



Tempó:kw (Chehalis Spring Salmon) 2025 Sqwélqwel Newsletter

Spill the Tea Medicine Bag Workshop

October 1, 2025 - Abbotsford D-133 10:00am to 1:00pm

October 2, 2025 - Chilliwack ISC Centre 10:00am to 1:00pm

This is a free event for Indigenous students all supplies are provided.

Did you Know?

October is called Tempó:kw, meaning “Time for Chehalis Spring Salmon”. Tem means time or season and pó:kw means Chehalis River spring salmon. This type of salmon begins to run about October and is smoke dried in smokehouses during this month.

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

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Find us on Social Media:

@ISCUFV



UNIVERSITY
OF THE FRASER VALLEY
INDIGENOUS STUDENT CENTRE

UPCOMING IMPORTANT DATES

SAVE THE DATE

Every Thursday

Elder Bibiana Norris - Drop-In
1:00pm - 3:00pm, ISC Chilliwack

Every Thursday

Elder Steven Williams - Drop-in
10:00am - 12:00pm, ISC Abbotsford D-133

**Every Monday,
Tuesday,
Thursday, Friday**

Peer Mentor Hailey C - Monday 9:00am to 11:00am
- Tuesday 10:00am to 2:00pm
- Thursday 10:00am to 1:00pm
- Friday 9:00am to 11:00am
All in Abbotsford Campus room D-133

**Monday,
Thursday, Friday**

Peer Mentor Lexi B - Monday Abbotsford D-133 10am to 1:30pm
- Thursday Chilliwack ISC 9:30am to 11:30am
- Friday Abbotsford D-133 10am to 12:30pm

Every Wednesday

Academic Advisor
8:30am - 4pm, ISC Chilliwack & Abbotsford ISC Centre

October 8

Fall Lunch - FREE
11:30am - 1pm, D-133 Abbotsford

October 9

Fall Lunch - FREE
11:30am - 1pm, CEP Chilliwack

October 13

Campus is closed for Stat holiday

October 18

UFV Open House
10am - 2pm, Abbotsford Campus Athletic centre, Everad hall

