

*S'olh
Shxwlèlí
Siya:ye*

*“Our
Places”*



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Aboriginal Access Services
Newsletter

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Welék'és

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Indigenous Studies Speakers Series

Aboriginal Access Services (AAS) and the Faculty of Arts are pleased to announce the Indigenous Speakers Series which began January 5, 2009. In planning for an Indigenous Studies program to be offered at the University of the Fraser Valley, AAS has invited several Indigenous academics to lead important

dialogue in this area. Invited are:

- Taiaiake Alfred (January 15 2009)
- Michele Pidgeon (January 22, 2009)
- Verna Kirkness (TBC)
- Lorna Williams (February 26, 2009)
- Rauna Kuokkanen (TBC).

Leading off the Indigenous Studies Speakers Series was

Taiaiake Alfred followed by Michelle Pidgeon the next week. The lectures were well received by faculty, staff and students.

Dr. Lorna Williams



Dr. Lorna Williams

The third guest in our Indigenous Speakers Series was Dr. Lorna Williams.

Dr. Lorna Williams is Lilwat from the Statyemc First Nation who holds the Canada Research Chair in Indigenous Knowledge and Learning at the University of Victoria, where she is the Aboriginal Teacher Education director.

Dr. Williams is an educator with many years of experience in aboriginal education, aboriginal language revitalization, curriculum development, teacher development, mediated learning, cognitive education, effects of colonization on learning, and indigenous ways of knowing

Dr. Williams met with the UFV community, staff and students at the Abbotsford campus Aboriginal Access Services room. This was a casual meet and greet; a good chance for people to talk with Lorna in an informal setting. She then went to the Cheam Longhouse for a Women's Circle and dinner.



Need help with your studies? Tutoring is available. Let us know and we will set it up for you.

Also...Laura Smith is available to help with writing assignments. In January she is available in Abbotsford on Tuesday's, and in Chilliwack on Wednesday's.



Writing Centre - Chilliwack

The writing centre appreciates the number of Aboriginal students who are accessing their services at both Abbotsford and Chilliwack.

This semester six more workshops are offered at the Chilliwack campus Aboriginal Access Services G130, 4:30-5:30 p.m.

- Mar. 3 - Adding references
- Mar. 24 MLA/APA documentation
- Apr. 7 - Exam checklist/ writing under pressure

Contact Josephine or Laura for further information at 604-795-2835.

You can also contact

Laura Smith for other topics and/or writing concerns for future workshops.

We appreciate the cooperation the writing center staff has shown us in planning these workshops.



St. Patrick's Day – March 17



At 16, Patrick was taken prisoner by a group of Irish raiders who transported him from his home in Britain to Ireland where he spent 6 years in captivity. Patrick escaped to England where he was ordained as a priest and eventually sent back to Ireland with a mission to minister to Christians already living in Ireland and to begin to convert the Irish.

Patrick chose to incorporate traditional Irish ritual into his lessons of Christianity instead of attempting to eradicate native Irish beliefs. For instance, he used bonfires to celebrate Easter since the Irish honoured their gods with fire. He also superimposed a sun, a powerful Irish symbol, onto the Christian cross to create what is now called a Celtic cross.

The Irish culture has a rich tradition of oral legend therefore, it is not surprising that the stories of Patrick's life have become exaggerated over time, spinning exciting tales intertwined with Irish history and geography. St. Patrick is believed to have died on March 17, around 460 A.D.

www.history.content.com/content/stpatricksdays

New Work Study Student - Abbotsford

My name is Megan McKenna, I am from Canoe Creek band. I played 3 years of college basketball while earning my Sport Science diploma before transferring to UFV to continue my studies. I love being a

student and am a year away from a degree in kinesiology. In the future I plan to get into the field of health promotion working with different communities encouraging healthy active daily living. I have tried many different sports: surfing,

field hockey, running, rowing, basketball, swimming, and yoga. I love a challenge, my latest is training for my first triathlon in April. I am very close to my family, they have always supported me in everything I do.

Spring Break Survival Guide for Parents

It's the week of year that tends to force parenting students toward one of three personal management styles:

1. Getting desperate;
2. Faking it; or
3. Persevering and dealing with it.

Getting desperate means you to call in all favours from family and friends to ensure the children are safe while you are in class. It may also mean you talk to people in your classes to see if you can problem solve "child minding" challenges.

Faking it doesn't mean you pretend you don't worry about your kids. Have them phone or text

you or another adult during your class break times. Also sit down weeks before Spring Break to review the deadlines of each course.

Speak to your instructors about conflicts between school and home expectations. Be proactive, do not beg for forgiveness! Persevering and dealing with it works when the family arrives for supper finding you buried in your school work, the kettle boiled dry and you hand someone the potato peeler. Expect help with the meals. Set out snacks each day and, when necessary, the food for dinner. Buy a case of macaroni and cheese dinners and offer a prize for the most creative menu.

Spring Break Survival cont'd

Spend some time with your kids to review the week of Spring Break. Make them part of the solution.

Ask each child what one thing they would like to do during Spring Break and see IF it is possible to work that activity into your school and study schedule.

This is the week to bring balance into your life. It may mean you start your homework at 10:30 each night but then you knew there going to be days like this didn't you.



Scholarships

BC Hydro is accepting applications until April 1. For information and application you can go to their website: www.bchydro.com/community and click on the Aboriginal Scholarship link.

The First Citizens Fund is also accepting applications until May 28. Aboriginal students that are ordinarily resident in BC and are enrolled full-time in a recognized post-secondary university or college in a minimum two-year program are eligible to apply. For more information you can go to their website: www.bcaafc.com

Writing Challenge

The Canadian Aboriginal Writing Challenge

Are you a young Aboriginal writer with a story to tell? Are you between the ages of 14-18 or 19-29? Showcase your creative writing and win great prizes!!

The Canadian Aboriginal Writing Challenge is fun and easy and there is no charge to enter. Simply choose a moment in Aboriginal history and explore it through a piece of

creative writing. The event selected should be tied to Canada's past and/or your ancestral history. It can date as far back as a traditional legend or as recently as the June 2008 apology for residential schools. We encourage you to be creative in your choice of writing styles.

Stories in each age category will be judged by an expert panel of Aboriginal leaders and authors, who make up our Advisory committee.

This year's deadline is March 31, 2009

Halq'emeylem



The Sto:lo have Halq'eyelem words to describe different times of the year. These words correspond to our current calendar.

The sixth month, around March, is called **Welek'es**, little frog season because the **welek'** - little frog begins to croak about this time.

The same month is also called **Qweloynhi:lem** - making music, because the birds start singing then.



Scholarship

The BC Scholarship Society is accepting applications for the BC Aboriginal Student Award. Approximately 250 scholarship will be awarded in 2009. Apply before May 15. Awards are \$1,000-\$3,500. For more information:

<http://www.bcscholarship.ca/web/aboriginal/apply>



University of the Fraser Valley

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Crafts & Luncheon



You are all invited to our student luncheons.

The next luncheon in **Chilliwack** is to be announced. However they will be having a craft day on March 13 from 9:00-3:00 p.m. Room G120.

The **Abbotsford** Honour Your Health luncheon will be on Thursday, Mar. 12 in Room A221a from 12:00 noon to 2:00 pm. We hope that you can join us for this!

Nomination Call

NAHO is looking for Canada's top First Nations, Inuit and Metis youth, between the ages of 13 to 30, who are positive role models to others.

Nomination deadline:

March 20, 2009

For more info visit:

www.naho.ca/rolemodel

Health

The Honour Your Health Challenge is wrapping up this month! The main focus of this program was Walking for Health.

Pedometers were given out to approximately fifty participants. As a result more of us are conscious of getting our steps in every day and trying to increase our walking goals every week.

The benefits of walking are numerous, it is one of the easiest forms of physical activity. We have also tried to be more conscious of the other aspects of the medicine wheel: spiritual, mental, and emotional.

To assist with the spiritual aspect, UFV Aboriginal Access Services has an elder in residence, Terry Prest. If you would like to meet with him, please contact Josephine Charlie.

