programming. Cedar Woman's House serves the immediate need for emergency shelter and services for all women and children, but are especially dedicated to serving the Nine Member Nations of K'wumut Lelum Child & Family Services.

[cedarwomanhouse.org](http://cedarwomanhouse.org)

### **Nanaimo Child Development Centre**

1135 Nelson St.  
250-753-0251  
[info@nanaimocdc.com](mailto:info@nanaimocdc.com)

Provides services for families including the Family Resource Navigator Program which provides information about and connects you with financial, social, health and parenting resources.

[nanaimocdc.com](http://nanaimocdc.com)

### **Nanaimo Family Life Association**

1070 Townsite Rd.  
250-754-3331

Provides counselling, a youth mental health support group (SAY), Gender Journeys trans-positive support group, an Indigenous-Informed Sexual Response Program, supports for men to work past abusive behaviours, and senior services including housework, transportation, grocery pickup, meal delivery and senior programming.

[nflabc.org](http://nflabc.org)

### **NARSF (Nanaimo and Area Resources Services for Families)**

Address: 201-170 Wallace Street  
Phone: 250-754-2773

NARSF is a multi-service agency that delivers child, youth, family, and harm reduction services on Central Vancouver Island. Services and programs include the Domestic Violence Response Program. NARSF also hosts groups and workshops to support families. To learn more and view their extensive list of resources in the mid-island region check them out online:

[narfsf.org](http://narfsf.org)

### **Haven Society**

2270 Labieux Rd.  
Crisis Line: 250-756-0616  
250-756-2452  
[haven@havensociety.com](mailto:haven@havensociety.com)

Supports for adult women who have experienced abuse including a Drop In Program to identify needs, risks, and provide referrals to other services. They also offer free individual and group counselling.

[havensociety.com](http://havensociety.com)