



**GREATER VICTORIA  
HOUSING SOCIETY**  
Since 1956

# TENANT CONNECTION NEWSLETTER

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<https://greatervichousing.org/covid-19-resources>

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## TIME FOR SELF-CARE

### A GUIDE TO FREE & LOW-COST OPTIONS IN VICTORIA

As BC enters its sixth month of pandemic-related accommodations, there are many things we have gotten used to, like masks and hand sanitizing, and many new challenges we face every day, like how to safely send our kids back to school. Many of us are being required to learn new ways of doing everyday things. In-person visits to banks and Service Canada have been replaced with online systems and phone calls that can feel overwhelming at times. We at GVHS would like to extend a sincere 'thank you' to each of you for navigating all the changes and difficulties with grace.

As we've come to realize, our situation is a marathon, not a sprint. It's more important than ever that we take the time for self-care, nurturing, and reflection. Many of you have asked over the last several months about resources for self-care – here you go! Some services may be covered by MSP (or your employer's benefit program) - make sure to ask when booking appointments!

**Acupuncture & Chinese Medicine:** Pacific Rim College operates a free and low-cost clinic. Senior students, under the supervision of an instructor, provide acupuncture, massage, and herbs to assist with everything from anxiety to injury recovery to digestive issues. Call



The new community mural by Victoria artist Beth Threlfall, outside U Retreat Spa at 1500 Haultain St. (Courtesy U Retreat)

for more information at 250.483.2119 or visit online at <https://www.pacificrimcollege.com/clinical-services/student-clinic/>

**Naturopathic Healthcare:** The first and only clinic of its kind in Canada, Family Naturopathic Clinic provides consultations free-of-charge to low-income families in Victoria. Call 250.580.3621 or visit online at <https://acaciahealth.ca/about/community/family-naturopathic-clinic/>

**Massage:** At West Coast College of Massage Therapy's Intern Clinic, you can receive treatments from students, supervised by experienced teachers. The clinic has special treatment modules for arthritis, fibromyalgia, MS, Parkinson's, and cancer. Call 250.381.9800 ext 221, or visit online for more information: <https://collegeofmassage.com/victoria/clinic/book-appointment/>

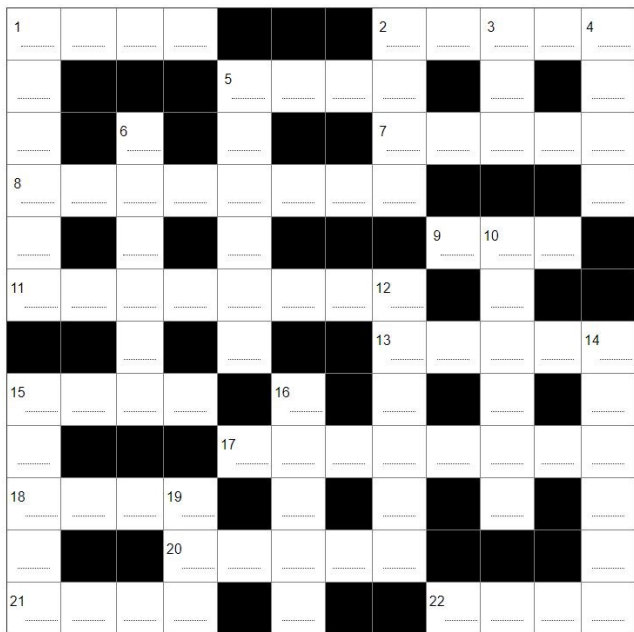
**Personalized skincare – at home!** Fernwood's own U Retreat Spa is operating a Virtual Facial Circle for \$25, including personalized product

samples, a guided skincare routine, and a video of the session for you to continue your skincare practice at home. Call 778.265.6666 or visit online for more information: <https://www.uretreat.ca/facial-circle/>

**Counselling:** Numerous free and low-cost counselling resources are available. Specific counselling for individual health conditions, youth, seniors, and Indigenous cultural support are just a few of the options provided. Visit the website <https://drcvictoria.com/resources/> and click on *Free and Affordable Counselling In Victoria BC*.

**Meditation:** Shambhala Meditation Centre is now offering a free Sunday morning online sitting. All you need is a phone, tablet, or computer with an internet connection. You'll access via Zoom link (which they provide free technical support with, if you're unfamiliar!) Visit online for more information: <https://victoria.shambhala.org/program-details/?id=446647> ♦

# NATURE CROSSWORD



## ACROSS

1. Very dry, like a desert (adjective)
2. O<sub>3</sub>...It is disappearing from the upper atmosphere
5. It sometimes falls as flakes in winter
7. Large expanses of fresh water
8. Whirlwinds, twisters
9. Cinders, or a type of tree
11. Rapidly rotating atmospheric systems
13. Freshwater fish that is often eaten
15. Animal or insect that causes damage
17. Large animal associated with Father Christmas
18. 0.405 of a hectare
20. Scottish word for 7 across
21. Type of bird of prey
21. Plant grown for human use or consumption

## DOWN

1. Area around the North Pole
2. Night birds, with large eyes
3. Large European hardwood tree
4. Direction from which the sun rises
5. Spring is one, so is autumn
6. Rough paths, routes followed by animals
10. Short period of rain
12. Small rocks
14. A root vegetable, usually white inside
15. A type of fruit; its tree has pink blossom
16. Band of sand beside the sea
19. Large animal, not too different from 17 across

Last Issue's Answer

6	9	8	4	5	3	2	7	1
5	4	3	2	1	7	9	6	8
2	7	1	9	8	6	3	5	4
9	5	2	1	6	8	7	4	3
4	1	7	3	2	9	5	8	6
3	8	6	5	7	4	1	2	9
7	2	4	6	9	1	8	3	5
1	3	5	8	4	2	6	9	7
8	6	9	7	3	5	4	1	2

## AMAZING FACTS: PLANTS & PLANETS

**Acacia trees can warn each other of danger.** These incredible trees, which grow all over the African savannah, have a unique defense system. When animals, like antelopes or giraffes, start to eat its leaves, the tree increases tannin production to levels that are toxic to animals. Then the tree emits a cloud of ethylene gas that travels through the air – when it

reaches other acacias, it signals to them to begin producing more tannins too!

**Saturn could float on water.** Both gas and ice have lower densities than water, therefore they do not sink. So, even though Saturn is the second-biggest planet in our solar system, because it is made up almost entirely of gas and ice, it could actually float in water! (Good luck finding a big enough bathtub!)

## Humans generally eat only 200 types of plants.

Scientists estimate that there are about 400,000 different species of plants on earth. Estimates on how many of these are edible range from 80,000 to an incredible 300,000. But, in all of the cultures across the world, we eat only about 200 of these edible plants. Amazingly, about 50% of the plant calories we eat come from just 3 species: rice, wheat, and corn. ♦

## RECIPE: THE EASIEST EVER CHOCOLATE CHIP COOKIES

*“These are my kids’ favourite cookies: soft, chewy, and most importantly, easy! With only a few ingredients, you can’t go wrong. Add some chopped nuts once in awhile to switch it up.”*

- 3 cups all-purpose flour**
- 3/4 cup sugar**
- 2 large eggs**
- 1 cup butter, softened**

### 1 cup semi-sweet chocolate chips

1. Preheat oven to 350°F.
2. Sift flour and sugar into bowl. Stir in eggs.
3. Mix butter into flour mixture until dough is creamy.
4. Fold in chocolate chips.
5. Spoon dough into a baking sheet, keeping cookies 3” apart.
6. Bake in the preheated oven until slightly brown, 10 to 15 minutes.
7. Cool on a rack, or eat warm from the oven! Enjoy! ♦

