

SUMMER

2023



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About anything in
the Newsletter

Welcome to the Summer 2023 newsletter. To enter a draw for 1 of 3 \$25 gift cards, tell us where to safely dispose of cooking fat. The answer is in the Newsletter! Just email or call Kate with your answer and we will draw winners in time for the Fall Newsletter. klambert@crd.bc.ca or 250 360 3376.

SEEDLING GIVEAWAY RECIPIENTS

This May, CRHC gave away over 1200 seedlings to 80 tenants and groups of tenants. These seedlings are given to us by City of Victoria (CoV) who grow them to help with food insecurity. From humble beginnings in 2020 when we gave away 79 plants to 19 people this program has grown every year. Growing food helps individuals and families with increasing food costs and encourages children to be involved in food and healthy eating. And, fresh food always tastes better!

If you've received seedlings either this year or before, you can help CRHC and CoV do more. If you have any pictures of your garden or crop you'd like to share, please email them to us here. We'll contact you about consent for us to share with CoV.

We'd also love to hear your recipes so that we can share them with other tenants. Do you make a great pesto with the basil? Or a sneaky hidden zucchini cookie? Let us know. You can email klambert@crd.bc.ca or drop a note to us at the office. If we receive enough, we are planning to put them in a cookbook!



In this Newsletter:

- Recycling; a 'how to'
- Summer noise travel
- Recent law changes in BC
- Banking charges
- As always, the draw for a gift cards.

Let us know if there's anything you would like to see in the Newsletter next time!



What goes where?

Waste sorting guide for apartments and condos



Mixed Containers

● PLEASE RINSE CONTAINERS / NO COMPOSTABLE PLASTICS



Aluminum cans and lids



Plastic bottles and caps



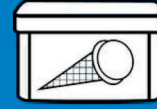
Paper cups and lids



Plastic containers



Spray cans and lids



Ice cream tubs and cartons



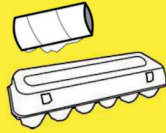
Spiral-wound cans

Paper

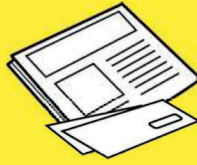
● NO COFFEE CUPS / NO CARTONS



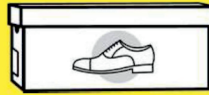
Cereal boxes



Paper cartons, toilet paper rolls



Newspapers, mail, envelopes



Shoe/product boxes

Cardboard

● FLATTEN BOXES



Corrugated cardboard

(Bin might be combined depending on building)

Organics

● NO COMPOSTABLE PLASTICS / NO PET WASTE / NO COFFEE CUPS / NO CARTONS



Cooking grease



Dried flowers



Soiled paper towels



Uncoated takeout boxes



Kitchen scraps



Coffee filters



Wooden cutlery

Garbage



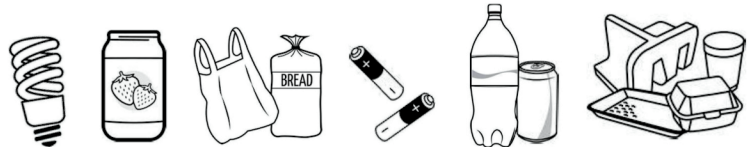
Garbage Examples:

- Rubber bands
- Sanitary products
- Compostable plastics
- Flushable wipes
- Used cotton pads
- Pet waste
- Toothpaste tubes
- Broken dishware
- Coat hangers

Depot / Other

Find out where to take lightbulbs, paint, flexible plastics, batteries, refundable beverage containers and more by visiting:

myrecyclopedia.ca



Properly sorting your waste will help reduce the region's waste by 1/3 and extend the life of the Hartland Landfill to 2100 and beyond.

WHY RECYCLE?

On the facing page is a waste sorting guide. That's the how. But why is it so important to recycle properly?

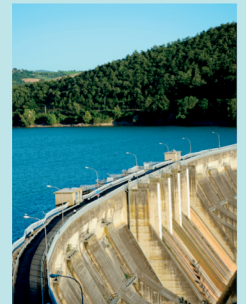
The first reason is money. CRHC is a non-profit. We keep rents as affordable as we can and want to give tenants the best possible experience in our housing while balancing the books. Garbage and recycling is a necessary cost. The unnecessary costs are overages and contamination. Contamination: If someone puts their garbage in the paper the whole bin might have to be thrown away. Overages: When people don't break down boxes and the paper is over the top of the bin, CRHC is charged. This costs CRHC and as a non-profit it means tenants are affected. We can't do what we would like to support tenants if we are paying for overages and contaminations.



The second reason is the wider environment. Recycling keeps plastic in use and out of the oceans. There are five enormous garbage patches currently in the ocean, made up of mostly discarded plastics. Sea creatures eat this and starve, get tangled in it or just lose their homes to it. It affects around 700 species of marine life.

The energy costs to reuse or recycle are lower than to throw things away and make new. If we all make a small additional effort, we can preserve our oceans.

The last reason is your local area. Almost half the items in Hartland landfill shouldn't be there. Many could be recycled rather than thrown away. Per capita in the CRD we produce 400kgs of waste per year which heads to Hartland Landfill. Hartland has already been expanded and keeping waste to a minimum is really important.



As well as trying to reduce the amount of hydro we all use to process this waste. In BC we are fortunate that most of our power comes from renewable sources. They still cause environmental damage though; new dams are a massive environmental cost.



KIDS:

How many turtles and other sea creatures are hiding in and around the discarded fishing net?

BONUS:

How many of the creatures are cephalopods? Flip to find out the answers!

There are 12 sea creatures if you count the tentacle! 3 of these are cephalopods (octopods, squid, cuttlefish and nautilus).



SUMMER NOISE TRAVEL

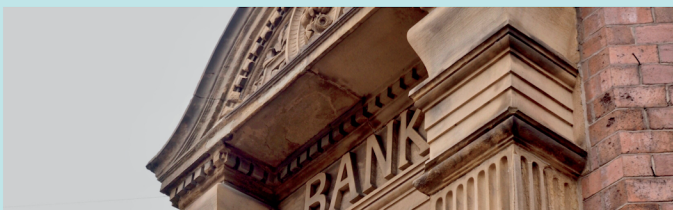
Summer arrives and we start to receive more noise complaints. The combination of open windows, later bedtimes, children playing out, garden activities and no school means more noise for neighbours.

Some things that can help:

- Be aware that with windows open the indoors is now outdoors. Keep it down but also expect there will be noise travel.
- Let children know that if there is play equipment at the housing complex, it cannot be used earlier than 8:00am. It also cannot be used after 8:00pm or sunset, whichever is earlier.
- Talk to your neighbours if there is an issue. In our experience everyone would rather have a friendly conversation with their neighbour than a noise complaint from CRHC!

BANK SERVICE FEES

The cost of bank service charges on all returned items from your bank is increasing to \$25 effective May 1, 2023. Please note, this is in addition to any service fees that your bank charges. If you are having trouble paying your rent, please talk to staff.



Have a great Summer!



DECRIMINALIZATION OF DRUGS

CRHC has received a few enquiries and questions about the recent changes to the law in BC regarding possession of illegal drugs. Some tenants are concerned and some don't understand the new rules.

First, let's discuss why the change happened:

- Harm reduction. People using alone and hidden are more likely to overdose. And less likely to seek help for addictions.
- When decriminalization has been tried in other countries, it has reduced crime, first use, deaths, health issues and almost every other measure of harm for the person and the wider community.

Some facts about what is and is not permitted:

- The change applies to small amounts of drugs including meth, cocaine and fentanyl.
- This change only applies to over 18 year olds.
- Possession isn't allowed on school grounds.
- Dealing is still not permitted.

It can be worrying when changes like this take place. And we are likely to see a little more open use.

If you are concerned about your own use you can call BC Alcohol and Drug Information and Referral Service on 1-800-663-1441 for support. If you, or someone you care about, uses opiates, you can also look into naloxone (Narcan) training and take home supplies.