



Tempó:kw (Chehalis Spring Salmon) 2024 Sqwélqwel Newsletter

October Beading Workshops

This month's beading workshop will be the week of October 21 - 25. Please keep an eye out on our social media pages for more information!

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](https://www.instagram.com/ISCUFV)

UNIVERSITY
OF THE **FRASER VALLEY**
INDIGENOUS STUDENT CENTRE

UPCOMING IMPORTANT DATES

SAVE THE DATE

Every Tuesday	Elder Bibiana Norris - Drop-In 11:30am - 1pm, ISC Chilliwack
Every Tuesday	Elder Denise Douglas - Drop-In 2pm - 4pm, ISC Abbotsford (Except Oct. 8 she will be in Chilliwack)
Every Wednesday	Academic Advisor 8:30am - 4pm, ISC Chilliwack <i>Afternoons are by appointment only: Speak to ISC Front Desk for Support or Email Kathryn Garcia at Kathryn.Garcia@ufv.ca</i>
October 7 - 11	Week of Wellness with Student Wellness. Keynotes, Panels, Workshops and FREE Waffles! <i>Check out https://www.ufv.ca/student-wellness/wellness-week/</i>
October 8	Fall Lunch - FREE 11:30am - 1pm, ISC Chilliwack
October 9	Fall Lunch - FREE 1:30pm - 3pm, ISC Abbotsford
October 10	Words of Wellness with Elder Denise Douglas 1pm - 2:30pm, Student Lounge, S1111 (Abbotsford, SUB building)
October 14	STAT: All centres closed for holiday
October 18	Staff Wellness Day - No Staff available at both centres
October 26	UFV Open House 10am - 2pm, Abbotsford Campus