

UCHUCKLESAHT PICTURE GALLERY



ELDER SHARON STYAN SR AND SON



GOVERNMENT TO GOVERNMENT SIGNING EVENT

Do you have pictures to share?
Let Carla know
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UCHUCKLESAHT TIMES

Volume 10, Issue 1

JANUARY 2018

UCHUCKLESAHT PEOPLES ASSEMBLY

DATE:

Saturday March 17, 2018

LOCATION:

THE THUNDERBIRD
5251 ARGYLE STREET

TIME:

Meeting Hours
9:00AM-1:00PM

AGENDA:

Budget & Updates

FACILITATOR: Scott Coulson

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

Uchucklesaht Cross Cultural Workshop

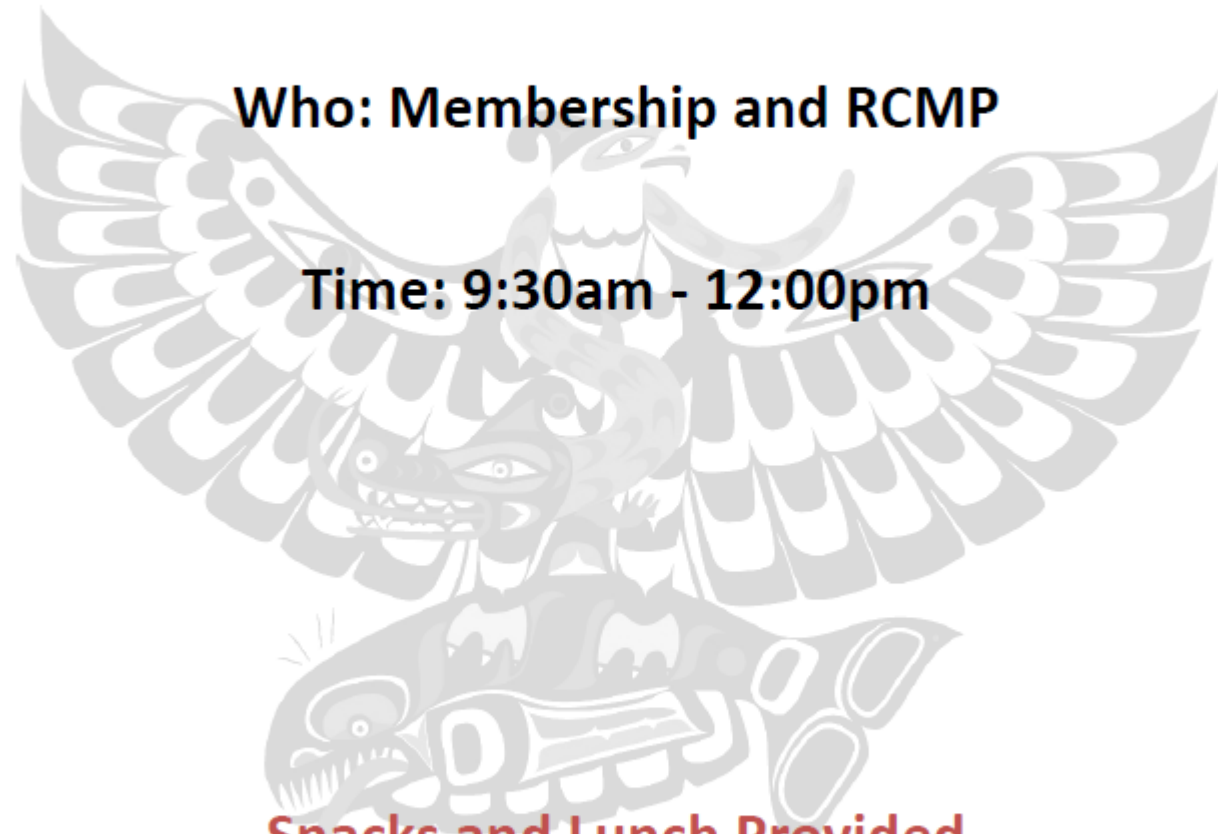
When: Friday February 9, 2018

Who: Membership and RCMP

Time: 9:30am - 12:00pm

Snacks and Lunch Provided

**Family Day Packages will also be distributed
to members after lunch**



HEALTHY HEART TIPS

Exercise to support, not strain, your heart - We often believe that exercising more and faster is better. Not so. People who overdo it can develop scarring of the heart over time.

Connect with friends and family - Connecting with others helps you keep a positive attitude even in the middle of stressful life challenges. By spending time with others, you have the opportunity to give and receive love, and that's good for the heart too!

Take time to relax and rejuvenate in nature - Stress is bad for the heart. At least once a day, if you can, go outdoors and connect with nature. Breathe in fresh air and feel the sun on your skin.

Get 6-8 hours of sleep at night - Getting too little or too much sleep is bad for the heart, increasing one's risk for heart disease. Sleep washes away any negatives from the day before and helps you feel charged up and ready to go for the next day.

WORD OF THE DAY

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Herring Roe- Usually there is a stormy weather just before herring arrive in the spring.

The most common way to harvest herring roe is to sink a tree in a known spawning area before herring begin to spawn.



Herring is a good source of vitamin C, thiamin, folate, protein, vitamin E, riboflavin, Vitamin B12, phosphorus and selenium.