

# CRHC Summer Newsletter

Welcome to the Summer 2020 CRHC Tenant Newsletter. If you would like to see something in the Newsletter next time contact Kate Lambert [klambert@crd.bc.ca](mailto:klambert@crd.bc.ca) 250 360 3376 with suggestions.

There is a picture quiz on page two. Enter to win one of 3 \$25 gift cards, just email or call Kate with your answer and we will draw a winner in time for the Fall Newsletter.



## Read this online

If you would like to read this Newsletter online, go to our Tenant Updates page on the CRHC website. There are links to explore and more about what other complexes are doing to build a community and have fun!

[www.crd.bc.ca/crhc/tenant-information/tenant-updates](http://www.crd.bc.ca/crhc/tenant-information/tenant-updates)

## Summer fire prevention

After Christmas, summer can be a worry for fires. Make sure you prevent and prepare.

Prevent! Don't have a fire pit and check with your caretaker before purchasing a BBQ. They need to be away from the buildings. Dispose of cigarettes extremely carefully.

Prepare! Have a plan and practice. Know two ways out of your unit and don't block egress. Contact your local fire prevention officers for information.

## Have a great Summer!

Summer looks a little different this year and that is a challenge. Some of the fun we are used to having isn't possible. Some camps and activities won't be happening.

But the BC Restart Plan is in progress and we can look forward to services reopening gradually with safety protocols in place.

Housing reception is now open. Please still make an appointment if convenient with either CRHC main line 250 388 6422 or with the staff member you need to see.

## Keep your unit cool

Keeping your place cool in Summer can be a challenge. Here are some tips:

1. There are window kits available for most air con units (if you have one) that can be fitted easily. Look for 'universal' window kits.
2. Blackout curtains can be any chosen color that fits your décor within your unit (must have white showing out to the street side view of unit). These curtains offer exceptional heat reduction, allowing your window to remain open without the harsh sunlight penetrating through. There is also the option for purchasing the blackout material on its own, and it is hung onto your existing curtain panel.
3. Keep windows closed on the sunny side during the day to avoid hot sun from coming through. Limit the hours in which food preparation is done. Refrain from using the oven during hot hours, use energy efficient light bulbs, turn off electronics, as well as ensuring other heat emitting appliances are turned off.
4. Oscillating fans facing outward will help to move hot air out through a window, as well as placing a secondary fan facing inward to help move cool around. Placing a bowl of ice cubes in front of the fan also helps tremendously with cooling down the area. Damp sheets can be hung near windows, as well as wet cloths placed in fridge to cool and applied to back of the neck. Be aware of humidity if using these methods.



## Complex Focus - VOG

Village on the Green took part in a garden project. Free vegetable seedlings from the City of Victoria were delivered and are now growing in the garden. If you want an event at your complex, and think you have a great idea, let Kate know and we can try to arrange something. [klambert@crd.bc.ca](mailto:klambert@crd.bc.ca) or 250 360 3376. In particular, ideas about gardening are welcome!



## Play equipment is OPEN

With BC reopening, we are reopening the play equipment on site. You will see the tape and signs going and the children will be able to play again. As always, dusk or 8pm is the latest children should be playing out. Whichever is earlier. Read more on the back page.



## Children in complexes

Children need to be adequately supervised at all times. The level of supervision depends on age and behaviour. However, your children's behaviour can affect your tenancy. If there are issues with damage to the complex, danger to themselves or others, or noise issues, they are your responsibility. There are home alone courses for children over 10 who may be allowed to be alone for short periods of time. Many children will not be ready at that age though.

Parking areas are for driving and parking and although cars should be driving DEAD SLOW (10-15km/h) unsupervised children on bikes and scooters should not be present.



## Trampolines, pools, BBQs

Trampolines and pools (any kind) not allowed at any of our complexes. Please do not get a trampoline or pool. There are safety considerations with both trampolines and pools. If you have one in your outside area we will ask you to remove it and not reinstall it. Please have a look at the link at Tenant Services online for Canadian Government advice about trampolines. BBQs are rarely allowed. They have to be 6 feet away from structures and the safest thing to do is ask first.

[See link at Tenant Updates](#)



## How many flamingos?

Count the flamingos and win a \$25 gift card! Call or email Kate to enter. 250 360 3376 or [klambert@crd.bc.ca](mailto:klambert@crd.bc.ca)

Did you know that flamingos are only pink because of their food? They are born grey and their adult colour varies based on their diet. Purple, blue, even black flamingos exist.



## TELUS offer

TELUS are providing Optik TV, High-Speed Internet and Home Phone Services through TELUS Home Services for subsidized non-profit tenants. The program will provide savings of up to 40% off retail rates on individual services for tenants of member non-profit housing providers.

Only some of our tenants are eligible. To find out, email Kate on [klambert@crd.bc.ca](mailto:klambert@crd.bc.ca) and we will take your details and check your eligibility.

## Ask the staff; blocked pipes

This Newsletter we ask staff about blocked pipes. Jennifer, Caretaker, replies:

What should I do about blocked sinks and toilets?

1. First prevent. Don't put things down the sink or toilet that don't belong there. Down the toilet goes human waste, proper toilet paper and nothing else. No flushable wipes, or sanitary protection like tampons. No other paper products, no toys, diapers or condoms. These items go properly wrapped into the garbage.



Definitely nothing with fats in it like food. In your sink, even less should go down. Just water, soap and toothpaste. Make sure you clear the hair out of drains. Make sure children aren't playing in the bathroom. More than one toilet has been blocked by a child putting things down and unsupervised smaller children in bathrooms aren't EVER safe.

2. What to do. If the water runs slowly or stops draining completely, what shouldn't you do? You can try a good old-fashioned plunger. If it's your sink or bathtub, and it's running slowly, there are a couple of other things you can safely try. If it's slow running, you can try baking soda and vinegar. 1/3 a cup of baking soda down first, then 1/3 a cup of vinegar. It fizzes up and you leave it an hour. Flush with hot water. The other things to try is boiling water WITH CAUTION. Two cups of boiling water, wait a few minutes then pour down another couple of cups. Never do this with children around and be very careful. If it is slow running or stops running, call the caretaker. If it is filling in the case of the toilet, turn off the water supply valve at the back/base of the toilet and call the emergency pager. Don't risk a flood.

3. What not to do. Do not try to snake the drain yourself or remove pipes and unclog. Leave that to the caretaker, they know the system and are employed and skilled to do this work. Please do not use harsh chemicals like caustic soda or drain cleaning chemicals. If it has warning labels on it, don't use it! This is to protect you, the caretaker and the pipes. These products don't work very well and can cause injuries if used incorrectly. If they don't work, you are left with a caustic soup in your sink that someone will need to deal with. Never ever mix household chemicals together. They can produce toxic gases. Even products like vinegar, bleach and rubbing alcohol should never be mixed. If in doubt, don't use it.

And remember the safest option is to call your caretaker!

## Garden Focus - free stuff!

Get Growing Victoria is a partnership with City of Victoria and community members to supply plants and knowledge to people impacted by the recent issues. Please contact Kate if you are interested in this project. Seedlings will be available in August and MUST be ordered in advance.

If you want to read more, go to [Tenant Updates on the CRHC website](#) and click this link for [Get Growing](#)



My Fed Farm is looking to give away sets of grow bags, plants and knowledge. If you are interested, please contact Kate on 250 360 3376 or [klambert@crd.bc.ca](mailto:klambert@crd.bc.ca) for details. We will be looking at trying this out and making sure there is no damage to patios/balconies or clean up of water or dirt. Please let us know if you would like to take part

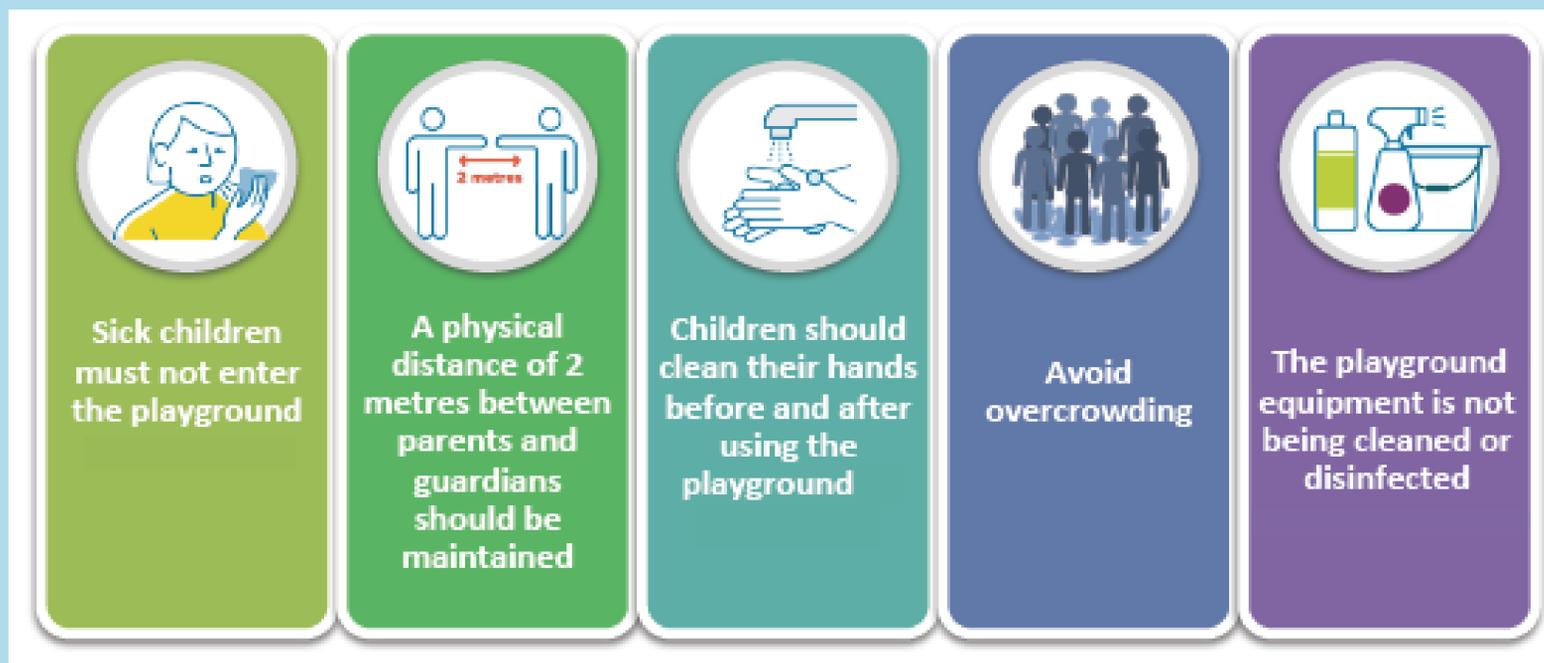
Go to [Tenant Updates on the CRHC website](#) and click this link for [My Fed Farm](#)



If you have any suggestions for gardening and food security in your community, contact us. We are interested in working with communities to increase gardening, decrease stress, and encourage healthy exercise and food.



**CRHC**  
The Capital Region's Housing Corporation



## Playgrounds

As you know, CRHC chose to restrict access to playground equipment at the onset of the COVID-19 pandemic. Now that our communities have moved into Phase 2 of the Public Health restrictions we believe having access to this equipment may be beneficial to families and children. Although there is no evidence of COVID-19 transmission in playground environments, we have posted signage at the equipment that we want to make all Tenants aware of.

Before allowing your children to play on the equipment please review the information in the graphic above with them. It is most important that children stay home if they are sick, that they wash their hands before and after equipment use and that they maintain physical distancing and don't overcrowd the area when using the equipment. It may be advisable that a parent or guardian attend with them to ensure these new patterns of play and use are familiar, in order to ensure health and safety.

CRHC staff will inspect the equipment regularly for maintenance purposes however we will not be cleaning or disinfecting the equipment. Please use at your own risk.

## Emergency preparedness - tenant suggestion

If recent events have taught us anything, it's the value of being prepared. Even those of us prepared for earthquakes, which seems sensible here in BC, were not prepared for COVID 19. What can we do to be generally prepared for all eventualities?

- Non-perishable supplies. I know, toilet paper. Adding a can or two of food or a four pack of toilet paper to a monthly shop is much more useful than panic buying. Stock up a few supplies when times are normal and you won't have to join the queues when times aren't.
- Have numbers of community resources handy. You might never need the Food Bank or the local Community Centre but it's good to have the numbers handy.
- Neighbours and community resources have been looking out for each other. Make sure to maintain those neighbour connections in the easier times so that you can support each other during emergencies.
- Keep up to date. We know that the briefings are important. Dr Bonnie Henry and Adrian Dix have been informing us. Make sure you have the means to keep up to date with information.
- Check the link for emergency preparedness in BC.

