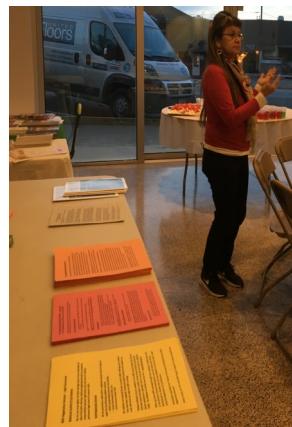


UCHUCKLESAHT PICTURE GALLERY



Joint Harvesters Gathering

Thursday April 27, 2017

Location: The Thunderbird

Time: 5:00pm-8:00pm



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Do you have articles or news for the newsletter? Please send those to [carla.halvorsen@uchucklesaht.ca](mailto:carla.halvorsen@uchucklesaht.ca)

## WOODSTOVE EXCHANGE PROGRAM

**The Woodstove Exchange Program** is offered to residents of the Alberni-Clayoquot Regional District and is valid from January 31, 2017 to September 30, 2017.

The rebates are available on a first come, first serve basis. Exchange your old, uncertified woodstove (pre-1994) for a new CSA-EPA emissions-certified wood, pellet or gas heating appliance.

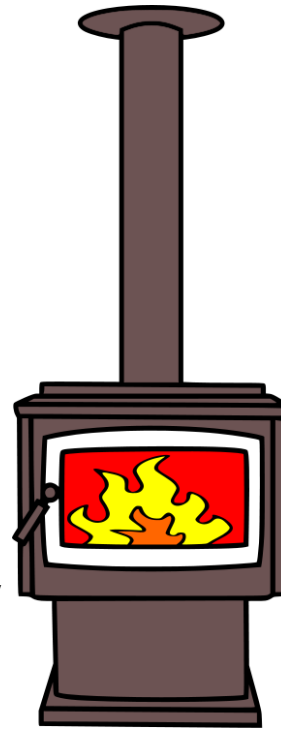
**Step 01: Qualify** - vouchers will be available only at participating retailers upon purchase of appliance starting January 31, 2017. The retailer must complete the tracking voucher.

**Step 02: Retailer** - the retailer will give you a \$150 discount upon purchase and you will be given a tracking number on your voucher.

**Step 03: Disposal of Old Stove** - You will then need to take the old stove to the Alberni Valley Landfill to be disposed of. Sign the voucher.

**Step 04: Receive your Rebate** - the ACRD will then mail you a cheque in the amount of \$250. The rebate amount is per/appliance.

Your total saving in the end will be \$400. New stoves reduce smoke by 70% and use 1/3 less cordwood.



**“Protecting Air Quality is everyone’s Responsibility”**

## HEALTHY SLEEP TIPS

**Sleep Hygiene** is an umbrella term for different actions you can take to enhance your sleep. Practicing good sleep hygiene can go a long way towards improving both the quantity and the quality of your sleep each night.

1. **Avoid watching television or interacting with smartphones** or other devices while in bed. Not only can this interfere with your quality of sleep, but the light generated by these devices is similar in frequency and temperature to daylight, which can confuse your rhythms and possibly interfere with the production of melatonin, a chemical critical to getting a good night’s sleep.
2. **Reduce excess light and noise.** Consider using a sleep mask to help block out additional light.
3. **A slightly cool environment** will help you fall asleep and stay asleep
4. **Some people find it beneficial to have a bit of background noise** in their bedroom, often called white noise. In addition to using an actual source of white noise like a fan, there are recordings and even smartphone apps available with various meditations and white noise designed to help you fall asleep.
5. **Change what you consume in the evening.** It may help to avoid spicy or acidic foods (or both), as well as foods that are hard to digest like heavy proteins found in meat and dairy products. In addition, some thicker, more fibrous vegetables and fruit like raspberries and broccoli can be difficult to digest efficiently and should be avoided in the hours before bed. These items may cause reflux and acid indigestion that could interfere with sleep.
6. **Develop a routine** that allows you to go to bed at around the same time each night and wake up at around the same time in the morning. Having a predictable sleep routine supports your brain’s daily sleep-wake cycle and allows you to fall asleep easier at bedtime and wake up in the morning.