

S'olh Shxwleli Siya:ye

Aboriginal Access Services

December 2005

Volume 1, Issue 1



Happy Holidays

Well, the fall semester is drawing to a close and you have all worked hard. I think studying can be one of the hardest jobs in the world and the fact that you have committed to do this deserves our recognition. I know how hard you study and what a challenge it is to balance school, family, community and work but once again you have done it. I realize too, that there are times we feel like giving up, taking a semester off. Your ancestors are proud of your efforts and you should be too.

This holiday season take advantage of the evenings when you don't have to read a chapter, write a paper or

prepare a presentation. Enjoy the day off from the classroom. Take a walk in the snow and plan your tomorrows. Appreciate your family and loved ones. Remember that they too sacrifice so you can be a student.

I wish for each and everyone of you a happy holiday season.

When I was going to university in Alberta every year I regretted not being able to spend Christmas with my "campus family" and it always seemed that the last day of classes we would promise to get together after our last exam...and we rarely did. But I

wanted my friends on campus to be a part of my Christmas./ So every year I put together, in a Ziploc baggie, a tea bag, 2 Hershey kisses, a mini candy cane and a note.

"At 3pm on Christmas day. Brew yourself a cup of tea, and I will brew myself one. We'll curl up in our favorite chair and have a thought about one another. This way you will a little part of my Christmas day and you will know that

Notes from Shxwha:y

University College Education Prep Program

There are 26 students currently enrolled in this program. The fall semester students took multi-level Math taught by Greg St. Hilaire and English taught by Vicki Grieve. Students also studied Education and Career Planning (ECP 064)

taught by Barbara Stirskey and History 103 taught by Gwen Point. For January we have re-scheduled Math and English plus Science which will also be taught by Greg St. Hilaire.

There may be an opportunity for new applications—email Jo at Josephine.Charlie@ucfv.ca

or call her at 604-795-2835 or just drop-in the Centre to see her.



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Did you Know?:

- Hugh Brody, the Canada Research Chair in Aboriginal Studies will be hosting a series of events in February, March and April.
- The Aboriginal Community Council meets twice per semester and students are welcome to attend!

Calendar of Events

Christmas Dinner
 December 19
 5pm
 Chilliwack Campus
Students and families
 WELCOME!!

Nov 14—Jan 4...Ongoing Registration
 December 5...Last day of Classes
 December 7—19...Exam period
 December 19...Christmas in the ARC
 December 19...100% fee reduction ends
 January 6...95% fee reduction ends
 January 6...No course adds (1 day only)
 Jan 7—23...90% fee reduction
 January 9...Day & Evening classes start
 January 23.Fees due-No refunds after today

Upcoming Events

Study Skills Workshop
 Volunteer Training
 Storytelling
 Elder's lunch



Mark the date and time now—so you don't miss out!

Study Tips

- **Set up a schedule for study time. This should include what you want to study.**

For example: 7 pm Monday night I will study for the weekly Math quiz. Wednesday morning at 9 I will read the material for my Hist 103 class on Thursday.

- **There should be at least one hour when you will not be disturbed. Be sure to have the books, all material**

needed for note taking and reading.

- **The place where you plan to study should be free of traffic and the phone. (turn the phone off) This is how to avoid distractions.**

- **Create a 'to-do list' of things in the order of importance. This will show you how much time you need to dedicate to each of your subjects.**

- **There should be enough light,**

enough space for all books and a comfortable enough chair.

Study effectively:
 "There should be at least one hour when you will not be disturbed."

Notes from the Craft Corner

CRAFT Nights
 Tuesdays
 6pm—8pm
 Chwk Campus
 D-136



"Make & Take"

December is "Make and Take" month. There are only 3 Tuesdays left before Christmas. Come out and make a Christmas decoration and take it home and put it on your tree—or give it as a gift. We have lots of fun ideas and we want to hear yours. Please drop—in. Sheilah will be happy to see you!

Pow Wow Dance

Tuesdays
 5pm—6pm
 Chwk Campus
 Student Union Bldg.
Taught by Leslie

General Information

First Year Friendly

First Year Friendly is a campus wide effort to welcome new and returning students to the UCFV community. In particular, FYF identifies key offices, people and departments that are prepared to welcome First Year Students and help find their way around the campuses and organization.

This campaign will run for the first two weeks of each semester.

If you have any questions during your first year at ucfv, or if you're a parent of a first year student, please send an email to firstyear@ucfv.ca.

Use the UCFV portal *myUCFV*

myUCFV is a one-stop website for UCFV students, faculty and staff. Consider it your virtual desktop, accessible everywhere you go, customizable to show what you want to see.

go to: <http://my.ucfv.ca/cp/home/loginf>

How to Login

Your User Name is your 9-digit UCFV student number.

Your password is the same one you use to register online.

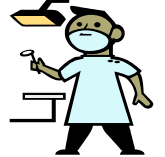
Make it your HomePage today!

News from the Sto:lo Nation Dental Office

The staff at the newly opened Sto:lo Nation Dental Office would like to welcome Dr. Mel Tracy to our office!

The office will now be open: Monday, Tuesday, Wednesday and Friday's from 8 am -5 pm.

For more information please contact the Dental Office at 1-877-411-3200



Take good care of your teeth.

S'olh Shxwleli 2006 Predictions

"UCFV will be made a University"

Shirley Hardman, Access Coordinator

The BC Government will be granting at least one more University College the title of University in 2006. I believe UCFV has certainly earned the title, I believe the Minister knows this, too.

"Chilliwack campus will finally receive word that we are moving to the base in 2008."

Peter Tallio, Access Assistant

"The Fraser River"

my dad used to tell me that history usually repeats itself.

"Predictions are a fun way to start the year, something wacky to think about while we ponder New Years' Resolutions"

Need to Park your car at UCFV?

There are 3 types of parking permits available for students at UCFV:

PAY AND DISPLAY

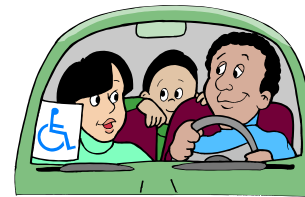
Parking tickets can be purchased from ticket dispensers. Parking tickets can be purchased from ticket dispensers located in each student / public parking lot in Abbotsford and Chilliwack for a cost of **\$1.00 per 4-hours**

5-DAY SCRATCH PASSES

5-day scratch and park passes are available at the Abbotsford and Chilliwack Campus Bookstores. The cost is **\$10.00 per pass**.

SEMESTER HANGER PERMITS (NEW)

Semester hanger permits are now available for students to purchase at Facilities Services in Abbotsford (A288) or Chilliwack (A118) for **\$150.00 per semester**. Students will be



If you have to drive...try carpooling to save money

only 1 pass, and only 1 ass. All outstanding

parking violations must be paid prior to receipt of a semester-based parking permit. The semester parking permit will be valid at both the Abbotsford and Chilliwack campuses.



Aboriginal Access Services

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Fax: 604-792-2388
E-mail: arc@ucfv.ca

We're on the Web:

<http://www.ucfv.ca/arc.htm>

● May Only the Good
Spirits Guide You

S'olh Shxwleli, meaning "Our Places", is the Halq'emeyem name for our Aboriginal Resource Centres at UCFV. Our purpose is to provide a doorway for Aboriginal post-secondary students that respects the Aboriginal worldview in all educational pursuits. We locate ourselves within on-campus activities. Students, families, and friends gather to exchange ideas, share food, and socialize in a manner reflective of cultural traditions. Students will find a place to study or a spot to relax between classes and can always expect friendly and supportive service in a relaxed atmosphere.

The Story of Hummingbird

One day I was drawing a hummingbird at Yam-a-lots house while I was at her house visiting her. She asked me what I was drawing. I told her I was just drawing a hummingbird. "Just a hummingbird? Did you know that the hummingbird saved our people?" She asked. Then she told me a story of how the hummingbird saved our people.

A long time ago there was a flood that almost covered the earth. This flood was on its way to our people. The villagers knew that they had to warn the people in the next village. The water was getting too high and dangerous for the people to warn the next village, so they sent their animal guide. One man sent the Eagle. He soared high up into the sky using his powerful wings to fly against the wind up into the sky. He made it up so high but the winds were too strong and too powerful for the Eagle to fly into the next village. The Eagle flew back down into the village and

told his master that he could not make it into the next village because the winds were too strong for him to make it. The people wondered what they were going to do; they had to send word to the next village to go up high into the mountains because there is a great flood coming. There was another man from the village who said I will send my Raven out to the next village. Maybe he can make it. The man told the Raven to send word to the next village because there is a great flood coming and they have to go high up into the mountains to save them from this great flood. The Raven flew up into the sky and the wind blew him back and forth. Raven could not make it much farther the Eagle and he had to return to the village and tell his master he could not make it to the next village. The next villager sent his Crow. The Crow could not make it far at all. Crow came back down and told his master that he could not make it to the next village. The last village said he would send

his hummingbird to warn the villagers in the next village. The hummingbird flew with the wind, back and forth, back and forth until he made it top the next village to warn the villagers. He told the villagers to go high up into the mountains because there is a great flood coming and it is going to cover most of the earth. The hummingbird saved the next village from the great flood so they could warn other villages about the great flood.



Story told by and Hummingbird drawn by
Glen Malloway