

UCHUCKLESAHT PICTURE GALLERY



UCHUCKLESAHT TIMES

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UCHUCKLESAHT CHRISTMAS LUNCHEON



Merry Christmas from Uchucklesaht Tribe Government

You're invited to join our Christmas Dinner December 10, 2016 12:00pm to 4:00pm At the Athletic Hall

Traditional Turkey/Ham dinner with some salmon, and all the fixings. Visit Santa and enjoy some entertainment.

Please contact Charlotte or Regina in Human Services at 250 724 1832

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

## UCHUCKLESAHT MERP REPORTING

**Uchucklesaht Tribe** enters all of the fisheries and wildlife catch information into a system called the Maa-nulth Electronic Reporting Program.

A friendly reminder to please report all fish and wildlife harvest or effort in the event of an unsuccessful harvest, to Ryan Anaka, Director of Lands and Resources, or Dennis Thomas, Office Assistant.

This includes birds, such as grouse or ducks, and shellfish such and clams or crabs.

As part of the Maa-Nulth Final agreement Uchucklesaht takes part in the Maa-nulth Electronic Reporting Program. This program is used for tracking of fish and wildlife harvest, and for reporting to Fisheries and Oceans Canada, and the Provincial Ministry of Forests, Lands and Natural Resource Operations.

It is important to report for two main reasons.

- So we can track harvest amounts to identify if we are within our allotments.
- For future allotment and restriction determination.

Reporting effort is equally important, even if harvest was not successful, as effort can be used for approximating species abundance, and for arguing for future allotments in the event harvest restrictions were being considered.

Harvest and effort reporting provides important information for identifying harvest trends and future allotment determination.

Please report harvest efforts.

Feel free to contact Ryan Anaka, Director of Lands and Resources at 250.724.1832 if you have any questions.

## TIPS FOR A HEALTHIER YOU

**With the business of life** you can sometimes forget to slow down and remember to take care of you, so slow down and remember the following tips to a healthier you.

**Tip #01: Drink Water** every day - your body needs it. Water is essential for our bodies to function. We lose water in our bodies everyday and need to keep replenishing

**Tip #02: Get Sleep** - so you are more focused and rested for your everyday activities.

**Tip #03: Exercise** - everyday such as walking, hiking, running, swimming, and any other activities that require movement of the body.

**Tip #04: Eat Fruits and Vegetables** - they contain natural vitamins that the body requires. Stay away from salt or processed foods as much as possible.

**Tip #05: Smile** - and give a compliment to one person every day. Keep a positive atmosphere around you and purge negative people from your life. Think positive.

**Tip #06: Cut out Soda and Caffeine** - it stains your teeth and more than 500-600 mg of caffeine a day may lead to insomnia, nervousness, restlessness, irritability, an upset stomach, a fast heartbeat and even muscle tremors.

**Tip #07: Focus on good Dental Hygiene** - brush your teeth at least twice a day and floss each night. It will prevent your risk to tooth decay and gum disease.

**“ Today is the Chance to Change your Bad Habits for Good Healthy Habits in order to make you and your body feel good - It is never too late- just do it - for you, your family and friends” - Carla Halvorsen -**