



COVID-19 SECOND WAVE SAFETY REMINDERS

As BC heads into a second wave of COVID-19, with some of our highest daily case numbers being reported since the spring, GVHS reminds our tenants that prevention and protection are more important than ever. A reminder that we strongly endorse and recommend:

- Wearing masks in any common area of our buildings (hallways, elevators, etc.)
- Wearing a mask if you must interact with our staff. Tenants are discouraged from visiting Building Offices in-person and encouraged to phone instead.
- No drop-in visits at our Head Office. Tenants are encouraged to call ahead to make appointments with the appropriate staff member.

THREE WAYS TO REPORT MAINTENANCE ISSUES

1. call our Property Operations Coordinator at 250.384.3434, ext 24
2. Fill out a Maintenance Request Form, available outside the Building Office, and put in the caretaker's mailbox
3. Email us at info@greatervichousing.org

No Matter How You Celebrate Halloween This Year:

- ✓ Stay home if you are sick or isolating
- ✓ Include a mask that covers your nose and mouth as part of your costume
- ✓ Wash your hands or use hand sanitizer often

ASK A STAFF MEMBER: EMERGENCIES

Welcome back to our latest installment of **Ask A Staff Member!** Today we are highlighting some of the questions we are frequently asked about emergencies.

What kind of emergencies can I contact GVHS about? Good question! First things first, if you need to report a fire, life safety or health emergency, call **911!**

Okay! What about other emergencies? Got another problem? You probably know that GVHS has an After Hours Emergency line (**1.866.654.8273**) for use during evenings, weekends, and holidays. It's for urgent issues that must be addressed immedi-

ately to avoid damage to your unit, or the building. Examples are: electrical problems, flooding, toilet not working, or person trapped in an elevator.

Help! I'm locked out (or have lost my key). Is that an emergency? It's definitely inconvenient, but forgetting or losing your keys is not considered an emergency. The building caretaker can let you in during business

hours, if they are available. If you call a locksmith or request that our staff attend after-hours, it will be at your cost.

We hope you've found this information useful. Got any questions? As always, we encourage you to email info@greatervichousing.org or phone 250.384.3434. ♦



Many spooky Victoria sites are still open for tours & activities, including Hatley Castle (above)

SAFE HALLOWEEN TIPS

YES, DESPITE THE PANDEMIC,
FUN IS STILL POSSIBLE!



Skip Halloween Parties For Now: Celebrate with your favourite scary movie or other traditions that you can do with your household or social group.

Observe Safe Trick-Or-Treating:

- ✓ Respect homes by staying away if the lights are out
- ✓ Keep to your local neighbourhood this year
- ✓ Avoid trick-or-treating in busy areas or indoors (ie: malls)
- ✓ Trick-or-treat in a small group (6 or less)
- ✓ Wash your hands before you

go out, when you get

- home, and before eating treats
- ✓ Keep hand sanitizer with you if eating treats on the go
- ✓ You don't need to clean every treat. Instead, wash your hands after handling treats, and don't touch your face.

Handing Out Treats:

- ✓ Use tongs or a candy slide to give more space when handing out candy
- ✓ Hand out individual treats instead of offering a shared bowl
- ✓ Wear a mask that covers your nose and mouth

- ✓ Stand outside your door so kids don't have to touch your doorbell ~ if you can't do this, disinfect high-touch surfaces frequently through the evening. ♦

For lots more tips, visit the BC CDC website at:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/social-interactions/halloween>

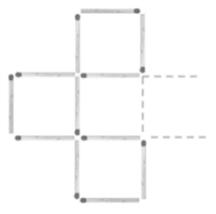
ICE CREAM CROSSWORD

See if you can find all of the ice cream flavours hidden in the puzzle! Answers run horizontally, vertically, or diagonally. Solution in the next issue!

Y	M	T	R	L	C	H	O	C	O	L	A	T	E
A	S	K	C	A	R	T	E	S	O	O	M	E	T
P	Y	V	A	N	I	L	L	A	S	N	O	T	E
M	K	D	E	T	D	E	A	C	F	A	N	A	A
C	A	T	N	L	I	N	N	A	O	C	O	O	E
O	K	P	O	A	A	G	O	D	K	E	A	E	T
E	C	U	L	N	C	A	E	F	O	P	L	R	N
D	O	T	A	E	E	N	O	R	Y	W	E	E	E
O	C	B	O	A	W	Y	O	T	T	E	O	I	E
C	O	I	E	A	A	A	R	T	S	A	O	A	R
R	N	T	T	C	R	A	L	E	T	N	I	A	G
E	E	G	D	U	F	O	S	N	I	O	V	L	T
D	A	O	R	Y	K	C	O	R	U	A	C	G	T
A	E	E	T	U	N	O	C	O	C	T	P	E	S

- Cotton Candy
- Maple Walnut
- Pecan
- Banana
- Tiger Tail
- Moose Tracks
- Coconut
- Rocky Road
- Green Tea
- Fudge
- Reeses
- Chocolate
- Vanilla

Last Issue's Answer



EXTRA-EASY LASAGNA

INGREDIENTS

- 1 pound lean ground beef
- 4 cups pasta sauce
- 6 uncooked lasagna noodles
- 1 container (500g) cottage cheese
- 2 1/2 cups (10 ounces) shredded mozzarella cheese
- 1/4 cup hot water

HOW TO MAKE IT

Step 1: Cook beef in a large skillet over medium heat, stirring until it crumbles and is no longer pink; drain. Stir in pasta sauce.

Step 2: Spread one-third of meat sauce in a lightly greased 11- x 7-inch baking dish; layer with 3 noodles and half each of cottage cheese and mozza-

rella cheese. (The cottage cheese layers will be thin.) Repeat layers, spreading remaining one-third of meat sauce over mozzarella cheese. Slowly pour 1/4 cup hot water around inside edge of dish. Tightly cover baking dish with 2 layers of aluminum foil.

Step 3: Bake at 375° for 45 minutes; uncover and bake 10 more minutes. Let stand 10 minutes before serving.

CHEF'S NOTES

This dish pairs well with green beans, broccoli, salad, or an assortment of roasted vegetables. You could swap out the beef for chicken or sausage, or replace red sauce with white sauce. Additional cheeses could also be added. ♦

INCREDIBLE ELEPHANTS

∞ An elephant's trunk has over 40,000 muscles, used for breathing, smelling and communicating. They are capable of picking up objects that range from as big and heavy as a horse, to as tiny as a grain of rice.

∞ Elephants are the largest land mammal. Despite their size, they can run up to 25 miles per hour!

∞ The gestation period of an elephant is 22 months. The herd celebrates the birth together during a ceremony of trumpeting and touching the new baby.

∞ Elephants aren't actually scared of mice, they're scared of bees! African farmers raise bees to keep the elephants away from their crops. Smart – because elephants can eat up to 600 pounds of food a day!

∞ Elephants have deep family bonds. The herd is led by the matriarch, and calves are raised by the entire herd. When males are about 12 years old, they leave the herd to live on their own; females often stay with their mothers for their whole lives. Older female elephants often get to enjoy relationships with their great-grandchildren.

∞ Elephants are highly sensitive and caring animals. If a baby elephant cries, the herd will touch and caress the baby with their trunks to soothe it. They are highly intelligent animals with complex emotions, compassion and self-awareness; elephants are one of very few species to recognize themselves in a mirror!

∞ Like humans, elephants mourn the death of their loved ones. They gently touch and caress

deceased loved ones with their trunks, and they will pause for several minutes of silence in the place where their loved one has died, even several years after their death. An elephant never forgets. ♦

