

# IN THE NOUS


## Summer Edition!



### HAVE SOMETHING TO SHARE OR SAY?

Do you have a recipe, community resource, tip, Thank You, community event, or more that you would like to share in our next issue of ***In the Nous*** Newsletter?

Be sure to email any Newsletter submissions to

[info@enfhs.ca](mailto:info@enfhs.ca) 

Welcome to the 2023 summer edition of Entre Nous Femmes Housing Society's ***In the Nous*** Newsletter. *In the Nous* is now online, but there will be some paper copies available at each site. Click the links to access helpful resources.

## Welcome to the Team!

### Miguel



### Nadine & Vidhi





Miguel may be familiar to some, and as of June 1st, he is officially joining the ENFHS team as the new Maintenance Technician. Welcome Miguel! We are so glad to have you.

Nadine & Vidhi are Master of Community Planning students who will be joining the ENFHS team as interns for the summer. Welcome, Nadine & Vidhi!

## Community Happenings

### Newton Green & Margaret Heights



**ENFHS recently completed lighting upgrades at Newton Green and Margaret Heights.** The new lighting will create a safer environment, with better visibility, and will help prevent interactions with bears and other wildlife from nearby areas.

Antkiw Court and Natalia Terrace will also be receiving lighting upgrades in the coming months.

### Natalia Terrace





**Residents of Natalia Terrace recently gathered for a Spring Gardening Day.** They spent their time polishing up the front entrance of the complex and worked hard to replant the garden beds and repaint the entrance sign. They also enjoyed spending time with their neighbours and sharing some refreshments. Natalia Terrace is looking beautiful as ever! If you are interested in doing something similar, please contact your property manager.

## In the Know...

### National Indigenous History Month



**June is National Indigenous History Month.** It is a time to learn about and honour the stories, cultures, traditions, experiences, resilience, and achievements of First Nations, Inuit, and Métis peoples, who have lived on this land since time immemorial.

**June 21st is National Indigenous Peoples Day,** a day to recognize Indigenous Peoples for their unique heritage, diverse cultures, and contributions. To celebrate this day, consider taking part in one of the many events scheduled throughout the lower mainland (see below).

**Vancouver**



- [Centering Indigenous Joy: A Celebration of Literature, Arts, and Creativity](#)  
**(June 17)**

## **Surrey**

- [Surrey's National Indigenous Peoples Day Celebration & Wellness Event](#)  
**(June 21)**

## **Burnaby**

- [National Indigenous Peoples Day - Edmonds Park](#) **(June 21)**

## **West Vancouver**

- [Aboriginal Housing Management Association - National Indigenous Peoples Day](#) **(June 21)**

## **Educational Resources & Toolkits**

Learn more about the history of Indigenous Peoples in Canada and Reconciliation efforts to date.

- [Reconciliation Canada](#)
- [Native Land](#)
- [Truth and Reconciliation Commission of Canada](#)
- [Decolonization Toolkit](#)
- [Assembly of First Nations](#)

Click [here](#) for images that you can use on social media to show your support for National Indigenous History Month!

**July 23rd is Squamish Nation Amalgamation Day**, which marks the 100th anniversary of the amalgamation (uniting) of the Squamish Nation when 16 of its villages merged to form one political body. The day celebrates unity and the protection of Squamish culture, traditions, language, and history.

The Nation will be hosting several events on the North Shore in the lead-up to Amalgamation Day. These include concerts, ceremonies, and sporting events, with some open to the public. Click [here](#) to see event schedules on the official festival website for the Squamish Nation.

## **Weather & Property Tips**

## **Watering Restrictions**





Watering restrictions are in place from **May 1 until October 15.**

The restrictions are as follows:

Even-numbered addresses: **Saturdays**

Odd-numbered addresses: **Sundays**

Automatic watering: **5 am to 7 am**

Manual watering: **6 am to 9 am**

*Watering Trees, Shrubs & Flowers* 🌻

Sprinklers: **5 am to 9 am**

Hand Watering: **Any time**

Drip irrigation: **Any time**

\*IMPORTANT: Apartments and townhouses follow complex addresses, not individual unit numbers. For more information, click [here](#).

## Extreme Heat & Wildfire Smoke

### Extreme Heat



**ENFHS has provided cooling towels** to help alleviate heat stress. Click [here](#) to access the official heat notice, including instructions on how to use the towels.



Tips for staying cool!

**Cooling your body:** wet clothing and place it on your neck or wrists.

**Reducing indoor heat:** close and cover windows during the day, then open windows and place fans nearby during the night.

**Finding cool spaces elsewhere:** If you are unable to cool your living space, be sure to locate a nearby cooling center, such as a library, indoor shopping mall, shaded park, or community center.

For weather alert updates from the province, click [here](#).

To access more resources, see the links below.

- [Tips to Beat the Heat – Poster](#)
- [HealthLink BC - Beat the Heat](#)
- [PreparedBC – Extreme Heat Guide](#)
- [BC Housing’s Extreme Heat Information for Tenants \(With Translations\)](#)
- [BC Housing - How to Cool a Space](#)

## **Wildfire Smoke**



The BC Centre for Disease Control (BCCDC) recommends avoiding exposure to wildfire smoke as it contains very small particles that can enter your lungs when you inhale and cause irritation and/or inflammation.

To reduce your exposure to smoke...

- Visit public spaces that have cleaner and cooler indoor air, such as community centers
- Limit outdoor activity when smoky, to avoid inhalation
- Drink lots of water to help reduce inflammation
- Use a properly fitted N95 mask/respirator on smoky days if you are working outdoors
- Use air conditioners, heat pumps, fans, and window shades to keep your indoor air space clean and cool on hot days

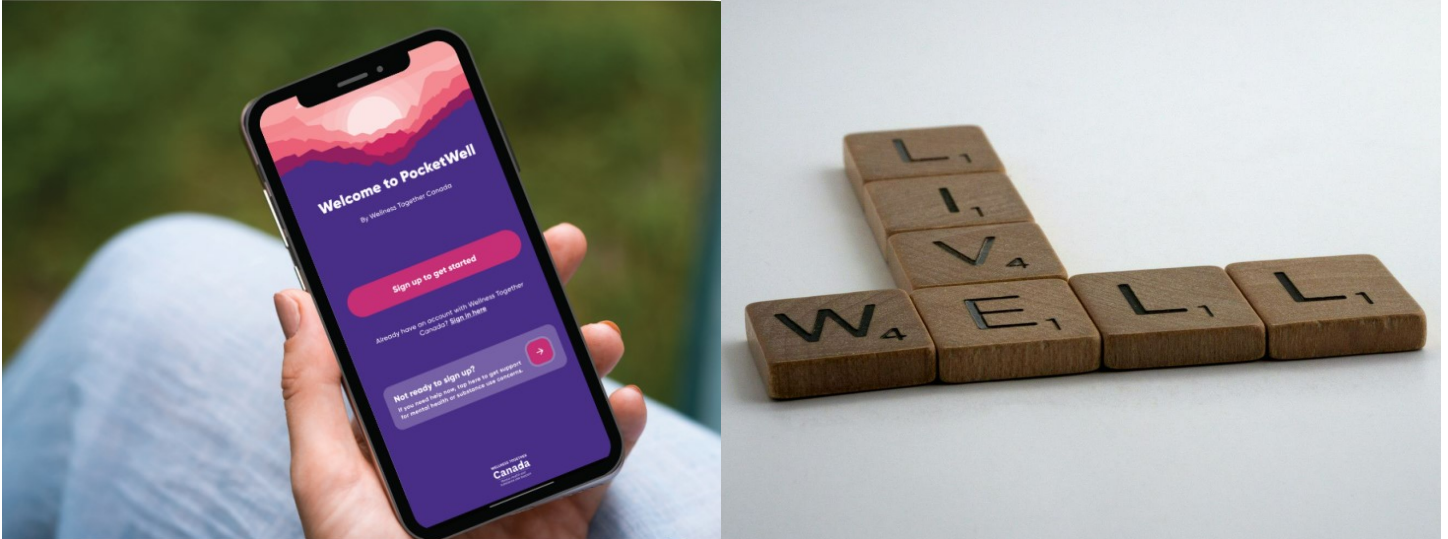
For more resources, click on the links below.



- [BC Centre for Disease Control - Wildfire Smoke](#)
- [BC Housing – Extreme Heat and Wildfire Smoke Health Impacts](#)
- [BC Government – Health and Safety Around Wildfire Smoke](#)

## Resources

### PocketWell App



PocketWell is a companion app of [Wellness Together Canada](#), a mental health and substance use support portal. The app can be downloaded on a mobile device through the [App Store](#) or the [Google Play Store](#) and allows users to complete self-assessments, track wellness trends and mood changes, and access free 24/7 counselling services.

Click the poster links below to access more resources from PocketWell, including some helpful exercises.

[Poster 1](#), [Poster 2](#), [Poster 3](#)

### Employment



## YWCA Metro Vancouver

The YWCA offers a range of specialized employment programs for women, young job seekers, job seekers aged 55+, single mothers, and all genders. Three of these programs include...

- Employment Navigator (pre-employment and employment support for single mothers)
- Job Futures 55+ (Skills training for those 55+)
- ACCELERATE (programs for youth aged 16-30)

Click [here](#) for a complete list of programs.

---

## Sliding Into Summer! 🌞

### Free & Almost Free Summer Activities



## Vancouver



[Vancouver's Downtown Farmers Market](#) is located in the North Plaza outside of the Vancouver Art Gallery. The market runs on Wednesdays from 2 pm until 6 pm, from May 31st until November 29th. It features many food and merchant vendors, as well as live music.

[The Vancouver International Jazz Festival](#) is running from June 23rd until July 2nd and includes a series of free and paid jazz concerts in multiple venues across Metro Vancouver. Festival goers can expect a variety of concert options, a lineup of food and merchant vendors, and public art displays.

[Kids Bowl Free!](#) (Grandview Lanes Only)

From July 2- September 3, kids can bowl free! Limited to 2 games per day, kids between the ages of 2 and 15 can bowl for free at **Grandview Lanes** in Vancouver, located at 2195 Commercial Drive. Registration is required prior to bowling. To register a child, click [here](#). For more information about the Kids Bowl Free program, click [here](#).

## **North Vancouver**

The [Shipyards Night Market](#) runs on Fridays from 3 pm to 10 pm between May 12th and September 15th, at Shipbuilders' Square on Lonsdale Avenue in North Vancouver. Admission is free and visitors can enjoy live music, a variety of tasty treats, and dozens of local artisan stalls.

With a focus on engaging audiences and presenting the work of world-renowned and emerging artists, [The Polygon Gallery](#) invites guests to explore its many programs, exhibits, and tours. With multi-lingual tours and Accessibility Tours, The Polygon aims to be accessible to everyone. Admission is by donation and all children's activities are free of charge.

## **Surrey**

[Surrey Fest Downtown](#) is taking place on Saturday, June 17, from 11 am to 4 pm. It will occur at Central City Plaza: 13450 102 Avenue. This event will feature exhibits, food, and entertainment. The event is free and focuses on promoting and celebrating community pride.

[Grand Opening: Indigenous Learning House](#)

On June 17th, from 11 am to 3 pm, join the City to celebrate the opening of the Indigenous Learning House at Elgin Heritage Park: 13723 Crescent Road. The event is free and will include a ribbon-cutting ceremony, demonstrations, performances, vendors, and an Indigenous artisan market.

[Kids Bowl Free!](#) (Dell Lanes Only)

From May 1 - September 5, kids can bowl free! Limited to 2 games per day, kids between the ages of 2 and 15 can bowl for free at **Dell Lanes** in Surrey located at 10576 King George Blvd. Registration is required prior to bowling. To register a child, click [here](#). For more information about Kids Bowl Free program, click [here](#).

## **Vancouver & Surrey**

On Saturdays at 11 am, select Cineplex theatres charge \$2.99 to view '*Family Favourites Movies*'.

Cineplex Odeon International Village Cinemas at 88 West Pender in Vancouver and Cineplex Cinemas Strawberry Hill at 12161-72nd Avenue in Surrey are two locations that frequently host these programs.

## **Recipes**

### **Homemade Popsicles**

By Live Simply

Click [here](#) to visit their site



### **EQUIPMENT**

- 1 popsicle mold set

\* if you don't have a popsicle mold, you can use a dixie cup or other small container by covering the top with plastic wrap and poking a popsicle stick through it. DO NOT use glass.

### **INGREDIENTS**

- **2 1/2** cups of frozen fruit (strawberries, chopped pineapple, peaches, cherries, blueberries, kiwis, mangoes, raspberries, etc.)
- 1 **13.5-ounce** can of full-fat unsweetened coconut milk OR use about 1 1/2 cups cow's milk, almond milk, or cashew milk.
- **2** Tablespoons honey
- **1/2** teaspoon pure vanilla extract



# INSTRUCTIONS

- Blend all the ingredients together until smooth (about 60 seconds in a blender).
- Pour the mixture into a popsicle mold. Insert sticks into the mixture.
- Freeze for about 6 hours.
- Store the frozen popsicles in the molds or remove all the popsicles from the molds and store in a freezer bag or freezer-safe airtight container. To remove from the mold, run the outside of the popsicle mold under cold water.

## Appreciation Corner: Kudos! 🎉

Let us know if you have a kudos or birthday to share by emailing us at [info@enfhs.ca](mailto:info@enfhs.ca)



## Entre Nous Femmes Housing Society

Telephone: [\(604\) 451-4412](tel:(604)451-4412)

21-3550 SE Marine Drive,

Vancouver BC V5S 4R3

Entre Nous Femmes Housing Society respectfully acknowledges that we work and provide affordable housing on the traditional and unceded territories of the Coast Salish peoples, specifically the ḡ icəy̓ (Katzie), Qw'ʔ ntl'en (Kwantlen), kwikwəḷ əm (Kwkwetlem), xʷməθkʷəy̓ əm (Musqueam), Qiqá:yt (Qayqayt), Semiahmoo, Sḱw̓x wú7mesh (Squamish), s̓ əwəθən məsteyəxʷ (Tsawwassen) and səililwətaḷ (Tsleil-Waututh) First Nations.

**You are receiving this newsletter because you are part of the ENFHS housing community or you are a subscriber. If you wish to unsubscribe, please click the link below.**

**[Unsubscribe from future mailings](#)**