

## February 2026 Issue

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# M'AKOLA

HOUSING SOCIETY

## Tenant Newsletter

Happy New Year from M'akola Housing Society! This issue is all about starting the year off strong, with a focus on safety & preparedness, Alongside regional updates, you'll find helpful reminders about rent reviews, an emergency preparedness tip, some fun recipes, and crafts to enjoy. **This is our first email newsletter and M'akola newsletters will be sent via email moving forward. Hard copy's can still be picked up and your regional office.**

## Regional Office Updates

Check out the information for your regional offices below to keep you informed on important information! 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
- For Repairs press 2
- For Rent Review press 3
- rentreview@makola.bc.ca
- For Rent Collections press 4
- rentcollections@makola.bc.ca

Victoria Regional Office  
250-384-1423

Sooke Regional Office  
250-405-4240

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

Lower Mainland Office  
1-604-558-6194

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

Family Day	Feb. 16th
Good Friday	Apr. 3rd
Easter Monday	Apr. 6th

### 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. This means household garbage you put in a trash bag and take out regularly.

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 Payment Important Information

### Be Aware for Rent Payment Scams!

- Only make rent payments through verified M'akola methods! You can pay rent by dropping off a cheque or money order at your local office.
- You can pay your rent via EFT or by sending an e-Transfer to INFO@makola.bc.ca.

### Please note M'akola does not accept gift cards or crypto currency for rent

- If you receive a call or email that you have to pay rent by any other method it is a scam. End the call/do not reply to the email.
- Contact M'akola's Rent Collections department directly for any questions about rent payments.

Phone: 1-877-384-1423 Ext 4.

Email: INFO@makola.bc.ca

- If the 1st of the month falls on a weekend or Statutory holiday, then your bank will most likely process the withdrawal on the 1st or 2nd business day of the month. To ensure your payment goes through, please have the funds in your account on the 1st of the month.
- Using March as an example, the 1st of the month falls on a Sunday. This means tenants will have rent come out of their account on the 2nd of the month as it's a Monday, and therefore, the first business day of the month.
- Please note that if your bank 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 bank returns a payment that was made in the form of a cheque.

## March 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### Rent Payments

- All rent payments are due on the 1st of the month.
- If you are registered for EFT rent payments are withdrawn directly from your account on the **1st business day of the month.**

# Emergency Preparedness—Home Emergency Kit

In this edition of the Emergency Preparedness section we have gathered some tips and a checklist for creating an emergency preparedness kit for you and your family. If you already have an emergency kit review this list to make sure you have everything you need or take the time to see if anything has expired and needs to be replaced!

## Preparedness Kit Checklist

This checklist covers the basic supplies.

- Waterproof matches
  - A compass
  - Water purifying tablets or filtration system
  - Emergency food rations or canned food
  - Whistle
  - Emergency radio
  - Waterproof ponchos
  - Rope or paracord
  - Pocket knife or multi purpose tool
- First Aid kit that includes:
- Tensor bandages
  - Instant ice packs
  - Bandages (varying sizes)
  - Gauze & medical tape
  - Pain medication
  - Survival blanket
  - Flashlight and extra batteries
  - Sanitary wipes/disinfectant



## Tips for a Good Kit

When preparing your emergency kit it is important to consider the following:

Who is it for? – Make your kit unique to the members that will need it. Are there personal items like medications that a member of your household will need in the kit. You'll also need different supplies if you have a pet.

Beyond Survival Essentials – Food, water, and heat are basic for survival. Ensure your kit has supplies that will make this possible, but what small possessions could fit with the supplies to go above and beyond? A small game or a deck of cards for entertainment for example.

Hope for the Best; Prepare for the Worst – It is better safe than sorry when it comes to a survival kit. If you have the space for it include extras of supplies you already have or expand to more specific things like multi purpose survival tools.

Dual Purpose Products – Packing products that can serve multiple purposes can help save space in your kit. For example, a crayon can be used to write, but also can be used as an emergency candle by putting it against a flame.

Check Regularly – Once you have created your kit check it routinely to ensure nothing is expired or expiring soon.

Easily Accessible – Make sure your kit is ready in a 'grab and go' scenario. You may not have the time to fetch it out from the bottom of your closet when it's needed. You can also maximize space by storing supplies in other supplies (like a large water bottle).

*For more information, tips, and how-to videos, check the BC Government's [website](#) on building your emergency kit!*

# Fingerprint Art Glass Magnets

Showcase your little ones creativity while adding a touch of whimsy to your kitchen fridge.

## What You Need:

- Clear glass gems
- White cardstock
- Fine tip permanent marker
- Ink pad
- Small scissors
- Mod Podge or white glue.
- 1 inch ceramic magnets
- Heart Stickers
- Treats



## What You Do:

1. Have fun fingerprinting on cardstock with different colors of inks.
2. Using the fine tip permanent marker, create little characters using the fingerprints. just have fun.
3. Cut out your favorite ones. Place the glass Gem on top so you know how much to cut.
- 4 Add Mod Podge or white glue to glue the art to the bottom of the Gem.
5. Let dry for 10 mins
6. Glue the magnets to the back of the gem so that you can stick them to the fridge, and voila! You can create a fun little gallery of lasting mementos that can be treasured for years to come.

All of the items for this craft can be purchased at your local dollar store.



# The Salish Woolly Dog

Have you ever heard of the Salish woolly dog? These small, fluffy dogs used to be bred by Coast Salish Indigenous communities living on the coast of southwest B.C. The breed became extinct more than a century ago and woolly dogs were largely forgotten by everyone but the Coast Salish people.

The Salish Woolly dog was a small, usually white, long haired dog with prick ears, curled tail, fox like face, and a thick coat. It is believed that the dogs were raised for their hair, which Coast Salish Peoples mixed with mountain goat hair to produce clothing and blankets. When the dogs coats were long enough, female weavers washed the animals hair with white clay to remove dirt. The weavers then used a sharp stone or knives made out of mussel shells to shear the dogs like sheep, cutting the hair close to the skin. The cut hair was then stored with dried clay to extract oil and kill any parasites. The dogs may have produced up to three coats a year. The dogs were highly valued in Coast Salish cultures since blankets made of their fur were considered a basic source of wealth during potlatches. Salish Woolly dogs were often buried wrapped in a blanket to honor them.



Blanket made with Woolly Dog and Mountain Goat hair.

If you would like to learn more about the Salish Woolly Dog check out:

[The Canadian Encyclopedia](#) entry or these CBC Articles [here](#) and [here](#).

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## Valentine's Day Dinner– Balsamic Chicken & Tomato Hearts

Shower your family with love (and flavor!) with this easy Balsamic Chicken & Tomato Hearts Recipe.

### Ingredients:

- 2 thin chicken breasts (about 5-6 ounces)
- Salt to season chicken
- Black pepper to season chicken
- 1 1/2 tablespoons cooking oil of your preference (olive, canola, or corn)
- 2 cups of grape tomatoes diced.
- 1 tablespoon of feta cheese
- 2 basil leaves torn or cut into small pieces
- 2 tablespoons balsamic glaze:

**Balsamic Glaze:** 2 cups balsamic vinegar 1/2 cup brown sugar. Mix together in a saucepan over med heat stirring until sugar has dissolved. Bring to a boil. Reduce heat to low and simmer until glaze is reduced by half (about 20 mins).

### Instructions:

1. Pat chicken breasts dry with paper towels.
2. Season with salt and pepper.
3. Cover and set aside for 10 minutes to allow salt to tenderize the chicken
4. Pour oil into skillet, set over medium-high heat and heat until oil begins to shimmer
5. Pat the chicken dry one more time then place into the hot oil.
6. Cook 2-3 mins on each side until the chicken reaches an internal temperature of 165 degrees ( 74 degrees C)
7. Remove from the heat, tent with foil and allow to rest for 5 mins.
8. Cut each chicken breast crosswise into slices.
9. Set one chicken breast onto each of your dinner plates.
10. arrange the diced tomatoes next to the chicken breast forming a heart shape.
11. Sprinkle 1/2 of the feta cheese and 1/2 of the basil over top of the tomatoes.
12. Drizzle balsamic glaze over top of the chicken and tomatoes and serve.



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## Provincial Resources

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

### **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)

### **Senior Services Society of BC**

This agency works across the province with different health authorities/SHINE partners. They have support services, financial assistance available, temporary housing programs, and other outreach services (referrals, advocate, connect with health authorities)

[www.seniorsservicesociety.ca](http://www.seniorsservicesociety.ca)

604-520-6621

### **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

### **Renting it Right**

This free online learning platform teaches BC Tenants how to find rental housing, maintain problem-free tenancies, and resolve legal disputes with landlords. Pick which course is right for you.

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



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## Cowichan Resources

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

### **Canadian Mental Health Association –Cowichan Valley**

552 / 554 Trunk Road

250-597-1372

[cmhacvb@cmha.bc.ca](mailto:cmhacvb@cmha.bc.ca)

Offering counselling for individuals and families

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

### **Cowichan Family Life Association**

28 – 127 Ingram S, Duncan

250-748-8281

[cfla@cowichanfamilylife.org](mailto:cfla@cowichanfamilylife.org)

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

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

### **Hiiye'yu Lelum Society House of Friendship**

106—5462 Trans Canada Hwy

250-748-2242

The Hiiye'yu Lelum Society House of Friendship provides many different forms of family supports and programs

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

### **Cowichan Valley Basket Society**

5810 Garden St

250-746-1566

[office@cvbs.ca](mailto: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](http://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](http://cvyouth.ca)

### **Cowichan Green Community Society**

360 Duncan St, Duncan

250-748-8506

[info@cowichangreencommunity.org](mailto:info@cowichangreencommunity.org)

Provides information on food resources in the community and have a reFRESH store, which sells affordable frozen meals and local fresh food.

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