

October 2025 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 2025 edition of the M'akola Tenant Newsletter. We've included lots of helpful sections like Emergency Preparedness, a simple pizza slider recipe, and many resources across the province or in your community. We know children love the spooky season October brings so have included a handful of Halloween themed pieces too!

Thank You for Joining Our Tenant BBQs!



Your Feedback is Important 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 out of 10!

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

Survey Winners!

Christopher in Cowichan
Joanna in Terrace
Carla in Victoria
Gloria in Comox

Always Room for Improvement

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.

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. We hosted BBQs for the first time in Okanagan and Vancouver too!

More than 675 family members participated in the Tenant Events across the Province.

We extend our gratitude to all families that came out and helped support a sense of community in your area. M'akola staff were also happy to connect and develop stronger relationships with you!

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

Sooke Regional Office

778-405-4240

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

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

Oct. 13	Thanksgiving Day
Nov. 11	Remembrance Day
Dec. 25 to Jan. 1	Holiday Office Closure

Regional Updates

As it starts to get colder you may notice pests or water leaks in your home. With this in mind please review the following:

Pests

Here are some simple tips to help with pest control.

DIY Fruit Fly Trap

1. Place the some overripe fruit or pour an inch of apple cider vinegar into a jar. Add a drop of liquid dish soap.
2. Cover the top of the jar with plastic wrap, and tie it closed with string. Poke several holes into the plastic wrap, just large enough for a fruit fly to get through.
3. Place the jar in your kitchen where the fruit flies like to congregate, and wait for them to be attracted to the trap.

Rodents

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.

Water Shut Off

Do you know where your water shut offs are in your home?

If you are experiencing leaking or flooding, do you know where to shut off the water to help minimize damage?

The sink shut off is usually below the sink, inside the cabinet.

Your toilet shut off is usually behind the toilet, below the tank.

Your hot water tank shut off should be near the bottom of the tank.

You may want to locate these shut offs before a problem happens

and make sure you always have easy access to them and if you can't locate them reach out to your regional office to confirm.



If you notice any pests or leaks call M'akola!

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

Emergency Preparedness—Earthquake

In the event of an emergency it is always best to be prepared! 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.

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.

Practice Makes Perfect—The Great ShakeOut!

Being prepared and practicing for an earthquake is a great way to know what to do if this natural disaster were to strike!

Join BC and the rest of the world by practicing for an earthquake during The Great ShakeOut on October 16! You can register and learn more at ShakeOut.org.



Practice your Emergency Plan—In the event of a sever earthquake you may need to shelter in place without electricity or water. Ensure your family knows what to do, who to contact, where to get information, and more by practicing and updating your Emergency Plan

Practice Accessing your Emergency Kit—Make sure your Emergency Kit is easily accessible. You may need to use it to shelter in place for several days or take it on the go as you and your family find safety. Either way ensure it's easy to grab and supplies are up to date.

Halloween Crafts—Cheesecloth Ghosts

Super Simple Cheesecloth Ghosts

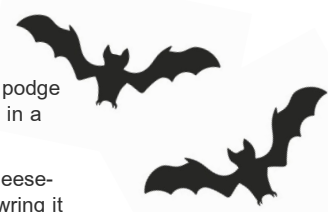
What You'll Need:

- Cheesecloth
- Mod Podge or Liquid starch
- Plastic wrap
- Black felt
- Small Foam balls
- Empty bottles/Jars
- Pipe cleaner
- Scissors



What You Do:

1. Mix two parts mod podge and one part water in a bowl.
2. Drench the cut Cheese-cloth into mix and wring it out really well.
3. Spread out the cheese cloth and drape it gently over a bottle with foam ball attached to create ghost shape. You can use pipe cleaners for arms. Let dry for 1-2 days, then add eyes with black marker or construction paper.
4. You can add twinkle lights underneath for a cool effect.



Fall Fun Fact: Halloween

Pumkins are considered to be a fruit not a vegetable.

Halloween is over 3,500 years old.

Did you know? The phrase Trick or Treat is believed to have originated in Alberta in the 1920s.



Pumkin S'mores Cookies

Nothing says Fall like pumpkins and spice. This recipe is easy to make and even easier to enjoy!

Ingredients:

- 8oz Chocolate Chips
- Mini marshmallows
- 1 cup sugar
- 2tsp baking powder
- 1 cup pumpkin Puree
- 1 tsp vanilla
- ½ tsp salt
- 1 egg
- ½ cup oil
- 1 Tsp baking soda
- 2 cups flour
- 2 tsp cinnamon
- Graham cracker crumbs

Instructions:

1. Preheat the oven to 350 degrees F (190 degrees C). Lightly grease baking pan
2. Mix sugar, flour powder, baking soda, cinnamon and salt then set aside.
3. In a separate large bowl, mix the egg, vanilla, oil and pumpkin, Add the dry ingredients to the wet.
4. Gently mix in the chocolate chips, marshmallows and graham cracker crumbs.
5. Let the batter rest for 20 mins. Scoop heaping table-spoons of cookie dough onto a greased baking sheet.
6. Bake for ten minutes at 350F. Let cool.



Fall Fun Fact: Why Leaves Change Colour

Autumn leaves are different colors because of sugar. Sugar from the tree gets trapped in leaves. More Sugar means brighter red and purple colors.



Pull Apart Pizza Sliders

These easy homemade pull apart pizza sliders are such a fun and easy lunch or dinner. Soft Dinner rolls stuffed with marinara sauce, cheese, and pepperoni. There never seems to be enough of these fun pizza sliders so be sure to make a double batch to enjoy with family and friends. This is also a perfect appetizer for any potluck!

Ingredients

- 1 package Hawaiian Rolls
- 1 cup marinara or pizza sauce
- 3 ounces pepperoni
- 1 1/2 cups shredded mozzarella cheese
- 2 tablespoons parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 cut melted butter
- 1/2 teaspoon dried oregano



Instructions:

- Preheat oven to 375F. Leaving buns attached together, slice them open with a long knife. You should have two rectangle sheets, the top and bottom half.
- Place bottom half on a baking sheet with edges. Spread the marinara sauce on the bottom layer of buns, layer the pepperoni, shredded cheese to the top layer.
- Melt the butter and sift in the Parmesan, garlic powder and oregano. Pour the butter and cheese mix over the top of the buns.
- Bake for 12 minutes or until cheese is melted.
- Remove from the oven. Slice the rolls apart and serve warm.



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)

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 17, 2025. To find out how to apply and learn more about other scholarship and bursary opportunities visit:

makoladevelopment.com/scholarshipsbursaries/

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

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

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

Vancouver Resources

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

Vancouver Native Friendship Centre

1607 E Hastings St, Vancouver
604-251-4844

Vancouver's Native Friendship Centre provides programs to help with job search, skills training, education funding, advocacy, FASD, speech pathology, addictions counsellors, mental health, parent groups, youth drop-in, childcare, and health services.

Vafcs.org

Vancouver: Mental Health & Substance Use Services

Phone: 1-866-658-1221

Vancouver Coastal Health provides a range of services for individuals dealing with moderate to severe mental health and substance use concerns.

BC Society of Transition Houses

Suite 325, 119 W. Pender St. Vancouver
Phone: 604-669-6943
Email: info@bcsth.ca

BC's Transition House has been supporting and advocating for women as they move forward with their lives after experiencing intimate partner violence. VWTH advocates and educates to address and prevent intimate partner violence of women and children through supportive shelter, housing, counselling and other community-based services

Family Services of Greater Vancouver

Head Office: 201 – 1638 E Broadway
Phone: 604 731 4951
Email: contactus@fsgv.ca

Family Services of Greater Vancouver offer counselling, health, and resource services to facilitate equitable access to physical, emotional, and culturally appropriate healthcare.

Westcoast Family Centres Society

Westcoast Family Centres Society brings the community services oriented around the wellbeing children, youth, and Families. They can be reached directly from their website.
westcoastfamily.org

The Greater Vancouver Food Bank

Head Office: 8345 Winston Street Burnaby
Phone: 604-876-3601
Email: reception@foodbank.bc.ca

The Greater Vancouver food bank has been supporting the community since 1983, today the GVFB is providing assistance to 15,000 individuals monthly across Vancouver, Burnaby, New Westminster, and the North Shore.



Halloween WORD SEARCH

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

HALLOWEEN
 CANDY
 BROOM
 NIGHT
 PUMPKIN
 SKELETON
 SPIDER
 SPOOKY
 CAULDRON
 ORANGE
 GOBLIN
 BATS
 GHOST
 HAYRIDE
 CREEPY
 BLACK
 BONES
 TRICK
 MONSTER
 TREAT
 MUMMY
 OCTOBER
 HAUNTED
 SCARY
 ZOMBIE
 FRANKENSTEIN
 SCARECROW
 MASK
 DRACULA
 PRANK
 HORROR
 BLACK