

February 2025 Issue

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M'AKOLA

HOUSING SOCIETY

Tenant Newsletter

Happy New Year from M'akola Housing Society! We hope you had a safe and happy holiday season. 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, 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 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

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

250-732-9855

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. 17th
Good Friday	Apr. 18th
Easter Monday	Apr. 21st

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 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 rent payments 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

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.**

- 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 2025 as an example, the 1st of the month falls on a Saturday. The 2nd is also on the weekend so not considered a 'business day' by the bank. This means most will have their rent come out of their account on the 3rd 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

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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).



Heart Mug Craft

Make a gift from the heart. These can be filled with all sorts of Valentines goodies.

What You Need:

- Dollar Store Mug
- Heart Stickers
- Paint Pens
- Treats



DIY Craft Project
Sharpie Mug Tutorial



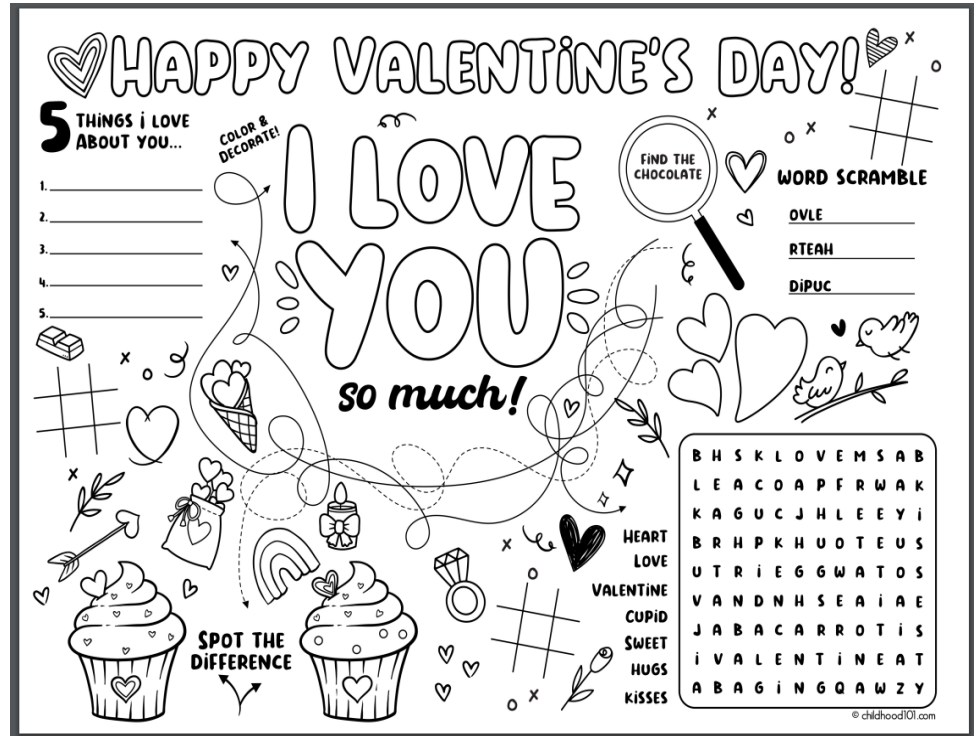
What To Do:

1. Attach heart sticker to the mug.
2. Using paint pens, start adding dots around the sticker. Concentrate them more densely closer to the sticker and then space out as you move farther away. Once dry, remove the sticker.
3. Let dry overnight.
4. To set paint, bake in oven for 30 minutes at 350 degrees. Make sure you put the mug in the cold oven and then turn on. Then let mug stay in oven to cool off after you turn off the oven.
5. For a Valentine's Day gift idea (or even a teacher's gift idea) add a little packet of hot cocoa and mini marshmallows.



Valentines Jokes!

- What do you call the world's smallest Valentine's Day Card?
•A:Valen-teeny.
- What did the stamp say to the envelope on Valentine's day?
•A: I'm stuck on you!
- How did the phone propose to his GF?
•A: He gave her a ring.
- What did one light bulb say to the other light bulb on Valentine's day?
•A: I wuv you watts and watts!
- What do you say to an octopus on Valentine's Day?
•I want to hold your hand ,hand, hand,



Recipe

Shortcut Shepherd's Pie. Using potato tots instead of mashed potatoes not only saves time, but makes for a crispy topping that's a nice contrast to the beef filling. Share with your loved ones this Valentine's Day.

Ingredients:

- 1 tablespoon vegetable oil, plus more if needed
- 1 1/2 pounds lean ground beef
- 1 onion, diced small
- 2 cloves garlic, grated or minced
- 2 fresh thyme sprigs or pinch dried thyme
- 2 tablespoons all-purpose flour
- 2 tablespoons tomato paste
- 2 cups beef stock
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons soy sauce
- Salt and black pepper
- 10 ounces frozen mixed peas and carrots
- 1 pound frozen mini or regular potato tots (about 4 cups)
- 1/2 cup shredded cheddar

Instructions:

- 1.Preheat the oven to 425 degrees F. Heat a large skillet over high heat for 2 minutes, then add the oil. (It will shimmer and lightly smoke; that's OK.) When you start to see wisps of smoke, crumble the ground beef evenly into the pan. Let the beef cook undisturbed until browned on one side, 3 minutes, then start breaking it up and turning it to brown any remaining pink spots, about 4 minutes more. Transfer the beef with a slotted spoon to a medium bowl; set aside.
- 2.Turn the heat down to medium and discard all but 2 tablespoons of fat from the skillet. Add the onions, garlic and thyme, stir to combine and cook until the onions are soft and translucent, about 5 minutes. Add the flour and tomato paste and cook, stirring, for 2 minutes. Add the cooked beef, beef stock, Worcestershire sauce, soy sauce, 1 1/4 teaspoons salt and 1/4 teaspoon pepper and bring to a boil. Reduce the heat and simmer until the sauce has thickened, about 4 minutes. Remove the thyme sprigs if using. Fold in the peas and carrots.
- 3.Transfer the mixture to an 8-inch square casserole pan, and top with the potato tots and Cheddar. Bake until the potato tots are crisp and the meat layer is bubbling up the sides, 20 to 25 minutes.



Provincial Resources

The following resources may be great supports for your household for 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

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

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

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, Canada's Suicide Crisis Helpline.

YMCA BC—Responsible Adult Course

20-Hour Responsible Adult Course, offered FREE for a limited time. This comprehensive course provides valuable training and certification for anyone who works or volunteers in child care facilities, schools, before- and after-school care, camps, and other settings where children are present

www.gv.ymca.ca/responsible-adult-course

Cowichan Resources

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

Rentsmart Certificate Course

250-748-7000 Ext 111

outreachhp@cwav.org

RentSmart Certificate Course is designed to help you learn important skills to build your knowledge and confidence to find and keep housing.

A certificate that is recognized by many housing providers including BC Housing.

Gain Knowledge about budgeting, communication skills, tenant & landlord rights and responsibilities.

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

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

Cowichan Green Community Society

360 Duncan St, Duncan

250-748-8506

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