

We want to wish Alexa a happy farewell
 Thank you Alexa for all the work you have done for the Community
 Alexa will be very missed we wish you well on your new journey.

If Alexa is someone you connect with for Health and Wellness support
 or to book Tammy's Farm, please reach out to Chelsea Carbert (Cee Cee) to
 connect you with a new counsellor or to put you on the list for the farm.

Fayron Poole Chelsie Nanez	Human Resources Prince George Office Reception Payroll, Question for Benefits, pension
Rox-Anne Pierre Jolene Laviolette Miranda Kuenzl	Finance Payroll, Honorarium Account Receivable Account Payable
Theresa Hourie Chelsea Carbert Kennedi Fletcher Jhanvi Kathuria Cilas Da Silva Jessica Wiens	Health/Wellness Family and Child Patient travel, Flight booking and information Purchase order for food security, Child and family protection Concerns, Advocacy with MCFD, Justice Service, wood program Justice Services Support and information Youth Supporting and counseling Purchase order for food security, support for health, justice and child and family department Lands
Pierce Watson Priscilla French	Procurement and Logistic Warehouse and logistic Warehouse and logistic
Farrah Pierre Shelley/ Danielle	PGNAETA funding Jordan's Principle jordansprinciple2@milib.ca

How does a Water Intake Calculator work?
 A Water Intake Calculator works based on the following formula.
Daily Water Intake = Body Weight (in kilograms) x 0.03. For example, if someone weighs 70 kilograms, their daily water intake would be 70 x 0.03 = 2.1 litres. Note that this formula is just a general guideline and may vary depending on individual factors such as activity level, climate, and overall health. It's best to consult with a healthcare professional if you have any concerns.
Benefits of Tracking your water intake
 Tracking your water intake helps ensure that you drink enough water every day. This can improve your overall hydration, leading to better health and well-being.
Weight management
 Drinking enough water can help you manage your weight. Water helps you feel full, reducing your appetite, and aiding in weight loss.
Better skin
 Drinking enough water can improve your skin's health and appearance. It helps hydrate your skin, making it look more radiant and youthful.



Kwadacha Fire Starter



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Looking after your pet in wintertime

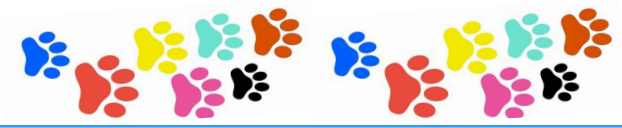


In severe weather, allow your pet to be in your house or garage. Outdoor pets typically need more food in cold weather because they must burn more calories to keep warm. Check for frostbite, especially on paws and ears. **Your pet should always have access to clean drinking water.**

Winter Care for Outside Pets
 your pet to the vet, now is a good time. Your vet can do a physical exam and make sure your pet is healthy enough to withstand the colder weather and give you an update on any conditions you may or may not know about. Freezing temperatures can worsen certain illnesses, such as arthritis, so it's a good idea to be prepared for what your pet's health may require.

Also, shortening daily walks and limiting exposure to low temperatures is a good idea during the coldest winter months.

Ideally, all pets should live inside. If your pets primarily live outdoors, bring them indoors during particularly cold temperatures. **It's a common belief that dogs and cats are more resistant to cold weather than people because of their fur, but it's untrue.** Like people, cats and dogs are susceptible to frostbite and hypothermia.



Longer-haired and thick-coated dog breeds, such as huskies and other dogs bred for colder climates, are more tolerant of cold weather; but **no pet should be left outside for long periods once temps reach freezing.**

Once nighttime temps dip below 40, your outdoor pets should have shelter. Provide them with a dry, draft-free shelter that is large enough to allow them to sit and lie down comfortably but small enough to conserve body heat.

Providing cold weather shelter doesn't have to be hard. You can use a pre-manufactured pet house, a wooden box, a foam cooler (for cats), or even a cardboard box. Insulate all sides of the shelter with foam board, old blankets, or plastic, then line the bottom with an old sleeping bag, coats, fleece, or even cedar shavings, straw, or hay.

Check the bedding daily dirty and wet bedding can be fatal to a pet. Turn the shelter so it faces away from the wind and cover the doorway with waterproof burlap or heavy plastic.

Try to place the shelter in a garage or covered porch, or beneath a carport, all of which can provide a few additional degrees of much-needed warmth. And be sure to raise the refuge a few inches off the ground to keep the cold from leeching up through the shelter's bottom while giving your furry friend a sense of security.

Q: What did the dog say when he sat on sandpaper?
A: Ruff!

Q: What does the cat say after making a joke?
A: "Just kitten!"

Q: What type of markets do dogs avoid?
A: Flea markets!

Q: What did one cat say while her friend was complaining?
A: "Tail me about it."

Halloween Pumpkin carving day October 12,24



Cemetery revitalization—Graveyard fence and gates

This month, Council would like to update the community on the Civil Action against Three Rivers and DVDC in reference to the Forest Management Agreement through OBO. In exchange for their affidavits admitting that they unlawfully took money through forestry deals the Nation released Donny Van Somer and Danny Case from the Civil Action.

In his affidavit, Donny admitted that he used his position as Chief of Kwadacha Nation to approve forestry deals for Three Rivers and that in exchange he and Danny would get payments from Three Rivers. He also admitted that these were kickbacks to him and Danny.

Below are quotes from Donny's affidavit.

"21. During the Discussions, Crampton and De Palma said they wanted to retain and pay us to obtain the Forestry Opportunity for Three Rivers. Payments would be made by Three Rivers (the "Three Rivers Payments") to DVDC as a quid pro quo in exchange for Case and I securing the Forestry Opportunity for Three Rivers. Because I was Chief of Kwadacha and Case was CEO of KNR and OBO, we could make or strongly influence decisions for Kwadacha and OBO. I knew Case and I would be able to provide Three Rivers with the Forestry Opportunity. I acknowledge now that the Three Rivers Payments amounted to a kickback to Case and me."

*"38. I acknowledge that it was wrong for DVDC, Case and myself to receive the Three Rivers Payments when I was the Chief and, together with Case, had overall responsibility for the Forestry Agreements on behalf of Kwadacha/OBO. My actions were in breach of the Oath of Office that I took when I became Chief of Kwadacha and were contrary to the Conflict of Interest Guidelines and the Code of Ethics Guidelines set out as appendices to **Exhibit "A"** to this affidavit. I acknowledge that the kickback money I knowingly received from the Three Rivers Payments was an illegitimate personal benefit to me that I was not entitled to, and was at the expense and to the detriment of Kwadacha."*

Below are quotes from Danny's affidavit.

"29. I acknowledge that Three Rivers received far more in compensation pursuant to the Forestry Agreements than it should have in comparison with forest industry standards and practices. This is particularly so because pursuant to the 2016 Forest Management Agreement, Three Rivers was no longer required to do the forestry work. Dunkley did the forestry work and paid the costs of doing that work but Three Rivers still was paid 40% of the net proceeds of the timber sold, i.e. 40% of the amounts paid to Kwadacha by Dunkley."

"36. I acknowledge that it was wrong for DVDC and myself to receive the Three Rivers Payments without any disclosure to other representatives of Kwadacha or OBO at a time when I was employed as the CEO of OBO and negotiating and agreeing to the Forestry Agreements on behalf of Kwadacha/OBO with Three Rivers."

The Civil action is ongoing, and our legal team is sorting through financial documents before proceeding to court against the defendants. If you would like more information or would like a copy of the affidavits, please contact the office and we will get you a copy. All legal documents are public knowledge and available online as well.

Chief and Council