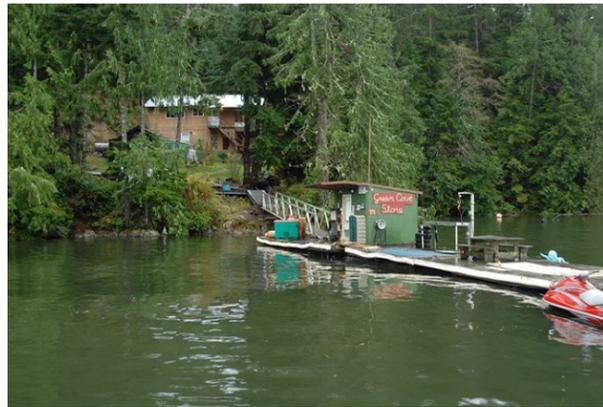


UCHUCKLESAHT PICTURE GALLERY



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

UCHUCKLESAHT CATCH AND EFFORT REPORTING

Uchucklesaht Tribe encourages members to report not only their catch but also their efforts when harvesting fish and wildlife. Monitoring the resources is important in order to protect it.



Uchucklesaht records all of the harvest and effort information into a program called MERP (Maa-nulth Electronic Reporting Program). If you would like to learn more about the MERP program then please feel free to contact the Uchucklesaht Tribe Director of Lands and Resources.



Please remember to ensure that you report to the Uchucklesaht Tribe Office or the Fisheries Technician the next time you are out harvesting fish or wildlife.



If you are a Uchucklesaht Tribe Enrollee then you are eligible to apply for a Uchucklesaht Tribe Harvest Card and Monthly Fishing Permits.



Ensure that you keep your Harvest Card updated as they do expire every 5 years. Happy Harvesting!

Inside this issue:

UCHUCKLESAHT CATCH AND EFFORT REPORTING	1
UPCOMING UCHUCKLESAHT EVENTS	2
10 TIPS FOR A HEALTHY NEW YEAR	3
UCHUCKLESAHT PICTURE GALLERY	4

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

UCHUCKLESAHT UPCOMING EVENTS

Uchucklesaht Tribe has many events throughout the year and sends notices out in mail outs so please be sure to keep your postal and email addresses updated with the office.



January 11th – Nurse Drop In at the Uchucklesaht Tribe Office: come out and enjoy a meal, chat with the nurse, test your blood sugar and blood pressure levels.

February 2nd - Health Dinner 5:30pm at the Uchucklesaht Tribe Office

February 8th – Nurse Drop In at the Uchucklesaht Tribe Office: come out and enjoy a meal, chat with the nurse, test your blood sugar and blood pressure levels.

February 13th - Family Day - Office Closed

February 17th - Pro Day Event for students grades K to 12

March 15th - Education Event

March 18 - Uchucklesaht Tribe Peoples Assembly

March – During Spring Break - a 2 day event is in the planning for Nuuchah-nulth families.



10 TIPS FOR A HEALTHY NEW YEAR

1. **Stay Positive** - Positive thinking just means that you approach unpleasantness in a more positive and productive way. Having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body. It's also thought that positive and optimistic people tend to live healthier lifestyles .
2. **Eat Healthy Meals** - Make your first meal the biggest and your last meal the smallest.
3. **Talk to Yourself**- instead of listening to yourself. Give yourself encouraging words to move on in a more positive way.
4. **Get more Sleep**- Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more. During sleep you can strengthen memories or "practice" skills learned while you were awake (it's a process called consolidation).
5. **Live your Purpose** - remember why you do what you do. By identifying what comes naturally to you, you have the ability to build on those strengths and help others in ways you never thought possible.
6. **Trust that everything happens for a reason** - and expect good things to come out of challenging experiences. Every experience in your life, was designed to shape you into the greatest version of yourself.
7. **Lead and Create Solutions** - when you are complaining then you are not leading.
8. **Smile and Laugh more** - they are natural anti-depressants.
9. **Subtract something in your life** - that you do not enjoy. By subtracting things, you'll paradoxically make room in your life to add things that are more meaningful.
10. **Make an Effort to Unplug** - We spend so much time attached to our email, phones and Facebook, but it's really important to unplug. It helps us with rest and recovery and allows us to reboot .