

UCHUCKLESAHT PICTURE GALLERY



Pictures through the eyes of Carla - Sprout Lake, Salmon Beach, Ehthlateese, Alberni Canal, Stud Island and Silverside-



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

UCHUCKLESAHT HUMAN SERVICES CLERK

Hello! I am **Cindy Wishart** and on June 12, 2017 I began work for Uchucklesaht Tribe Government as Human Services Clerk.



There are two of us now. I mostly will be working with students and Elders.

I am Nisga’a which is also a Treaty Nation. My family is from the Giskaast (Killer Whale) Tribe. My parents are Vi Wishart and the late Harold Wishart. My children are Benson (Hannah) and Charlotte (Brandon) and my quaa-ootz, Sophia; we call her Buttercup. My younger sister is Amber, mother of three plus her well loved step children.

I have done office work since the 80’s starting with United Native Nations in town here and the Port Alberni Friendship Center. I was at NTC for 13.5 years. I took a break from office work and worked at Walmart for 6 years. Walmart was good to me but I have to admit, I am delighted to be back in an office environment and what a beautiful office!

It is a pleasure to be working for you Uchucklesaht!

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

CONGRATULATIONS TO UCHUCKLESAHT STUDENTS

Uchucklesaht Tribe had a great group of students that have graduated and received scholarships and awards.

Congratulations to all of the students for their hard work and dedication. Uchucklesaht is very proud of you all and wish you the best for your future studies and adventures.

Lauren Sandra Baader - Graduated Grade 12 - ADSS-

Hunter Jimmy - Graduated Grade 12 - ADSS -

Rhys Smith - Graduated Grade 12 - Delta -

Tristan Robinson - Academic Scholarship

Laura Mercadel - Academic Scholarship

Elijah Robinson - Post Secondary Scholarship

Rhianna Rush - Grade 1-3 Award

Rainna Rush - Grade 1-3 Award



Lauren Sandra Baader



Hunter Jimmy



Rhys Smith



Tristan

HEALTHY SUMMER FOODS

1. **Oranges:** The sweet citrus fruit is rich in potassium, a nutrient that's crucial in the summer. Eating oranges replenishes your supply and keeps muscle cramps away. Oranges are also about 80% water, so popping a few juicy slices will keep you hydrated during your sweatiest summer days.
2. **Celery and Fennel** act as diuretics, helping you lose excess water weight without causing dehydration. The ingredients in these two veggies stimulate your kidneys, causing them to flush waste and extra fluid from your body, which beats bloat in your tummy.
3. **Berries** are filled with flavonoids, powerful disease fighters found in many fruits and vegetables. Among their other pros they increase blood flow to skin and decrease sensitivity to light, which improves skin's appearance, structure and texture.
4. **Salmon:** there are plenty of proteins from fish like salmon, which is also high in Omega 3 and reduces heart disease.
5. **Corn:** contains 2 antioxidants—lutein and zeaxanthin—that act like natural sunglasses, helping to form macular pigment that filters out some of the sun's damaging rays

NUU CHAH NULTH WORD OF THE DAY

P'uu?i

P'uu?i means "Halibut" - these fish were a vital element to the first nation diet. Pronounced: POOH E

The halibut would move at certain times of the year coming to the top and the Nuu-chah-nulth would spear them.

Rock filled sacks were lowered over board to anchor the canoes. Lures ingeniously fashioned by their owners were baited with pieces of octopus tentacle or perch then fastened to a weighted stick.

A hardy retrieval line made from kelp joined the submerged hooks to a pole laid across the canoe. As the halibut took the bait the watchful fisherman above waited for the barb to set before he began hauling up the line.

Today's modern halibut hook is fashioned after the Nuu-chah-nulth traditional yew wood hook.

Halibut provided both food and oil for the Nuu-chah-nulth diet. Fish that was not consumed immediately was quartered then sliced very finely and sun dried.

