

KWALIKUM OBSERVER



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KSS Garden Club

BY SHYLA RESATZ

Garden club, though one of Kwalikum's lesser-known extracurriculars, is one of the most fun ways to meet other outdoorsy people and gain valuable agricultural skills and knowledge. I joined in the early spring of 2022 and since then we've made so much progress in the development of our garden. We have multiple garden beds filled to the brim with fresh vegetables, a variety of fruit trees lining the fence, a greenhouse, and a plot ready to sow corn in. The garden club was created by our very own Addie Nikula and has a small but dedicated and hardworking group of gardeners. Going into a future economy where the pricing of fresh produce is skyrocketing, it can only be helpful to be able to grow your groceries or at least some of them.

The garden club can help teach you the techniques and tricks to succeed in having a thriving garden of your own. It's the perfect place for those who love getting their hands dirty and problem solvers ready to figure out solutions to the everyday issues that occur, from running new hose lines through our bean plot, fixing fences, and planting garlic bulbs and strawberries. We're always accepting new members, whether you're an experienced gardener or brand new to the world of horticulture, you are welcome! We encourage anyone interested in agriculture, spending time in nature, or getting their hands on some free produce to head back to the garden on Fridays after school or Wednesdays at flex.



Anyone interested in joining the Kwalikum Observer team, come down to room 116 Fridays at lunch, or email Sophie Bruner at sophie.bruner22@gmail.com. To read more articles, please visit <https://thekwalikumobserver.wixsite.com>

Indigenous Animals

By Kayla Kittmer

Indigenous cultures are all different, and each group has their own traditions. However, they all share a common relationship with animals. The Indigenous people respect all animals, and they were very careful to never overexploit the creatures they share their ecosystem with. In the past, they hunted and fished only as much as they needed to survive, and left the rest of the animals alone. They believe that you should waste nothing, and use all pieces of hunted animals. Animals were featured in all sorts of Indigenous legends and ceremonies, and each animal represented different qualities, such as loyalty, leadership, or honesty. These traditions continue today. They were depicted using the totem pole. Totem poles are monuments documenting certain historic events using a family's crest animal. The totem poles do not usually tell a story all on their own however, as oral language was, and continues to be, the favored way to pass on stories. The tales usually highlight the Indigenous relationship with animals, and they were used to teach certain values and spiritual beliefs. All in all, animals are very important to Indigenous cultures.

KSS Debate Club

By Ana Lucia Ronnau Cabral

After interviewing Evelyn Van Dusen, the Founder of the new KSS Debate club, she has expressed her interest in further growing this community through the years. She has always had this passion towards debate. Evelyn has tried to start debate clubs at her past schools, but was never given the resources to fulfill the club's needs. Her goal is to become a Politician in her later years and harness all the necessary tools through this club. Currently the debate club is focused on growing the vocabulary of our members, as well as confidence in public speaking and educating ourselves on current political and social issues. There is lots of debate etiquette that needs to be practiced. An example of debate etiquette is learning to attack the argument and not the opponent. In the future, Evelyn plans to increase the number of members and turn this thriving club into a successful KSS debate team where they can compete with other schools on Vancouver Island. She hopes to connect with other schools' debate teams and organize competitions and tournaments. Hopefully, KSS debate will become a long-lasting debate society that continues on, well into the future. There are some local public speakers that are thrilled to hopefully be working with the club in the not so distant future. The club has meetings every Wednesday at lunch and welcomes anyone and everyone. If you are at all interested, you are free to come and drop in at room 116 and join.

We are arguably the Best

Enchilladas Verdes

By Shyla Resatz

Enchiladas are the epitome of Mexican cuisine. The original idea of wrapping various fillings in a corn tortilla dates back to Aztec times and has evolved into the iconic dish we all adore today. Some other varieties are Enchiladas con mole, (instead of chilli sauce, are served with mole), Enchiladas potosinas, (made with cheese-filled, chilli-spiced masa) and Enchiladas suizas, (topped with milk- or cream-based white sauce such as bechamel). This specific version is a delicious, flavour-packed chicken tortilla covered in a spicy, zesty cilantro sauce. Vanessa Cuanolo, grade 11, is one of KSS's many outstanding international students. For her recipe, she shared with me this family-favourite dish of hers. Back at home, she would make Enchiladas Verdes with her grandparents every weekend. Thank you to Vanessa for sharing her recipe and answering my questions.

Ingredients

- 1 chicken breast, shredded
- 1 litre of chicken broth
- 12 corn tortillas
- 1 clove garlic
- 8 green tomatoes
- 1 cup cilantro
- 1/2 onion
- 1 serrano pepper
- 1 cup cream cheese
- 1/2 cup sour cream
- 1 cambray onion, sliced into rings
- 1/2 cup oil
- Some extra chopped cilantro

Instructions

- 1 Heat the chicken in a frying pan and season with salt.
- 2 Add cream cheese and cook until completely combined, add 1/2 of the chicken stock and cook for five more minutes.
- 3 Boil the tomatoes, garlic, onion, and serrano for 5-7 minutes. Then blend up with cilantro, sour cream, and the rest of the chicken stock.
- 4 Pour back into the pan with the oil and cook for 5-7 more minutes.
- 5 Heat tortillas in the microwave and coat each one in the green sauce.
- 6 Fill each tortilla with the chicken and roll.
- 7 Place in a baking dish and coat in remaining sauce.
- 8 Bake at 400 for 15 -20 minutes and top in cilantro and cambray onion slices.

We are on the land of the Qualicum First Nation in Coast Salish Territory.

We acknowledge and honour the original people of this land.