

S'olh Shxwlèlì Siya:ye

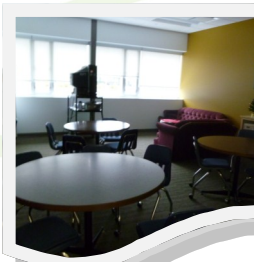
ABORIGINAL ACCESS SERVICES NEWSLETTER



September/October 2012

We have Moved!

If you have not made it in to our new space at Canada Education Park, please drop by and pay us a visit. We moved in May and we have a beautiful space amongst the cedar and maple trees.



University of the Fraser Valley

Aboriginal Access Services

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Contacts at a Glance

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Elder-in-Residence

Theresa Neel
Elder-in-Residence

Laura Smith
Academic Support

Josephine Charlie
Cultural & Activities Assistant

Betty Peters
Department Assistant

Elaine Malloway
Department Assistant



Changes in Aboriginal Access Staff

Please welcome our two new Elders, Theresa Neel & Eddie Gardner, to our department.



Elders' schedule

Mondays

Eddie -Abbotsford
Theresa—Chilliwack

Tuesdays

Eddie—Chilliwack
Theresa—Abbotsford

If at any time you need to consult with the Elders, you may contact them or leave a message at (604) 792-2245, or by email: eddie.gardner@ufv.ca or theresa.neel@ufv.ca



Education Goals from a Medicine Wheel Perspective

Developing a good vision for your life is an essential part of achieving a quality education. What is your life purpose? Why are you here? Where did you come from and where are you going? These are the soul questions everyone ponders. Once these questions are answered you can exercise your volition to achieve your personal vision.

Volition is at the centre of the Wheel where we can co-create the outcomes we want in our lives with the helpers in the seen and unseen world. How do we exercise this volition or “will power?” The following steps will help you do this:

1. Attention and Intention

You are your attention. If your attention is in the past, you are in the past. If your attention is fragmented, you are fragmented. When your attention is in the present, you are in the present and you are in the presence of the Creator. Power is always in the present moment. Whatever you experience is a result of the quality of your attention. If your attention is on wholeness, you are whole — mentally, physically, emotionally, and spiritually. Make an unchangeable intent, with fixity of purpose, to get what you want out of life, free from distractions that take you away from the direction you want to go.

2. Set goals

After you have put your attention to what you want to achieve, choose courses that move you towards your academic goals and go for it. Seek academic course counselling to ensure you are setting yourself up for success. The choices you make need to shape the career that best suits what you believe is your life purpose.

3. Initiating action

Put your plan into action. Remember the journey is far more important than the outcome. There are several means to the end. You may want to make changes and adjustments on the way, and your academic journey will take a life of its own.

4. Persevering

Focus on supports available as you make your way through the challenges of meeting rigorous academic studies on a limited budget. Balance study time with recreation. Develop a social network of support. Talk with the Elders in a time of need. Seek tutoring and join study groups when needed. Trust and believe in yourself, and have a spiritual practice. Explore part-time work to meet your basic needs. We are not our mistakes. Remember, in every failure there is a seed of success. Be inspired by Aboriginal role models who succeeded at the university level by overcoming seemingly impossible difficulties and challenges.

5. Completion

Let your vision become a powerful magnet pulling you towards it. Persevere to the end, even if it takes longer to get to your final goal — a Bachelor of Arts, a Bachelor of Science, a Master's degree, or a PhD. Strive for excellence so you can inspire other Aboriginal people in your community and across Canada. You can do it!

Eddie Gardner, Resident Elder



Eric Anderson, Aboriginal Student Representative (SUS) May 2, 2012

I am Eric Anderson, Mohawk, Turtle Clan, Six Nations. I am from Branford, Ontario. September 2009 was my first semester at the University of the Fraser Valley (UFV). I came with the plan to get my degree in Child and Youth Care. One thing I liked about UFV is it is a young, small university that is growing. I have met some really wonderful people here through the Aboriginal Access Center. I found myself spending a lot of time in the Centre, especially when I wanted to have a good conversation over a cup of coffee or lunch.

Living in Baker House on the Abbotsford campus for the past three years has been one of the best decisions I have made. I have met some wonderful people and made long-time friends. I would recommend living in residence in your first year away from home because of the well-structured environment it provides. The staff and Resident Assistants mentor you and always have your best interests in mind. It is a community.

I was part of the Student Union Society (SUS) for 2 ½ terms. I was honoured to be elected to bring the Aboriginal community's voice to the SUS board. On SUS, I learned about the politics of UFV, and how to work on committees, especially Governance and Advocacy. I am most proud about getting the Aboriginal Student Association (ASA) an official post on the Student Union Society. I believe this will be a way Aboriginal students can network and plan events for students-by-students. It is also a great opportunity for students to get executive experience.

I am taking a hiatus from my studies to pursue my childhood dream, to become a professional drummer. My plan at this time is to return to UFV in the future.





Honoring Ceremony May 11th, 2012 and other UFV events





Moose Meat Chinese Style

Tribal Affiliation : Leq'a:mel First Nation Canada

Origin of Recipe : Offered by Isabel Anderson ...who learned this from Carrier Nation Elders

Ingredients

- 1 cup onions diced
- $\frac{3}{4}$ cups bacon diced very small
- 1 cup moose meat diced very small
- 1 $\frac{1}{2}$ cups diced potatoes diced small

Directions

Add bacon to hot fry pan.

When partly done add moose meat cook until browned.

Add onions and potatoes, cook until half done.

Add boiling water to cover the meat.

Simmer covered for $\frac{1}{2}$ hour.

Add salt and pepper to taste.

Serve with boiled rice and soy sauce.

Note: This can be made with deer meat as they both have their own distinct taste.

Bread Pudding

Ingredients:

- 5 cups day-old bread cubes
- 4 cups scalded milk
- $\frac{1}{2}$ cup butter, melted and cooled
- 1 cup white sugar
- $\frac{1}{2}$ tsp. salt
- 4 eggs, beaten
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 1 cup raisins (optional)
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ T cornstarch
- 1 cup hot water
- 2 T butter

Directions:

Preheat oven to 350 degrees F. Spray an 8x11 inch casserole with non-stick spray.

In a large bowl, combine bread cubes, 1 C sugar, salt, cinnamon, and nutmeg. Mix in raisins, if desired.

In another bowl, blend milk, melted butter, and eggs. Add wet ingredients to dry, and mix together without turning bread mixture into mush. Pour mixture into prepared casserole dish.

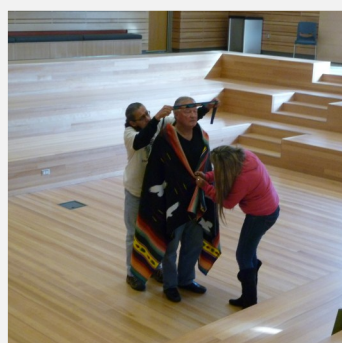
Place casserole dish into larger baking pan. Pour hot water into baking pan about $\frac{1}{3}$ up the side of the casserole dish, creating a water bath. Bake for 45 minutes.

In a small saucepan, combine $\frac{1}{2}$ cup sugar, cornstarch, 1 C hot water, 2 T butter, lemon juice, and lemon zest. Cook on medium heat until boiling and thickened. Stir constantly to avoid scorching. Serve with bread pudding



Tough to say Good-bye

It is tough to say good-bye to Bob Searle, AAS Coordinator and Charlotte Point, UFV Elder, who are taking new life ventures. We wish them well and will miss them!



Elders in Residence

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