

June Issue

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M'AKOLA
HOUSING SOCIETY

Tenant Newsletter

Summer is enroute, with blue skies, sunshine and longer days on the horizon this issue of the newsletter looks to inspire residence to get outside, interact with neighbours and nature while being safe all at the same time. In this issue we also take time to acknowledge and celebrate National Indigenous People's Day with supporting cultural topics with our movie suggestion *The Grizzlies* and our colouring contest.

Important Tenant Information

M'akola Contacts

You can call the Housing Services Team at:

1-877-590-0204

- For Repairs press 2
- For Rent Review press 3
- For Rent Collections press 4

For all other housing inquiries, questions, or concerns, please email: INFO@makola.bc.ca

The M'akola regional offices are still closed to the public, but you can always call. The contact numbers for all regional offices are:

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

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

<i>National Indigenous</i>	June 21st
<i>Canada Day</i>	July 1st
<i>British Columbia Day</i>	August 1st

Beat the Heat: Summer Safety Tips

During the summer months, the temperatures in British Columbia can exceed 30°C (86°F), sometimes reaching the mid to high 30's in some parts of the province. Heat-related illness is the result of your body gaining heat faster than it can cool itself down. Those at increased risk for heat-related illness include infants and children, people 65 years of age or older, and people who do a lot of physical activity or work in a hot environment. In most cases, heat-related illnesses are preventable. Below are some suggestions to keep safe in the hotter months

- Stay Cool - find places in your community that are air conditioned or find out if your community has a cooling center available during hot months, don't stay in a hot car (and don't leave pets in a hot car), If you are outdoors, take breaks from the heat, especially during the hottest part of the day.
- Stay Hydrated – drink plenty of fluids (water is best!)
- Stay Protected – Wear sunscreen, a hat, avoid strenuous or high-energy activities, stay in the shade, wear loose & light colored clothing
- Watch for Signs of Heat Stress - Muscle pains, cramps, or spasms, heavy sweating, paleness, weakness, dizziness, headache nausea or vomiting. If you start to experience these symptoms hydrate and seek shade or a cool place!



Take cool showers or baths to cool down. Cover your windows with drapes to keep out the hot sun.

Rent Payment Reminders

Rent is due on the 1st of the month. If you receive assistance from the Ministry, please make sure they have your latest Rent Review Letter and/or Shelter Form to them so they pay the correct amount on your behalf. This will ensure that they are not overpaying which could result in your portion being less. It will also ensure that they are not short paying which could result in you receive a notice regarding unpaid rent.

Any questions or concerns, please reach out to Rent Collections at 1-877-592-0204 ext 4.

National Indigenous People's Day

National Indigenous Peoples' Day is June 21st and celebrates the heritage, diverse cultures, and achievements of First Nations, Inuit, and Metis peoples across Canada.

The date of June 21st is significant as it is the summer solstice, the longest day of light in the year. The summer solstice is a day Indigenous peoples around the world have celebrated for thousands of years. Perry Bellegrate, previous National Chief of the Assembly of First Nations, has referred to this holiday in Canada stating:

Across the land, First Nations will gather and share in ceremonies and traditions that have been carried out for thousands of years. We gather to celebrate and to thank Mother Earth for her gifts. And we gather to celebrate our languages, cultures and ceremonies, which have persevered and prevailed despite decades of concerted effort to eradicate them.

Though Indigenous Peoples' Day is a newer statutory holiday it has a long history. Jules Sioui was an activist who created the North American Indian Nations Government movement and declared June 21st as "Indian Day" in 1945. Then in 1982 the Assembly of First Nations called for the creation of a National Aboriginal Solidarity Day to be celebrated on June 21st. Just over 10 years later in 1995 the Royal Commission on Aboriginal Peoples recommended that a

National First Peoples Day be designated. The statutory holiday was confirmed shortly after in 1996 after it was proclaimed by the Governor General of Canada, Romeo LeBlanc.

Though National Indigenous People's day is a time to celebrate there it is also important to acknowledge and understand the history of discrimination and abuse many Indigenous peoples have faced. The atrocities of Residential Schools have been highlighted recently with the many remains at previous Residential School sites being discovered within the last year. This day may also be a time to grieve. For those that have been affected by residential schools and find this time painful counselling and support is offered by the **Indian Residential School Survivor Society: 1-800-721-0066 (24-Hour Crisis Line 1-866-925-4419)**

If you are inspired to learn more about the ongoing impacts of colonization or act as an advocate of change we encourage you to explore the following resources:

Learn more about the history of Residential Schools and how you can help foster reconciliation by visiting the [National Centre for Truth and Reconciliation: nctr.ca](https://nctr.ca)

To learn more about Indigenous languages, arts, and cultures in BC visit the [First People's Cultural Council: fpc.ca](https://fpc.ca)

You can also reach out to your local Friendship Centre for resources specific to your community



TV & Movie Recommendations

Learn more about Indigenous stories and history through in an entertaining way!

For the Kids—Raven Tales: Raven and the First People

Raven Tales are half-hour episodes that introduce Indigenous human and animal creation stories to children and their families.

The first episode "How Raven Stole the Sun" was adopted from a popular Haida myth, but has elements of Salish and Kwakiutl stories.

Icon indigenous actors lend their voices to this series, like Evan Adams (Smoke Signals) and Carmen Moore (Vikings & Blackstone)

This series can be watched on [Amazon Video](https://www.amazon.com) or [YouTube](https://www.youtube.com)



For the Parents—The Grizzlies

The Grizzlies takes place in Kugluktuk, Nunavut. The story acknowledges the dark legacy of Residential Schools and the affects it has on the teens in the community.

A teacher introduces the sport of lacrosse to the teens and it not only transforms them, but the entire community.

This film is based on a true story and includes references to Residential Schools and depicts adult content (Rated R), but is very inspiring!

This film can be watched on [CBC Gem](https://www.cbc.ca) or [Netflix](https://www.netflix.com)



Craft: Paper Bag Bee

As pollinators, bees play a part in every aspect of the ecosystem. They support the growth of trees, flowers, and other plants, which serve as food and shelter for creatures large and small. Honey bees are among the most numerous and efficient pollinator species in the world. Considering that the average honey bee can visit more than 2,000 flowers in one day, honey bees greatly increase the chances of a plant producing a fruit or vegetable. So let's celebrate the bee with this simple cute craft!

What You'll Need

- White paper lunch bag
- Yellow paint
- Sponge or paint brush
- Black cardstock paper
- Large googly eyes
- 2 white doilies
- Black marker
- Black pipe cleaner (cut in half)
- Scissors
- Glue
- Tape

Instructions:

1. Start by painting your white paper bag yellow and let it dry completely. We like to cut a couple inches off the bottom of our paper bag puppets, so we did that, but it is optional.
2. Cut three 1-inch strips from your black cardstock paper for the bee stripes. Glue them onto your paper bag making stripes of yellow and black.
3. Fold one side of your doilies in about an inch to make a straight edge. Glue them on the inside flap of both sides of your paper bag.
4. Glue your googly eyes onto your paper bag and use your black marker to draw a smile.
5. Twirl the black pipe cleaner pieces around your finger to curl them and tape each piece to the back of the bee at the top to make antennae.



Recipe

Broccoli Salad: BBQ season is upon us! Getting back into social gatherings calls for sides, here is a fresh healthy and tasty recipe to try out with your family and friends this summer

What You'll Need

Salad:

- 2 lb Broccoli
- 1 cup raisins (or craisins)
- 1/2 cup sunflower seeds
- 1 lb bacon, cooked and minced
- 1/2 cup red onion, minced
- Optional: Add sliced green grapes for some extra crunch and sweetness

Dressing:

- 1 1/2 cups mayonnaise
- 1/3 cup sugar
- 2 tbsp lemon juice
- 3 tbsp apple cider vinegar
- 1/2 tsp salt (optional)



Directions

1. In a small bowl mix together mayonnaise, sugar, lemon juice, apple cider vinegar and salt (if using). Whisk until smooth
 2. In a large bowl toss together broccoli florets along with bacon, red onions, sunflower seeds, raisins and prepared dressing.
- ** Can be served immediately, but is best when chilled for at least an hour. **

Provincial Resources

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

Aboriginal Legal Aid in BC

Provides free legal information, advice, support and representation. Resources for child and family law, income assistance, and other issues.

Phone: [1-866-577-2525](tel:1-866-577-2525)

Website: aboriginal.legalaid.bc.ca

BCNPHA Tenant Insurance

BC Non Profit Housing Association has partnered with Marsh's Private Client Services, to provide non-profit housing tenants with affordable tenant insurance. As a M'akola tenant you are eligible for this affordable plan with an annual premium of \$150 (opposed to over \$300 for private residential tenants). There is also the ability for tenants to make monthly payments. More information can be found on the BCNPHA website: bcnpha.ca/member-program/tenant-insurance/

Kuu-Us Crisis Line Society

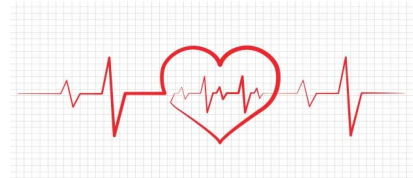
Is a non-profit registered charity that provides 24-hour crisis services through education, prevention, and intervention programs. You can call them toll-free: [1-800-588-8717](tel:1-800-588-8717)

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

Family and Social Supports—Province of British Columbia

Central location for provincial supports offered by the provincial Government. Website: 2.gov.bc.ca/gov/content/family-social-supports



Victoria/Westshore Resources

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

Family Services of Greater Victoria

Address: 1004 North Park Street

Phone: 250-386-4331

Email: info@fsgv.org

Family Services of Greater Victoria offer resources for family, counseling, and separation resources services for families undergoing or working through separation. Check out their Facebook page [@FSGVic](https://www.facebook.com/FSGVic) fsgv.org

The Salvation Army - Community and Family Services Centre

Address: 2695 Quadra St

Phone: 250-383-6290

Community and Family Services (CFS) is the second most recognizable face of The Salvation Army, next to our thrift stores, in cities and communities across Canada

salvationarmy.ca/what-we-do/in-your-community/social-services/family-services/

Goldstream/Westshore Food Bank

Address: 761 Station Ave

Phone: 250-474-4443

Email: goldstreamfoodbank@gmail.com

Now preparing and providing pre-packaged hampers to families while following safe distancing practices

foodbank.islandnet.com

The Cridge Centre Young Parent Outreach

Address: 1190 Kings Rd Unit 6

Phone: 250-995-6421

Young Parent Outreach program is a dynamic resource providing services and support to young pregnant women, young moms and dads, and their children in the Greater Victoria area.

youngparentoutreach.com

Hulitan Family & Community Services Society

Address: 104-731 Station Ave Victoria, BC

Phone: 250-384-9466

Unifies and advocates for Indigenous families with culturally based programs and services.

The Family Preservation Unification Program helps reunite and keep families together by creating a service plan with staff that can work collaboratively with a social worker.

<https://www.hulitan.ca/>

Sooke Family Resource Society

Address: 100-6672 Wadams Way

Phone: 250-642-5152

provide people, of all ages and abilities on southern Vancouver Island, with services and resources that encourage them to enhance skills, address challenges and create a path forward.

<https://www.sfrs.ca/>

Colouring Contest

In the box below please see the nature themed colouring picture, featuring a frog. Please send your completed artwork to INFO@makola.bc.ca. Households can submit one picture per child and be entered in a draw to win a \$25.00 Amazon Gift Card. Please submit your entries by July 1st

Artwork by Sarah Jim (W'SÁNEĆ) & Natasha Davis (Coast Salish)

WEXES | Frog

