



Please send your pictures to
Carla.halvorsen@uchucklesaht.ca



UTG Annual Picnic

July 31, 2024

Location: Našuk maḥṭii

(Ehthlateese Wellness Centre)

Transportation provided by Frances Barkley

Details to follow

RSVP to humanservices@uchucklesaht.ca

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

UCHUCKLEAHT YOUTH TREATY SIMULATION WORKSHOP JULY 9/10/11

Uchucklesaht Tribe Youth 16-35 years of age are welcome to sign up for the Treaty Simulation Workshop happening on July 9th/10th/11th 2024 in the Village of Ehthlateese.

Participants experience the realities of negotiating and implementing part of a Modern Treaty or Self-Government Agreement, or the implementation of historic treaties in the context of current events.



THE IMPACTS OF A TREATY SIMULATION

- ☐ Appreciate and respect how Indigenous and non-Indigenous perspectives shape Canada's political and cultural realities
- ☐ Increased interest and engagement in treaties
- ☐ Skill-building in negotiation, critical thinking, problem-solving, decision-making, public speaking, leadership, consensus building and teamwork
- ☐ Knowledge transfer from experienced advisors
- ☐ Intergenerational connections
- ☐ Gain historical and geographical knowledge that brings meaning to issues and events.

If you are interested, please sign up by emailing/leaving a message for Angela.lloyd@uchucklesaht.ca

HEALTHY TIPS

With the warmer months approaching it is important to bring attention to hydration. There are many creative ways to incorporate water into your daily regimen if you are not a fan of the taste, or crave something sweeter. Please see some ideas below that will enhance your water intake, provide some essential nutrients and vitamins, and hopefully get you to the target range of 8-12 cups a day.



The amount you need varies on age, sex, medications, chronic diseases, weather, and level of physical activity. If you are in doubt and would like some advice, please connect with me anytime via phone or email. Take care, stay hydrated, and enjoy the recipes below! Grab a jar/pitcher of water and ice and mix and match to your preference!

Orange and Kiwi- slice an orange and kiwi, add a twist of mint for more flavor.
Raspberry and Mint- one cup of raspberries (whole), quarter cup of mint leaves.

Blueberry and lime – one cup of blueberries (whole), one or two limes sliced.
Strawberry basil – One cup of strawberries sliced, one quarter cup basil, lemon optional.

Citrus blend – Grapefruit, lemon, and lime sliced, add to taste.

Watermelon mint – One cup sliced watermelon, one quarter cup mint.

Christina Lucas, Director of human services/health nurse, Uchucklesaht tribe government Phone number: 250-724-1832, christina.lucas@uchucklesaht.ca