

FALL

2025

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THE FALL AND AUTUMN

You may know that although many Canadians favour the Fall, the British say autumn. Where did these differences come from? Fall comes from the Old English feallan, meaning "to fall [from a height]" a shortening of the phrase "the fall of the leaf" to describe the season. Autumn originates from the Latin word autumnus, which is older and refers to the passing of the year. Around the world, the Fall language root is rare.

In Germanic and Slavic languages a variation of 'harvest' is more common.

- German: Herbst
- Norwegian: Höst

Romance languages like Italian and French favour a variation on 'autumn'.

- French: Automne
- Portuguese: Outono

And still further languages have different meanings. Referring to the crickets sounding at the end of summer, the gathering of the harvest, and burning the stubble.

- Chinese: 秋天 (Qiūtiān)
- Japanese: 秋 (Aki)
- Arabic: خريف (ḵarīf)

And coming back to the territories we are grateful to live on, in **ləkʷáŋən**, when 'one begins to feel cold', the season is **čənʔčtáŋəsət**. When the leaves fall it is **xʷisəlénəxʷ** (www.firstvoices.com).

We can also honour CENQOLEW — The Dog Salmon Return to Earth. This WSÁNEĆ moon marks the return of the salmon bones to the sea—a time of reciprocity, respect, renewal. As we deepen our understanding of truth and reconciliation, we honour the traditional teachings that guide the WSÁNEĆ People's relationship with the land and water. Let us learn from local Indigenous knowledge systems rooted in place and tradition. ("The Saanich Year" by Earle Claxton and John Elliott, Saanich School Board #63, 1993.)



Welcome to the Fall 2025 newsletter! To enter the draw for one of three \$25 gift cards, tell us one of the unflushables! Give Kate your answer via email at klambert@crd.bc.ca or call her at 250 360 3376.

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SHOULD IT FLUSH?

KNOW YOUR FLUSHABLES FROM YOUR UNFLUSHABLES

The 'Three (or four) Ps' rule - keep it in mind!

Only pee, poo, paper (and puke for the fourth P) should ever be flushed down the toilet. And 'paper' is toilet paper. Not any other kind.



THE UNFLUSHABLES ARE THE COMMON ITEMS PEOPLE FLUSH AND SHOULDN'T



Wipes are not flushable. Even wipes that say they are. Even ones that promise to be. None of them are flushable. Add to this any paper like hand-drying paper, paper towels, tissue paper or any other products like them. If they are clean, they can go in the paper recycling. Soiled, they either go in compost (for food waste) or garbage (for other waste).

Sanitary and toiletry items like floss, cotton balls, condoms, tampons and floss shouldn't be flushed. They can clog and get tangled, creating serious issues in the pipes. Along with baby supplies like diapers and wipes they should be disposed of in the garbage. Even better, look at reusable alternatives!



Pharmaceuticals and other medical supplies, like needles, are 'unflushable'. Wastewater treatment may not remove drugs and therefore they get out into the environment, affecting wildlife and water. This may even affect drug resistance in bacteria! Check the BC Medications return program for participating pharmacies. AVI can help with needles.

Other (somewhat random!) items that sometimes find their way into toilets are things like toys, Lego is a favourite, clothes, plants and potting soil, kitty litter (which clumps!) garbage items, vacuum cleaner detritus, dust and disposable duster heads, cigarette butts, all manner of disposable, single use items. Ask yourself, is it poo, pee or paper? If not, there is another place for it!



Food is a particularly common and difficult issue. Many people assume that because a byproduct of food goes down, food can go down. This is not the case. The fats in food can bind with wipes and other matter to form giant fatbergs. One that weighed almost as much as a blue whale was discovered in London in 2017. These cause massive issues and expense and cause blockages and floods. No foods go down, especially fats and grease.

If you do have a clog, it's an emergency if it's a flood or it's your only toilet. Call 250 388 1690.

If you have another toilet and it's not flooding, call your Building Maintenance Attendant in office hours.





Y MIND - FREE GROUP FOR TEENS



The Y are hosting free mental health groups for 13-18 year olds that help them cope with stress and anxiety.

For more information, scan the QR code.



CALLING CRHC

We know that tenants don't like the phone tree, and most people like to hear a human voice if they call.

We're working on there being fewer steps involved to speak to a real person. In the meantime, if someone from CRHC office leaves you a message, it will come up with the main switchboard number, but during the message they will likely leave their direct line. Calling this number means you will connect with them.



PROPANE TANKS INSIDE

Now that the summer is over and there is less barbequing and camping going on, it's time to store or dispose of propane tanks.

Propane tanks, in fact anything that stores flammable gas or liquid, cannot be stored inside any CRHC homes, by law, and your tenancy agreement. Even if they are 'empty' they are treated as if they are full.

We have experienced a fire linked to a propane tank inside an apartment and these risks are why it is a condition of your tenancy not to store propane tanks (or other potentially hazardous items) in your home.

If you do not have a place to store them outside (not on your patio or balcony), well away from your home, safely and far from anything flammable, it's best not to use one.



WEIRD GENES!

Genetics is an interesting and expanding field. Heritability, or how much your genes influence your tastes and behaviour differ by trait. Some of the odder things that are heritable:

Liking cilantro - cilantro tasting good is a mutation. The OG gene means you taste soap!

Job satisfaction - it's mildly heritable.

Wanderlust - 20% of people are 'anywhere' people. Everyone else prefers home.

Liking the gym - if you don't get a dopamine rush from exercise, you're one of the unlucky ones!

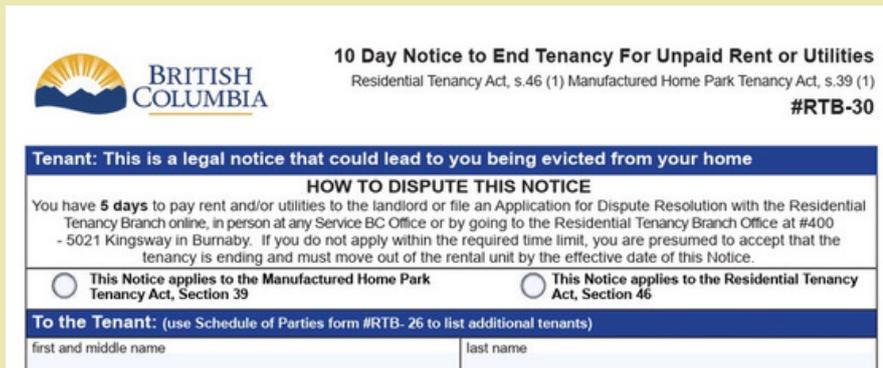
Sneezing at the sun - having a parent who does it means you have a 50% chance of sneezing yourself.

ASK THE STAFF

NOTICES

NOTICES ARE OFFICIAL BC GOVERNMENT FORMS - WHAT ARE THEY AND WHAT TO DO WHEN YOU GET ONE

Notices are BC Government forms, from the Residential Tenancy Branch (RTB), which CRHC sometimes issues to tenants. Below are the different types and what you can do if you receive one.



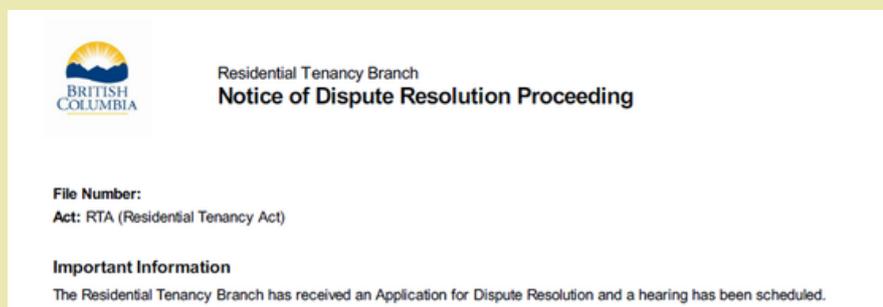
The image shows a form titled "10 Day Notice to End Tenancy For Unpaid Rent or Utilities" from the Residential Tenancy Branch of British Columbia. The form includes the BC logo, the title, and the relevant legislation: Residential Tenancy Act, s.46 (1) and Manufactured Home Park Tenancy Act, s.39 (1). The form number is #RTB-30. A blue header box contains the text: "Tenant: This is a legal notice that could lead to you being evicted from your home". Below this is a section titled "HOW TO DISPUTE THIS NOTICE" which states: "You have 5 days to pay rent and/or utilities to the landlord or file an Application for Dispute Resolution with the Residential Tenancy Branch online, in person at any Service BC Office or by going to the Residential Tenancy Branch Office at #400 - 5021 Kingsway in Burnaby. If you do not apply within the required time limit, you are presumed to accept that the tenancy is ending and must move out of the rental unit by the effective date of this Notice." There are two radio button options: "This Notice applies to the Manufactured Home Park Tenancy Act, Section 39" and "This Notice applies to the Residential Tenancy Act, Section 46". A section titled "To the Tenant:" instructs to use Schedule of Parties form #RTB-26 to list additional tenants. At the bottom, there are fields for "first and middle name" and "last name".

10 Day Notices are issued because of non-payment of rent or hydro. If you get one, act very quickly. You have only 5 days to either pay, or file for a Hearing at the RTB. Rent is due on the 1st of the month and if it is not paid in full and on time, CRHC may issue one of these.

One Month Notices are issued for 'cause'. That means that there has been a serious breach of the tenancy. Reasons could be noise, smoking, breaking other terms of your tenancy. Normally you would have received a warning breach letter. But for serious breaches, we can issue a Notice immediately. If you disagree with the Notice, you have 10 days to file at the RTB for Arbitration.

Two Month Notices are typically issued when subsidized tenants no longer qualify for subsidized housing. Sometimes that's because you didn't return the subsidy paperwork for your rent review, sometimes because something has changed in your circumstances which means you don't qualify. You have 15 days to file at the RTB for Arbitration.

Four Month Notices are for redevelopment and renovation. If you receive one of these you should be in contact with CRHC staff as we relocate eligible tenants.



The image shows a form titled "Notice of Dispute Resolution Proceeding" from the Residential Tenancy Branch of British Columbia. It includes the BC logo and the title. Below the title, it says "File Number:" and "Act: RTA (Residential Tenancy Act)". There is a section titled "Important Information" which states: "The Residential Tenancy Branch has received an Application for Dispute Resolution and a hearing has been scheduled."

Sometimes something so serious happens that we end tenancies using an expedited process through the RTB which moves straight to a Hearing. In this case, the RTB just issues a Notice of Dispute Resolution Proceeding.

You may also receive a letter about your rent payments. While you are under eviction, CRHC accepts your monthly payments for the use and occupancy of your home. If you have any questions about this letter, contact us.