

UCHUCKLESAHT PICTURE GALLERY



UCHUCKLESAHT TIMES

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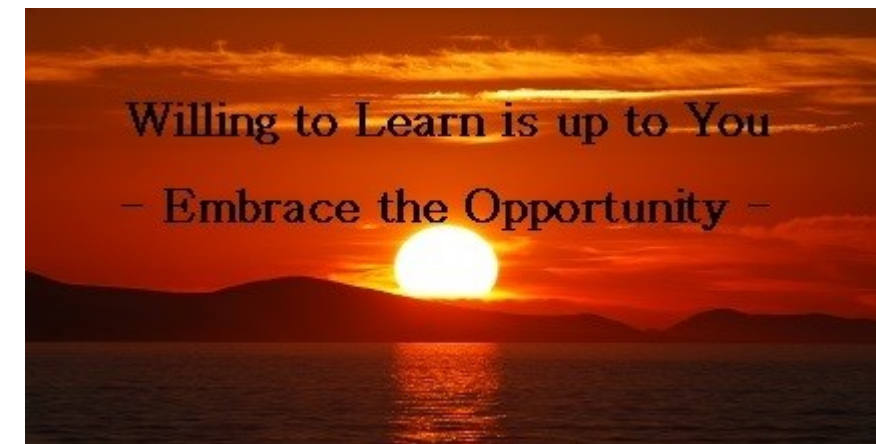
OCTOBER 2016

NUU-CHAH-NULTH EMPLOYMENT & TRAINING PROGRAM

Nuu-chah-nulth Employment & Training Program (NETP) provides a variety of employment services to any Aboriginal person who resides within Nuuchahnulth Territory and their services are open to all First Nations, Inuit, and Metis, and are not restricted to Nuuchahnulth members. *Check out the NETP Facebook Page* and follow up on what current training programs are available or let them know what types of training may benefit you and others in your community.

Some examples of training provided are : Heavy Equipment Operator Program, Professional Cooking Course, Landscape Grounds Maintenance and Horticulture Training, Small Vessel Operator Proficiency Marine Ticket, L and N Drivers License Programs

Every Monday the NETP Office in Port Alberni, B.C. has a computer lab that is open for you to work on your resume, cover letter, search for jobs and explore for career options.



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

UCHUCKLESAHT FISHERIES

Every year Uchucklesaht Tribe Fisheries Technicians are hard at work monitoring, reporting, surveying, counting and doing their best towards the protection of the Uchucklesaht Tribe fisheries and waters.

Reporting your catches to the Uchucklesaht Tribe Office are one of the very important actions you can assist Uchucklesaht with doing in monitoring our sacred resources .

Once catch information is received at the office it is then entered into the MERP (Maa-nulth Electronic Reporting Program) for the Uchucklesaht to track and monitor.

Fisheries Technician Tina Halvorsen Brief 2016 Overview

Uchucklesaht Fisheries Activities for 2016 consisted of the building and installment of the Henderson River fish fence and counters. The fence runs from July to September to help determine how much sockeye escapes into Henderson Lake.

Validation and collection of biological samples are also taken from catches from the river where a trap box can be set up to capture the sockeye. Samples include scales which determine age composition, otoliths to identify wild verse hatchery, DNA and recording length and gender of fish.

Crab and prawn gear counts are conducted within Uchucklesaht Territory to determine catch effort of each fishery such as recreational, commercial and First Nation.

Catch monitoring and Patrols are also held within Uchucklesaht Territory to help give us an estimate on how many fish are being removed.

It has been a successful year in the operation and management of the Henderson River fish fence. All of these steps help give us a better understanding of what is returning and help manage our fishery by protecting our resources from overfishing.



7 HEALTHY FALL TIPS

The leaves are falling and Autumn is here, and with this change in season comes shorter days and cooler weather. Here are some helpful tips going through the Fall:



Tip #01: Plan for your Annual Flu Shot - it can help to prevent you stuck at home suffering from the flu. Wash your hands often with soap and water for around 20 seconds at a time.

Tip #02: Stay Hydrated and Keep Up On Your Sleep - your body will thank you and you will feel so much better. Drink up to 8 cups of water a day and sleep for at least 8 hours with electronics turned off.

Tip #03: Bring your Activity Inside - go to the gym, do yoga, swim at the aquatic center, or go for a walk for outdoor activities.

Tip #04: Moisturize your Skin - harsh temperatures can make your skin dry. Make sure you are still putting on sunscreen as well.

Tip #05: Wear Layers - to protect your body from dropping temperatures. Wear warm socks, gloves, scarf, winter jackets and sweaters.

Tip #06: Prepare your home for some upcoming possible extreme weather - pull out the leaf blower, shovel, salt for the snow, flashlights, and catch up on the firewood and cut some kindling if you have a wood stove as your back up heat.

Tip #07: Are you still Boating during the Fall/Winter? Be sure to check your weather channel, weather station and tide/current guides. Check your navigation lights, radio, GPS unit, flares, emergency kit, life jackets and give yourself extra daylight time on the water in the case of any unexpected weather changes or emergencies.