

S'olh Shxwlèlí Siya:ye



Aboriginal Access Services

February 2007

Volume 2, Issue 2

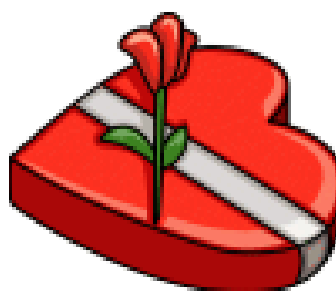
Here come the mid-terms again...

February 2007 already, and the semester's activities are just rolling along. In many courses, students are enjoying learning; in many courses, some students are struggling. The shape and the feel of the rest of semester for most is more or less known. Previous knowledge of how to be successful will be beneficial. A question might be "How do I know what I know in being successful in my study?"

The answer might be knowing how to study, who to study with or where to be to study. It might be knowing what to avoid and what not to do so that a study schedule can be realized. Usually, after a few

universal steps in study, individual preferences make study success a very personal experience. Whatever the answer or answers, please do yourself the favour of figuring it out or, if you already know, do yourself the favour of stating the obvious.

Please read the study tips on page three of this issue. It may seem that they are very simple, logical, and commonly known suggestions. Still, those are the things we sometimes forget to think through. In rushing to get things organized and done, often the simple steps become glossed over or overlooked altogether.



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Did You Know....?

Valentine's brings the second largest seasonal sales of greeting cards each year? About one billion card are exchanged world wide.

Check it out online:

<http://www.agirlsworld.com/amy/pajama/valentines/storytime.html>



The 2nd month of the calendar year is here

February is a funny month. It has Groundhog Day and St. Valentine's Day but neither rates a day off of school. Not to worry, UCFV has designate February 19 and 20 as semester break. No classes are going to be held on those days. So don't come onto campus expecting a

Student Potluck Luncheon

Tuesday February 13th

11:30 am to 4:30 pm

Room D136 Chwk Campus

Everyone welcome

Bring a friend

lecture. Ease your mind or something on those days. Or come for quiet study time.

On February 13th, please come and join S'olh Shxwlèlí for our monthly student potluck luncheon. By the way, potluck here means 'Bring a dish if you like. If not, join us anyway.'



2007 Honour Your Health Challenge - Aboriginal Style

Using traditional Aboriginal activities to promote health and wellness across the university and throughout the Stó:lō community and territories we will target aboriginal post-secondary students, women and local youth.

We are planning to have: a sweat: it cleanses the areas of the four directions- mind, physical, emotional and spiritual; drumming and pow wow dancing: which promotes a clean lifestyle because the participants have to be clean and sober as well as physically fit; and arts and crafts: centering ones mind, body, emotions and spirit to focus on a particular task.

We will share messages about healthy lifestyles and provide opportunities for learning healthy alternatives and how the things we do that has been passed on to us by our ancestors that contribute to our

health in the modern busy complicated world.

We will share the on-going message about adopting healthy lifestyles and making choices that Honor who we are and who we are meant to be and how we are meant to live.

For more information contact:

Christine Michell @ klisteel@yahoo.ca or

Josephine Charlie @ 604-795-2835 or

Josephine.charlie@ucfv.ca

Honour Your Health

Schedule of Activities

- Arts & Crafts:

dreamcatchers, mini button blankets, medicine bags.

Date: February 5th @ 10 am.

Place: UCFV Chilliwack Campus D 136

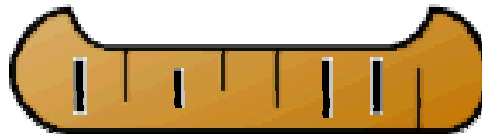
- Sweatlodge Ceremony

Date: February 10th -9am @ Terry Prest's sweat in Soowahlie.

- Powwow dance & drum demonstration:

Date: February 24th @ 10 am in the International Education Center Building G (old daycare) @ UCFV.

Everyone is invited to participate in these events.



Did You Know...?

73% of the flowers sold during the Valentine season are bought by men?

Three percent of pet owners will give Valentine's Day gifts to their pets?

Valentine's Day roses are often imported from South America for sale in North America?

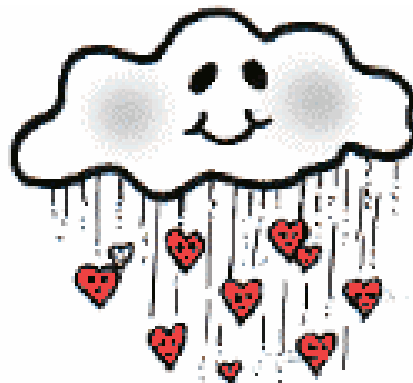
Check it out online:

<http://www.agirlsworld.com/amy/pajama/valentines/storytime.html>

Topics around indigenous love are explored in a book edited by Anashnabi writer Kateri Akewenzi-Damm? It is called 'Without Reservation: Indigenous Erotica' and it features indigenous writers from North America, New Zealand and Australia.

Check it out online:

<http://www.abc.net.au/message/blackarts/review/s1117291.htm>



Atlantic Canada's First Nation Helpdesk conducted an online contest for young First Nation writers in the Atlantic region in the category of "Love Story"?

Check it out online:

<http://firstnationhelp.com/febwinners.html>

From Manitoulin Island, First Nations country singer Crystal Shawanda will soon be releasing a country music album with a major recording company in Nashville?

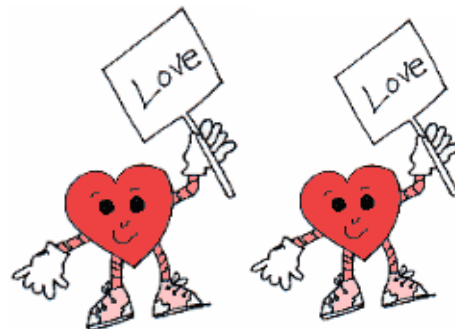
Check it out online:

<http://aristanashville.com/cs/bio.htm>

Groundhog day is midway between winter solstice and spring equinox?

Check it out online:

http://en.wikipedia.org/wiki/Groundhog_day



Contact Information for Aboriginal Access Services Staff

Mailing address:
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UCFV
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45635 Yale Road
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Website: <http://www.ucfv.ca/arc.htm>

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To contact Aboriginal Access Services from out of the Chilliwack/Abbotsford area call toll free 1 888 504 7441 and ask for Shirley, Peter, Josephine or Laura at local 2835.

Sto:lo Employment Services:
604 847 3299 or 1 877 847 3288

Fraser Valley Metis Employment And Training Services:
604 755 4010 or 604 850 0942

Study Tips - Being Conscious of Your Own Progress

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

- **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.**