

## June 2025 Issue

### Inside this issue:

#### Important Tenant Information

#### National Indigenous Peoples Day

#### Fire Preparedness

#### Craft and Recipe

#### Provincial Resources and Regional Resources



**M'AKOLA**  
HOUSING SOCIETY

## Tenant Newsletter

With the warmth of Summer just around the corner, the days growing longer and the skies a little brighter this issue of our newsletter is here to inspire you to get outside and soak up the season, safely and joyfully! What better way to enjoy the season than with tenant BBQs! Be on the lookout out for the details of the tenant BBQ happening in your region. It is the perfect chance to enjoy good food, meet your neighbours, and celebrate summer together! We also acknowledge and celebrate National Indigenous Peoples Day, a time to honour the rich cultures, histories, and contributions of First Nations, Inuit, and Métis peoples across Canada.

## Regional Office Updates

Please read the items below for important information regarding your tenancy and helpful tips managing plumbing concerns you could experience in your home!

### 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

Sooke Regional Office  
778-405-4240

Lower Mainland Regional Office  
1-604-558-6194

#### Canada Post Strike

With the Canada Post strike we want to remind all tenants of ways they can communicate or provide information to M'akola!

You can drop documents, letters, or notices off at your local regional office.

You can email information, complaints, or questions to [INFO@makola.bc.ca](mailto:INFO@makola.bc.ca)

If you think the Canada Post strike could impact your ability to provide documents or pay rent please reach out to discuss the options available to you!

#### Reminder—Doorbell Cameras or Recording Devices are Prohibited

All tenants have a right to a reasonable expectation of privacy. For this reason, we want to remind you that doorbell cameras or other recording devices that are directed outside your unit, are not allowed on M'akola property.

#### Tips for Clogged Toilets and Sinks!

If you are noticing your toilet is clogging regularly, you can try the following steps to try and resolve it:

- If the toilet bowl is threatening to overflow, turn off the water supply to the toilet, which is located behind the toilet. Immediately clean up any overflow from the floor to stop damage.

- Use a plunger to try and clear the debris. Place the plunger over the hole inside the toilet and press down firmly several times. Once the debris has been pushed through, the toilet will clear automatically. Repeat this process several times until cleared.

- If plunging is ineffective, try a kettle of boiling water poured directly into the toilet bowl. Alternatively, you can try a mixture of 1 cup of baking soda and 1 cup of vinegar. Add the two ingredients to the bowl and let it sit for about 20 minutes.

If you are noticing your bathroom or kitchen sink is clogging regularly you can try the following steps to try and resolve it:

- Bathroom and kitchen sinks can be cleared with a plunger. For bathroom sinks, Place the plunger over the drain and cover the overflow hole with your hand or a wet face cloth. This will allow maximum pressure to try to release the blockage. Firmly press down on the plunger several times to try to dislodge the debris.

- If plunging is ineffective, try a kettle of boiling water poured directly into the drain. Alternatively, you can try a mixture of 1 cup of baking soda and 1 cup of vinegar. Add the two ingredients to the sink and let it sit for about 20 minutes.

**If you are unable to unclog a toilet or sink please contact your regional office or call the Repairs line at**

**1-877-590-0204 ext. 2**

## M'akola Tenant Events: Summer BBQs

#### Stay Tuned for Tenant Events in Your Area!

M'akola hosts a Tenant Event Summer BBQ in each region every year. Flyers will be distributed to tenants and posted in common areas soon. These flyers will have all the important information you need to attend the BBQ like date, time and location. The M'akola Tenant Events Coordinator will also be reaching out to all households making a call to provide the details of the event.

**Tenant Event BBQs will take place across the province through July and August.**

If you have any questions about the date and location of the event in your area please reach out to your regional office or email us at: [INFO@makola.bc.ca](mailto:INFO@makola.bc.ca).

#### What to Expect at a M'akola Summer BBQ

At the M'akola Summer BBQs music, games, and most importantly freshly barbequed hot dogs and hamburgers are offered. We will be serving vegetarian options for tenants too!

**M'akola Tenant Events are free!** These tenant events are at no cost to the tenant and will happen rain or shine! These events are for the whole family so bring them along and your appetite.



---

# National Indigenous Peoples Day

On June 21, recognize and celebrate the history, heritage, diversity and culture across Canada of First Nations, Metis, and Inuit

Every year on the 21st of June, Canada celebrates National Indigenous Peoples Day. NIPD is held on June 21st due to the summer solstice and its importance. For many generations, Indigenous groups all over Canada celebrated their culture and heritage on the day of the summer solstice. It is celebrated on this day because it is the longest day of the year and in the Northern hemisphere, it marks the first day of summer.

Key Milestones:

- **1982:** The National Indian Brotherhood (now the Assembly of First Nations) called for a National Aboriginal Solidarity Day.
- **1995:** The Royal Commission on Aboriginal Peoples recommended a day be designated as National First Peoples Day.
- **1996:** The Governor General of Canada, Romeo LeBlanc, Through Proclamation declared June 21st as National Aboriginal Day.
- **2017:** The day was renamed National Indigenous Peoples Day by Prime Minister Justin Trudeau.

Equally important with the celebrations and ceremonies is to recognize and understand the history and hardships generations of Indigenous people have gone through. The effects of residential school are still prominent in many communities. For those who have been effected by residential school and find this time difficult, support is offered by:

**Indian Residential School Survivor Society: (604) 985-4464**

**24-Hour Line: 1-(800)-721-0066**

Additional Resources:

**Circle of Eagles Lodge Society:** [circleofeagles.com](http://circleofeagles.com)  
COELS supports Indigenous Brothers and Sisters leaving federal institutions and those dislocated from society, to reintegrate into Community by providing respectful wholistic services and culturally safe spaces.

**Traditional Territories:** [native-land.ca](http://native-land.ca) is an interactive map that shows Indigenous territories, treaties, and languages.

**Language Resource:** [firstvoices.com](http://firstvoices.com) allows for indigenous communities to share their language with interactive learning resources.



---

## Emergency Preparedness—Wildfire

In the event of an emergency it is always best to be prepared! This issues Emergency Preparedness section covers preparing for a wildfire.

### Emergency Alerts

In the event of a life-threatening emergency, such as a wildfire, an emergency alert will be issued to impacted areas in B.C. Some alerts may be sent to small warning areas, while others may affect more than one region or be issued province-wide.

You don't need to do anything to receive an emergency alert. They will automatically be sent to active cell phone numbers. Read the alert immediately after receiving it to determine if you're in the impacted area, if so you will need to evacuate the area.

For emergency information updates go to [emergencyinfobc.qv.bc.ca](http://emergencyinfobc.qv.bc.ca) and/or follow [@EmergencyInfoBC](https://twitter.com/EmergencyInfoBC) on X (Twitter).

### Emergency Evacuation

If an Evacuation Alert is in place, be ready to leave on short notice. Take these steps

- 🔥 Move patio furniture, cushions, door mats and any other flammable outside items indoors
- 🔥 If possible take down flammable curtains and window covers
- 🔥 Ensure your house number is visible. This will help firefighters locate your home quickly
- 🔥 If an Evacuation Order is in place it means you are at risk and must leave **immediately**.
- 🔥 Grab your Emergency Kit and Emergency Plan before you leave!
- 🔥 On your way out close all doors and windows. Turn on both interior and exterior lights so your home is visible to firefighters in the event there is heavy smoke
- 🔥 If you have natural gas in your unit it shut it off before you leave!

### 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.

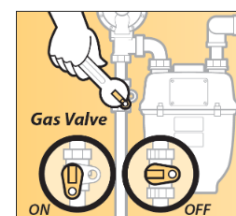
### Have an Emergency Plan

In the event of a wildfire you might need to be away from your home for several days. You can find great information on preparing an emergency plan at [PreparedBC.ca/EmergencyPlans](http://PreparedBC.ca/EmergencyPlans) or refer to the last newsletter.

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 insurance annually (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.



## Pressed Flower Lanterns

Make your own pressed flower lantern that is so pretty and simple to create



### Supplies:

- \* Mod podge
- \* Dried pressed flowers (note: you can make or buy)
- \* Glass jar (smooth)
- \* Paintbrush
- \* Twine
- \* Scissors
- \* Tea candle

### Directions:

1. Apply a small area on the outside of the jar with a thin layer of mod podge (it is better to work in small areas since the mod podge dries quickly).
2. Press dried flower onto the semi-dry mod podge area.
3. Cover the flower with another layer of mod podge (if the flower has layered petals you may need to glue the top petals and the bottom petals together with the mod podge).
4. Repeat steps 1-3 until the outside of the jar is covered. Once the jar is covered, let it air dry.
5. Once the jar is dry, cover the entire jar with another thin layer of mod podge to even out any textures or in case there were any missed spots.
6. Cut a piece of twine long enough for it to fit around the top of the jar a few times and extra room to tie a bow. Once the twine is cut, starting at the center of the twine, begin wrapping it around the mouth of the jar several times. Make a knot and then tie a bow with the remaining twine.
7. Add the candle to the middle and light it to see the finished product!

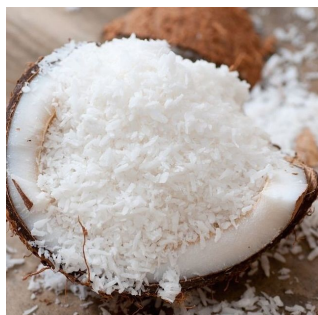


## Crispy Coconut Tofu

Try these easy, crispy coconut tofu sticks that are a fun new take on tofu

### Ingredients:

- \* 1 block extra-firm tofu, drained
- \* Salt
- \* 1/3 cup instant flour (such as Wondra)
- \* 2 large eggs
- \* 1/4 teaspoon red pepper flakes, plus a pinch
- \* 1 cup (un)sweetened shredded coconut
- \* 2/3 cup panko breadcrumbs
- \* 1 tablespoon plus 1 teaspoon extra-virgin olive oil



### Directions:

1. Preheat the oven to 400 degrees F and line a baking sheet with parchment paper. Slice the tofu into 1/2-inch-thick sticks. Press the tofu pieces gently between paper towels to remove the excess water, then season generously with salt.
2. Whisk the 2 eggs and 1/4 teaspoon red pepper flakes in a shallow bowl. Put the flour in a separate shallow bowl and set aside. Pulse the coconut and panko in a food processor until roughly chopped (or cut up to preferred size), then transfer to a third bowl and toss with 1 tablespoon olive oil.
3. Line all three bowls up starting with flour, then the egg mixture and ending with the coconut mixture. Dip the tofu pieces in the flour, shaking off any excess, then dip in the egg mixture, letting the excess drip off, and press in the coconut mixture to coat. Arrange on the prepared baking sheet. Bake, rotating the pan halfway through, until the tofu is golden brown, about 25 minutes.
4. Serve with your choice of sauce and sides.





## Provincial Resources



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

### **Kelty Mental Health Resource Centre**

KMHRC offers a variety of free services, support and resources across BC. Kelty's services, support and resources vary from parenting to healthy living to therapy. Access these amazing services through their webpage and find services for your region.

800-665-1822

[keltycentre@cw.bc.ca](mailto:keltycentre@cw.bc.ca)

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

### **Crisis Support & Suicide Prevention**

Anywhere in BC 1-800-SUICIDE: [1-800-784-2433](tel:1-800-784-2433)

Mental Health Support Line: [310-6789](tel:310-6789)

Online Chat Service for Youth: [www.YouthInBC.com](http://www.YouthInBC.com) (Noon to 1am)

Online Chat Service for Adults: [www.CrisisCentreChat.ca](http://www.CrisisCentreChat.ca) (Noon to 1am)

### **Seniors First BC**

Formerly the BC Centre for Elder Advocacy and Support, Seniors First BC is a charitable, non-profit society that provides information, legal advocacy, support and referrals to older adults across BC who are dealing with issues affecting their well-being or rights. 1-866-437-1940

[outreach@seniorsfirstbc.ca](mailto:outreach@seniorsfirstbc.ca)

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

### **Here To Help**

HeretoHelp is a project of the BC Partners for Mental Health and Substance Use Information. They are a group of seven leading mental health and substance non-profit agencies. Since 2003, they've been working together to help people live well and better prevent and manage mental health and substance use problems.

604-669-7600

[support@heretohelp.bc.ca](mailto:support@heretohelp.bc.ca)

[heretohelp.bc.ca](http://heretohelp.bc.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)

## Victoria/Westshore 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](mailto: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.

### **Island Health: Mental Health & Substance Use Services**

Phone: 1-888-885-8824

Crisis Line: 1-888-494-3888

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

### **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)

### **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](http://familycaregiverssupport.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)