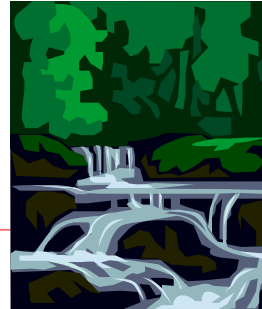


S'olh Shxwleli Siya:ye

Aboriginal Access Services

March 2006

Volume 1, Issue 3



End of Term!!! By: Sheilah Marsden

Wow!!! The end is approaching!!! Well not literally speaking but I can certainly feel the energy of spring fever. I tell you though I *cannot* wait until the day after my final exam. Then I can finally relax and appreciate life again:) Life as a student becomes so stressful

If you missed out on the recent potluck, don't worry. Our next potluck is coming soon, look for dates posted on our bulletin boards, or you can read on. We also had our Indian taco sale on the 26th, I received mouth watering "thank-yous", (for the bannock of course), I thank you for eating it! All proceeds from the sale goes to things the

center needs for future events, or to keep our center a home away from home.

You will always find welcoming staff willing to help. Come take advantage of the activities we offer such as craft, or powwow night once a week, or just come and hang out. We have a couple of other activities planned this month, such as the pine needle basket making workshop, and don't forget about our potluck!

Also, Shirley is taking some time off, but will return in May. She can't stay away from us for long, and we all miss her so, so much. She sends her regrets, but she will see you soon. Mark Point is tending to student's

access requests until Shirley returns. Any inquiries concerning education, or if you would like to talk, come on in.

If you have any announcements please let me know, any suggestions for the newsletter is welcome. Things we can post are birthdays, a gathering, wedding anniversary, etc. Keep up the hard work, it will pay off. Look forward to seeing you in the ARC...

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Did you Know?:

- Sheilah makes good bannock?
- The Aboriginal Community Council is scheduled this month for the 20th of February. Students are welcome to attend.
- Salmon do not eat after returning from the sea to fresh water.

Special Projects

Shxwha:y University College Education Prep Program

There are 14 students currently enrolled in this program. The fall semester students took multi-level Math taught by Greg St. Hilaire and English taught by Vicki Grieve. This program is located at the

Shxwha:y band office, it is intended to help First Nations people to bridge between the academic world and the people in First Nations communities. This program offers UCFV classes in a relaxing, familiar community setting.

There may be an opportunity

for new applications—email Jo at Josephine.Charlie@ucfv.ca or call her at 604-795-2835 or just drop-in the Centre to see her.



Calendar of Events

POTLUCK

Chilliwack Campus

February 23, 11-1:00pm

D136

Abbotsford Campus

February 14, 2006

11-1:00pm A219 A

Students and families

WELCOME!!

February 17, 06

PINENEEDLE BASKET WORKSHOP:

Chilliwack Campus: 1:00 -3:00pm

Come join us and learn the art of pine needle basket making...

February 20

ABORIGINAL COMMUNITY COUNCIL MEETING (ACC)

12:00-3:00 pm Students welcome
Chilliwack Campus

March 21, 06

2 RAFFLE

Chilliwack Campus, 1st prize: coyote planner, 2nd: candle holders, 3rd: Gift certificate

Abbotsford Campus 1st : Drum, 2nd: gift certificate (book store) 3rd: gift certificate (Tim Hortons)



Mark the date and time now—so you don't miss out!

Study Tips

- **Set achievable but challenging goals**
- **Set up a schedule for study time**
- **Begin studying from day one**
- **Avoid procrastination**
- **Learn to say no**
- **There should be enough light, enough space for all books and a comfortable enough chair.**
- **Get enough rest**

STUDY SKILLS REFRESHER DAYS

February 14 & 15

At Abbotsford Campus - University House

Presented by UCFV Counselling Dep't

Topics include Memory, Test Preparation, Active Learning, Class Presentations (for nervous types), Reading, Note Taking and Stress Relief.

For session times check out :

<http://www.ucfv.ca/counselling/study/ssrd.htm>

Though he should
conquer a
thousand men in
the battlefield a
thousand times,
yet he, indeed,
who would
conquer himself
is the noblest
victor.

Notes from the Craft Corner

CRAFT Nights
Tuesdays
6pm—8pm
Chwk Campus
D-136



Rise to the
challenge...awaken
the power within.

Hello there! We will be making pine needle baskets this month, on the 17, from 1– 3:00 pm. Everyone is welcome. I find making the baskets to be very relaxing and soothing to the soul. I also teach moccasin making, and anyone is welcome to bring anything they're working on, or to learn new skills. We have sewing machines on hand for those who wish to drag their old project out of the closet, Tuesdays is the

perfect opportunity. Powwow season coming near, so we'll be busy working on regalia as well. Hope to see you there.

Pow Wow Dance

Tuesdays

5pm—6pm

Chwk Campus

Student Union Bldg.

General Information

Student Hand books

There are student handbooks available in the student union building. Any one who needs one is welcome to pick one up.

Make UCFV your HomePage today!

Sign in using your student ID number and birthdate y/m/d

(You can change your password after your first login)

STO:LO NATION

There are many services offered at Sto:lo nation for First Nations people.

Call (604) 858-3366 to find information on the latest programs such as: child care center, the dental office, vocational training program.

ABORIGINAL ACCESS IN ABBY

The Aboriginal Access Center in Abbotsford is up and running Please drop by for a coffee or to check it out: A219 A

UCFV TRANSPORTATION!!

There is a new connector transit service from Chilliwack to Abbotsford and vice versa: transit fares are \$3.50 cash fare or \$24.50 for a 10 ride transit pass. For more information on the start date please call (604) 795 3436



Did you know?

That the Fraser River is one of the world's greatest salmon producing rivers?

That S'olh Shxle`li means "our place"?

Sto:lo people began exchanging furs with European maritime fur trader in Georgia Strait in the 1790's.

Powwow season is coming!! Please log on to www.powwows.com for more information or to find the powwow nearest you.

Success comes to those who reach for it...

Story Time

The Jingle dress

The jingle dress is a prayer dress, that originates from the Ojibwa tribe located back east around Ontario, and the Cherokee. The dress was seen in a dream by a medicine man whose granddaughter was sick on her death bed. In his dream his spirit guides told him to make a jingle dress, and to have her dance in it. This, he

was told, would heal her. When the outfit was finished the tribe gathered around her, but the first time around the daughter was too ill to dance. She was carried around the circle by her people. By the end of the beating of the drums, she was dancing on her own.

There are many different versions of stories of the Jingle dress, but the meaning stays



the same. The dress is a healing dress and whomever dances the jingle dance is dancing for the people. The jingles on the dress represent the tears that were shed by the medicine man while he was praying for his granddaughter.



Aboriginal Access Services

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E-mail: arc@ucfv.ca

We're on the Web:

<http://www.ucfv.ca/arc.htm>

- May Only the Good Spirits Guide You

S'olh Shxwleli, meaning "Our Places", is the Halq'emeylem name for our Aboriginal Resource Centres at UCFV. Our purpose is to provide a doorway for Aboriginal post-secondary students that respects the Aboriginal worldview in all educational pursuits. We locate ourselves within on-campus activities. Students, families, and friends gather to exchange ideas, share food, and socialize in a manner reflective of cultural traditions. Students will find a place to study or a spot to relax between classes and can always expect friendly and supportive service in a relaxed atmosphere.

STAFF AT ABORIGINAL ACCESS CENTER

CHILLIWACK

Mark Point
Acting Aboriginal Access Co-coordinator

Peter Tallio
Aboriginal Access Assistant

Josephine Charlie
Special Projects Assistant

Ester Peters
TASK Student

Sheilah Marsden
Work Study Student

ABBOTSFORD

Josephine Charlie
Special Projects Assistant

Brian Potkins
Work study student

Donalda Yellowfly
Work study Student



*Hummingbird
Logo done by local Glen Malloway*