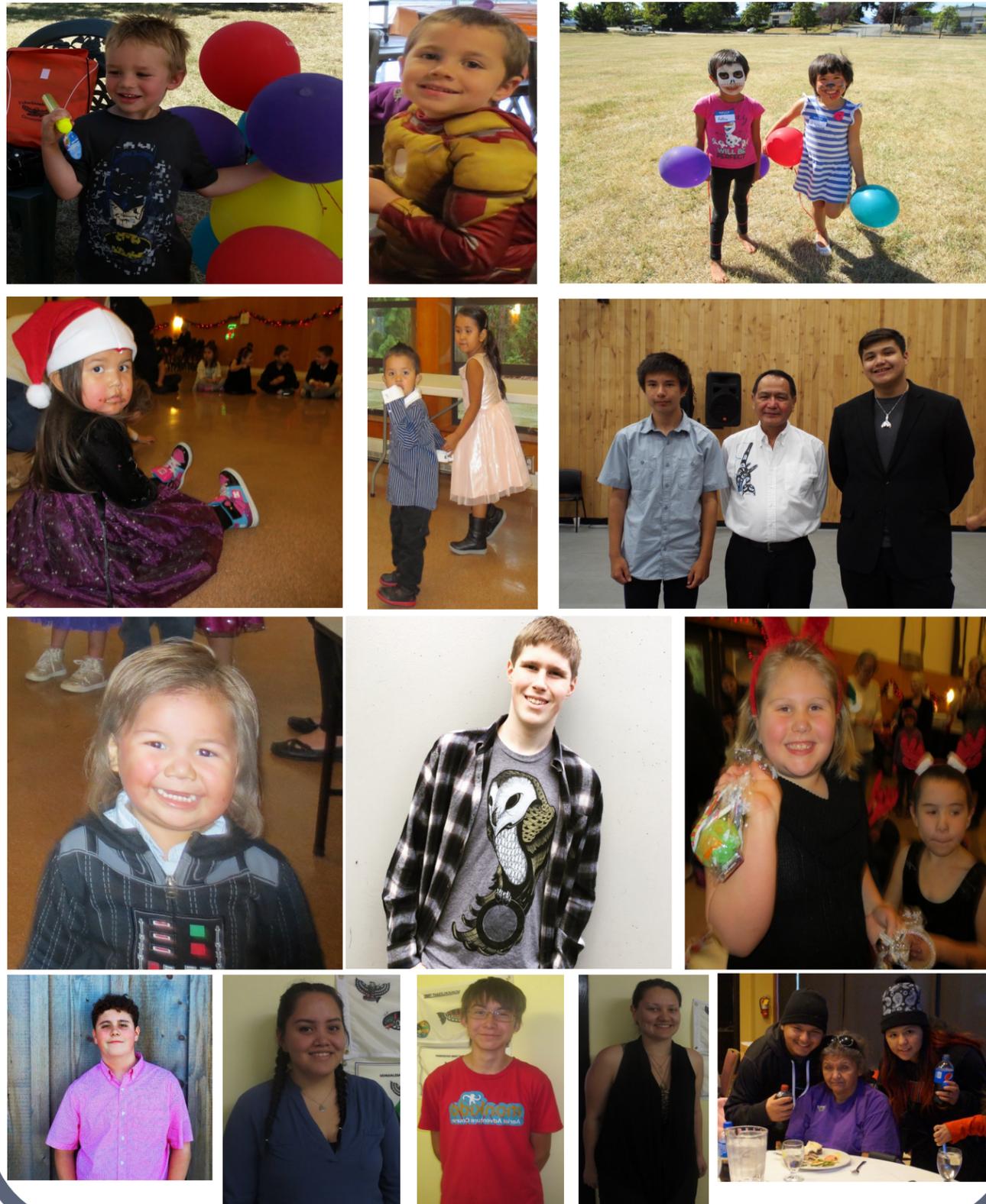


UCHUCKLESAHT PICTURE GALLERY



UCHUCKLESAHT TIMES

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UCHUCKLESAHT CHRISTMAS LUNCH

Thanks to everyone that made it out to the Uchucklesaht Christmas Lunch and participated in the fun and games.

A great meal and some fun activities were enjoyed by many families and friends at the Port Alberni Athletic Hall on Saturday December 10, 2016 from 12pm-4pm.

Every year the Human Services department works at organizing a fun filled Christmas Lunch and activities for all of membership so please be sure to keep your contact information updated so that we can continue to send you notices of all of the exciting events throughout the year.



Uchucklesaht Tribe Peoples Assembly

When: Saturday March 18, 2017

Time: 9:00am-2:30pm

**Location:
Uchucklesaht Tribe Cultural Center**

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Do you have articles or news for the newsletter? Please send those to carla.halvorsen@uchucklesaht.ca

DANGERS OF FENTANYL

Police and First Responders have been very busy in 2016 and 2017 with attempting to save people who have died and overdosed on a drug they call fentanyl. Heroin, cocaine, oxycodone and other drugs can be cut with fentanyl, in powder, liquid or pill form.

This dangerous drug has hit the streets of Port Alberni and it is very fatal so must be taken seriously.

The average person may not even know they are getting the dangerous drug as it is often mixed in various types of other drugs.

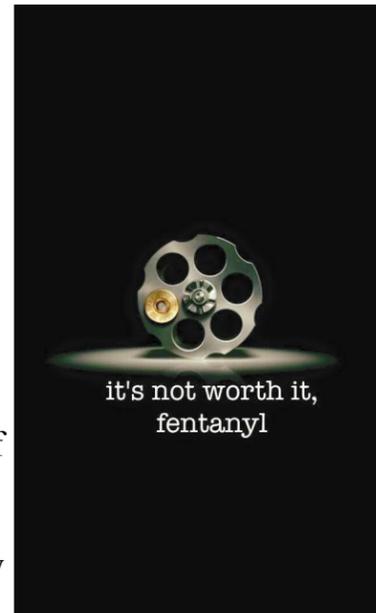
What makes fentanyl so dangerous is that it can be deadly in very small doses – as little as a few granules can kill a user.

In 2016, deaths related to fentanyl have increased threefold in British Columbia, according to statistics from the B.C. Coroner's office.

In November, 2016, the health crisis this drug has caused in BC reached a noticeable peak.

Fentanyl has been detected in illicit-drug deaths in many communities throughout British Columbia, with the largest numbers of deaths in Vancouver, Nanaimo, Surrey, Maple Ridge, Prince George, Langley and Fort St. John.

If you suspect fentanyl in your neighborhood then contact the RCMP immediately.



10 HEALTHY WINTER TIPS

In winter, the sun sets earlier, a chill fills the air, and we spend less time outside being active. Luckily, there are certain things you can do to keep your energy up, your immune system strong and your body healthy.



1. Drink Water - Drinking six to eight glasses a day of water or herbal tea can keep your digestive system healthy, your weight down and your energy up.

2. Get Sleep - Make sure to sleep in a dark room to ensure your body properly secretes the hormone melatonin, which is believed to help repair the immune system.

3. Go for Garlic - Eat garlic raw or cooked for an immune-system boost.

4. Keep Moving - Moving your exercise indoors during winter will help to keep you warm as well as fit and healthy.

5. Circulation - Keep moving with gentle exercise to help improve circulation to the extremities of the body and don't forget your socks and gloves!

6. Dress in Layers - layers of loose fitting clothing traps the bodies natural warmth.

7. Wash Hands Regularly - Keep the bacteria and viruses off your hands and out of your mouth and eyes. Keep a bottle of hand sanitizer close-by for those instances where you can't get to soap and water.

8. Take Care of your Skin - Use the lip balm for your lips and avoid the boiling hot showers or baths because that long exposure can strip your skin and hair of the moisture that it needs.

9. Enjoy the Sun - soak up extra vitamin D in the sun when it's out; take breaks in the sun when you can.

10. Avoid Added Sugars - In addition to causing weight gain, refined sugars can suppress immune-system function. If there is a flu or cold circulating and you go a little crazy on the sugar you're creating the perfect environment for illness to strike.