

# S'olh Shxwleli Siya:ye



Aboriginal Access Services

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## And then there were mid-terms...

The schedule approaches Thanksgiving Monday and scoots on by all too quickly. As sure as turkey and pumpkin pie, UCFV instructors have contemplated the look of mid-term examinations and begun thinking about finals. Mid-terms, this phenomenon of post secondary education, is more or less a rite of passage. Schools and instructors need to monitor the effectiveness of methods used to impart knowledge. Students need to know how much of all this stuff are they actually getting.

Are there any tips, it may be wondered, for getting through this time of added academic stress? Yes. Study, study, study. And study some

more. Study in a quiet spot— library, park bench, computer lab, in a space free of distraction at home reserved for this. Study with a buddy. Study in a small group. Talk out loud about what all this information getting stuffed into the cranium means. Take notes while you study.

Having time for whatever study methods suits you is important to all this studying being successful. Leaving all studying until the night before a mid-term likely won't work very well. If you're unsure how to make mid-term time less stressful, there is help. At UCFV, there are services available to help with time management and study skills. Via Counseling Services, students may learn

study techniques best suited for personal learning strengths.

Phone for an appointment -  
Abbotsford: 604 854 4528  
Chilliwack: 604 795 2808

Get information online:  
<http://www.ucfv.ca/counselling.htm>

Be sure to ask about other services available through counseling services if you decide to call. Aboriginal students can also contact Aboriginal Access Services to find out more about information presented in this article.

Check it out online - <http://www.ucfv.ca/counselling.htm>

## Welcoming Work Study Students



Melissa Craghtten

S'olh Shxwleli is pleased to announce the UCFV students who are filling the role of work study students at our Chilliwack and Abbotsford centres.

Chilliwack Centre  
Lisa Williams

Abbotsford  
Melissa Craghtten  
Donalda Yellowfly

Work Study Contact info:  
Chwk: 604 795 2835  
Abb: 604 557 4069  
E-mail: [arc@ucfv.ca](mailto:arc@ucfv.ca)

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### Did you Know...?

- Red Cedar is considered the foundation for the traditional material culture of aboriginal nations on the west coast.
- Old growth red cedar is becoming more and more rare.

## Upcoming S'olh Shxwłèlí Events for Fall 2006

### Student Potluck Luncheon

Tuesday, October 17th - 11 am to 2 pm

Room D136 Chilliwack Campus

Raffle draw!!!!

Bring a friend, bring a family member.!!

### Women's History Month - Person's Day Event

Wednesday, October 18th - 5:30 to 7 pm

@ University House on Abbotsford Campus

Presented by the Women's Centre and S'olh Shxwłèlí - Guest Speaker Wenona Victor & Film "For Angela" - also free bannock and appetizers will be served.

### Multi-Cultural Cooking Lesson - Making Tamales With Elba and Tilly

Tuesday, October 24th - 11 am to 2 pm

Room D136 Chilliwack Campus

Everyone welcome!! Let Peter at S'olh Shxwłèlí (RM D136) know that you plan to attend (for ensuring sufficient tamale supplies for all attending).

### Student Potluck Luncheon

Wednesday, November 1st - 11 am to 2 pm

Room D136 Chilliwack Campus

Bring a friend, bring a relative!!!

### Metis Day Celebration

Thursday, November 16th - 11 am to 2 pm

Room A216A Abbotsford Campus

Look for on-campus notices of the day's events in the near future.

### Student Semester's End Potluck Luncheon

Wednesday, November 29th - 11 am to 2 pm

Room D136 Chilliwack Campus

Bring a friend, bring kinfolk!!!

Also, look for notices about the annual S'olh Shxwłèlí Christmas celebration coming in December, of course.

PS

Try not to think about finals when December gets mentioned..

## Women's History Month Featuring Aboriginal Women

October is Women's History Month. This month was established as a celebration in 1992 to increase awareness about Canadian women who have made contributions to Canadian society. This year the focus is on Aboriginal Women.

At UCFV we are having a celebration on October 18<sup>th</sup>. This is the day in 1929 that the British Privy Council declared that women are "persons" and could be appointed to the Senate. Thus, October 18<sup>th</sup> is called "Persons Day".

A celebration will be held at the University House, on October 18<sup>th</sup>, from 5:30 – 7:00 p.m. The hosts of this event are the Community Women's Centre and S'olh Shxwłèlí.

5:30 – 6:00 p.m.

Opening – Mandy Large, speaking about Women's History Month and Person's Day.

Appetizers by Donalda Yellowfly – serving Bannock.

Short film – "For Angela", starring

6:00 – 6:25 p.m.

6:30 – 6:50 p.m.

Tina Keeper

Guest speaker – Wenona Victor, "Indigenous Women & Self Determination".

6:50 – 7:00 p.m.

Wrap up

Article by Melissa Craghhton

## Medicine Wheel Gathering at Mission St. Mary's Site

S'olh Shxwłèlí is a sponsor of the annual Medicine Wheel Gathering hosted by Mary Uslick in Mission at the St. Mary's residential school. Over the years, many people have learned from Mary shared wisdom. It is held annually during the third weekend of August beginning with a sunrise ceremony on Thursday. The four day gathering is concluded Sunday evening with a feast. Participants are allowed to set up a tent to overnight in during the event.

The Medicine Wheel Gathering concluded its 15th annual ceremony in August 2006.



Many people of many nations have consulted Mary over the years. She is known as 'Granma Mary'.

Between 200 and 400 people attend. People of all nations are welcome to respectfully participate. Songs, teaching, and stories are shared around the Sacred Fire throughout the weekend. There is also a Moon Lodge available for special women's teachings.

Check It Out Online:

<http://www.larryhnetka.com/wordpress/archives/2004/12/17/wisdom-four-directions/>

<http://www.shamanichealing.info/index.html>

# Dream Catchers Craft Day at Abbotsford

DREAM CATCHERS – submitted by  
Donalda Yellowfly

Today dream catchers are made by Native American artists from many Nations. The Ojibwe (Chippewa) originated the dream catcher. Articles representing spider webs were usually hung from the hoop of a child's cradle board. It is said that 'they catch and hold everything evil' as a spider's web catches and holds everything that comes into contact with it. These 'dream catchers' were wooden hoops with a 3 ½ in. diameter, filled with a web made of nettle-stalk cord or sinew that was dyed red with bloodroot and wild plum inner bark.

The Ojibwe have ancient stories about the dream catcher. Long ago the Clans were all located at one place known as Turtle Island. Ojibwe storytellers say how Asibikaashi (Spider Woman) helped Wanabozhoo (the original man in spirit form) bring giizis (sun) back to the people. To this day, Asibikaashi will build her special lodge before dawn. If you awake at dawn, as you should, look for her lodge. You will see this miracle of how she captured the sunrise as sunlight sparkles off the dew on her lodge.

Asibikaasi continues to take care of her children, the people of the land, to this day. When the Ojibwe dispersed to the four corners of North America to fulfill a prophecy, Asibikaashi had a difficult time making her journey to all the cradle boards. The mothers, sisters, & grandmothers took up the practice of weaving the magical webs for the new babies using willow hoops and sinew or cordage made from plants. It is the shape

of a circle to represent how giizis travels each day across the sky. The dream catcher will filter out all the bad bawedjigewin (dreams) & allow only good thoughts to enter into our minds. You will see a small hole in the center of each dream catcher where those good thoughts may come through. With the first rays of sunlight, bad dreams would perish.

When we see little asibikaashi, we should not fear her, but instead respect and protect her. In honor of her, the points where the web connected to the hoop numbered 8 for Spider Woman's eight legs.

It was traditional to put a feather in the center of an infant's dream catcher; it means breath, or air. It is essential for life. A baby watching the air playing with the feather on her cradleboard was entertained while also about the importance of good air. The modern use of gem stones is not something that the old ones did. Government laws forbid the sale of feathers from our sacred birds, so using four gem stones to represent the four directions was substituted by us. The dream catchers of adults do not use feathers.

Dream catchers made of willow and sinew are for children, and they are not meant to last. Eventually the willow dries out and the tension of the sinew collapses the dream catcher. It parallels the temporary nature of youth. Adults should use dream catchers of woven fiber which is made up to reflect their adult "dreams". It is also customary in many parts of Canada and the Northeastern U.S. to have the dream catchers be a teardrop/snowshoe shape.

The above is a combination of information gathered by Lyn Dearborn, from California, and Mary Ritchie, of the Northern Woodlands, with assistance from Canadian elders. Miigwetch!

Check it out online:

[http://www.rivernen.ca/legend\\_1.htm](http://www.rivernen.ca/legend_1.htm)

<http://www.nativetech.org/dreamcat/dreamcat.html>

<http://www.dream-catchers.org/dream-catcher-legend.html>

## Abbotsford CRAFT DAY

WHAT: Dream Catchers

WHERE: The Aboriginal Resource Centre  
Room A219A (beside the Roadrunner Café in bldg A)

WHEN: Wednesday OCTOBER 18

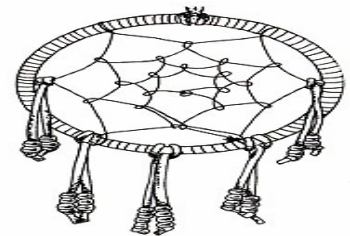
TIME: 12:00 – 3:00

EVERYONE WELCOME

NO COST

JUST BRING A FRIENDLY SMILE &  
BE PREPARED TO HAVE FUN!

*Light snacks, coffee/tea will be  
provided.*



## Did You Know ...?

The Western red cedar is the province of BC's official tree?

Black bears favour the hollowed cores of cedars trees as winter hibernation dens?

Cedar wood was used by west coast aboriginal people for canoes, house planks, ceremonial poles, house posts, house beams, paddles, wooden boxes, bowls, masks, and spoons among other things.

West coast aboriginal people used the soft, fibrous inner bark of cedar for clothing, blankets, hats, mats, nets, twine, rope, towels and diapers.

Cedar produces a natural fungicide, 'thujaplicin', which prevents rotting. Thus, the cedar property of providing a long-lasting material for practical items made it favoured among west coast aboriginal people.

Heiltsuk Nation used a computer model using current rates of cutting timber by the logging industry on the Central Coast to forecast the rate of depletion of cedar. By 2026, it was found, "operable old growth cedar" will have vanished from Heiltsuk territory.

West coast aboriginal people usually did not need to fall a red cedar to make use of it.

Check it out online: <http://www.davidsuzuki.org/Forests/Publications.asp>

## Contact Information for Aboriginal Access Services Staff

Mailing address:

Aboriginal Access Services

UCFV

Chilliwack Campus

45635 Yale Road

Chilliwack, BC

V2P 6T4

Fax: 604 792 2388

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

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Aboriginal Access Coordinator

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Aboriginal Access Assistant

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Laura Smith, M. Ed.

Aboriginal Culture and Language  
Coordinator

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604 504 7441 local 4255 (Abb)

laura.smith@ucfv.ca

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

## Parking at Abbotsford Campus Can Be Challenging

Frustrated with Parking?!

Here are some tips:

First, arrive early! It is easier to find parking in student parking lots at Abbotsford Campus if you arrive early. Also, if you cannot find a spot you may be able to park free!!! At the overflow parking located on the northwest corner of McCallum Road and King Road in the southeast corner of the Central Heights Church parking lot. P.S. don't forget your compass! Lol.

The walk from the overflow parking lot takes up to 15 minutes, so if you do plan to park there you still have to arrive early.

The other option is to arrive on campus when classes are ending. If you are perpetually late like me, this may be an option for you. Still you are not guaranteed to find a spot. The cost is \$1 per four hours, did I mention?

One last suggestion is to park on King

Road past Mackenzie Street. Even there though, it is possible to have trouble finding a space. And beware!! If you do not carefully pay attention to the parking signs you may be ticketed or even towed.

I hope this little tip helps those of you who are frustrated in finding parking, much like me.

By Melissa Craghhton