

S'olh Shxwleli Siya:ye

Aboriginal Access Services

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Happy New Year!!! By Sheilah Marsden

Welcome back!!! Holidays have ended and a new year is among us. Although it is winter time and the rain we have been experiencing is dark and dreary, keep in mind that there is always the sun of warmth peeking underneath the clouds. Likewise, within the chaos we experience as students and the stress of starting a new semester there is always sunshine in getting a job well done. In my years as a student here at UCFV I have experienced obstacles that have come up when there was a paper due, or an exam to study for. Balancing your time with family, friends, or work becomes a job within itself. All in all, have faith within your

self and pray to the creator to guide you. All your hard work will pay off in the end. Just imagine receiving your graduation papers! How exciting that will be.

In the center this month we have a few events planned for you to take advantage of. Come and join us, meet new friends or study in a relaxing environment. We are here as a home away from home.

If you have any announcements that you would like to submit, please let Sheilah know—whether it's somebody's birthday, a gathering, a wedding anniversary, etc. Any suggestions for the newsletter are welcome, too.

Indian Taco Sale

Thursday, January 26, 2005

At S'olh Shxwleli - Room D136
Chilliwack Campus

11:30 am - 1pm

\$5.00 per Indian taco (includes
coffee, tea or juice).

Tutoring

Beginning Thursday, January 19, 2006, and continuing for this semester, there will be a tutor available Thursday evenings at S'olh Shxwleli. Bea Stewart will be in Room D136 in Chilliwack to tutor students with assignment. Drop by and introduce yourself. She's available 5:30 pm to 9 pm.

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Did you Know?:

- Hugh Brody, the Canada Research Chair in Aboriginal Studies will be hosting a series of events in February, March and April.
- The Aboriginal Community Council meets twice in both the Fall and Winter semesters and students are welcome to attend!

Educational Advisor Coming in January to ARC

Cathy Anderson, UCFV's Chilliwack-based academic advisor will be coming to S'olh Shxwleli to speak with individual students. Cathy will be here:

Thursday, January, 26, 2006

10 am—12 noon

She'll be glad to speak with student about their programs of study.

Here are a few questions to ask

yourself:

Are you taking the right courses for your program?

Do you need help planning your education for timely completion?

Do your courses and learning fit with the needs of a professional school or graduate program?

Do your plans include transfer to another school?

Are you planning your education for

several options?

Are you unsure which major, minor, extended minor, concentration, module or specialization to choose?

If any of this applies to you, make an effort to see an educational advisor.

Other than coming on the 26th, you can make an appointment by calling Student Services:

Chilliwack— 604 795 2808

Abbotsford—604 854 4528

Calendar of Events

Welcome Back Potluck

January 19, 2006

11:30-1:00pm

Chilliwick Campus

Students and families

WELCOME!!

January 6...95% fee reduction ends

January 6...No course adds (1 day only)

Jan 7—23...90% fee reduction

January 9...Day & Evening classes start

Jaquary 19...Welcome Back Potluck

January 23. Fees due - No refunds after today

January 26 ...Indian Taco Sale - Chwk campus 11:30-1:00pm. Tacos \$5 each - includes coffee or tea

March 21...Raffle draw

Upcoming Events

Study Skills Workshop

Volunteer Training

Storytelling

Elder's lunch



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

Study Tips

- Set up a schedule for study time.
- Begin studying from day one
- Avoid cramming, an entire semester cannot be learned in one night much less a couple of hours
- The place where you plan to study should be free of traffic and the phone (turn the phone off). This is how to avoid distractions.
- Create a 'to-do list' of things in the

order of importance. This will show you how much time you need to dedicate to each of your subjects.

- Set achievable but challenging goals
- There should be enough light, enough space for all books and a comfortable enough chair.
- Avoid procrastination
- Learn to say no

If you can think it,
you can be that.
Achieve your
dream.

Notes from the Craft Corner

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



Over the duration of last semester we have helped many student finish projects for their classes and also have had time to do a couple of our own. We welcome new people and encourage new ideas to learn from and to share. We wanted to set up a place for the people to come together with their ideas so we can learn from each other and also to create a warm and welcoming environment. The things we have made in

the past, but not limited to are moccasins, button blankets, lighter cases chokers, dream catchers and regalia. We have lots of fun ideas and we want to hear yours. Please drop in for a visit and show your craftiness - aaay. Sheilah will be happy to see you!

General Information

First Year Friendly

First Year Friendly is a campus wide effort to welcome new and returning students to the UCFV community. In particular, FYF identifies key offices, people and departments that are prepared to welcome First Year Students and help find their way around the campuses and organization. This campaign will run for the first two weeks of each semester.

If you have any questions during your first year at UCFV, or if you're a parent of a first year student, please send an email to firstyear@ucfv.ca.

Use the UCFV portal *myUCFV*

myUCFV is a one-stop website for UCFV students, faculty and staff. Consider it your virtual desktop, accessible everywhere you go, customizable to show what you want to see.

go to: <http://my.ucfv.ca/cp/home/loginf>

How to Login

Your User Name is your 9-digit UCFV student number.

Your password is the same one you use to register online.

Make it your HomePage today!

News from the Sto:lo Nation Dental Office

The staff at the newly opened Sto:lo Nation Dental Office would like to welcome Dr. Mel Tracy to our office!

The office will now be open: Monday, Tuesday, Wednesday and Friday's from 8 am -5 pm.

For more information please contact the Dental Office at 1-877-411-3200



Take good care of your teeth.

Did You Know...?

...that books on the S'olh Shxwłèlì can be borrowed by UCFV students doing assignments?

...that there was an event in Vancouver last June which attempted to set the record for world's largest bannock?

...that Gino Odjick and Ron Delorme are two former aboriginal NHL players who appeared in the Stanley Cup finals as Vancouver Canucks?

...that you have to come find out for yourself why bannock is the

favourite food at S'olh Shxwłèlì?

...that there is a housepost cedar carving by renowned local Aboriginal Artist Stan Greene at S'olh Shxwłèlì in Chilliwack.

In the woods we return to reason and faith. - Ralph Emerson Waldo

Need to Park your car at UCFV?

There are 3 types of parking permits available for students at UCFV:

PAY AND DISPLAY

Parking tickets can be purchased from ticket dispensers. Parking tickets can be purchased from ticket dispensers located in each student / public parking lot in Abbotsford and Chilliwack for a cost of **\$1.00 per 4-hours**

5-DAY SCRATCH PASSES

5-day scratch and park passes are available in the Abbotsford and Chilliwack Campus Bookstores. The cost is **\$10.00 per pass**.

SEMESTER HANGER PERMITS (NEW)

Semester hanger permits are now available for students to purchase at Facilities Services in Abbotsford (A288) or Chilliwack (A118) for **\$150.00 per semester**. Students will be

allowed to purchase only 1 pass, and only register 1 vehicle per pass. The semester parking permit will be valid at both the Abbotsford and Chilliwack campuses.

CAR THEFT

Please ensure that your vehicle is secure when parking, there are always thieves watching and waiting.



If you have to drive...try carpooling to save money



Aboriginal Access Services

Chilliwack Campus - UCFV
Room D - 136
45635 Yale Road
Chilliwack, BC V2P 6T4
Phone: 604-795-2835
Fax: 604-792-2388
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.

The Story of Hummingbird

One day I was drawing a hummingbird at Yam-a-lots house while I was at her house visiting her. She asked me what I was drawing. I told her I was just drawing a hummingbird. "Just a hummingbird? Did you know that the hummingbird saved our people?" She asked. Then she told me a story of how the hummingbird saved our people.

A long time ago there was a flood that almost covered the earth. This flood was on its way to our people. The villagers knew that they had to warn the people in the next village. The water was getting too high and dangerous for the people to warn the next village, so they sent their animal guide. One man sent the Eagle. He soared high up into the sky using his powerful wings to fly against the wind up into the sky. He made it up so high but the winds were too strong and too powerful for the Eagle to fly into the next village. The Eagle flew back down into the village and

told his master that he could not make it into the next village because the winds were too strong for him to make it. The people wondered what they were going to do; they had to send word to the next village to go up high into the mountains because there is a great flood coming. There was another man from the village who said I will send my Raven out to the next village. Maybe he can make it. The man told the Raven to send word to the next village because there is a great flood coming and they have to go high up into the mountains to save them from this great flood. The Raven flew up into the sky and the wind blew him back and forth. Raven could not make it much farther the Eagle and he had to return to the village and tell his master he could not make it to the next village. The next villager sent his Crow. The Crow could not make it far at all. Crow came back down and told his master that he could not make it to the next village. The last village said he would send

his hummingbird to warn the villagers in the next village. The hummingbird flew with the wind, back and forth, back and forth until he made it top the next village to warn the villagers. He told the villagers to go high up into the mountains because there is a great flood coming and it is going to cover most of the earth. The hummingbird saved the next village from the great flood so they could warn other villages about the great flood.



Story told by and Hummingbird drawn by
Glen Malloway