

S'olh Shxwlèlì Siyá:ye

"Our Places"



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Aboriginal Access Services Newsletter

December 2008
Meq:ó:s

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History of Aboriginal Adult Education class

ADED 365: History of Aboriginal Adult Education will be taught Wednesday evenings, from 7:00-9:50 PM beginning Jan. 5 – Apr. 14, 2009 in Room A402, Abbotsford campus.

This course will focus on the histories of Aboriginal adult education in Canada. Topics include the educational policies and practices since 1830s in Canada,

specifically, with relevant references to adult education practices in Australia, New Zealand, South America and Finland; the development of the residential school systems in Canada; the government education policies of the mid and late 1900s; Indian Control of Indian Education as a social movement; the issues of 'Aboriginal learning styles'; and the emergence of

Indigenous adult and higher education institutions.

This course will be taught by Lorna Andrews, an Aboriginal woman from the Nla'kapmux Nation and married into the Sto:lo Nation. She has a Master's Degree in Education from Simon Fraser University with a focus on curriculum and instruction in post secondary as it relates to Aboriginal people.

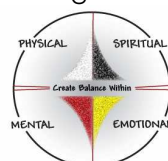
Honouring Our Health . . .

In the beginning of January 2009, Aboriginal Access Services, Abbotsford, will be facilitating an 'Honor Your Health Challenge.' The goal is to promote health and wellness among Aboriginal people.

Various activities and events are being planned. We are currently in the process of formulating the challenge, so if

you have ideas or suggestions please contact Judy in her office A219a (Abbotsford) or email them to her at judy.cathers@ufv.ca.

We look forward to your participation in this journey of becoming healthier!



Lorna has extensive experience in working in Aboriginal employment services/ programs as well as post secondary education. She has done considerable research on Aboriginal adult education, learning, ethics, identity, and success factors as it pertains to Aboriginal participation and retention in the post secondary field.

Preparing for Exams

Ask the Instructor:

- for assistance with any content you don't understand.
- for information on the test i.e. What material will be covered? What is the format of the exam? How long is the exam?

Concentrate on what you don't understand by:

- using study tools such as a concept maps, flashcards, and review notes to focus on areas that require more attention.
- making a list of the unclear concepts, terms, theories, or facts and try to find the answers in the textbook, ask a classmate, and/or check with the instructor ↗

Plan your study time by:

- being specific about what you will learn, review, and/or study in the time you have.
- dividing your study time into manageable chunks.
- planning breaks (e.g., 10 minutes for every hour of studying).
- building some flexible time into your schedule to allow for unforeseen things.
- not playing catch up. If you are already behind, prioritize, by concentrating on the material most likely to appear on the exam.
- brainstorming possible exam questions and then practice writing out the answers



Preparing for Exams cont'd



Academic Support:

Need help with your studies?

Tutoring is available.
Please contact us so we can set it up for you.



Use active study strategies to increase your learning:

- verbalize information to increase sensory input to the brain.
- organize the course material in a logical way so concepts fit together i.e. draw concept maps, diagrams and/or pictorial representations
- teach/explain the

material to someone else.

- practice the 3R's: Read, Write, Recite the material.
- involve physical movement or senses where appropriate.
- form a study group to quiz each other and keep focused

Summary from:
http://www.lib.uoguelph.ca/assistance/learning_services/fastfacts/exam_preparation.cfm

**** A reminder that Laura is available to help with English papers / assignments. She is at the Abbotsford campus on Tuesday's, and at the Chilliwack campus on Monday's and Wednesday's. ****





The Stó:lō had Halq'eméylem words to describe different times of the year. The names of the months had meanings. The name for this month is Meq:ó:s (Dec. 25-Jan. 22) meaning "fallen snow season." The winter season is temxeytl' – "cold time."

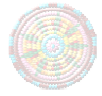
REMEMBERING OUR VETERANS



Jack Beaver of Ontario's Alderville Band was overseas with the RCAF for 13 months during the WWII. A member of the Force's 126 Wing, he served in England, Holland, Belgium and France. After the war, Beaver, a Mississauga band member, was chief of the band for four years and eventually became president of the Churchill Falls (Labrador) Corporation. (Marjorie Beaver)

http://www.army.forces.gc.ca/boldeagle/docs/Native_Soldiers_Battlefields.pdf

Coqualeetza Cultural Education Centre



The Coqualeetza Cultural Education Centre has the main purpose of promoting, preserving and interpreting Stó:lō Lifestyle, Language, Traditions, and Heritage, from the Stó:lō point of view. Their office is located in Chilliwack. We would like to thank them for submitting the following:

"Ó" sounds like 'o' in operate.

"Ō" sounds like 'o' in open

Try these:

Q'á:mi young girl

St'ó:les wife

Swáqeth husband

má:l father

Tá:l mother

Si:le grandfather

Sì:sele grandmother

Sq'á:qele baby

Siyáye friend



Halq'eméylem vowels

"A" sounds like 'a' in lake.

"E" sounds like 'e' in send.

"I" sounds like 'e' in seed.

UFV study to compare Indigenous contributions to WWII

We all remember the sacrifices made by our soldiers in WWII, but it's less well known that some of the volunteers came home to a society where they couldn't

vote and were denied other basic human rights. In Canada, Indigenous soldiers volunteered in substantial numbers and made significant contributions to the

war. UFV historian Dr. Scott Sheffield is currently looking into the comparative wartime and post-war experiences of the Indigenous peoples of Canada, New

Zealand, Australia, and the U.S. He'll be aided in this research by a \$59,000 grant from the Social Sciences and Humanities Research Council of Canada.

* Elders *

UFV is very fortunate to have an Elder in Residence, Terry Prest. Hopefully you have had a chance to meet with him or even to participate in a Ceremony.

This past month Terry gave a presentation about the Sweat Lodge as well as a presentation about the pipe ceremony.

If you are interested in participating in a Sweat Lodge ceremony, please contact Josephine at 604-795-2835. They take place the third Sunday of each month.

We recently had a luncheon with the Soowahlie Elders. What a great opportunity to have

delicious food and more importantly to spend time with these wonderful people. We hope you can join us for the next one!

Mary Sam & Marjorie Kelly



Season's Greetings

You are invited to a Christmas Potluck.

Where: Chilliwack Campus Aboriginal Access Services, Building G120

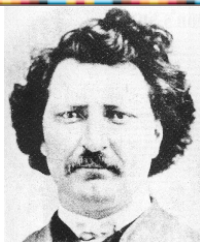
When: December 5

Time: 1:00-3:00 PM

Come and join us – have fun and socialize.

If you have any questions please call 604-795-2835.

Why is Metis Day celebrated on Nov. 16?



Nov. 16, 1885 was the day Louis Riel was executed for High

Treason by the courts of Canada. Today, many acknowledge Riel as the founder of the Province of Manitoba and the defender of the rights of Métis & French Canadians.

**** Fiddlers at our recent Metis Day celebrations. ****



Craft Night by Francine Roberts

When: Tuesday's
Time: 5:00-8:00 PM
Where: Chilliwack campus, Aboriginal Access Center, Building G120

Please join us Tuesday nights on the Chilliwack campus!

We have various arts and craft material which include:

- Leather
- Beads
- Fabric material
- Wool/yarn
- Sewing machine

You are also welcome to bring your own material if you like, or bring your crafting talent to share with others!

Hope to see you there!





Indigenous Content Courses, Winter 2009



Several courses containing Indigenous content will be offered beginning January 2009.

- ADED 365 History of Aboriginal Adult Education
- ANTH 111 First Nations of BC – Traditional Culture
- CRIM 211 Indigenous Peoples, Crime and Criminal Justice
- EDUC 275 Contemporary Issues & Policies in Aboriginal Education
- FNST 091 Introduction to Canadian Indigenous People
- FNST 101 Stó:lō Nation Development
- FNST 202 Stó:lō Social Structure
- HALQ 101 Halq'eméylem Language I
- HALQ 102 Halq'eméylem Language II
- HALQ 202 Intermediate Halq'eméylem II
- IPK 121 Learn Today, Lead Tomorrow 1
- SOWK 392 Aboriginal Social Work
- VA 141C Carving II
- VA 142 First Nations Art & Design in Context
- VA 143 Indigenous Art & Professional Practice



**University of the Fraser
Valley**

Aboriginal Access Centre

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We would like to acknowledge the following website for some of the clipart we used:
http://www.firstpeople.us/FP-HTML-Clipart/NativeClipart_pg1.html

Merry Christmas and Happy New Year

**The Aboriginal
Access Services staff
from the Chilliwack
and Abbotsford
offices would like to
wish the UFV
faculty, staff and
students a very
merry Christmas
and a Happy New
Year!**

