

August 2026 Issue

Inside this issue:

Important Tenant Information

History of Indigenous Toys and back to school shopping tips

Make your own Freezie pops. Egg bite breakfast.

Provincial Resources and Regional Resources

I SPY Activity Sheet



M'AKOLA
HOUSING SOCIETY

Tenant Newsletter

As summer begins to wind down, August is the perfect time to make the most of the warm days and long evenings. Whether you're spending time outdoors, connecting with friends and neighbors, or enjoying local events, we hope you're finding plenty of opportunities to soak up everything the season has to offer. One of the highlights of the month is our upcoming tenant BBQs! Be sure to watch for details about the event happening in your community. It's a great opportunity to enjoy delicious food, meet your neighbors, and celebrate the summer season together. In this issue, you'll find seasonal reminders, community updates, and helpful tips to help you enjoy the remainder of the summer safely while making the most of the weeks ahead.

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.

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.

BC Hydro is offering \$50 rebates on select Air Conditioning Units. For more details visit:

[BC Hydro Deals on energy-efficient products](#)

No Smoking

We ask tenants to be respectful of the air we share at M'akola sites, especially in the Summer when people are spending more time outdoors. For this reason, we want to remind tenants to smoke in designated smoking areas only. If your site doesn't have a designated smoking area there is no smoking on site. This includes cigarettes, e-cigarettes, and cannabis.

Ways to Stay Cool and Follow the Rules

Tenants are not allowed to have pools due to safety concerns, no matter the size.

Instead find other ways to stay cool like using a sprinkler toy if you have an outdoor water spigot accessible. If you don't have this available, fun water toys like squirt toys and water foam shooters are a good option. If you want to make it extra cool add ice cubes for a shocking cool relief from the heat!

Ensuring Summer Toys are Cleaned Up

When you are done with your toys and sporting equipment please ensure they are picked up and brought back to your home from common areas.

Toys left out may get lost or removed from common spaces with the daily property clean up done by M'akola staff.

When sending an email to info@makola.bc.ca please include your name and address.



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

Sooke Regional Office

778-405-4240

Lower Mainland Regional Office

1-604-558-6194

B.C Day

Aug 3rd

Labour Day

Sept 7th

*Truth and Reconciliation
Day.*

Sept 30th

Back To School Picnic

This is a fun, family-focused event that includes lunch, fun activities, cultural sharing, and community connection.

What is the back to School Picnic?

Every August, Surrounded by Cedar Child & Family Services and the VNFC host a back to school event where backpacks and school supplies are handed out to hundreds of indigenous families in the Victoria area.

Who is this event for?

This is a community event, so all are welcome! You must pre-register to receive the backpack and supplies. There are a limited amount available and spots fill up quickly, so please keep an eye out on Surrounded By Cedar and VNFC's social media for the registration dates.

Backpack and school supplies are available for indigenous children and youths from pre-school to grade 12.

When is the event?

This event is being held at Government House on **Saturday, August 22nd, 2026**

For the most up to date information:

Please contact backtoschool@sccfs.com with *general* or *question* in the subject line. General information will be provided in the autoreply!



Toys of Indigenous Children Long Ago

Children have always loved to play. Long before plastic toys or electronics, Indigenous children across North America made toys from natural materials found around them. These toys were not only fun—they also helped children learn important skills they would use throughout their lives.

- **Wooden Dolls:** Simple dolls carved from wood have been found at ancient Inuit archaeological sites dating back more than 700 years. Some had carved faces while others were very plain. Children dressed them in tiny clothing made from animal hides, learning sewing skills and family traditions through play.
- **Bone and Ivory Toys:** In Arctic Communities, toys were often carved from bone, antler, or walrus ivory. Small animal figures and dolls reflected the animals that were important to daily life and helped children learn about hunting and caring for their environment.
- **Ajaq:** One of the oldest Indigenous toys is the *ajaq*, a cup-and-pin style game. Players try to catch a bone with a pointed stick connected by a cord. It helped children develop hand-eye coordination and patience while providing hours of entertainment.
- **Did you know?:** Many Indigenous toys were handmade by parents, grandparents, or older siblings using driftwood, bone, antler, leather, feathers, and sinew. These toys taught practical skills, storytelling, creativity, and respect for the natural world.



Back to School Shopping Tips

Back To School shopping can get overwhelming and add up quickly, so we've listed some ways to hopefully save you some money and stress!

1. Make a shopping list & set a budget.
2. Do a check of your home: see what supplies you already have from the previous school year.
3. Shop the sales: look through flyers and the stores website for online deals.
4. Price Matching: many stores like Canadian Tire & Staples have a price matching policy.
5. Promos and Coupons: check online resources like [Save.ca](https://www.save.ca) and [retailmenot.ca](https://www.retailmenot.ca).
6. Shop the Dollar Store: This is a great place to stock up on pens, pencils, erasers & highlighters.
7. Visit Thrift Stores: Sometimes you can find some real treasures! Upcycled clothes & accessories are a great alternative to buying brand new. Also consider visiting smaller neighborhood shops!



Homemade Freeze Pops

These homemade freeze pops bring back that nostalgia, and they leave out the artificial flavors, colors and preservatives.



Directions:

1. Thaw fruit out on the counter for 30 minutes, or microwave for 30 seconds.
2. Add fruit to a blender with water, lemon or lime juice, and honey/agave.
3. Blend until smooth.
4. Pour into [plastic sleeves](#) or [reusable silicone ones](#), using a [funnel](#) to make things easier. Freeze for 8 hours, or overnight, and enjoy!

What you will need:

- * Frozen fruit: Strawberries, Mango, kiwi, pineapple, blueberries and peaches.
- * Lime or lemon Juice: (fresh squeezed is best).
- * Honey or Agave.
- * Water.
- * Mint: Used for the kiwi-pineapple popsicles. This is optional.
- * Blender.
- * [plastic sleeves](#) or [reusable popsicle sleeves](#).



Recipe: Bird Nest Breakfast Cup

Try out this simple recipe to prepare a bite sized breakfast for your family. They are easy to make and great to freeze and have as an on-the-go breakfast or snack.

What You'll Need:

- 1 (30 ounce) package frozen shredded hash brown potatoes, thawed
- 2 ½ teaspoons salt
- 1 teaspoon ground black pepper
- 2 ½ tablespoons olive oil
- 2/3 cup shredded cheddar cheese
- 12 eggs
- 2 tablespoons water
- 8 slices cooked bacon, crumbled - divided
- ¼ cup shredded Cheddar cheese, divided



Directions:

1. Preheat oven to 425 degrees F (220 degrees C). Grease 24 muffin cups.
2. Mix hash brown potatoes, salt, black pepper, olive oil, and 2/3 cup shredded Cheddar cheese in a bowl. Divide mixture between prepared muffin cups and use your fingers to shape potato mixture into nests with hollows in the middle.
3. Bake in the oven until hash browns are browned on the edges and cheese has melted, 15 to 18 minutes. Remove hash brown nests.
4. Reduce oven temperature to 350 degrees F (175 degrees C).
5. Whisk eggs and water in a bowl until thoroughly combined; season with salt and black pepper. Pour equal amount of egg mixture into each nest; sprinkle with bacon crumbles and 1 teaspoon Cheddar cheese.
6. Bake in the oven until eggs are set, 13 to 16 minutes. Let cool in pans and remove by sliding a knife between potato and pan.

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.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 Camosun.ca

Health & Wellness



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

Cedar Woman House (Xpey' Selhni' Lelum)

250-591-5580

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

Nanaimo Child Development Centre

1135 Nelson St.

250-753-0251

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

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

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:

narsf.org

Haven Society

2270 Labieux Rd.

Crisis Line: 250-756-0616

250-756-2452

haven@havensociety.com

Supports for adult women who have experienced abuse including a Drop In Program to identify needs, risks, and provide referrals to other services. They also offer free individual and group counselling.

havensociety.com



M'AKOLA
HOUSING SOCIETY

M'akola Tenant Events

August BBQ Season is Here!



Join your neighbours for an afternoon of food, fun, and community!

M'akola is hosting FREE BBQs across the province this August. Everyone is welcome!



Free BBQ
Lunch



Music &
Games



Kids'
Activities



Meet Your
Neighbours



CONFIRMED AUGUST BBQ DATES

Region	Date	Address
Nanaimo	Aug 5	3201 Shenton Rd
Port Alberni	Aug 6	3777 Argyle Way
Prince Rupert	Aug 11	645 McKay St
Prince Rupert	Aug 12	1227 Hays Cove Ave
Terrace	Aug 13	4819 Lazelle Ave
Victoria (Quadra/Camas)	Aug 18	1502 Admirals Rd
Victoria Station	Aug 19	731 Station Ave
Sooke	Aug 20	2065 Drennan St
Lower Mainland	Aug 26	3338 Sawmill Cr, Vancouver



Watch for posters in your building & common areas for details!

The Tenant Events Coordinator will also contact households with event details.
Questions? Contact your regional office or email dmejia@makola.bc.ca or Jwiddowson@makola.bc.ca.

I SPY

Participate in this Summer themed I SPY, submit your entries and be entered in a draw for a \$25.00 Amazon gift card.

Submit entries to info@makola.bc.ca by August 31st!

