

Thank you to everyone involved in the two days moose meat canning process in the community last month .

It was a big success.



Hello Kwadacha Members,

October has been a busy month for the Lands team. This past month I have been working along side Kwadacha DWB LP to get funding applications submitted through various organizations for the 2023/2024 season. Over the next few months you may see forestry consultants working along the Akie road completing block layout and cruising. I am also happy to report we have successfully negotiated and signed the agreement between Kwadacha Nation and Teck Resources.

Thank you,
Jessica.

Fire Starter

Kwadacha

Volume 7, November Issue, 2023

On behalf of Council, I would like to thank the community for your support in all that we do together. As we move into winter, we want to acknowledge the Maintenance team for helping to keep our homes warm, safe and dry. You will have noticed that there has been progress on the triplex homes. The challenge has been housing for workers and we would like to thank Andreas for making unused teacherages available for construction workers.

Last month we welcomed Pauline Rubinato along with staff from the PG office, who came to community to can moose and moose stew for the Elders as well as assist members in canning for themselves. Pauline and Cilas cut up 50 pounds of potatoes and 40 pounds of carrots for members and Shannon made a great effort cutting onions for the stew and didn't cry once. Sorry to Councillor Bradley Seymour, most of the jars of stew contain onions. This was a great start to a food preservation program that we will do again next year. Council would like to thank Pauline and the PG office folks for their work in supporting food security in our community. We would also like to thank the Elders who were their cutting moose and other members of the community for participating and hope that more members will join us next time.

Last month, Council and the Elders extended an invitation for the staff in the PG office to come to community and meet our members and to attend the community meeting to introduce themselves and to talk about what it is they do. They got to meet and talk with the Elders, which was a great opportunity for dialogue on both sides. The Elders appreciated the time and staff appreciated getting to meet Elders and community members. The community meeting was well attended, and the dinner was delicious. A big thank you to Rodney and Sara for preparing dinner and to all those who helped with the dinner and who assembled and took down tables and chairs. It looked like everyone had a good time and had plenty of food. We thank the staff for their presentations and our members for participating and asking questions.

Our door is always open, and we welcome constructive dialogue with our members.

Chief Darryl McCook

Prince George office staff in Fort Ware checking out the Northern Light.



Sriracha Shredded Chicken Tacos

Ingredients

2 thinly sliced chicken breasts

2 Tbsp Sriracha

6 corn tortillas

1 cup chopped red cabbage

1/2 cup chopped peppers

1/4 cup feta cheese

1 lime

Instructions

Preheat oven to 375 degrees.

Place the chicken breasts on a baking sheet and top with Sriracha. Bake for 30 minutes (or until they're fully cooked).

While the chicken is baking, Top each tortilla with chopped red cabbage and chopped peppers.

When the chicken has finished baking, shred it and place in the tortillas. Top each taco with feta cheese and drizzle of lime.

Enjoy!



Mental Health & Wellness Support

KWADACHA HEALTH & WELLNESS DEPARTMENT

CONTACT THE KWADACHA CLINIC TO BOOK APPOINTMENTS. HOME VISITS ARE AVAILABLE.

COUNSELLING

Robert Derkson, Community Counsellor

Cherielle Gould, Prince George Sexual Assault Centre

Nancy Roe, Prince George Sexual Assault Centre

Nancy Anunah, Northern Health Mobile Support Team



CHILDREN & YOUTH

Amber Fleet, Prince George Sexual Assault Centre

Cherielle Gould, Prince George Sexual Assault Centre

Horse Therapy Program with Tammy Young is also available!

ADDICTIONS

Carla Wilson, Harm Reduction and Community Care Nurse

Heather Erxleben, Harm Reduction Nurse/Team Lead, Northern Health MST

Harm reduction supplies and naloxone available at the clinic!



Family and social development

- Community Kitchen begins the week of November 7th.
- Elders Christmas Lunch - December 12th
- Elders Jackets are ready! Amy will be passing them out soon.

Health & Wellness Department Update



SUCCESS STORIES

In December 2022 we received our X-ray machine, since that time we have done 136 x-rays in our community. This has improved primary health care services for our members! Kwadacha has been approved for an ultrasound machine which will be coming to community soon!

In October we hosted a Grief and Loss Healing Camp with Donald Prince and his team from Nak'azdli. Seventeen people completed the camp. Congratulations to all who attended! Mussi cho to everyone who stopped in to encourage our participants.



"When one door of happiness closes, another one opens; but we look so long at the closed door that we do not see the one which has opened for us."

Helen Keller

"Knowledge is love and light and vision."

- Helen Keller

STAY TUNED...

Men's Wellness Events are being planned by Eric Hocken. Dates TBD.

Fox Lake Healing Camp coming February 2024. Dates TBD.

Flu and Covid Vaccine Clinics Coming soon!



The Alternate Education Class will be travelling to Prince George and Vancouver the week of Nov 27th. This trip will focus career exploration, opening bank accounts and writing their driver's test. Andreas Rohrbach