

To Stay for a short time:

PRONOUNCED: KLATCH-pah-NATCH

’
kaačpanač



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

UCHUCKLESAHT TRIBE
SPECIAL PEOPLES ASSEMBLY

DATE:

Saturday SEPTEMBER 21, 2024

LOCATION:

ZOOM & In Person at Nucii GYM

4841 Redford Port Alberni, BC

Please send your Email to get the Zoom
Invitation to carla.halvorsen@uchucklesaht.ca

TIME:

9:00AM

AGENDA:

Please send your Agenda Item Request and any background
information related to the request to carla.halvorsen@uchucklesaht.ca
by September 7, 2024

Inside this issue:

UCHUCKLESAHT SPECIAL PEOPLES ASSEMBLY	1
FALL HEALTH TIPS	2
UCHUCKLESAHT WARRIORS PROGRAM	3
UCHUCKLESAHT PICTURE GALLERY	4

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

FALL HEALTH TIPS

Get outside and enjoy the autumn weather

As the weather begins to cool - residents head outdoors to enjoy the change in seasons. Spending time outdoors can improve your mood and overall sense of well-being.

Make healthy food choices

Making dietary changes can help lower your cholesterol and prevent several chronic health conditions. Eating lots of fruits and vegetables will help your body stay strong and fight off infection. Make sure to include plenty of Vitamin C-rich foods in your diet, like oranges, broccoli, and kale.

Stay active

Though your schedule may feel a bit busier now that summer vacation is over, finding time to move your body and stay active is essential.

Adults should aim for at least 30 minutes of moderate-intensity exercise each day, while children should get at least 60 minutes.

Be prepared for cold and flu season

Once summer fades to fall and the kids head back to school, cold and flu season tends to ramp up. Washing your hands often and disinfecting surfaces in your home can help prevent the spread of illness. Getting your annual flu shot is one of the best ways to protect your family. Flu shots are recommended for everyone six months of age and older.

Focus on your mental health

We all struggle with our mental health from time to time. Though it can be a lonely experience, knowing you have a community to support you and rely on is essential.

Uchucklesaht Tribe Government

WARRIORS

September

Uchucklesaht Warriors Program
Off to a Flying Start

The Warriors Program aims to provide Uchucklesaht youth with the confidence, knowledge and skills required to become proud First Nations men who effectively contribute to their families and broader Uchucklesaht community.

Each Thursday, the Warriors meet to share a meal and participate in an activity, such as archery at the Alberni Fish and Game Club and drumstick making at Nucii.

Upcoming events include drum making/painting and movie night!



There will also be a monthly overnight camp for participating members. The next camp will be announced in the upcoming weeks. Stay tuned!

UTG's Warriors Program for Young Men
Aged 10-18 Will Run Every Thursday from
4:30 to approximately 7:30 p.m.

"Courage, above all things, is the first quality of a warrior."



Upcoming
Events

Thursday, September 12
Archery & Dinner at Smitty's Restaurant

Thursday, September 19
Drum Making & Dinner Made by the Warriors

Thursday, October 3
Drum Painting & Dinner Made by the Warriors

Thursday, October 10
Archery & Dinner at the Clam Bucket

Thursday, TBD
Movie Night at the Cinema & Dinner at Boston Pizza

