

UCHUCKLESAHT PICTURE GALLERY



UCHUCKLESAHT TIMES

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Uchucklesaht Tribe Peoples Assembly

Saturday March 18, 2017

Uchucklesaht Tribe held a Peoples Assembly to go over the various annual reports and the three year budget. There were 26 people in attendance and good questions were asked throughout the day.

The budget and annual reports were accepted and there were no recommendations to the legislative council during this Peoples Assembly.

The Uchucklesaht Tribe Budget will now go back to the Legislative Council to continue on with the second and third readings to enact the Budget as a Law.

Thank you to all that attended and participated in discussions regarding the various topics.



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

Uchucklesaht Tribe Health Information Meeting/Dinner

Uchucklesaht Tribe members and their families attended a Health Information Meeting and Dinner in February 2017 here at The Thunderbird and were given an overview of the various health services provided by both NTC, the First Nation Health Authority and Uchucklesaht Tribe.

After the event a dinner was held and the Uchucklesaht Rush Family provided some traditional drumming and singing just before the dinner.

Please always be sure to keep your contact information updated with the Uchucklesaht Tribe Office so that we can inform you of the various Uchucklesaht Tribe events and information sessions held throughout the year.

The event was well received and also gave members the opportunity to ask the various health questions on their minds.



SPRING TIPS 2017

The new spring season brings more chances to get outdoors and ramp up physical activity. Keep these tips in mind when you decide to head out the door and enjoy your springtime.

1. **Walk** - Warmer weather means more of a chance to enjoy the outdoors. It's amazing what a bit of sunshine and fresh air can do for your health. Go out for a walk when you have a chance.
2. **Wake-up Earlier** - The sun is shining earlier and staying out later. Embrace the springtime sun and go outside to breathe in the fresh air and watch the dawn.
3. **Fruits and Veggies** - Indulge in the healthy foods you can enjoy. Spring means gorgeous fresh produce, and new varieties of fruit and veggies.
4. **Heat Therapy** - Applying heat before a workout session can minimize muscle strain. Heat therapy calms muscles and prevents cramping.
5. **Move your Body** - Set a reminder to move every 20 to 30 minutes. Use your cell phone or watch to set an alarm. That will be your signal to get up and walk around the house or office, or fold a load of laundry, or take out the trash.
6. **Stay Warm and Bundled Up** - The winds are blowing stronger this time of year. Even though the weather is getting warmer, make sure you keep that scarf on and refrain from walking around barefoot until the sun is shining more consistently.
7. **Reap the Benefits of Gardening** - Gardening supports your health in multiple ways. For starters, an hour of gardening can burn as many calories as a 3½ mile brisk walk. Other benefits of gardening include improved strength, flexibility, and agility. Research has also shown that tending to a garden has a positive effect on emotional well-being. So if you haven't gardened before, you might want to give it a try.