

IN THE NOUS

SOCIETY-RESIDENT OFFICIAL NEWSLETTER



Hello and Welcome Residents!

I am excited to introduce IN THE NOUS, Entre Nous Femmes Housing Society's (ENF) first-ever newsletter! The intention of IN THE NOUS is to continue to build community, empower residents, and share ENF news and resident content from all 11 of our amazing Entre Nous Femmes Housing sites.

IN THE NOUS, has been co-conceived, designed, edited and curated by ENF Capilano House resident, Melanie Christian of Melanie Christian Writes, with generous donations received from Capilano House residents: Anne, Chris, John and Susan and community partner, VCH Diners' Club Meal Program.

And Now, A Little About Lilian Chau, The CEO

I am delighted to be joining Entre Nous Femmes Housing Society as the new Chief Executive Officer (CEO), and continuing the legacy to provide affordable housing to women, single-

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ENTER FOR YOUR CHANCE TO WIN!

Have a community resource, recipe, tip, Thank You, community event or more that you would like to share in our Fall/Winter issue of *In The Nous* newsletter?

**Email newsletter
submissions to
info@enfhs.ca**

Each submission will be entered into the draw for your chance to win 1 of four **\$25 Presidents Choice Gift Cards!**

Get To Know The ENF Team

And Now, A Little About The CEO

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parent families, seniors and people with disabilities across Metro Vancouver. Since joining in March, I have been busy learning about the operations of the organization and working with staff and Board members to understand resident needs, where we are at as a society, and where we want to go in the future.

This newsletter is one of our first steps as ENF to reconnect with you and provide a way to connect with your neighbours and other residents in ENF regardless of what building you live in. We hope you will find this newsletter interesting and informative, and be inspired to share your news, kudos and ideas with the ENF community in our next edition.

My vision for ENF is to further strengthen and build upon the legacy of supporting gender equity in housing by increasing the number of affordable homes for women, families, seniors and people with disabilities in the region. By working collaboratively and creatively with our Board, staff, residents and stakeholders, I am confident we can create a resilient future where ENF residents and the community housing sector can grow and thrive.

Wishing you all the best, have a great summer!

Lilian Chau, ENF CEO

Berenice Mora

ADMINISTRATIVE ASSISTANT

You may not ever see Berenice, but she has been supporting the ENF team in her Administrative Assistant role since 2019.

Berenice loves hiking, spending time with her family and travelling.

Katerina Ostrovsky

PROPERTY MANAGER



- Beatrice Terrace
- Capilano House
- Margaret Heights
- Natalia Terrace

Katerina Ostrovsky joined the ENF team as a Property Manager in July 2021. And if you are a North Vancouver, Champlain Heights or East Vancouver resident, you may know Katerina well.

Katerina is passionate about dogs, food, and helping others.

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DID YOU KNOW?

Entre Nous Femmes is a charitable not-for-profit housing society founded in 1984 by three single mothers who wanted to who wanted to improve their lives and the lives of other single mothers and their children.

🔑 Get To Know The ENF Team

Laura Cismasu PROPERTY MANAGER



- Antkiw Court
- Constance Court
- Evelyn Estates

Laura Cismasu has been an Entre Nous Femmes Housing Property Manager, working at two of our East Vancouver and one of our Surrey buildings since 2020.

Laura enjoys travelling and spending time with her family.

Louise Leong, ACCOUNTANT



Louise Leong is the longest serving staff member having worked as an ENF Accountant since 2011. In her free time, Louise

enjoys going for daily walks, camping and spending time with her friends and family.

Lilian Chau CHIEF EXECUTIVE OFFICER



As the newest member of the Entre Nous team, CEO Lilian Chau spends her free time biking, baking, going to the beach.

Victoria Langone SENIOR PROPERTY MANAGER



- Alma Blackwell
- Jessica Place
- Newton Green
- Rosemary Green

Victoria Langone is an ENF Senior Property Manager

who has been with the society since 2018 working in our Holland Park, Newton Surrey, South Surrey and East Vancouver communities.

When time allows, Victoria enjoys camping (or glamping), hiking, and spending time with her family and friends.

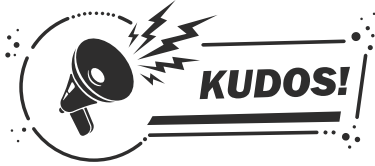
Property Manager Notice: VICTORIA AWAY JULY 19-SEPT. 13, 2022

Victoria Langone, Senior Property Manager at Jessica Place, Newton Green, and Rosemary Green will be away from Tuesday, July 19 to Tuesday, September 13, 2022.

Laura Cismasu will be managing Newton Green, Rosemary Green, and Jessica Place in Surrey until Sept 13th. And Katerina Ostrovsky will be the managing for Alma Blackwell in Vancouver also until Sept. 13th.

Meet The Neighbours

Appreciation Corner



Gratitude gives us more things to be grateful for, and in that spirit, the ENF community (residents and staff alike) would like to send out a big THANK YOU and round of applause to:

ANITA, our diligent Cleaning Person at our North Vancouver buildings, **Capilano House** and **Margaret Heights**. Anita continues to keep our properties clean, well kept, and safe. Hats off to you, Anita!!

COLLEEN of **Beatrice Terrace** has swept and cleared the stairways at Beatrice Terrace for years. We are very grateful for all Colleen does in assisting her ENF community!

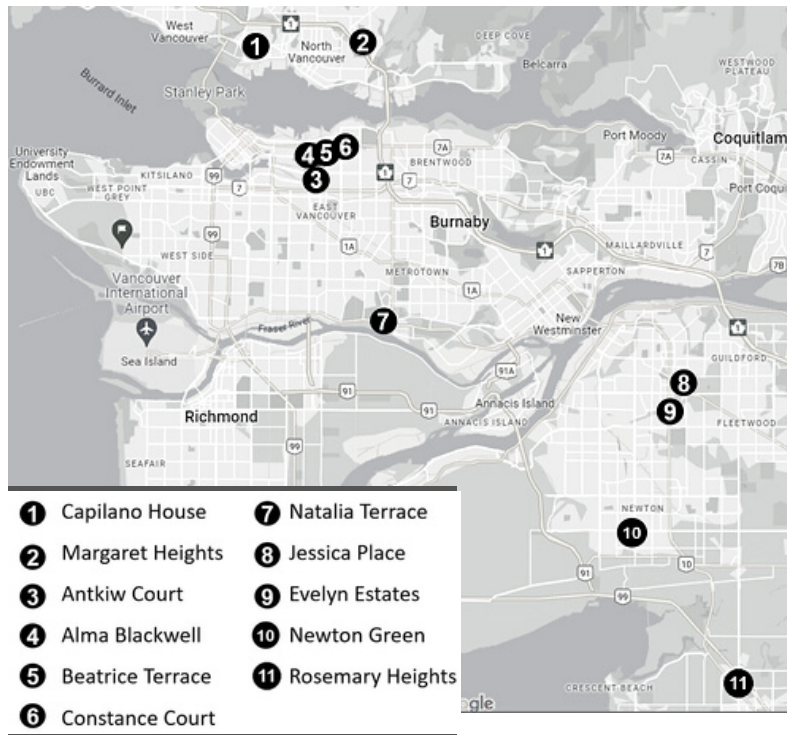
RICK and **IWONA** of **Newton Green** for Rick's neighbourly efforts in cleaning around the property and Iwona with keeping the site looking amazing! Big kudos and thanks to you both, Rick and Iwona!

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Entre Nous Femmes Housing Sites

Entre Nous Femmes boasts 11 housing properties across the Greater Vancouver region providing affordable housing to families, new Canadians, seniors and persons with disabilities. Four out of the five Vancouver sites: Alma Blackwell, Antkiw Court, Beatrice Terrace and Constance Court are located centrally in East Vancouver in the Grandview-Woodlands and Hastings-Sunrise neighbourhoods. While the fifth property, Natalia Terrace is situated Fraser-riverside in Southeast Vancouver.

The four Surrey communities: Evelyn Estates, Rosemary Green, Jessica Place and Newton Green are spread across the city close to Surrey Memorial Hospital and in the Surrey Newton and South Surrey neighbourhoods. North Vancouver holds two properties in Lynn Valley and Norgate, where the sole seniors and persons with disabilities housing are located, Capilano House and Margaret Heights.





In The Know...

Preventing Household Mold and Moisture

Got mold creeping around the edges of walls or tiles? Learn how you can help prevent mold growth and condensation within your home.

Did you know that there 9 common factors that contribute to household mold and condensation (a build-up of moisture in the home)?

- Having furniture like couches, tv units and bookshelves too close to exterior walls. There should be at least 4 inches between your furniture and the wall.
- Not running the bathroom and stove fans when you are showering or cooking.
- Hanging wet clothes inside to air dry.
- Not keeping an even temperature of 18°C to 20°C throughout your home.
- Allowing water to sit in the window frames and ledges.
- Not opening your windows or blinds to allow air circulation, especially during the winter months.
- Keeping bedroom doors closed preventing airflow.
- Not cleaning your bathroom fan regularly.
- Packing your clothes closet so full there is no air circulation.

The good news is any existing mold you may have is easy to clean. Here's how:

Make a mixture of 1 part bleach and 3 parts warm water and scrub the mold off surfaces using a non-abrasive brush. Frequently dip the brush in the bleach mixture, using a clean cloth to wipe away the mold you have loosened. Once cleaned, allow the surface to dry completely before you close the window, and wipe off any remaining residue.



Getting Greener: Reduce, Reuse and Recycle With Care

We all are doing our part to keep our communities green and sustainable for generations to come by composting and recycling. However, the two biggest offenders commonly found in our compost and recycling bins: non-biodegradable plastic bags and styrofoam.

Plastic bags are NOT recyclable and clog up the sorting machines at our Recycling Sorting Centers. Please put

ALL plastic bags in the garbage bins ONLY.

Styrofoam from meats and packing boxes is NOT recyclable. Please remove these from boxes and dispose of them in the garbage bins.

To keep our recyclables out of landfill sites, thoroughly wash out any food containers before putting them in the proper recycling bins: glass bottles and jars in the Glass bin; clean recyclable plastics and cans in the Containers bin, and paper and flattened cardboard boxes in the Paper bin.



In The Know....

Community Gardens Call-To-Action



Capilano House, North Vancouver

Gardening is meditative and therapeutic for increased mental wellness. And we know our residents love to garden! This is why ENF is applying for grants to fund Community Garden pilot projects at 2 sites in North Vancouver and Surrey.

Community Gardens foster and strengthen community connections, and provide food security and a more sustainable way of living. They produce more foliage to create shade, absorb heat, attract pollinators like bees, butterflies and hummingbirds, and promote the overall well-being of our residents young and old.

Residents if interested in helping to create and manage a Community Garden at their location, please contact your property manager. Entre Nous Femmes will provide the soil and planter boxes.

ENF Cooling Centers and Fans

In light of our increasingly hotter and drier summers, Entre Nous Femmes has been working to create new Cooling Centers equipped with air conditioning in the Common Rooms at Capilano House and Constance Court. These two North and East Vancouver properties house the majority of Entre Nous Femmes seniors and persons with disabilities, who are the most vulnerable to extreme weather conditions. Having access to Cooling Centers will better support our residents in staying cool and comfortable without leaving their homes this summer. Over the coming weeks, fans will be getting delivered to all ENF households across its 11 sites.

Low-Cost Ways To Beat The Heat

BC Housing offers residents some simple cooling tips you can do in your home, like closing your blinds, drapes and windows during the day. Only open them at night when it's cooler, and turn on your fans at night to pull in the cooler air, if the temperature is below 35°C.

Avoid using fans any time of the day when the temperature is ABOVE 35°C as this may increase the temperature. And when cooking or showering, use the stove and bathroom fans to remove excess heat and humidity. Whenever possible, limit the use of heat-generating appliances like stoves, ovens, dryers, and dishwashers.

🔑 Summer Savings & Services

FREE Parks and Recreation Passes

The Leisure Access Program (LAP) provides low-income individuals, families, and seniors in the cities of Vancouver and Surrey with free and reduced-cost programs and services at many city-run facilities:

- Community Centres
- Day Camps
- Gyms & Fitness Centres
- Ice rinks & Swimming Pools
- Museums & Arts Centres
- Observatories & Botanical Gardens
- Pitch & Putt Golf Courses
- Playland
- Shaw Mobi Bike Share
- Stanley Park Train
- Vancouver Aquarium

Visit your local Community Centre to learn how to apply for a Leisure Access Card.

FREE Surrey's Sidewalk Kids Klub

During the summer, the Surrey Kids Klub mobile teams bring their free, drop-in children's program to the streets, setting up in the courtyards of many Surrey apartment complexes like Evelyn Estates and Jessica Place. This program is completely free, fun and offers kids valuable life lessons.

Schedules will vary by location but the goal is to be at the same location weekly throughout the months of July and August. To find out if the Sidewalk Kids Klub is coming to your apartment, call 604-812-7178 for more information.

Telus Low-Cost Cable and Internet

BC Non-Profit Housing Association (BCNPHA) has partnered with TELUS to provide BCNPHA buildings like Entre Nous Femmes residents exclusive rates on Optik TV and internet products. Whether you are a new or existing TELUS customer, sign up before December 31, 2022, with no term and save 40% each month. Call TELUS at 1-866-667-9749 to learn how to apply.

Red Cross Stop The Spread

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The Canadian Red Cross generously donated their Stop The Spread and Stay Safe! kits containing one COVID-19 Rapid Antigen test and one box of N95 masks to Entre Nous Femmes Housing Society this summer. The kits were distributed to all of our 409 ENF units at the beginning of June 2022.

ENF will be ordering and distributing additional COVID-19 rapid tests and masks over the coming months.

Be kind and stay safe everyone!



Appreciation Corner

Contest Winners Will Be Announced In The Fall/Winter Newsletter

Have a community resource, recipe, tip, Thank You, community project, event or more that you would like to share in our **FALL/WINTER 2022 issue** of our *IN THE NOUS* Newsletter?

Email newsletter submissions to Melanie at info@enfhs.ca

Each submission will automatically be entered into a draw for your **chance to win 1 of four \$25 Presidents Choice Gift Cards** for Superstore, No Frills, Loblaws and Independent grocery stores!

Appreciation Corner

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Much gratitude, appreciation and a great big THANK YOU to:

CURT, MARYSE and CRAIG of Rosemary Green for helping to make the community shine stronger and brighter! Curt with cleaning around the property and amenities building; Maryse for running the Food Program, and Craig for helping many of his neighbours and always being there to open the room for Telus.

Grace from Capilano House would like to thank her neighbour, **MELANIE of Capilano House** for singlehandedly beautifying the gardens lining the north and south sides of our parking lot. Her labours over the past months have not gone unnoticed. We are fortunate to have an accomplished

and dedicated gardener bring beauty to the area. Thank you, Melanie!

SUSAN of Capilano House for her tireless upkeep of the Common and Laundry Rooms accessible to tenants, and for spearheading a green initiative for recycling old batteries and light bulbs.

DON the resident Gate Keeper of Capilano House, for continuing to monitor the property with a friendly demeanour and for locking the pedestrian gate at dusk and opening it again at dawn every day. Capilano House is lucky and thankful to have you, Don!

ARMI and MICHELE of Jessica Place for Armi's cleaning around the property and purchasing signs, and cleaning supplies, and Michele's efforts in cleaning around the building. Thank you both!

Entre Nous Femmes Housing Society

Head Office: (604) 451-4412

After-Hours Maintenance Emergencies: (604) 945-2966

Newsletter Submissions: info@enfhs.ca

Entre Nous Femmes Housing Society (ENF) respectfully acknowledges that we do our work on the traditional and unceded territories of the Coast Salish peoples. Specifically, the Musqueam, Squamish, Tsleil-Waututh, Semiahmoo, Katzie, Kwikwetlem, Kwantlen, Qayqayt and Tsawwassen First Nations. We are grateful to be on these lands.