

UCHUCKLESAHT PICTURE GALLERY



WOMANS GATHERING MAY 2017

MAY CEDAR HARVEST DAYS

UCHUCKLESAHT TIMES

Volume 9, Issue 5

MAY 2017

UCHUCKLESAHT STAFF INTRODUCTION

Receptionist/Office Clerk 6 Month Term Position:

My name is Barbara Williams, I am from Tseshaht First Nation. I am married to Darrell Markishtum (Makah Nation) and we have a wonderful 11 year old son.



I lived with my family in Neah Bay, WA. 2004-2014.

I took the opportunity to move home and work at haa-huupayak School November 2014-April 2016.

I am so happy to be back in my Hometown with my little family.

I look forward to working for Uchucklesaht Tribe.

Inside this issue:

INTRODUCTION: UCHUCKLESAHT STAFF	1
THE THUNDERBIRD CELEBRATION	2
HEALTHY SUMMER TIPS	3
UCHUCKLESAHT PICTURE GALLERY	4

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



The Uchucklesaht Tribe Government

Invites you to a celebration of

The Thunderbird

Time: 10:00am

Date: Saturday June 24, 2017

Location:

5251 Argyle Street

Port Alberni, B.C.

Please join us for a lunch and snacks of traditional foods, songs, dances & tours of the building

Please RSVP to Lysa Ray

Email: Lysa.Ray@uchucklesaht.ca Telephone: 250-724-1832

HEALTHY SUMMER TIPS

Summer is here! It is time to prepare for the hot season and keep up with your healthy practices.

Here are a few tips to help you through the summer months.

1. **Drink plenty of water:** During the hot summer months, heat and sweat can leave your body dehydrated. A lack of water is harmful to your body and can also make you crave food when you're not actually hungry.
2. **Beware of 'healthy' smoothies:** Fruit smoothies are a great way to get your five-a-day and keep refreshed throughout the summer, but watch out for smoothies made with frozen yoghurts or ice cream as they can be extremely calorific. A healthy smoothie should be made with fruit, juice, low fat-yoghurt and ice. Use any fruit you might have or have kept in the freezer, and throw it all in a blender to make a perfect summer drink.
3. **Use Olive oil:** Olive oil is a healthy fat which contains essential fatty acids that help skin resist UV damage. The fatty acids are also part of the cell membranes that keep in all that moisture your body loses through heat and sweat during the summer. In order to protect your skin and keep it supple, consume about 1 tablespoon of olive oil daily or add it to a healthy salad or fish dish in order to get all those essential fatty acids.
4. **Eat Healthy:** When the sun is beating down, the idea of seeking out the nearest ice cream stand is seriously tempting. Stay strong by being prepared, and pack a cooler full of healthy snacks and juices. Fill your ice-box with ice, bottled water, sandwiches, vegetable sticks with hummus, yoghurts and endless amounts of fruit.
5. **Floss Daily:** Floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV. Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.
6. **Be Good to Your Eyes:** Protect your vision at work and at play, wear protective eye-wear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts as well as wrinkles around the eyes.
7. **Sleep Well:** Sleep plays a vital role in your health and well-being. Getting enough quality sleep at the right times can help protect your mental and physical health, safety and quality of life.
8. **Eat small meals frequently:** Eat more frequently but in smaller portions. The more often you eat, the higher your metabolic rate. A higher metabolism burns more calories a day. Eat 5-6 smaller meals a day to ensure adequate nutrients to build muscle and burn fat.