

S'olh Shxwlèlì

Siya:ye



Aboriginal Access Services

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UNITED NATION'S DECLARATION

UCFV Aboriginal Access Services,
Dr. Eric Davis, Dean of Arts,
and Hugh Brody, Canada Research Chair in Aboriginal Studies
invite you to attend a community forum at UCFV on the
United Nations' Declaration on the Rights of Indigenous Peoples

The Declaration was adopted by the United Nations in September 2007, with only four nations were in opposition. One of them was Canada. This forum is open to all who wish to discuss the significance of the Declaration -- and Canada's position on it -- to the Indigenous communities of the Fraser Valley.

Panel speakers include:

Grand Chief Ed John:

Hereditary Chief (Akile Ch'oh) and now Grand Chief of the Tl'azt'en Nation. A lawyer and former BC Minister of Child and Family Services, Chief John was first elected to the three-member political executive of the First Nations Summit, the Summit Task Group, in 1993 and then re-elected in 1996, 1998, 2000, 2002, and 2004. Chief John wrote "First We Take Manhattan", a report on the UN Adoption of the Declaration on the Rights of Indigenous Peoples delivered at the Chief Mathias Centre on September 27, 2007.

Sharon Venne

Chief Negotiator, NWT Treaty 8 Tribal Corporation. Sharon worked at the UN and lobbied to have the Working Group on Indigenous Peoples established. She was also involved in writing the draft Declaration on the Rights of Indigenous Peoples. Her background research is included in her book: *Our Elders understand our rights: evolving international law regarding Indigenous peoples.*

Prof. June McCue

A member of Ned'u'ten People, Prof. McCue is the Acting Director of First Nations Legal Studies and was the founding chair of Environmental Aboriginal Guardianship Through Law and Education (EAGLE). She is an Assistant Professor at UBC and focuses on indigenous law, treaties, self-government and comparative international law.

Dr. Rose Charlie

Chehalis Band, Stó:lō community elder, and Grand Chief of B.C., Charlie started the National Indian Brotherhood, now the Assembly of First Nations, and the B.C. Association of Non-status Indians. She helped restore Indian status to over 16,000 women and 46,000 first-generation children of mixed ancestry. She also helped found two of the most important Native women's groups in Canada.

DETAILS: **Tuesday, April 15, 2008, 6-9 p.m.**

Light refreshments will be served onsite from 5-6 p.m.

LOCATION: **Theatre UCFV Chilliwack campus**

45635 Yale Rd.

Chilliwack, British Columbia

(visit www.ucfv.ca/Contact_Us for map)

Please RSVP by emailing pat.christie@ucfv.ca or calling: 1-888-504-7441 local 4195.

www.ucfv.ca/UNforum

Inside This Issue:

UNN Forum Invitation	1
NITEP at UCFV	2
Career Fairs	2
Sweat lodge Ceremony with Elder, Terry Prest	2
Did you know...? Halq'emeylem Honor your health	3
Staff Contact info	3
Ask Th'et-simiya	4

If you are not in our Spring Summer session, then have a great Summer, and be good to your self. If you need assistance or have questions for continuing your educational plans, don't hesitate to call or drop by to see us during your time off...Xolhmethep chap!

Take care all...



UCFV & UBC present:

Native Indian Teacher Education Program (NITEP),

University of British Columbia's Bachelor of Education program for those wishing to teach in an elementary or secondary school.

**First Cohort of Students
September 2008**

UCFV's Aboriginal Access Services is providing the opportunity for Aboriginal Teacher Education opportunities at the UCFV Chilliwack Campus for September 2008.

This is a great opportunity to begin the journey towards becoming a teacher here in the Fraser Valley.



If you can't do everything then do some old time trading with someone... If you can preserve 12 jars of fish, then trade for 24 jars of peaches. If you pick an extra bag of Swamp tea, then trade for Sage or Sweet grass. If you do bead work, then trade for some deer meat. And so on ...

Career Fairs
Come out and see what's available.

Career Fairs are cropping up every where in the Spring time. They are not only informative for yourself, but for your relatives too. If one still procrastinates returning to school or getting a career, or starting a business, then it's all here with free give aways, and snacks...

April 1, 2008

N.E.C. Vancouver 9 - 3

CCP Info Night on the Chilliwack Campus

Room D—119

*Sweat lodge Ceremonies with our Elder in
Residence Terry Prest*

Sweat lodge Ceremony

Sunday, April 20, 2008 9:00 am

(meet at Cultus Lake mall to proceed to sweat lodge) Please contact Josephine Charlie for more information.

For your information the Sweat lodge ceremonies will continue through out the summer on the third Sunday of each month. *(weather permitting)*

Did you struggle this past year? So what can you do to survive the winter blues a bit better?

Did you put away enough salmon? Do you know how? Ask someone...

Did you pick berries and make jam? Do you know how? Ask someone...

Did you go to bargain sales and stock up? No ride? Ask someone...

Did you go home to visit your family? No ride? Ask someone...

Did you spend quality time with yourself? No \$\$? Don't need any...

Did you spend quality time with your children? No \$\$? Don't need any...

Did you spend quality time with a good friend? No \$\$? Don't need any...

Get involved with community activities. Share with your friends.

Hope for the best, and most of all play safe...come back stress free...

Learn more about Aboriginal services and how you can be involved

Spring is here!!!



Halq'eméylem Lesson

Child: Méle pronounced like *Mill + la*

To say more than one child it would be *Ma:méle*, this 'a' sounds like 'a' in away Ma:-mil-la.

To say female child, is adding 'the' pronounced 'th' as in think and 'e' and in the or up, put it together 'th + e'

The Ma:méle = Female child

Te Ma:méle = Male child

'Te' sounds like 't' as in 'tea' and 'e' and in the or up, put it together 'te'

Te Ma:méle = Male child.

Did you know...

That the shoots of Thimble berries, and Salmon berries are eatable! As a child we couldn't wait to eat the Briars or as we Stó:lō call them Sa:skis (Sass-key.) We (myself and my brother and sisters) would go out to our usual spots around the potato field or down by the rail road tracks in Sardis, and have a feast. It's best to eat them before they get woody or too tall, so they are juicy and tender. So when you go for a walk way out in the forest like around Cultus lake look around for them and have a snack, pick the ones that are 6—12 inches tall, they are the best. With all the new neighbors and development in Sardis and Chilliwack, they don't grow any where near by, or they are contaminated by motor vehicles, be safe don't eat those. They also have iron and are green.

For more information give us a call and she can answer your questions or concerns.

If you know of a remedy, please share it with us for next month. Email: arc@ucfv.ca

S'olh Shxwleli Staff Contact List

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Thanks to every one for the support and love offerings that went out to the Mussell family in their time of need. Always pay forward...



Highlights of March!

Honour Your Health Challenge 2008



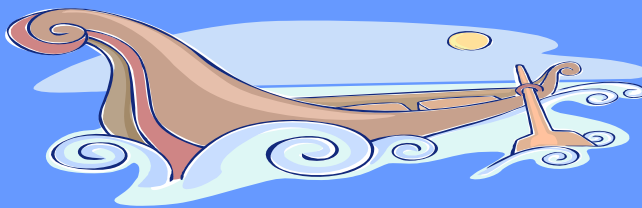
Sheena and Sheilah

Have done a great job in meeting the expectations of this project.

Eating healthy and getting exercise are important to our over all health. Having these projects reminds us of our responsibility to ourselves more than anything else. Keep up the good work EVERYBODY!

Important Announcements

Aboriginal Access Services will be in attendance full time in Abbotsford for the summer semester. We can still be reached by e-mail, arc@ucfv.ca or by phone, phone lines are automatically transferred to a live staff—give us a call at 1-888-504-7441 local 2835 or 604-795-2835, and let's chat.



Breaking news...Straight from the horse's mouth.

I am making a move to Terrace, B.C. to be with my dear parents, I have had a great experience here at UCFV and appreciate the encouragement and support for my decision, I know I will return to the valley, this is my home, take good care of it... There's great things happening here, keep up the good work and always put your best foot forward! All my Relations, Kw'as hoy!

Th'et-simiya (Wendy Ritchie)

Canning Salmon?

Many people ask me how to can salmon, and I use a Pressure cooker, and if you don't have one or know how to use one it makes a big difference in how your fish tastes. Also your jars come out cleaner than open kettle cooked canned salmon., which makes them easier to clean and sanitize.

For one dozen pint jars, you need about 4—5 sockeye or 1– 1 1/2 springs. (that's with all the fins and bones out)

Clean jars, rings, lids in warm to hot soapy water with one cap of bleach. Rinse well and let air dry.

You will need paper towels, clothes, and towels to keep jars clean and place jars on towel.

A half cup of table salt, sharp knives, a teaspoon, and cheese cloth or news paper to stop the salmon from slipping while cutting. A bag or container for remains.

Cut the salmon to fit the jars, doesn't matter what size as long as they fit in the jars.

Some people like skin on some like to fillet the salmon, some like bone in, some don't, so do what ever suits you.

Fill the jars to the first line at the top of the jar with raw salmon, add one teaspoon of table salt, wipe jar top with a damp cloth and dry with a paper towel, place lid and jar ring on top of jar and tighten firmly but not over tight. If the ring keeps slipping you are either over tightening it or it's a faulty ring and it needs replacing. (Do not use bent or rusty rings or used lids)

Set on the towel and continue to fill remaining jars.

Cooking the salmon: In an open kettle place jars on rack provided or make your own from wood or a towel will even work. Fill till the jars are covered with cold water, place on high heat until boiling, turn down to a medium boil, keep a close eye on this for the next 4 hours, if water dissipates add freshly boiled water to cover, keep lid on until end, after 4 hours let cool for 1/2 hour, take lid off and let sit in water for another 1/2 hour, raise jars out of water keeping all fans or doors, windows shut, and let sit for 1/2 hour, place on towel and let cool. Wipe lids clean and write date on the tops and place back in the box and store away in a cool dark location, may be eaten after 8 weeks, good for 2 years.

* For Pressure cooker canning, get some one that knows how to guide you through the process as it can be **dangerous**, or read from a book all the instructions first before attempting this procedure. Good luck and happy eating...mmm fish sandwiches..LOL