

## June 2026 Issue

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# M'AKOLA

## HOUSING SOCIETY

## Tenant Newsletter

With summer just around the corner, the days are getting longer and the skies a little brighter making it the perfect time to head outdoors and enjoy the season. In this issue, we're encouraging everyone to embrace the warmer weather safely while making the most of all that summer has to offer. One of the highlights of the season is our upcoming tenant BBQs! Keep an eye out for details about the event happening in your area. It's a wonderful opportunity to enjoy delicious food, connect with your neighbors, and celebrate the spirit of summer together.

## Regional Office Updates

As we head into warmer weather, here are a few simple tips to help keep your home comfortable and avoid common summer maintenance issues.

### Beat The heat Without Overworking Fans or AC

A few easy ways to keep your unit cooler this summer.

- \* Keep blinds closed during the hottest part of the day.
- \* Open windows in the evening to let cooler air in.
- \* Use bathroom and kitchen fans to remove heat and humidity.
- \* Avoid running ovens during very hot afternoons when possible.

These small changes can make a noticeable difference in comfort and energy use.

### Summer Pest Prevention

Simple Ways to Prevent Summer Pests.

- \* Wipe kitchen counters regularly.
- \* Avoid leaving pet food out overnight.
- \* Take garbage out frequently.
- \* Store food in sealed containers.
- \* Report Pest Concerns early before they become larger problems.



**For all pest control concerns or maintenance repair requests, please call 1-877-590-0204 ext. 2.**

### Reduce Moisture and Prevent Mold

Summer humidity can lead to excess moisture indoors. Please remember to:

- \* Run bathroom fans during showers.
- \* Leave fans on for about 20 minutes afterward.
- \* Report any fan that is not working properly.
- \* Proper ventilation helps prevent mold and protects your living space.

### Helpful Tips.

- \* Leaving space around food inside the fridge helps air circulate properly and keeps cooling efficient.
- \* Cleaning your dryer lint trap after every load improves the efficiency of the machine and reduces the risk of fire.
- \* Test smoke alarms monthly by pressing the TEST button for a few seconds.
- \* Avoid overloading washing machines. Smaller loads help machines run properly and reduce wear.
- \* Avoid plugging multiple high-power appliances into the same outlet or power bar to help prevent overloading circuits.

## 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  
• [rentreview@makola.bc.ca](mailto:rentreview@makola.bc.ca)
- 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**

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

National Indigenous Peoples Day	June 21st
Canada Day	July 1st
B.C. Day	August 5th

## M'akola Tenant Events: Summer BBQ's

### 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 barbecued 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 with your appetite.



# National Indigenous Peoples Day

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

**National Indigenous Peoples Day (NIPD)** is celebrated annually on June 21st in Canada to honor the rich cultures, traditions, and contributions of First Nations, Inuit, and Métis peoples. Coinciding with the summer solstice, it serves as a time of reflection, renewal, and celebration of Indigenous history and resilience.

- **Significance:** It marks a time for renewing relationships with Indigenous Peoples based on respect, partnership, and recognition of rights.
- **Summer Solstice:** June 21st holds deep spiritual meaning, often linked to the summer solstice, representing a time of community and gathering.
- **Activities:** Celebrations often include cultural dancers, traditional foods, workshops, and community events.
- **National Indigenous History Month:** NIPD is a highlight of June, which is recognized as National Indigenous History Month.
- 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 schools 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**

**Note:** In 2026, some regional events, such as those at Royal Roads University, are scheduled for Friday June 19th . 10am—3pm Free Event.

## 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.

## NATIONAL INDIGENOUS PEOPLES DAY



# 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.gov.bc.ca](http://emergencyinfobc.gov.bc.ca)

## 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)

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.

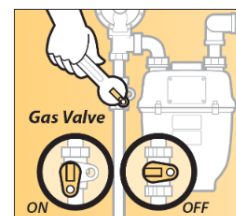
## Have an Emergency Plan

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](http://PreparedBC.ca) 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 a 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.



# Spaghetti Box Feathers

Have fun creating these simple yet beautiful feathers. Frame them, wear them, its up to you!



## Directions:

1. Draw a turkey feather shape.. Kind of like a corn dog. Leave a slight tail at the end.
2. Cut small diagonal cuts in the sides of the feather.
3. Paint using acrylic paint (the feather might curl up after painting but will relax as it dries)
4. Let them dry (if you are antsy, use a blow-dryer but don't let them blow around in the air).
5. Add some dimension by gluing a single spaghetti noodle down the middle.
6. Glue small spaghetti strands to the sides in a diagonal pattern.
7. Allow the glue to dry then go back over the top with any paint color you like.
8. "(optional)" punch a hole in the end and add metal grommets to hang them up with.

## Supplies:

- \* Acrylic Paints (metallic is nice)
- \* Box of Spaghetti or linguini for a different texture.
- \* Cereal box (these work the best because they are long).
- \* Paintbrush
- \* White glue
- \* Scissors
- \* Items can all be purchased at the dollar store.



# History of Indigenous Regalia

*Indigenous regalia in Canada is a vibrant, evolving expression of identity, spirituality, and storytelling, deeply rooted in family history and cultural resilience. Often handcrafted, it serves as a powerful connection to ancestors and community. Though colonial legislation once restricted its use, it has remained a vital symbol of survival.*

**Significance & Purpose:** Regalia is not a "costume," but sacred clothing worn for ceremonies, potlatches, and celebrations, symbolizing personal and family history. Each piece tells a story, featuring elements like feathers, beadwork, and fur, often passed down through generations.

**Jingle Dress (1920s-Present):** Originating with the Anishinaabe, the *shiibaashka'igan* (jingle dress) is a healing dress introduced in the 1920s, which became a staple at powwows.

**Fancy Dance/Shawl (Early 20th Century):** These styles were created to showcase athleticism and joy, reflecting the ability to adapt and thrive.

**Regional Differences:** Designs vary across cultures, from Coastal Salish cedar to Plains Cree quillwork.

**Modern Day Usage:** Today, regalia is widely worn to celebrate cultural pride, honor, and identity. It is actively created and worn by all ages, from children to elders, ensuring the transmission of cultural knowledge

## Components & Craftsmanship

Regalia is typically handmade, incorporating materials like buckskin, ribbons, beads, and precious feathers. Making it is often a spiritual, meditative process



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## 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](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.seniorsservicessociety.ca](http://www.seniorsservicessociety.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

### **Trades Exploration and Employment at Camosun College**

Discover the skilled trades with a fully-funded trades sampler program for: Self identified Indigenous individuals (first Nation, Metis, Inuit) of any age, or Youth aged 17-29. For more information email

[TIPS@camosun.ca](mailto:TIPS@camosun.ca) Next Course Date: **June 29, 2026**

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