



April 2012

If you know the Questions, You can find the Answers: 25 Things to Ask About if you are a New or Out-of-Area Student coming to UFV!

1. When do I start thinking about post secondary education?
2. What do I take in high school to prepare for it?
3. How do I get through high school?
4. What and where is post-secondary education?
5. How much does it cost and how do I pay for it?
6. How do I apply, get accepted, accept the offer, get registered?
7. Where do I live, and how do I find a place?
8. How do I choose my courses?
9. How do I eat, sleep, shop, do laundry, bank, etc.?
10. What will the experience be like?
11. What will I get if I go there?
12. What will I give up if I go there?
13. What will I do if I don't like it?
14. What happens if I get sick or depressed?
15. What will I do if I get lonely, homesick or have pressures to return home?
16. What will I do if I run out of money?
17. What happens if I need to go home?
18. How do I fit in, or find others like me?
19. What if I change?
20. What if my family or friends change?
21. What do my family and community know about post-secondary education?
22. Who do I know that has a degree, diploma or certificate that might talk to me about university?
23. What can my parents do to help me be successful in solving my personal challenges?
24. What can my parents tell me about further education?
25. What resources do my parents and I have to support me in my education?

University of the Fraser Valley

Aboriginal Access Services

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Traditional Medicines

Health Tips from Elder-in-Residence, Charlotte Point

- Pick some stinging nettles when they are about ankle high, and steam them like spinach, and serve with butter, salt & pepper. Then eat them everyday for a few weeks. This should detoxify the system. The stinging nettles can be dried for tea at this time and stored for later use.
- A shot of wheat grass juice taken first thing in the morning on an empty stomach (have some breakfast after 15 minutes) everyday for at least a week will also provide your body with a thorough cleanse. Booster Juice has the fresh juice, or it can be purchased bottled at your local health-food stores.
- If you have chronic pollen allergies purchase a bottle of bee pollen and take one grain everyday for a week, then two grains everyday for a week, continuing each week with an additional grain until you are taking a teaspoonful each week. This will help desensitize your system to the afflicting pollen.
- For annoying congestion try using a Nettie Pot from the health store, to rinse your nasal passages. It's a practice that is awkward at first, but gets easier after a few days. Use warm water with 1/2 teaspoon of sea salt to rinse your nasal passages.
- Tea Tree Oil used in your humidifier, works well when fighting sinus infections; homeopathic such as Pulsatilla and Hives are also helpful, as is Euphorbium nasal spray when dealing with sinus congestion.
- As a natural antihistamine, Qursetin is also very helpful to some people, while others find Chinese herbal antibiotics work well to cure sinus infections.
- Olbas oil is also safe for everyone to use to ensure better breathing while asleep.





Good News about our Colleagues:

We are so proud of **Shirley Hardman**, the UFV Senior Advisor on Indigenous Affairs who was recently awarded the Employee Excellence Award in Leadership. For over a decade she has worked tirelessly for our University in the areas of aboriginal student access and making course curricula more inclusive of indigenous content. After leading the growth of Aboriginal Access Services, and since becoming the senior advisor on indigenous affairs, Shirley has worked with academic and service departments to help them indigenize their curriculum and practices.

Currently Shirley chairs the Indigenous Studies Advisory committee, has co-founded the Indigenous Scholars Network, sits on the Sto:lo Community Futures Board, and is the chair of the Skemcis Medicine Lodge Society. Your contributions to this institution, and to aboriginal organizations in Sto:lo territory and across the Province, are highly commendable.



Our congratulations go out to **Wenona Victor**, who has been awarded a full-time professorship in the UFV College of the Arts in the Indigenous Studies Faculty. She has taught several courses as a sessional instructor at UFV for the past six years, and brings with her a wealth of knowledge and teaching experience in the nature and structure of Aboriginal leadership, the role of traditional stories in the making of Sto:lo history, the evolution and impact of political and specific educational policies for indigenous peoples, and First Nations education initiatives over the past 60 years.

Courses she has taught include Sto:lo History, Indigenous Peoples and Crime, First Nations Studies, and an Indigenous Peoples Knowledge course. Wenona is currently a PhD candidate at Simon Fraser University who is in the last stages of her PhD program completing her research dissertation on the ***Sto:lo, Good Governance and Self-Determination***.

Wenona is skilled and articulate in her teaching craft, and we commend her on her achievements and contribution to all of her students and colleagues at UFV, and throughout the aboriginal communities.



SCIENCE ROCKS! A UFV Summer Science Camp for Aboriginal Youth:

What is it? The Faculty of Science at UFV is offering a special Science Rocks! camp this summer, designed especially for Aboriginal Youth in grades 4, 5, and 6 with campers going into grades 4 or 7, also eligible. This camp is fun and a great learning experience. And it's **FREE!**

When and What is it? *It's the very best of Science Rocks! August 7 – 10th!* Enjoy the most popular activities from all the *Science Rocks!* camps. Topics include:

Things that explode!
Things that stink!
Things that zoom!
Things that glow!

Time and Location? The camp will run from 8 am to 5 pm, Tuesday through Friday, August 7 – 10. Lunch is included every day. Drop-off will be between 8:00 and 8:30 am and pick-up between 4:30 and 5:00 pm. Sessions will be either indoors or outside depending on the weather and the activity. Between science activities, campers will get a chance to do other activities related to science, including games, physical activities, and competitions.

Student/leader Ratio? The group will have a UFV Science student facilitator to lead campers through the activities (instructor-to camper ratio is 1:8)

Cost? This camp and all related activities are offered absolutely **FREE** to Aboriginal students in Grades 4, 5, and 6 (including those just entering grade 7) in the Fraser Valley.

Questions? Please e-mail to sciencerocks@ufv.ca, or leave a voice message at 604-851-6346 and you will receive a call back.

Traditional Metis Recipe

Elk or Deer (Pemmican) Burger-Dumpling Stew

1 1/2 lbs. lean elk or deer, ground
1/8 tsp pepper w/onion juice
1 tbsp. flour
1 cup tomato juice
1 recipe dumplings

1 1/2 tsp salt
1/3 cup of fat
2 cups hot water
1 tbsp. chilli sauce

Mix elk or deer (pemmican) with salt, pepper and onion juice, shape lightly into small cakes and sear in fat in hot frying pan until well browned; remove cakes. Stir flour into dumplings in pan, add water, tomato juice and chilli sauce and bring to a boil. Return cakes to pan and drop 1 tbsp. dumpling mixture on top of each, cover tightly and cook for 10 minutes.

Approximate yield: 6 portions



Recent Events:

Held formal 'welcoming' on February 27th for Aboriginal Access Services' ***new Elders, Charlotte Point and Eddie Gardner***, and included a 'meet & greet' opportunity for students, staff, faculty and administration at the AR Centre in Chilliwack;

Participated in meeting with the ***UFV Convocation Team*** on February 28th to discuss and plan for June graduation ceremony, and clarify related policy information including aboriginal students' right to wear their traditional regalia while graduating;

Attended meeting with ***Eric Anderson, Aboriginal Student Rep. and Student Union Society*** executive on March 1st to discuss the role and 'voting rights' of the representative, and potential replacement of Eric who is leaving UFV in May to return to his home community in Ontario;

Met on March 12th with representatives from Sumas First Nation and City of Abbotsford to plan the ***Abbotsford Aboriginal Day*** celebration for Thursday, June 21st;

To plan for ***opening events*** between May 7th & September 14th, at the new Chilliwack campus at ***Canada Education Park (CEP)***, met with ***MarCom representatives, Betsy Terpsma and Auriel Heron***;

Attended '***Journey of Heroes' Conference*** at Sumas First Nation on March 27th to hear from survivors of residential School experiences, and how thru the use of ***Legacy of Hope Foundation Edu-kits***, reliable information about the tragedy of residential school experiences can be accurately integrated into public school curriculum;

Attended '***Lens of Empowerment***' showcase presentation in ABBY on March 30th hosted by our students working on cultural/multimedia presentations through the ***Indigenous Arts Certificate*** program;

Met at the Chilliwack AR Centre with ***Susan Fisher, Associate Dean of Students, College of the Arts***, staff and two student reps. on April 3rd to discuss practical ways that faculty can become more effective in engaging with our students;

Participated in annual meeting of ***Abbotsford School District on April 11th on 'Renewing our Goals for Aboriginal Education'***, giving feedback in updating their ***Enhancement Agreement*** with local



Congratulations to our Graduates: Whether you have completed your post-secondary program earning a certificate, diploma or degree, it's important that you be recognized for your efforts and accomplishments. Show great pride in yourself and ask all those from within your family and relatives' network and circle of friends, to join you in celebration.

Some important pieces of information on the **UFV June 2012 Convocation** ceremony are:

Dates: Thursday, June 14th @ 2:30 pm –

Ceremony 1

- Faculty of Professional Studies
- Faculty of Access & Open Studies

Friday, June 15th @ 9:30 am –

Ceremony 2

- College of the Arts

Friday, June 15th @ 2:30 pm –

Ceremony 3

- Faculty of Science
- Faculty of Health Science
- Faculty of Trades & Technology

Venue: Abbotsford Entertainment and Sports Centre (AESC), – 33800 King Road
Abbotsford, BC

Parking: Free on all adjacent UFV lots.

Gown & UFV hood/vee-stole rental: – \$40.00 'til midnight May 31st
– \$60.00 to rent on graduation day

2012 Grad Portraits? – Book your sessions now at www.artonagroup.com , May 22 – May 31st

- Click on book session
- Click on university of the fraser valley

Need more information? Check out – www.ufv.ca/convocation



Looking Forward:

- Invitation from the UFV **Advising Department** to attend an information session of the Early Alert Resource Team re the new **(PASS) Priority Access to Student Supports program**, to be held in ABBY Room C1421 on May 9th from 11:00 – 12:00 noon;
- Friday, May 11th from 11:00 – 3:00 pm at **Canada Education Park (CEP), Aboriginal Access Services & Indigenous Affairs, Honouring the Builders ceremony, and CEP Ribbon Cutting Ceremony and Campus Opening @ 2:00 pm**. Come and join us with UFV President Mark Evered to officially open our new campus building and witness the signing of new partnership agreement with NVIT;
- **Place Names Tour** of the central and upper Fraser Valley, UFV enrollment area by staff and administration;
- **Aboriginal Community Council**, May meeting at Canada Education Park, Gathering Place on Monday, May 14th;
- **Moving Day** for Aboriginal Access Services on Wednesday, May 16th;
- **Indigenous Studies Advisory Committee (ISAC)** meeting Wednesday, May 16th;
- **Tour of Chilliwack Rotary members/UFV donor group** of Canada Education Park, hosting in Aboriginal 'Gathering Place' 12:00 noon – 1:30 pm on Wednesday, May 23rd;
- **BC Aboriginal Post-Secondary Coordinators' (BCAPSC) conference** at Emily Carr University in Vancouver Monday, May 28th – Tuesday, May 29th;
- **UFV Early Childhood Education & Child & Youth Care departmental forum** in ABBY June 1st in Room B140 from 1:00 – 4:00 pm, Elder Eddie Gardner involved in official welcome;
- **UFV Convocation 2012** Thursday, June 14th @ 2:30 pm; Friday, June 15th @ 9:30 am & 2:30 pm at Abbotsford Entertainment and Sports Centre, 33800 King Road, Abbotsford, BC.





Student Numbers

- Our number of “declared” returning students as of April 19th was 332 students.
- Since the February Aboriginal Community Council meeting, we have assisted 37 students with admissions and registration issues, who were intending to begin courses or programs in January or September 2012.
- Since February 20th 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.
- As of April 30th, 119 students registered to take UFV courses over the early Summer session (May-June) or full Summer session (May to August) or the late Summer session (July-August)



Elders in Residence

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