

## April 2025 Issue

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**M'AKOLA**  
HOUSING SOCIETY

## Tenant Newsletter

Spring is finally in the air. Shake off that hibernation mode and embrace all the wonderful things this season has to offer. In this edition, we've got regional updates, important scam information, an emergency preparedness plan. You can celebrate Earth Day with creative upcycling ideas for old furniture too. As usual, we have a delicious recipe as well as a coloring contest. M'akola is proud to bring back the "Spring Clean Up". Check below for more details.

## Regional Office Updates

As we enter into Spring we want to remind all tenants of some important landscaping and common area information. For any questions don't hesitate to reach out to your local office.

### M'akola Tenant Survey is Back

#### !Participate for the chance to win a prize!

M'akola Housing Society will be conducting another Tenant Survey in 2025. We have hired Sentis Research again to conduct the survey on M'akola's behalf.

Sentis is an independent, BC-based research firm, Sentis Research works with both private and public sector organizations on a variety of research studies and programs. For more information on Sentis, please visit [thesentisgroup.com](https://thesentisgroup.com)

This year the survey will be completed via email. If you need to provide a new email or want to confirm the email M'akola has is correct, please email [INFO@makola.bc.ca](mailto:INFO@makola.bc.ca) with your full name, address, and preferred email.

**Tenants we complete the survey will be entered into a draw to win prizes!**

### Spring Clean Up

M'akola Spring Clean Up is approaching fast! This is a time for tenants to dispose of large unwanted items like old furniture, broken electronics, or other household waste. Please remember not to leave large items beside garbage bins as tenants will be charged back for the removal. Check out details on the Resources page and all households will get a flyer specific to their complexes.

### Air Conditioning Units

As warmer weather approaches we want to remind all tenants that window mounted air conditioning units are not permitted as they are a health and safety concern.

Air conditioning units that do not extend past the window sill and have transitioning devices that are made for every type of window are allowed.

## 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:

Good Friday	April 18th
Easter Monday	April 21st
Victoria Day	May 19th

## Be Aware of Increase in Scams

As taxes are due in April you may notice an increase in scams. M'akola tenants have also reported scammers posing as their landlord to fraud people out of money. Please read the tips below to be prepared!

### Tips in Identifying a Scam/Phishing Attempt

If you receive a suspicious call, email, or text ask the following:

- Were you expecting this call, email or text?

Most scam or phishing attempts are vague and rely on people's curiosity. If you were not expecting the message it could be a scam.

- Is it from a known or trusted source?

Is it a call or text from an unknown number or is the email from one you have never seen before? If so it could be a scam.

If you are uncertain you can end the call or texts and reach out to them at a different number. For example, if they claim to be your bank hang up the phone and call your bank from a branch you know. If they are unaware of the call it's probably a scam.

- Are they rushing you or claiming the matter is urgent?

Scammers often rely on a sense of urgency for you to act quick without thinking it through. If they are

pressing how "urgent" it is take a moment. Ask if you can contact them later or call them back. If they say no it needs to be done urgently it's likely a scam.

- Do you they want to move the conversation to a different platform or for you to select a link?

If texting, emailing, or even chatting on Facebook Marketplace while buying or selling an item, scammers will want you to click a link to continue the conversation on a platform where they can take your information. Never click a link you are unsure of.

### M'akola Contacts

If someone contacts you claiming to be your landlord and it doesn't sound right end the call or stop emailing.

Call or email your regional office to follow-up on the conversation. Call or email numbers you know are correct. Don't call a potential scammer back on the number they give you. You can always email M'akola at:

[INFO@makola.bc.ca](mailto:INFO@makola.bc.ca)

# Emergency Preparedness—Emergency Plan

This issue of the section shows how to make an Emergency Plan so in the event of an emergency you and your family know how to respond to a disaster!

## Creating Your Family's Emergency Plan

If an emergency takes place you may not have the time to think about everything you need to do to keep your family safe. For this reason it's best to think ahead of time and create an emergency plan. You can find templates online [PreparedBC.ca/EmergencyPlans](http://PreparedBC.ca/EmergencyPlans) or consider the following important items and make your own in a notebook or on paper you keep with your Emergency Kit.

### What are the Hazards in Your Area

When making your plan consider what are the hazards in your area that could affect your family. Do you live near the ocean where a tsunami could reach your community? Do you live in an area at higher risk of wildfire? Think of these as you make your plan.

### Home and Household Members

Write down your families home address and all the household members and their contact information (phone and email). In the event of an emergency you may not have your phone that has all this information saved.

### Important Contacts

Record all of your local emergency numbers. If you need immediate assistance from the police, fire, or ambulance always call **9-1-1**. If the concern isn't an emergency you want to have the non-emergency number for these services available.

In your Important Contacts section you can also include important resources you can get information from. This could be the city or town you live in, a local radio station, social media sites that provide emergency updates.

To find contact information for your community go to: [civicinfo.bc.ca/municipalities](http://civicinfo.bc.ca/municipalities)

For government of BC emergency info updates you can go to: [emergencyinfo.bc.ca](http://emergencyinfo.bc.ca) and/or follow [@EmergencyInfoBC](https://twitter.com/EmergencyInfoBC) on X (Twitter).

Also include neighbours, friends, and family you may need to contact.

### Emergency Meeting Place

Establish an emergency meeting place with your family. You will want one near your home and one away from your home if your family is separated at the time of an emergency. This could be at a community centre, park, or school.

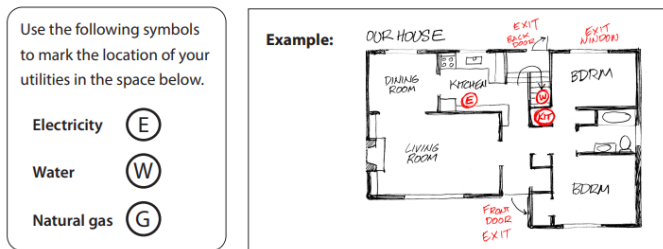
### Important Health Information

Write down any of your health care provider's information. Record family member's Personal Health Number and any medical needs that you may need to provide at a hospital or to a doctor.

Record the information of your insurance provider(s) too.

### Map Your Home

Put together a map of your home that shows where utilities are so they can be turned off in an emergency. You can also note all exits:



# Earth Day

Earth Day will take place on April 22, 2025,

For more ways to celebrate Earth Day check out [earthday.org](http://earthday.org)

Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally through [earthday.org](http://earthday.org) including 1 billion people in more than 193 countries!

The theme for Earth Day 2025 is **Our Power, Our Planet**, inviting everyone around the globe to unite behind renewable energy, and to triple the global generation of clean electricity by 2030.



## Things you can do to help protect the Earth.

1. **Reduce, reuse, and recycle. Cut down on what you throw away.**
2. **Volunteer for cleanups in your community.**
3. **Shop wisely. Buy less plastic and bring your own shopping bag.**
4. **Plant a tree. Trees provide food and oxygen.**
5. **Use long lasting light bulbs**
6. **Conserve Water.**
7. **Use planet friendly cleaning products**
8. **Bike more. Drive less.**



# DIY Lego Table From an Old Side Table.

Don't throw out that old side table or coffee table. Recycle it into something new like a Lego table for kids

1. Give the table a good wash before painting.
2. If you want/need to cut the table so you can place a basket there, (this is optional) use a saw or jigsaw. Make sure you have the right protective glasses and gear for this part and always have a parent present if power tools are used.
3. Paint the table with any paint you have laying around or chalk paint. Chalk paint is easy to use and very forgiving.
4. Once the table is completely dry, you can add a coat of polyurethane or other sealant to seal it.
5. Use a heavy duty glue (like Gorilla Glue) to attach a Lego base plate to the surface. Place some heavy books on top and let dry overnight.
6. Enjoy!



## Another Upcycling Idea!

Turn an old broken dresser into a coffee bar

Get creative and turn that broken dresser into something fun and useful. Painting the dresser and adding new hardware can breath new life into any old piece. Store extra mugs, spoons, and tea in the drawers. This also frees up valuable kitchen counter space.

## Recipe

Easter Jell-O Pie . Create a gorgeous Easter dessert by layering three flavors of Jell-O mixed with cream cheese in a graham cracker crust, then top with whipped cream and Easter decorations.

### Ingredients:

1. pre-made graham cracker crust (9-inch)
2. 1 (3oz) box lemon, berry blue and grape Jell-O.
3. 3 cups boiling water (1 cup per Jell-O flavor)
4. 3 cups cold water (1 cup per Jell-O flavor)
5. 8 oz cream cheese, softened.
6. 1.5 cups whipped topping thawed.



### Instructions:

**Step 1:** In a medium bowl, dissolve the lemon Jell-O in 1 cup of boiling water, stirring for about 2 minutes until completely dissolved. Add 1 cup of cold water and stir. Let the mixture cool slightly for about 5 minutes.

**Step 2:** In a separate bowl, beat  $\frac{1}{3}$  of the softened cream cheese (about 2.5 oz) until smooth. Gradually add the slightly cooled lemon Jell-O mixture, beating until well combined. Fold in  $\frac{1}{2}$  cup of the whipped topping until no white streaks remain.

**Step 3:** Pour the lemon cream mixture into the graham cracker crust, spreading evenly. Refrigerate for 30 minutes or until the layer is partially set (it should be firm enough that the next layer won't break through).

**Step 4:** While the first layer is setting, dissolve the berry blue Jell-O in 1 cup of boiling water. Add 1 cup of cold water and let cool slightly. Beat another  $\frac{1}{3}$  of the cream cheese until smooth, then gradually mix in the blue Jell-O. Fold in  $\frac{1}{2}$  cup of whipped topping.

**Step 5:** Once the lemon layer is partially set, gently pour the blue layer over it. To prevent

breaking through the lemon layer, pour the mixture over the back of a spoon held just above the surface, allowing it to flow gently onto the first layer. Refrigerate for another 30 minutes.

**Step 6:** Repeat the process with the grape Jell-O, dissolving it in 1 cup of boiling water, adding 1 cup of cold water, and letting it cool slightly. Beat the remaining cream cheese, mix in the grape Jell-O, and fold in the remaining  $\frac{1}{2}$  cup of whipped topping.

**Step 7:** Once the blue layer is partially set, carefully pour the grape mixture over it using the back-of-spoon method. Make sure the mixture is completely cooled before pouring to avoid melting the previous layers.

**Step 8:** Refrigerate the pie for at least 4 hours or overnight until all layers are completely set and firm.

**Step 9:** Decorate with mini eggs, sprinkles and whipped cream.



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# Colouring Contest

Participate in this Spring inspired colouring contest by submitting your entries to [info@makola.bc.ca](mailto:info@makola.bc.ca) by April 30th to be entered in a draw for a gift card.



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## Provincial Resources

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

### **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

### **BC Rent Bank**

When times are tough and you can't pay your rent or utilities, rent banks are here to help-offering financial support and connection to resources that can help keep you housed.

[provincewide@kamloopsefry.com](mailto:provincewide@kamloopsefry.com)

236-597-2976



### **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)

### **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

### **Judy Bourne Memorial Scholarship**

Its that time of year again for M'akola's Judy Bourne Memorial Scholarship application process to begin. The application deadline is May 1st 2025. For more information please visit:

[makoladevelopment.com/scholarshipsbursaries](http://makoladevelopment.com/scholarshipsbursaries)

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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)

### **Island Roots Farmers Market**

Locally grown and produced products and produce.

As the season gets going there will be more sellers each week.

The Market operates every Wednesday from 3:00pm-6:00pm in Beban Park

During the winter it is held inside at the Centennial Building.

[2300 Bowen Rd Nanaimo.](http://2300BowenRdNanaimo)