



FALL

2024

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About anything in  
the Newsletter

Welcome to the Fall 2024 CRHC newsletter. To enter the draw for one of 3 \$25 gift cards answer our riddle: I am a four letter word; I am where charity begins and where the heart is. There is no place like me. What am I? Just email or call Kate with your answer and we will draw winners in time for the Winter Newsletter. klambert@crd.bc.ca or 250 360 3376. We asked last time what boring chores you would be doing. It turns out that sorting paperwork is not a chore people look forward to!

### THIS ISSUE TALKS ABOUT SUPPORT

Many of our tenants experience trauma or have support needs. If you need to know who to contact, please let the Tenant Engagement Team know. Kate, Kirsten, Kevin and Dana are here to listen and connect you with services.

On page 4 we will talk about some of the prevalent issues we hear about and some supports we believe may help. If you have suggestions for supports you have used and found helpful, please let us know and we can include them in future Newsletters. The supports we've highlighted are just a small sample, please contact us if you need more support.



In this Newsletter:

- Supports available (see page 4)
- Fruit flies and how to deal with them
- AI scams
- Fall to dos
- Library app

We want to hear from you about items for the Newsletter.

Contact Kate!

klambert@crd.bc.ca



## FALL MAINTENANCE MUST DOS

If you have an outdoor tap or hose, kindly disconnect the hose. After the gutter cleaning is finished, please remember to turn off the water to the tap. This precaution helps CRHC, as well as you, prevent bursts and water leaks, which can cause damages that may become your financial responsibility. If you need assistance with turning off your external water tap, please don't hesitate to ask your caretaker for help.

Gutter cleaning is planned to take place at all CRHC buildings sometime between early November and late December. Additional information will be shared in the coming weeks, detailing the specific gutter cleaning schedules for each CRHC building.



## LIBBY APP

Did you know you can get check out books, audiobooks, and magazines from your local library for free? Download the Libby app, input your preferred library branch and library card number and you are good to go! Libby is compatible with iOS10+, Android 7.1+ and newer Fire tablets. You can also use your PC to read or listen in your web browser. The Libby app is completely free and best of all – no late fees!



## ELON MUSK AND AI SCAM

Beware of a scam that uses artificial intelligence (AI) and Elon Musk's likeness to try to get you to invest your money and promises incredible returns. Videos of Elon Musk have been appearing on social media ads, YouTube, or directly to people's email inboxes, which ask to invest sums in the range of \$100-\$500. These videos appear very realistic, but they have been made using artificial intelligence and are completely fake. Clicking on the ad takes the user to a website which gathers users information. From there, very clever fraudsters call their victims to make promises of large returns, and create pressure filled situations in order to convince victims to send money. From there, they produce doctored paperwork showing the original "investment" has grown into a large sum of money. Of course, the victim will never see their full amount returned. Here are some tips to avoid scams such as this one:

- Beware of requests that come with a sense of urgency or pressure. Scammers often manipulate victims by creating a false sense of emergency to throw them off and cloud their thinking.
- Call the police or your bank first. Any reputable company, employee or person won't mind, and will appreciate that you've taken the time to be diligent and careful.
- Do not share your personal information with anyone who contacts you out of the blue. Take some time to research if they are a safe, trustworthy contact.
- Be skeptical of promises of high returns. The cliché holds true – if it seems too good to be true, it probably is!

# ASK THE STAFF

## FRUIT FLIES

Last Fall we talked about food waste and how to avoid it. This Fall we're talking about the result of discarded food lying around; fruit flies. They are tiny and mostly harmless but they are also annoying and, most importantly, they reproduce very quickly and quickly become overwhelming.

First, some fruit fly facts. Fruit flies' entire life cycle is less than two month's long. They are laid, hatch, live and die. During that short life cycle they can produce 100s of eggs. They lay those eggs in one of two places, most of the time. Either on food (they love overripe fruit) or in drains (sinks, showers, baths). When they hatch they stay on the fruit or food source for a few days, eating and getting stronger. They then pupate in dry dark places and emerge as adults. They are ready to mate and lay more eggs in two days.



One type of fruit fly (*D. melanogaster*) was one of the first animals to be used in genetic analysis and is one of the best known in this field. Although they are annoying in our kitchens, they are useful to our understanding of genetics. We share 60% of our genes with fruit flies. About 75% of known human disease genes have a recognizable match in the genome of fruit flies. We don't want them living in our homes, though!

Prevention is the first and most effective tool. In the warmer months never leave fruit out. They also like fermented liquids like wine or vinegar so don't leave them open. Glasses with a small amount in the bottom, unwashed recycling, ripe bananas and slimy drains are very common causes. Clean spills and food quickly.

If you see a fruit fly, put all your fruit in the fridge, put any drinks in airtight containers and wash any recycling thoroughly (you should do this anyway!). Clean your drain. Bleach works but is short lived. You can use more natural methods: Pour a 1/2 cup of salt, 1/2 cup of baking soda and 1 cup of vinegar and allow it to work its magic overnight. Follow up with boiling water the next morning.

Then you can make or buy fruit fly traps. Mix a cup of apple cider vinegar and a few drops of dish soap and place near the source of the flies (you can heat in the microwave briefly to attract more flies). The vinegar attracts them and the dish soap breaks the surface tension so they fall in. Do not spill this liquid because it will attract more flies!



If these self-help methods don't work quickly, please let your Building Maintenance Attendant (caretaker) know.

With other pests like cockroaches or rodents, tell your Building Maintenance Attendant (caretaker) immediately.



## MENTAL HEALTH AND TRAUMA

Youth; the Y runs sessions on coping with stress for teens. Email [mindfulness@vancouverislandy.ca](mailto:mindfulness@vancouverislandy.ca) or call 778.584.7360 for Sept. and Dec. intake sessions.

Women; Bridges for women 250.385.7410 or email [info@bridgesforwomen.ca](mailto:info@bridgesforwomen.ca). Domestic violence services include Victoria Women's Transition House and The Cridge Centre for the Family.

Bereavement; Friends of Living and Learning Through Loss at Wale Road. [info@learningthroughloss.org](mailto:info@learningthroughloss.org)

Men; The Men's Therapy Centre supports male survivors of trauma. Use the contact form on their website or email [info@menstherapycentre.ca](mailto:info@menstherapycentre.ca)

Emergency; If you are at immediate risk of harming yourself, please call 911 and/or the Crisis Line 1.800.784.2433.

Support line; (No area code) 310.6789

Child and Youth; Island Health offer a variety of mental health services. Call 250.519.6720. The Foundry is also a great resource for youth. Call or email 250.383.3552 [frontdesk@foundryvictoria.ca](mailto:frontdesk@foundryvictoria.ca)

Many people don't have a physician. Don't forget the Urgent Care Centres. If you or someone you know doesn't speak English and there is an emergency, 911 can access 173 languages. If possible learn your language name in English ("Punjabi" for example) and the names of the services ("Fire").



## FINANCIAL SUPPORTS

If you're having difficulty paying your rent, please reach out to us immediately. Don't wait for a 10 Day Notice to End Tenancy. Rent Banks are here to help you; you can visit [communitycouncil.ca/rentbank](http://communitycouncil.ca/rentbank) or [bcrentbank.ca](http://bcrentbank.ca) for assistance.

If you're facing debt issues, it's important to know that many debt services are for-profit and may offer additional paid credit services. The Credit Counselling Society is a reputable non-profit organization that provides various services and valuable information on their website: [nomoredebts.org](http://nomoredebts.org).



## RACISM AND DISCRIMINATION

A new Racist Incident Helpline is now available for residents of British Columbia who experience or witness racist incidents. This toll-free service, launched in partnership with United Way BC 2-1-1, offers trauma-informed and culturally sensitive support in over 240 languages. The helpline is open to individuals who have faced discrimination based on race, ethnicity, or culture.

Callers can receive immediate guidance, including referrals to local services, such as counseling or assistance with law enforcement reporting. The helpline aims to provide a safe space for victims and gather anonymous data to help the government understand and combat racism more effectively. Visit [racistincidenthelpline.ca](http://racistincidenthelpline.ca) for more details.

**1-833-HLP-LINE**  
1-833-457-5463  
Available Monday to Friday, 9:00 AM TO 5:00 PM (PT) Visit [racistincidenthelpline.ca](http://racistincidenthelpline.ca) for more details.