



OUTSIDE WITH KIDS!

Here are our best suggestions for making the most of these beautiful days with your family:

Public playgrounds are now open again (hooray!)

Our favourite kid-friendly beaches are: **Willows Beach**, **Gyro Park** in Cadboro Bay, and **Spiral Beach** (great for rock collecting!).

Try a family trip to **Swan Lake**: their Nature Centre and summer kids' programs have just re-opened! There's also a loop trail that's accessible and stroller-friendly. Learn more at <https://www.swanlake.bc.ca>.

Sad that the **Beacon Hill Park** Petting Farm remains closed? Try exploring other features, such as the Moss Lady, Rose Garden, and giant watering can!

Many of you are asking when our **playground areas** will be open again. We do not have a firm answer at this time, but hope to be able to update you soon. A reminder that **parking lots** are for parking cars only; it may be difficult for drivers to see small children on bikes or scooters in the parking lots.

SUMMER FIRE PREVENTION

Summer is one of the riskiest times for fires. Please remember to practice caution with combustible materials both indoors and out. Ensure all sparks or flames are completely extinguished. At home, have a fire safety plan, and practice it. Know two ways out of your unit. Keep exits clear. Questions? Contact our office.

CONTINUED PANDEMIC PRECAUTIONS

We hope you are all enjoying the warmer weather. There are many opportunities available to us now that were not possible a few months ago. While we are all cautiously increasing our social circles and activities, GVHS reminds all tenants that new outbreaks and rising case numbers in BC require that we all continue to remain vigilant. To ensure we are doing all we can to stop the spread, please observe the following requirements:

CONSIDERING VISITING OUR OFFICE?

Please communicate with us through phone or email beforehand. Appointments are possible, depending on the issue. If you come to our office without an appointment, you may be asked to come back at a scheduled time. To reach us:

Phone:
250.384.3434
Email (preferred):
info@greatervichousing.org

- For housing inquiries: email, or call and select ext. 22
- For problems with rent or rent payment: email, or call and select ext. 38
- For maintenance or problems in or around the building: email, or call and select ext. 24

All messages need to contain:

- ✓ your building name
- ✓ your unit number
- ✓ your telephone number or email address
- ✓ a brief description of the issue you want resolved

Rent notices and correspondence can be put through the mail slot of the main door at 2326 Government Street. NO CASH please.

WANT TO SOCIALIZE WITH YOUR NEIGHBOURS?

Congregating in the lobbies makes it difficult for our staff to do their job while still maintaining the physical distance recommended by public health authorities. We love that you're connecting with your neighbours – please take this as encouragement to meet outside instead! ♦

SIMPLE DAAL RECIPE

"This is an amazing high-protein comfort food made with lentils and a few spices. There are many ways to make it; this is one of the simplest. It was the first recipe I learned how to make, and continues to be an all-time favourite. One of my favourite memories is eating steaming hot daal and rice with pickle on the side, on a cold day with my siblings."

- 1 cup lentils (any kind)
- 1 onion, chopped
- 1 green chilli, chopped (optional)**
- 1 garlic clove, minced
- 2 tsp oil or butter of your choice
- ½ teaspoon salt
- 1 tsp cumin seeds
- 1 tomato



Cook lentils in 3 cups of water till fully mashed. Add more water if it becomes too thick. Set aside. Melt oil/butter in a large skillet, and add the cumin seeds. When they become aromatic, add chopped onions & garlic. When lightly brown, add tomatoes, chilli, and salt. Add cooked lentils to skillet. Enjoy it hot with rice or bread of your choice!

**if unfamiliar, try a dash of cayenne for heat! ♦

Famous Authors

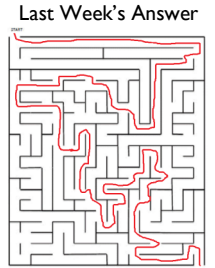
DIRECTIONS: Find and circle the famous authors' last names in the grid. Look for them in all directions including backwards and diagonally.



WEEKLY PUZZLE!

- | | |
|-------------------|----------------------|
| ANGELOU, Maya | KING, Stephen |
| AUSTEN, Jane | MAILER, Norman |
| CHRISTIE, Agatha | MELVILLE, Norman |
| DICKENS, Charles | ORWELL, George |
| DICKENSON, Emily | ROWLING, JK |
| FAULKNER, William | SHAKESPEARE, William |
| FITZGERALD, F. S. | SHAW, G.B. |
| HEMINGWAY, Ernest | STEINBECK, John |
| JOYCE, James | TOLSTOY, Leo |
| KAFKA, Franz | TWAIN, Mark |
| KEROUAC, Jack | VERNE, Jules |
| | VONNEGUT, Kurt |

- WILDE, Oscar
- WOOLF, Virginia



Last Week's Answer



5 NEAT FACTS! CITIES & COUNTRIES

1. The entire world's population (7.5 billion) could fit inside the city limits of Los Angeles, if standing shoulder-to-shoulder.
2. The world's most densely populated island is the size of 2 soccer fields! Santa Cruz del Islote off the coast of Colombia has 500 people in 155 houses.
3. There are only 3 countries in the world that don't use the metric system: Liberia, Myanmar, and United States.
4. Only two countries in the world feature purple in their national flags: Nicaragua and Dominica.
5. At a count of 221,800, Sweden has more islands than any other country in the world (only around 1000 are populated).

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, August 7**, 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, Aug 11**.

QUESTION: If you could meet one person you haven't met, who would it be, and what would you talk about?

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