

GVHS RESIDENT NEWSLETTER

GVHS operates and provides homes on the territories of the Ləkwənən People represented by the Songhees and xwsepsəm (Esquimalt), WSÁNEĆ People represented by the W JOŁEŁP (Tsartlip), BOKEĆEN (Pauquachin), STÁUTW (Tsawout), W SIKEM (Tseycum) and MÁLEXEŁ (Malahat) Nations, and T'Sou-ke and Scia'new Nations, all of whom have a long-standing relationship with the land and waters from time immemorial that continues to this day.

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Pumpkin Facts!

- The biggest pumpkin pie ever baked weighed 3,699 pounds and measured 20 feet across.
- Originally native to the Americas, today pumpkins grow on every continent except Antarctica.
- The pumpkin carving tradition started in Ireland with carving turnips and potatoes to keep away evil spirits!

Want Free Money for Your Child's Education?

The Canada Learning Bond gives up to \$2000 from the government for each child's post-secondary education. Low to moderate income households may be eligible. The local YMCA-YWCA is offering support to families to apply for the program. To learn more, call or text 250-382-1004.

*BONUS: \$50 gift card for the first 50 families to access the program!

Addressing Systemic Racism in BC

The BC Government is taking action to address systemic racism in provincial programs and services.

The priority is improving services for all people, primarily in education, employment, and health.

Help fill in the gaps by completing this survey to create a more equitable and inclusive province.

For more information please visit: antiracism.gov.bc.ca or phone 1.833.376.2452



How to play Sudoku

- Each <u>row</u> must contain the numbers from 1 to 9, without repetitions.
- Each <u>column</u> must contain the numbers 1 to 9, without repetitions.
- The digits can only occur once per <u>nonet</u> (block of 9 squares).
- The sum of every single row, column and nonet must equal 45.

Sudoku Puzzle #5269 (Medium)								
7				3	6		4	
	4		1				7	
3						1		
5	3							
2		9	6	4				
	6		9	7			8	
	2		7		4			5
					8			4
	5	4		6	9			1

Tips For The Winter Season



- Keep active: if it gets too cold to go outside, even basic arm and leg movements will help circulation.
- Consider Vitamin D: darker days mean less sun that normally provides us with the vitamins that we need to stay happy.
- Phone a friend: Keeping in contact with loved ones can help bolster your spirits.
- Winter vaccines: flu shots and Covid boosters can help prevent serious illness this season.



GVHS Department Spotlight: Operations

Our passionate and dedicated Operations Department has a Daily Operations Manager, a Capital Assets Manager, two property service coordinators, and our field staff of maintenance technicians, a gardener, a painter, and building caretakers. These staff are dedicated to maintaining the good condition of all GVHS buildings. They handle anything related to building cleanliness, exterior grounds, unit repairs and maintenance, keys and building access, and parking.

Need to make a request for repairs or maintenance? Fill out an online Maintenance Request at greatervichousing.org/tenants/current-tenants, or call 250-384-3434 extensions 24 or 33.



Do You Know What To Do In An Emergency?

If you believe at any time that you are dealing with issues of life / safety, dangerous / threatening behaviour, child endangerment, or crimes being committed, please call 911 immediately.



After Hours Emergency 1.866.654.8273

Building Maintenance 250.384.3434 Ext 24 Tenant Relations 250.384.3434 Ext 7 Rent Payments 250.384.3434 Ext 38

WWW.GREATERVICHOUSING.ORG
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