

S'olh Shxwlèlì Siya:ye

ABORIGINAL ACCESS SERVICES NEWSLETTER



February 2012

Winter Wishes

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Why the University of the Fraser Valley?

There are a few universities where class sizes are small & personalized attention is so readily available. As well, UFV has a wide range of courses, programs & career choices. We offer a large number of options including two master's degrees, 15 bachelor's degrees, almost 100 diploma and certificate programs, and more than a dozen trades and technology credentials.

So how do these advantages benefit our aboriginal students?

Aboriginal Access Services provide -

- Educational and cultural support, and financial advice for students
- Planning and hosting of various cultural activities including Welcoming events each September and January, Metis Day, annual First Nations Celebration Day, and activities to directly support the emotional & spiritual wellness of our students;
- Information & assistance about what programs & services the University has to offer, and how to plan your educational path at UFV and beyond. We also work with students to access up-to-date resources, organize tutors & study groups, and other helpful learning strategies
- Help & network for students to access band funding or assistance from Metis & other aboriginal organizations, including grant, bursary, and scholarship information specifically for our students.

Welcome Eddie Gardner



Please join us in welcoming Eddie Gardner as the new Elder-in-residence for Aboriginal Access Services, effective February 9th. Eddie will join Charlotte Point in providing counselling, spiritual guidance and traditional teachings to our students on the Chilliwack and Abbotsford campuses. We feel honoured and privileged to have acquired the services of Eddie, as our new Elder, replacing Terry Prest. He comes with a wealth of experience working with aboriginal organizations throughout Canada, the Province of BC, and within Sto:lo territories; & has provided his knowledge & leadership in many adult & youth culture and education programs.

University of the Fraser Valley

Aboriginal Access Services

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Contacts at a Glance

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- **Betty Peters**
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- **Elaine Malloway**
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Traditional Medicines

Health Tips from Elder-in-Residence, Charlotte Point

- Getting through the flu season can be challenging, especially during the mid-terms and long hours of reading and studying late into the night
- A few drops of oregano oil in tea or water twice a day will boost the immune system. Spray the throat with a saline solution using 1/2 tsp of natural sea salt and 1/2 cup of water several times throughout the day, and this will help to ward off those flu bugs
- Viruses, bacteria and fungi all thrive in an acidic environment, so to maintain your system with a healthy alkaline balance, drink herbal teas, avoiding coffee and black tea, and cutback on sugar and white carbs. If you tend to “snack”, try almonds, licorice and “green” snacks like sliced-up veggies & fruit. Chlorophyll tablets are also great for helping to improve an alkaline balance.
- Stress can also be a “real killer”, so take a 10 minute break every hour, stretch frequently, and go for a walk outdoors taking deep breaths from time-to-time. This helps clear the “brain fog” as well.

Recent Events

Dec 7th in a regular Student Services Dept meeting, met with Mark Brosinski, Manager of Budgets & Financial Planning to review new budget goals, priorities and format

Dec 7th & Feb 7th met with Craig Toews, Director of Campus Planning, Shelley Young, Project Planning Coordinator and Tony Yip, Principal Architect (Bryan Chernoff Thompson Architects) to discuss configuration and design of proposed, Aboriginal Resources Centre to be built within the new Abbotsford Campus, Student Centre beginning in early 2013.

Dec 13th along with Betty Peters met UFV recruiters Daniel Goertz and Holly Zonneveld to discuss more efficient ways to combine our time and resources in order to get UFV information out to high school graduating students at career fairs and throughout the Fraser Valley

Dec 6th—Feb 8th provided four letters of reference for students requiring band funding and, or admission to UFV courses and programs beginning in January or September 2012

Jan 11th & 12th participated in Racism & Anti-racism Network previewing of “For the Next Seven Generations” film, about the gathering of 13 indigenous grandmothers from around the world who are moved by a concern for our planet in crises, by sharing their visions of healing and calling for change now, before it is too late. This video was shown on Feb 21st 10:30-12:30 Rm D235 Chwk Campus with a huge success attended by many Elders & Students & Faculty.

Jan 19th—Feb 17th made contact with home Bands on behalf of 6 new out-of-area students requiring funding and support for courses & programs beginning March & September 2012. Provided “letters



Recent Events cont'd

Of recommendation" for 6 students after interviews to establish goals, objectives, timelines & support needs
Jan 30th met with staff from Finance, Student Services & the Student Union to plan more effective, timely reminders for students to Opt-out of the Medical-Dental Program, in order to avoid unnecessary penalties and delay in receiving their marks.

Feb 2nd participated in "Indigenizing the Academy: Voices from the Inside Out" event with Shirley Hardman and sponsored by the Office of the Provost & Vice President Academic

Feb 7th along with Elder, Charlotte Point attended official opening of the UFV Clearbrook Centre, new home of the Continuing Education Dept & Applied Business Technologies, a partnered project with the City of Abbotsford located adjacent to the Abbotsford Public Library

Feb 13th with Rene Inkster & Charlotte Point to the Societe francophone de Maillardville/Festival du Bois to make important contacts and acquire sashes for UFV Metis Day, then to Douglas College in New Westminster to view their new Gathering Place, and acquire ideas for the new UFV Longhouse location at Canada Education Park.

Winter in the Fraser Valley

The Fraser Valley was hit with blast of winter storm which created closures of District # 33 School District and the University of the Fraser Valley during the week of Jan 16th to the 20th. This picture to the right is a house on Chilliwack River Road with 20 foot drift across the whole front of the house left the family glad they have other exit doors.



UFV Closes — Just another 'snow week' in the Valley

Traditional Recipes

BUFFALO STEW

1 1/2 lbs. buffalo burger, browned
1 pt. (canned) turnips, drained
1 pt. (canned) rutabagas
1 pt. (cooked) okra
1 pt. (cooked) carrots

1 qt. (cooked) potatoes
2 qt. (cooked) tomatoes
1 1/2 tbsp. garlic powder
1 tbsp. dried celery
2 tbsp. dried ground pepper

Can use venison or hamburger.
Combine all in a large pot and simmer for several hours.



Student Numbers

- Our number of “declared” returning students as of December 24th was 310 students. Our new students count was approximately 48 students with some still on the “wait” list for a variety of funding or documentation reasons, as of January 13th.
- Since the December Aboriginal Community Council meeting, we have assisted 51 students with admissions and registration issues, who were intending to begin courses or programs in January or September 2012.
- Since December 12th we have provided 35 students with financial aid information and band support contact
- Since October 17th we have had approximately 657 drop-in visits by students and student guests in our Aboriginal Resource Centres and Student Lounges at our Chilliwack & Abbotsford campuses, for a wide range of academic, counselling, cultural and social reasons.

Elders in Residence

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