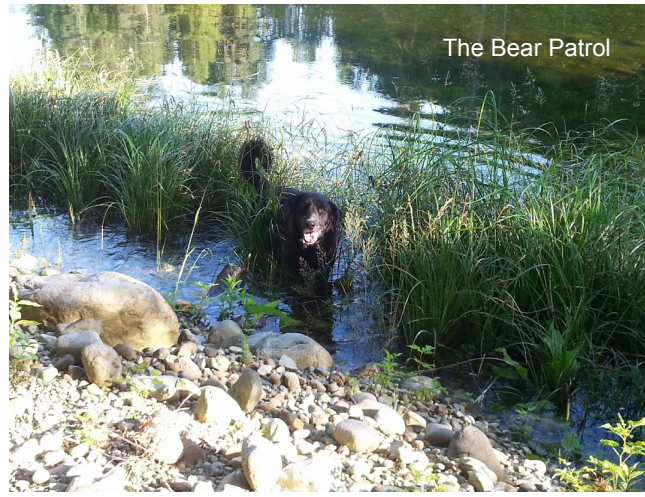


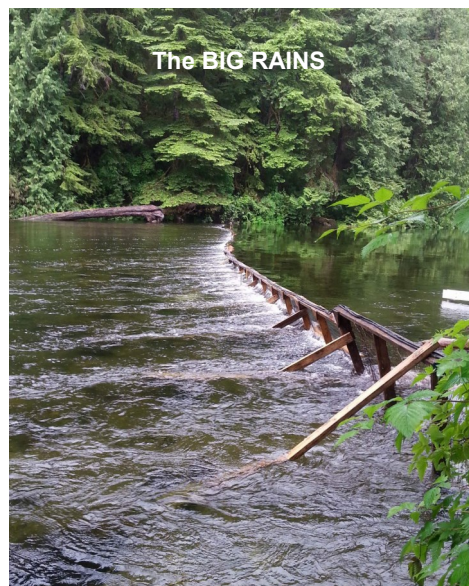
UCHUCKLESAHT PICTURE GALLERY



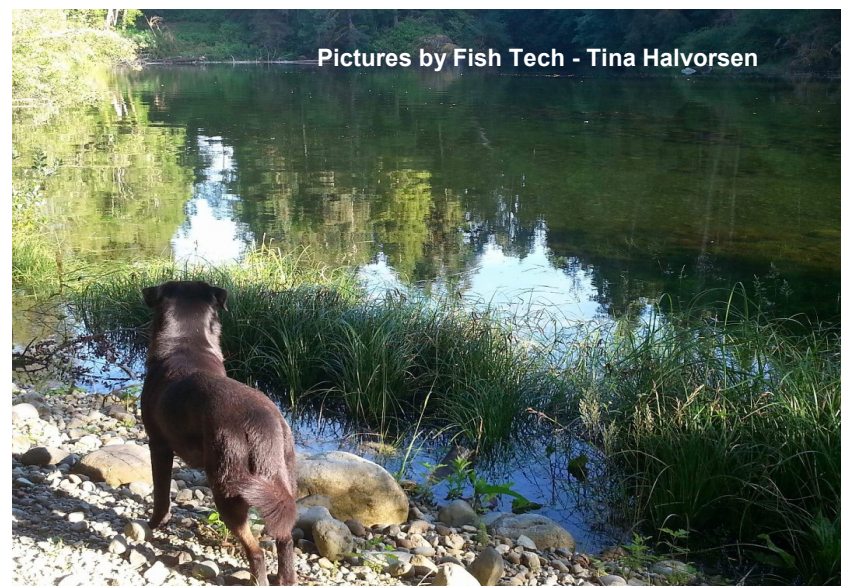
The Bear Patrol



BEAR BEING CHEEKY on the fish fence



The BIG RAINS



Pictures by Fish Tech - Tina Halvorsen

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

UCHUCKLESAHT TIMES

Volume 9, Issue 7

AUGUST 2017

FRONT LINE HOSPITALITY - Uchucklesaht Youth -

The Nuu-chah-nulth Employment and Training Program hosted a Front Line Hospitality Training Program from July 3rd to July 18th in Port Alberni, BC.

Students achieved various certificates such as the serving it right, food safe and whmis and also built knowledge and skills specialized in such positions as Baristas, Sushi Workers, Cashiers and Deli Clerks.

Uchucklesaht youth Brianne Jimmy successfully completed the training. Congratulations Brianne!



Nuu-chah-nulth Employment and Training Programs are available to all Nuuchah-nulth so please be sure to keep updated as to upcoming programs through their website, email them at NETP@nuuchahnulth.org or phone them at 250-723-1331.



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

TLUPIICH GAMES - TEAM UCHUCKLESAHT -

It is time to assemble Team Uchucklesaht for the Tlu-piich Games once again! Come on our and join our sports team this year as we work through some fun events from Tuesday August 8th to Sunday August 13th.

Make sure that you sign up soon through the Human Services Department at the Uchucklesaht Tribe Office. You can find sign up sheets online as well at www.uchucklesaht.ca or through the Uchucklesaht Office.

AUGUST 8TH TUESDAY	<u>CANOE RACES</u> CANAL BEACH 8:00am-12:00pm	<u>FIELD EVENTS</u> WILLIAMSON PARK 1pm-3pm	<u>Language</u> Treasure Hunt 3pm Williamson Park	<u>Basketball</u> <u>Registration</u> 4:30pm Williamson Park	<u>Cultural</u> <u>Night</u> House of Gathering 8:00pm
AUGUST 9TH WEDNESDAY	<u>BASKETBALL</u> Maht Mahs 1:00pm-4:30pm	<u>LAHAL</u> House of Gath- ering 8:00pm			
AUGUST 10TH THURSDAY	<u>TRACK & FIELD</u> BOB DAILY 2:00pm-4:30pm	<u>LAHAL</u> House of Gath- ering 8:00pm			
AUGUST 11TH FRIDAY	<u>TRACK & FIELD</u> BOB DAILY 9:00am-3:00pm	<u>FAST BALL</u> Recreational Park 4:00pm- 8:00pm			
AUGUST 12 TH SATURDAY	<u>SLO-PITCH</u> Recreational Park 8:30am-3:00pm	<u>FAST BALL</u> Recreational Park 3:00pm- 4:30pm			
AUGUST 13TH SUNDAY	<u>FAST BALL</u> Recreational Park 8:30am-2:00pm	<u>CLOSING</u> <u>CEREMONIES</u> Recreational P 2:00pm	<div>TEAM UCHUCKLESAHT</div>		

7 HEALTHY TIPS

If you're eating the right food and keeping fit, your body will be strong and help you to cope with stress and also fight illness. As we get older, it gets harder for our bodies to bounce back. Having a lifestyle that is full of activity and a healthy diet keeps you moving, feeling energetic and feeling young, at every age.



1. **Stretch** - Learn to do stretching exercises when you wake up. It boosts cir-
culation and digestion, and eases back pain.
2. **Get Smelly** - Garlic, onions, spring onions and leeks all contain stuff that’s
good for you. Heat destroys these properties, so eat yours raw, wash it down
with fruit juice or have it in tablet form.
3. **Calcium Daily** - Get your daily calcium by popping a tab, chugging milk or
eating yoghurt. It’ll keep your bones strong. Remember that your bone densi-
ty declines after the age of 30. You need at least 200 milligrams daily, which
you should combine with magnesium, or it simply won’t be absorbed.
4. **Eat your Stress Away** - Prevent low blood sugar as it stresses you out.
Eat regular and **small healthy meals** and keep fruit and veggies handy.
Herbal teas will also soothe your frazzled nerves.
5. **Your dirtiest foot forward** - if your ankles, knees, and hips ache from run-
ning on pavement, head for the dirt. Soft trails or graded roads are a lot easi-
er on your joints than the hard stuff. Also, dirt surfaces tend to be uneven,
forcing you to slow down a bit and focus on where to put your feet – great for
agility and concentration.
6. **Laugh and Cry** - Having a good sob is reputed to be good for you. So is
laughter, which has been shown to help heal bodies, as well as broken
hearts. Studies in Japan indicate that laughter boosts the immune system
and helps the body shake off allergic reactions.
7. **Good Night Sweetheart** - Rest heals the body and has been shown to
lessen the risk of heart trouble and psychological problems.