

# S'olh Shxwlèlí (Our Place)

INDIGENOUS STUDENT CENTRE



## Tempo:kw 2023 Newsletter

Éy swáyel stá:xwelh, good day students

### IMPORTANT DATES FOR OCTOBER

- Oct 4 - Student Lunch, ISC Chilliwack 11:30am to 1:00pm
- Oct 4 - Drum Circle, Gathering Place, Chilliwack 1:00pm to 2:00pm  
Join us as we honor our residential survivors, family, and community
- Oct 5 - Student Lunch, ISC Abbotsford 11:30am to 1:00pm
- Oct 16 - ISC Wellness Workshop - Abbotsford Teaching Gardens  
10:00am to 12:00pm, dress for the weather  
Open to all indigenous faculty, students, and community
- Oct 25 - Spooky Beading, ISC Chilliwack 1:00pm to 3:00pm
- Oct 26 - Spooky Beading, ISC Abbotsford 1:00pm to 3:00pm

Students who attend our wellness workshops will receive an incentive on their campus card for attending

**ISC Wellness Event**

**Tempó:kw (October)**  
“Time for Chehalis spring salmon”  
Abbotsford ISC  
October 16th  
10:00AM - 12:00PM  
Spiritual health

### Connect with us!

**Chilliwack ISC – A1441**  
45190 Caen Avenue  
604-795-2835  
M-F, 8:30am - 4:30pm

**Abbotsford ISC - S1113**  
33844 King Road  
604-557-4069  
M-F, 8:30am - 4:30pm

Email: [isc@ufv.ca](mailto:isc@ufv.ca)

ISC Website: [ufv.ca/isc](http://ufv.ca/isc)

**Staff Emails:**  
[chantel.Watt@ufv.ca](mailto:chantel.Watt@ufv.ca)  
[tery.kozma@ufv.ca](mailto:tery.kozma@ufv.ca)  
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#### ON LEAVE

[rebekah.brackett@ufv.ca](mailto:rebekah.brackett@ufv.ca)  
[alyson.gher-white@ufv.ca](mailto:alyson.gher-white@ufv.ca)





## ISC Peer Mentor Program

You can book an appointment with a Peer Mentor by contacting: [isc@ufv.ca](mailto:isc@ufv.ca)

Peer Mentors are here to help our first year students navigate university life and UFV processes!

Maille, Sherry, Amanda, and Lucas



## Meet our Elders and Knowledge Keepers

Hello my traditional name is Qohtyetel, my christian name is John H. Williams, I am from Skwah First Nation.

John H. Williams's traditional name, Qohtyetel, was given to him by his grandmother in 2002. He grew up on the Skwah First Nation reserve, additionally is currently working full-time and is elected council for his band. A part of John's cultural activity involves drumming, and speaking about the culture, spiritual traditions, and teachings. John is connected to people in their healing journey and continues to carry a message of hope for change. He looks forward to supporting ISC as a Cultural Resource Worker.



## Resident Elders Student Support

Elders are here to provide cultural guidance and support. They are on campus each week. For more information please contact [isc@ufv.ca](mailto:isc@ufv.ca). They are available for one on one appointments. to book an appointment go to <https://www.ufv.ca/isc/elder-services/>

