

VOL. 2 ISSUE 4 • JANUARY 2025

UCHUCKLESAHT TIMES

Newsletter of the Uchucklesaht Tribe Government

Happy
FAMILY DAY!



UCHUCKLESAHT TIMES

NEWS & UPDATES

WE ARE NOW ON SOCIAL MEDIA!

We are thrilled to announce that Uchucklesaht Tribe Government has joined social media! This platform will serve as a hub to keep our community informed and connected. Stay up to date with the latest news, events, and happenings within the Uchucklesaht family.

We invite you to be a part of this journey—share your stories and photos with us, and let's make our social space vibrant and engaging together!

Follow and show your support for the community. Don't miss out—connect today!

Instagram : Uchuckleaht Tribe Government

<https://www.instagram.com/uchucklesahttribegovernment/>

Facebook : Uchucklesaht Tribe Government

<https://www.facebook.com/profile.php?id=61572529294447>

X : @UchucklesahtGov

<https://x.com/UchucklesahtGov>

LinkedIn : Uchucklesaht Tribe Government

<https://ca.linkedin.com/company/uchucklesaht-tribe-government>

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NEWS & UPDATES

SCAN TO FOLLOW!



X



INSTAGRAM



LINKEDIN



FACEBOOK



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NEWS & UPDATES

PURCHASE OF FOREST LICENCE

Uchucklesaht Tribe Government is pleased to announce the purchase of Forest Licence A19235 and Road Permit No. R09259 from Interfor Corporation by Uchucklesaht Forestry Ventures Limited Partnership (UFV) effective December 18, 2024.

This renewable forest licence includes the rights to harvest 29,486 cubic metres of annual allowable cut and includes approved cut permits and road infrastructure necessary to sustainably harvest timber immediately. Chief Councilor Wilfred Cootes is pleased to share this news as "the purchase marks a big step forward for the long term vision of environmental stewardship and economic self-sufficiency within our territory. This deal gives us more control over how forestry resources are managed within our territory as we look towards improving the health and wealth of our lands and people today and generations into the future."

Economic Development Manager, David McCormick states that "the next step we envision is to make application to the Ministry of Forests to transition this volume-based licence into an area-based licence to define distinct geography within Uchucklesaht territory of exactly where and how the forest will be managed. In the meantime, we will work collaboratively with our purchase financing and operations partner to sustainably harvest the trees that maximizes market conditions."

The purchase of this forestry licence achieves some of our environmental and economic development goals. We will explore different opportunities to best manage this forest licence, which will include measures of conservation and exploration of non-timber forest products in addition to sustainable harvesting.



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ACTIVITIES & EVENTS CALENDAR : FEBRUARY 2025



Uchucklesaht

Sunday	Monday	Tue.Sday	Wedne.Sday	Thur.Sday	Friday	Saturday
Warrior's Group for boys aged 10 - 18		Nursing Info Session: Stigma against Getting Sick				1
2	3 Language - In Person 12:00 - 1:00	4 Meal Prep Workshop 10-12	5 Men's Group 12 - 2 Language - Zoom 7:00 - 8:00	6 Baby Group 11 - 1 Resume Workshop 11 - 1 Warrior's Group 4:30 - 7:30	7 Water Aerobics 9:00 - 9:45	8 Fire Safety Workshop 10-12
9	10 Family Tree Planning 10 - 2	11 Drop-In Pickleball Warrior's Group 5:45 - 8:00	12	13 Elder's Breakfast 10 - 12	14 Pro-D Day 9:30 - 2:00 Water Aerobics 9:00 - 9:45	15
16	17 BC Family Day - Office CLOSED	18 Elder's Lunch and Bowling 12 - 2 Language - In Person 12:00 - 1:00	19 Nursing Info Session 4-5:30 Language - Zoom 7:00 - 8:00	20 Warrior's Group 4:30 - 7:30	21 Water Aerobics 9:00 - 9:45	22 Mental Health Workshop 11 - 1
23	24	25 Drop-In Pickleball Warrior's Group 5:45 - 8:00	26	27	28 VI Crisis Info Session 2:00-4:00 Water Aerobics 9:00 - 9:45	

FISH DISTRIBUTION ANNOUNCEMENT!

FOOD FISH DISTRIBUTION IN PORT ALBERNI ON THURSDAY, FEBRUARY 27



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ACTIVITIES & EVENTS CALENDAR : FEBRUARY 2025

ANXIETY WORKSHOP

Event Highlights:

- An overview of Anxiety disorders
- What causes Anxiety?
- How to reduce panic attacks?
- How to manage Anxiety?

February 22nd, 2025

From 10.30 am - 12 pm

At Nucii Multipurpose room



RSVP @HUMANSERVICES@UCHUCKLESAHT.CA



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ACTIVITIES & EVENTS CALENDAR : FEBRUARY 2025



PICKLEBALL NUCII GYM

FEBRUARY 11 & 25

9:00AM - 12:00PM

Drop in

LEARN TO PLAY!

**Please Bring a Partner
Call or Email us to sign
up!**

SIGN UP

**RSVP HUMAN SERVICES
HUMANSERVICES@UCHUCKLESAHT.CA**



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TALENT SPOTLIGHT

LINDEN SMITH'S JOURNEY OF RECONNECTION THROUGH CARVING

Linden Smith, a high school music teacher from Ladner, BC, recently spent a week in Port Alberni, immersing himself in the traditional art of carving. With deep Uchucklesaht roots—his father is Uchucklesaht—Linden felt a strong calling to reconnect with his heritage. Inspired by his great-great-grandmother and great-uncle, he embarked on this journey to learn from master carver Tim Paul, a renowned artist known for his exceptional craftsmanship.

During his time here, Linden received tremendous support from fellow carvers Josh and Cooper, who encouraged him throughout the process. Under Tim Paul's expert guidance, he carved a beautiful thunderbird, a meaningful piece he created as a gift for his father. This experience was even more special to him because of the collective effort—every person who shared their knowledge and skills contributed to its creation.

To support his passion for carving, the Uchucklesaht Tribe Government gifted Linden a set of carving tools, allowing him to continue practicing at home. Grateful for the experience, he expressed his appreciation to everyone who played a role in his learning.

Linden's journey doesn't end here—he will be returning in March to deepen his skills and knowledge. His time in Port Alberni was not just about learning a craft; it was about reconnecting with his roots, embracing his culture, and carrying forward the rich traditions of his ancestors.



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TALENT SPOTLIGHT

LINDEN SMITH'S JOURNEY OF RECONNECTION THROUGH CARVING CONTD...



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HEALTH & WELLNESS

Allergy Season

Just when you think cold, and flu season ends. The dreaded Spring Allergies show up. Typically, they start in February and last until early summer. Hay Fever is the most common allergy in spring. Trees start to pollinate; flowers are blooming, and grass is growing. Our allergies arise when the wind spreads the pollen in the air which enters our eyes, nose, mouth, or skin.

Allergy Symptoms:

- Runny nose
- Congestion
- Watery eyes
- Sneezing
- Coughing
- Itchy eyes
- Dark Circles under eyes

Allergy Prevention



Change
Clothing
Often



Keep Pets
Clean



Drink Hot
Fluids



Shower Before
Bed



Keep Windows
Closed



Spring
Cleaning

Breathing in, touching or ingesting pollen and other allergens is inevitable the best options to treat unpleasant symptoms are Antihistamines (Benadryl, Claritin), nasal sprays, and decongestants.

Please consult your doctor to see if allergy medications are safe for you. Connect with Human services for any questions or further information.

Humanservices@uchucklesaht.ca 250-724-1832



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WELCOME TO THE UCHUCKLESAHT FAMILY!



I grew up in Lake Cowichan and moved to the Alberni Valley in 1998, leaving twice for a brief time but always returned as Port Alberni is home to me. I was employed at the Alberni-Clayoquot Regional District for the last 10 years with roles in both administration and finance.

In my spare time, I enjoy spending time with family and friends as well as the outdoors with my 12-year-old daughter Grace, and our dog Ollie. I am thrilled for this opportunity to be working for the Uchucklesaht Tribe Government and look forward to getting to know you all.

PHRASE OF THE MONTH

Phrase - yaaʔakuk^wah suʔa

Pronunciation - yaa akukwah su wa

Meaning - I Love You



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GALLERY - JANUARY 2025



Row 1 : Photo 1 - Elder's Boat Trip

Row 1 : Photo 2 - Pro D Day
Mt. Washington Trip

Row 2 : Photo 1 - Taylor Johnson from the
Rush Family

Row 2 : Photo 2 - Elder Phyllis Halvorsen
from the Rush and Robinson Family

Row 3 : Photo 1 - Warrior's Group at
Archery Glenwood Centre

Row 3 : Photo 1 - Warrior's Group at
Archery Glenwood Centre

For Feedback/Suggestions/Contributions - Please write to Communications@uchucklesaht.ca

