



## LIBRARIES BEGIN TO RE-OPEN

As of June 30, patrons are now able to borrow library materials at two locations: Central Branch and Langford Heritage Branch. The Greater Victoria Public Library is gradually and safely restoring services that have not been available since the library system closed its 12 branches on March 16 due to the COVID-19 pandemic.

Kids 12 and under can join this year's BC Summer Reading Club online or in person!

## INTRODUCING OUR NEW FEATURE:

### RECIPE OF THE WEEK!

Your feedback from our last issue on food was incredible! It made us realize that this newsletter was in dire need of a culinary feature. Food is a language we all share, and exploring recipes from different households and cultures can be an amazing way to expand our horizons right here in our own communities. Therefore, we are very pleased to introduce our new weekly recipe feature! If you'd like your favourite recipe to be featured in a future newsletter, please email to [info@greatervichousing.org](mailto:info@greatervichousing.org) (please put "RECIPE" in the subject line) or submit on paper through your caretaker's mailbox. Be sure to include your name, building and unit number! Personal stories about what the recipe means to you are very welcome. Now, enjoy our first recipe, which is true easy comfort food with ingredients almost anyone has on hand.

## BE KIND. BE CALM. BE SAFE. ~ DR. BONNIE HENRY

These recent months have taken a personal toll on so many of us. Isolation, financial changes, drastic changes to our daily routines, and heightened anxiety are just some of the ways we've all been impacted. Many of us have noticed a plunge in our good natures and natural resiliency.

Empathy and compassion can go a long way towards helping to heal us from these struggles.

Recently, there was a sign posted on a telephone pole near our head office. It said, "You have no idea what other people are dealing with in their lives. So just be kind. No matter what. It's that simple." We at GVHS share that sentiment. We strive to



make every building a safe and respectful place for tenants, staff, guests, and contractors. Everyone is aware that bullying and threatening behaviour are not acceptable from anyone. But restoring our resilience and humour will take more than the absence of toxic behaviour.

Every day, we can put ourselves in others' shoes, and imagine: *if that were me, how would I want to be treated?*

There are, and will always be, many differences between us all. But greater than that are our similarities. We all wish for kindness and ease in our daily interactions with others. By cultivating an appreciation

of each person's contributions to the world – no matter how small – we can strengthen our relationships, our neighbourhood, and our community. We can listen, and be open to different perspectives. We can consider whether our actions will adversely affect those around us.

With so much uncertainty in the world, we often overlook opportunities to thank and

compliment the people in our daily lives. We can express our appreciation and gratitude, even for small things. It makes other people feel better, and it nourishes us as well. We can overlook small missteps. We can seek small opportunities to be helpful.

Do you have suggestions for how you, or we, could cultivate these ideas in our daily lives and communities? We'd love to hear them. Share your thoughts on this week's raffle question (next page).

Together, let's make this a happy, peaceful, and safe place for everyone. ♦

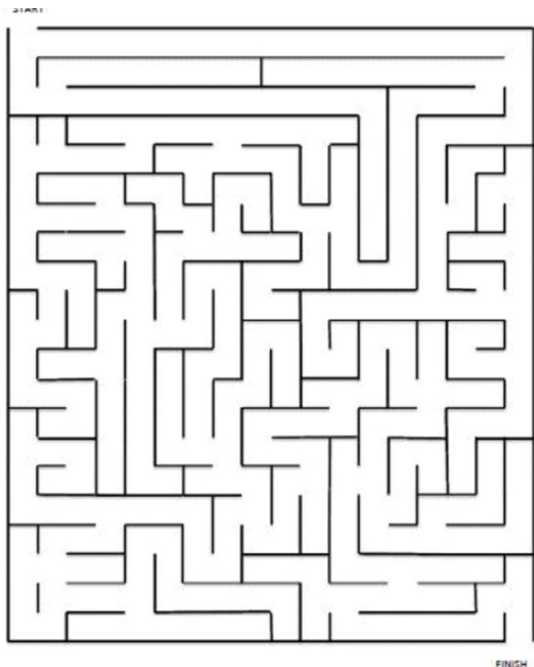
## EASY NO-YEAST DINNER ROLLS

- 1 cup flour
- 1 tsp baking powder
- 1 tsp salt
- ½ cup milk
- 2 tbsps mayonnaise

Preheat oven to 350 degrees. Combine all ingredients, spoon into a greased muffin pan. Bake for 15 minutes or until done and golden brown.

Makes approx. 5-6 rolls

# WEEKLY PUZZLE: MAZE



Enter at the top left, and try to make it out the bottom right! Solution in the next issue. What's your favourite puzzle we've featured so far? Want something we haven't featured yet? Let us know!

### Last Week's Answer

I	A	F	C	E	D	G	B	H
H	E	D	F	G	B	I	A	C
G	B	C	A	I	H	F	E	D
E	G	H	D	C	I	A	F	B
F	I	A	H	B	G	D	C	E
C	D	B	E	F	A	H	I	G
A	H	E	I	D	C	B	G	F
B	F	I	G	H	E	C	D	A
D	C	G	B	A	F	E	H	I



## 5 NEAT FACTS! GEOGRAPHY EDITION

1. Continents shift at the same rate your fingernails grow.
2. 90% of Earth's population lives in the Northern Hemisphere.
3. Mount Everest, the world's tallest mountain, can fit inside the Marianas Trench, the deepest part of the ocean.
4. Russia spans 11 time zones.
5. Africa is the only continent that covers 4 hemispheres.

**BONUS!** Australia is wider than the moon. Unbelievable, but true!

## Tell Us Your Thoughts! Tenants from Sutcliffe and Colwood won our last raffle!

We would like to know what you think! Please write your answer in the space provided. Don't forget your unit number and building name. Tear at the dotted line and drop the slip in your caretakers' mailbox by **12noon on Friday, July 24**, for inclusion in our **raffle draw**. Two \$100 gift cards donated by **Red Barn Market** to be given away!!

Unit #: \_\_\_\_\_ Building Name: \_\_\_\_\_ Winners will be contacted by **Tues, July 28**.

**QUESTION:** How could you, and we, cultivate empathy and compassion in our lives and communities?

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May we use your answer anonymously on GVHS social media platforms?  Yes  No