



**GREATER VICTORIA  
HOUSING SOCIETY**  
Since 1956

# TENANT CONNECTION NEWSLETTER

Volume 1, Issue 15

<https://greatervichousing.org/covid-19-resources>

November 18, 2020

## FAMILY SUPPORT INSTITUTE OF BC

The Family Support Institute of BC (FSI) is a provincial not-for-profit society committed to supporting families who have a family member with a disability. FSI supports and services are free to any family.

Remaining fully functioning during the COVID-19 pandemic, FSI's volunteer Resource Parents are engaged and available to support you via telephone, email, text or online video meeting.

FSI knows that at this time, isolation is a risk, and are doing all they can to ensure that families stay connected. They understand that many families are feeling high levels of stress and anxiety, and may benefit from peer-to-peer support. If you wish to connect with others in your community or across BC, visit FSI's website today at

<https://familysupportbc.com/>  
1.800.441.5403

### What Can You Expect When You Contact FSI?

- ✓ A warm welcome by caring staff
- ✓ FSI will never say no to supporting your family
- ✓ Answers to your questions
- ✓ Direction to relevant services, supports or community resources
- ✓ Up-to-date & relevant information to meet your circumstance
- ✓ Connections to parents in your community to share experiences and guide you to supports. ♦

## WINTER IS COMING ...AND SO ARE GAMES AND PRIZES

The days are shorter, the nights are longer, and our part of the Island just got a whole lot colder. With a second wave of COVID-19 well underway, and cases across Canada rising, many of us will not be able to connect in person in the ways we usually would during the coming months.

Therefore, it's time to get creative and find new ways to connect! GVHS is introducing some new tenant activities to help bring us all together in different ways. We hope you are inspired to join in.

### Autumn Art Contest



Share a creative undertaking of your choice: **short story, poem, drawing or painting** done by you ~ or, an **inspiring quote, thought or poem** that means a lot to you!

Theme: Nature

Participants: all tenants of GVHS buildings, age 19 and above (*see the other side of this newsletter for details of our kids' contest!*)

Due Date: November 27th ~ please deliver to our head office at 2326 Government Street!

Draw Date: November 30th

### Guidelines for Submissions:

Written: 50~200 words

Artwork: 1 page

### Winter Bingo!



This winter, every night is bingo night at our seniors' buildings!

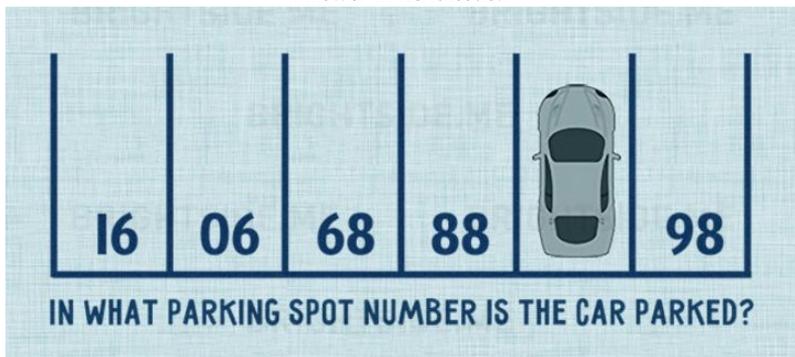
Details: Games run from December 1st, 2020 ~ February 28th, 2021. Two new numbers will be posted every weekday, excluding holidays. Once we have a winner, another game begins!

Participants: Tenants of Campbell, Colwood, Constance, Dowler, Grafton, and Sitkum, and those in seniors' units at Balmoral and Tillicum ~ if you see a poster and sign-up sheet at your building, write down your unit number to receive a bingo card!

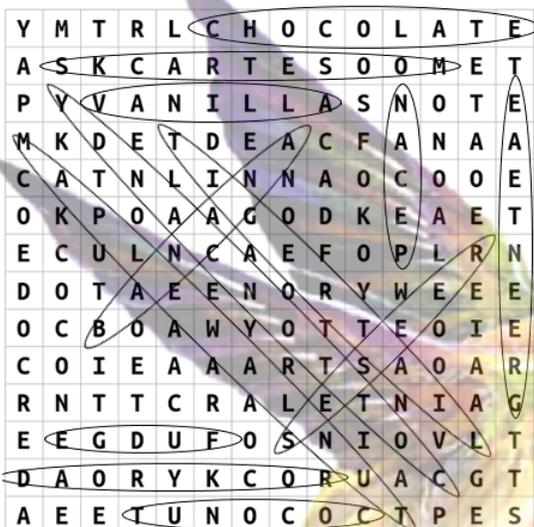
Due Date: Sign up ends November 20th, but if you miss the deadline and would still like a bingo card, you can put in a last-minute request by Wednesday November 25th ~ just call 250.661.2123 and note your building, unit number, and phone number in a voicemail. ♦

## LOGIC PUZZLE

Answer in next issue!



Last Issue's Puzzle Answer



## Children's Gift Raffle at our Family Buildings

Kids, it's your time to shine in our annual winter colouring contest! We'll provide holiday pictures, you show us your best art skills.

Want to participate? Contact us by email at: [rentals@greatervichousing.org](mailto:rentals@greatervichousing.org) or call 250.384.3434

and we will post a colouring sheet and entry form to your door! Completed entries should be returned to our head office at 2326 Government Street, or sent by email. Deadline: Dec 11<sup>th</sup>. Winners will be drawn by December 14<sup>th</sup>!



## THE MAGICAL HUMMINGBIRD

∞ Hummingbirds can be seen darting around nectar feeders and flowers across Canada. Here are some fascinating facts about these tiny-feathered friends:

∞ Their name, hummingbird, comes from the humming noise their wings make as they beat so rapidly.

∞ No other birds can fly like a hummingbird. They can fly forward, backward and even upside down! Hummingbirds are also the only vertebrate capable of hovering for a period of time during flight.

∞ Hummingbirds are one of the few groups of birds that go into *torpor* - a very deep, sleep-like state in which metabolic functions slow to a minimum, and very low body temperature is maintained.

∞ Hummingbirds have high metabolic demands, and their feathers are poor insulators, so going into torpor allows them to survive when conditions make it impossible to maintain their normal 40.6°C body temperature.

∞ They are the smallest migrating bird. They don't migrate in flocks like other species, and they typically travel alone for up to 500 miles at a time.

∞ The average weight of a hummingbird is less than a nickel.

∞ They have weak legs that can only be used for perching and moving sideways on a perch. They cannot walk or hop.

∞ Hummingbirds drink the nectar found in feeders by flicking their tongues 13 times per second. A hummingbird will visit up to 3,000 flowers per day. Hummingbirds also eat tiny insects. They consume 1.5x their body weight daily.

∞ Hummingbirds are the smallest of all the bird species. The Bee Hummingbird of Cuba only weighs as much as a paperclip!

∞ There are over 330 species of hummingbirds! The most commonly found species is the Ruby-Throated Hummingbird.

∞ If you love hummingbirds as much as we do, get your own feeder, fill it with homemade nectar of 1 part white sugar and 4 parts water (no honey, juice, or other sweetener, it can poison hummingbirds!) watch the tiny birds come to eat. You will enjoy seeing the magical hummingbirds, and you will be helping them out with their need to eat a lot, especially in cold winter months. ♦