

UCHUCKLESAHT PICTURE GALLERY



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

UCHUCKLESAHT TIMES

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UCHUCKLESAHT TLUPIICH GAMES

Uchucklesaht Tribe once again participated in the Tlupiich Games!
There was a great turnout and many of the elders and youth had a fun time up at the track n field located in Port Alberni at the Bob Daily Stadium.

Thank you to all the youth that participated on behalf of the Uchucklesaht Tribe, the summer students for all of their hard work setting up and organizing for the games, and the membership that arrived to cheer for all the teams.

Join the Uchucklesaht in the Tlupiich Games in August again next year!



Inside this issue:

UCHUCKLESAHT TLUPIICH GAMES	1
UCHUCKLESAHT PICNIC	2
BACK TO SCHOOL TIPS & WORD OF THE MONTH	3
UCHUCKLESAHT PICTURE GALLERY	4

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UCHUCKLESAHT PICNIC

The **Uchucklesaht Picnic** had a wonderful turnout. Thank you to all of the enrollees and staff that participated and joined in on the many fun activities over here in Port Alberni at Blair Park.

Every year the Uchucklesaht Tribe holds a picnic for all of the membership to enjoy during the month of August where there is a meal, goodies, fun games, door prizes and great family fun.

Be sure to keep your email addresses and postage mail addresses updated with the office so that you continue to get the notices of these fun family events throughout the year. Have a great summer everyone!



BACK TO SCHOOL TIPS

1. **Start the day off right** - Eating breakfast as a family is a perfect time to bond and spend quality time together.
2. **Swap juice for whole fruit** - Feed your kids whole fruit instead of juice. The fruit is rich in fiber and its high water content helps to keep the calories low.
3. **Skip the white food (unless it's cauliflower or white beans)** - White bread including bagels, white rice, and white pasta are refined grains and are easy to overeat. Because they contain virtually no fiber, we don't feel satisfied after eating them.
4. **Point out the positive aspects of starting school** to create positive anticipation about the first day of class. They will see old friends and meet new ones. Talk with them about positive experiences they may have had in the past at school or with other groups of children.

WORD OF THE MONTH

Octopus



The octopus once caught could be used for bait in halibut fishing. The skin can also be used for healing birns. Preparing tiiluup for eating involves dipping it in boiled water, peeling off the cooked parts and then dipping again in hot water.

Octopuses are considered the most intelligent of all invertebrates. Crab make up a majority of their diet, but their prey also include chitons, abalone and limpets.

Tiiluup