

October 2026 Issue

Inside this issue:

Tenant BBQs & Fall Activities

Emergency Preparedness & Halloween Craft

Gluten Free Treat & History of Lacrosse

Provincial Resources & Regional Resources

Halloween Coloring Page



M'AKOLA
HOUSING SOCIETY



Tenant Newsletter

There's something special about the arrival of October—the cooler days, changing leaves, and, of course, a little Halloween fun! Welcome to the October 2026 edition of the M'akola Tenant Newsletter. Inside, you'll find seasonal tips, important information, community resources, and ideas to help you and your family make the most of the month ahead. We've also added some spooky fun for the season, including a delicious recipe for gluten-free ghost cupcakes that are sure to be a hit with little ones. We hope you enjoy this month's newsletter and find something useful, interesting, or fun to take away!

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
• rentreview@makola.bc.ca
- 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

778-401-4433

Campbell River Regional Office

250-923-4145

Prince Rupert Regional Office

250-627-7501

Terrace Regional Office

250-638-8339

Lower Mainland Regional Office

604-558-6194

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

Oct. 12	Thanksgiving Day
Nov. 11	Remembrance Day
Dec. 24- to Jan. 4	Holiday Office Closure

Thank You for Joining Our Tenant BBQs!

Events Across the Province

Summer was all about bringing our M'akola community together!

From June through August, we hosted **Tenant BBQs and events** at M'akola properties across the Province, creating opportunities for neighbors, families, and staff to connect, enjoy some good food, and have a little fun.

We took the BBQ spirit on the road, with events stretching from **Victoria to Campbell River on Vancouver Island**, and all the way to **Prince Rupert and Terrace** in the **Northwest**. We also fired up the grills in the **Okanagan and Vancouver!**

With more than **680 family members** joining us at Tenant Events across the Province, it was a fantastic summer of community, connection, and plenty of smiles.

A huge thank you to everyone who came out, shared a meal, met a neighbor, and helped make these events such a success. It was wonderful for M'akola staff to spend time with you, get to know your families, and build even stronger connections in our communities.

Thanks for making this summer one to remember! ☐



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:

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.

Please locate these shut offs before a problem happens and make sure you always have easy access to them. **if you are unable to 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:

1-877-590-0204 ext.2



Natural Pest Control That Actually Works

Ants

- Vinegar + water spray (1:1) on trails
- Food-grade diatomaceous earth along entry points
- Cinnamon or clove powder near doors
- Lemon peel in cabinets

Cockroaches

- Baking soda + powdered sugar (1:1 bait)
- Bay leaves in drawers
- Diatomaceous earth in cracks
- Boric acid (very sm amounts, kept away from pets/children)

Mosquitoes

- Citronella / lemongrass candles
- Neem oil spray (garden + outdoor use)
- Basil, tulsi, mint plants near windows
- Essential oil spray: eucalyptus + lavender + water

Garden Pests (aphids, mites, caterpillars)

- Neem oil spray (weekly)
- Soap + water spray (few drops castile soap per liter)
- Garlic + chili water spray
- Introduce ladybugs

Flies

- Apple cider vinegar + dish soap bowl
- Fly screens
- Cloves in lemon halves
- Clean drains with baking soda + vinegar

Rodents

- Humane trap
- Steel wool sealing holes
- Peppermint oil cotton balls
- Keep grains sealed in glass/metal containers

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 and 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 on 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 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.

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 15!** You can register and learn more at [ShakeOut.org](https://www.shakeout.org).

Get Ready to ShakeOut.

October 15, 2026 Register now at [ShakeOut.org](https://www.shakeout.org)

ShakeOut

Practice your Emergency Plan—In the event of a severe 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—Easy, Spooky Halloween Jar Lanterns

Super Simple Halloween Jar Lanterns

What You'll Need:

- Clean Jam Jar or Mason Jar.
- Orange or yellow tissue paper.
- Decoupage glue or PVA watered down.
- Black paper
- Paint brush
- Candle or electric tea light
- Scissors



What You Do:

1. Cut tissue paper into squares-2 inch x 2 inch is good.
2. Cover the glass in glue and start applying your tissue paper.
3. You will need 3-4 layers- lighter colours like yellow, will need more.
4. Keep adding glue as necessary.
5. Cut out some Jack O'Lantern faces out of black paper.
6. Use your decoupage glue and glue them on.
7. Finally, add a final coat of glue and let dry fully.



Fall Fun Fact: Halloween

About \$700 million was spent on pet costumes in 2024.

Halloween dates back more than 2000 years.

The next time there will be a full moon on Halloween will be in 2039.





Gluten-Free Ghost Cupcakes (Vegan, Allergy-Free)

Spooky-cute chocolate cupcakes with a Halloween twist and zero gluten. These are the most adorable allergen-free treat you'll ever make.

Ingredients:

- 1½ cup gluten-Free baking flour
- ½ cup Unsweetened Cocoa Powder
- 1 cup granulated erythritol (or sugar sub if preferred)
- 1 Tsp baking powder
- 1 Prepared Bob's red Mill Egg Replacement
- ¾ Cup + 1 to 2 TB Unsweetened non-dairy milk
- 1 Tsp Vanilla Extract
- ¼ Cup neutral or melted Vegan/soy-Free Butter



Instructions:

1. Preheat the oven to 350 degrees F (190 degrees C).
2. In a large mixing bowl, combine all the dry cupcake batter ingredients and whisk together. Then add the wet ingredients, except the black dye, and mix together to form a thick brownie like batter.
3. Slowly add in the black food coloring until you get a black batter.
4. Line or grease a standard cupcake pan for 10 cupcakes. Add about 3 tablespoons of batter to each mold.
5. Bake the cupcakes for 18-20 minutes, until a toothpick comes out mostly clean. Allow cupcakes to cool slightly before removing them from the pan.



Vanilla Buttercream Frosting

- 1 stick of softened Vegan/Soy-Free Butter
 - 3 Cups Powdered Erythritol (or powdered sugar)
 - 1-3 Tsp of water or unsweetened Non-Dairy milk as needed.
 - 1 Tsp Pure Vanilla Extract
 - 20 Large Candy eyes
1. To make the frosting, combine a softened stick of butter and the powdered sweetener in a bowl and cream them together with the vanilla extract using a hand mixer or stand mixer. Add water or non-dairy milk as needed.
 2. Add the finished frosting to a pastry bag to frost the cupcakes with large swirls to create the ghost.
 3. While the frosting is still wet, add 2 candy eyes to each cupcake.

The Indigenous Roots Of Lacrosse

Lacrosse is North America's oldest team sport and is recognized as Canada's National Summer Sport. It originated more than a thousand years ago as a sacred "medicine game" and a gift from the Creator among Indigenous peoples, particularly the Haudenosaunee (Iroquois) and other nations of the Northeastern, Southeastern, and Great Lakes regions.

The Spiritual and Cultural Meaning

- **The Creator's Game:** Indigenous nations view the sport as a spiritual practice and a way to honor the Creator rather than just a simple contest.
- **Medicine Game:** Matches were played to heal the sick, comfort grieving community members, and restore harmony and peace among nations.
- **Life Cycle Connection:** Traditional Wooden sticks, carved from trees like hickory with deer sinew nets, connect players to the earth and plant/animal life. A stick is often given to a child at birth and buried with them at death.



Traditional Rules and Scale

Massive Gatherings: Historical Games involved anywhere from 100 to 1,000-plus players from opposing villages or tribes.

Vast Fields: Play fields had practically no boundaries and could stretch across miles of open landscape.

Duration: Games could last for several days. Serving as major social events for trade, alliance building, settling disputes, and hardening young warriors for combat.



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 23rd, 2026. The M'akola Housing Society Bursary (\$500-\$600) Deadline Oct 15th, 2026. To find out how to apply and learn more about other scholarship and bursary opportunities visit:

<https://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



Nanaimo Resources

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

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

Loaves & Fishes Community Food Bank

Monday to Friday 10am-3pm

250-754-8347

Loaves & Fishes community Food Bank is committed to serving as many people as possible. Currently over 15,000 people in more than 40 communities.

info@viloavesandfishes.org

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

