

# THE STANDOUT

RECOGNIZING UFV STUDENT & ALUMNI LEADERS

2013/14



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Investing in UFV students through the Student Life Leadership Institute fits in perfectly with Coast Capital Savings' goal of helping families achieve economic success and a better quality of life. To learn more about our support for youth leadership programs or about a host of other good reasons to become a Coast Capital Savings member, visit [coastcapitalsavings.com/community](https://coastcapitalsavings.com/community).

# Welcome

## Congratulations!

As fully engaged students at UFV, you are increasing your chances for student satisfaction and academic success. Students like you are integrating your university experiences in order to create collegial communities across academic and student affairs, and forging connections between learning that happens inside and outside the classroom. Whether you are involved in co-curricular activities for personal development, to acquire skill sets to enhance your learning, for knowledge acquisition, or to create opportunities to effect social change, your leadership journey will make a difference in all aspects of your life.

All of us at UFV are strong supporters of your co-curricular learning and we are keenly interested in helping you find your place, be inspired, and achieve your goals.

The Standout, UFV's student and alumni leadership magazine, recognizes outstanding individuals and student groups that have been nominated for their exemplary leadership skills on campus and in the community. Student Life congratulates all students, alumni, and groups who are a part of this year's magazine.

University is what YOU make of it. Get involved, get connected, and make a difference through Student Life: [ufv.ca/studentlife](http://ufv.ca/studentlife)



### JILL HARRISON — MANAGER

Provides leadership and coordination of Student Life's co-curricular programming, which enhances the student experience, builds community, and creates a vibrant campus.

### ELICIA TOURNIER — PROGRAM ASSISTANT

Provides the opportunity for academic and social connections in the friendly environment of University House, while engaging UFV students in on-campus activities.

### MARTIN KELLY — PROGRAMMER

Assists students in creating a vibrant campus life. Provides innovative ideas for students to stay engaged on campus.

### SIDRAH AHMAD — COORDINATOR

Helps students and families with the transition into UFV while growing and supporting peer mentors through our Ambassador program.

### ASHLEY KLAASSEN — STUDENT LEADERS MAGAZINE ASSISTANT (WORK-STUDY STUDENT)

Assists with the creation and logistical aspects of the Standout magazine 2014. Duties include editing and communicating with nominees and nominators.

## CONTRIBUTORS:

Coast Capital Savings  
UFV Marketing and Communications  
UFV Educational Technology Services

*A special thank you to all of our students, alumni, and nominators; you are the foundation of this magazine.*

## CONTACT:

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# THE STANDOUT

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COMMENTS FROM THE  
PRESIDENT &  
VICE-CHANCELLOR

## MARK EVERED



I have gotten to know personally many of the people featured here, and had the privilege of working with some of them. I am sure I speak for all of us when I express my sincere appreciation for their leadership and service, and the value they bring to our work and our lives.

Let us all take this opportunity to recognize and celebrate the many contributions made by our students and alumni to the governance, life, and future of our University, and to the many communities we serve. Our lives are greatly enriched by this work.

To our students past and present: please know how proud I am of your achievements, how grateful I am for your contributions, and how optimistic I am about a future in which you will continue to play leadership roles.

With deep gratitude and best wishes to you all,

Mark D. Evered, PhD  
President and Vice-Chancellor

COMMENTS FROM THE  
PROVOST & VICE-PRESIDENT,  
ACADEMIC

## ERIC DAVIS



There's no better time to develop the necessary skills to be a leader than while one is at university. Being a student leader is more than a great learning experience and an opportunity to discover aspects of yourself of which you might not have been aware. Student leaders are essential to building community and fostering a vibrant campus culture. Moreover, the skills you develop as a student leader are those same skills that employers have told us they're looking for in an employee—skills they say are all too rare. And they are skills that are crucially important for more than career success. They also prepare you to play a full role as a citizen in your society—someone who can contribute not just to your private success, but to public life.

The student leaders of today are the community leaders of the future.

Eric Davis, PhD  
Provost & Vice-President, Academic

COMMENTS FROM THE  
VICE-PRESIDENT,  
STUDENTS

## JODY GORDON



I am so proud of all of you. Your achievements not only stand out, they also demonstrate your strong commitment to your own co-curricular learning. Your engagement outside of the classroom and in the community does more than simply enrich your own knowledge, skills, and abilities; it also expands our university's contribution to improving the overall health and well-being of the Fraser Valley and beyond. I feel privileged to work at a university and with a division that supports and encourages the development of strong student and alumni leaders.

This publication celebrates your many achievements. May this recognition continue to motivate you and inspire others to follow in your footsteps. As the poet William Yeats so aptly states, "Education is not the filling of the pail, but the lighting of a fire." Your fire for learning, leading, engaging, and contributing glows so brightly. Congratulations!

Jody Gordon, BA (Hons), MA  
Vice-President, Students

COMMENTS FROM THE  
UFV ALUMNI ASSOCIATION  
BOARD CHAIR

## JUSTIN P. GOODRICH



The UFV Alumni Association extends our sincerest congratulations to those students and alumni being featured in this year's publication.

At the heart of every community are those who are willing to step-up and contribute. Often going unrecognized, these individuals give their time and talent freely and joyfully because they believe that investing in something greater than themselves is the ultimate way to make a difference and effect change.

To all of you who are being featured, you are truly UFV's finest! Not only have you made the UFV community that much better through your many contributions, you will also go on to make every community you are a part of better.

We also extend our sincerest thanks and appreciation to all those students not featured in this publication who are still making substantial contributions to our UFV community. Know that your contributions have not gone unnoticed, or unappreciated.

Justin P. Goodrich, AA '11, BA '12  
UFV Alumni Association  
Board Chair

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### UFV STUDENT ORGANIZATIONS



Duke of Edinburgh's Award:  
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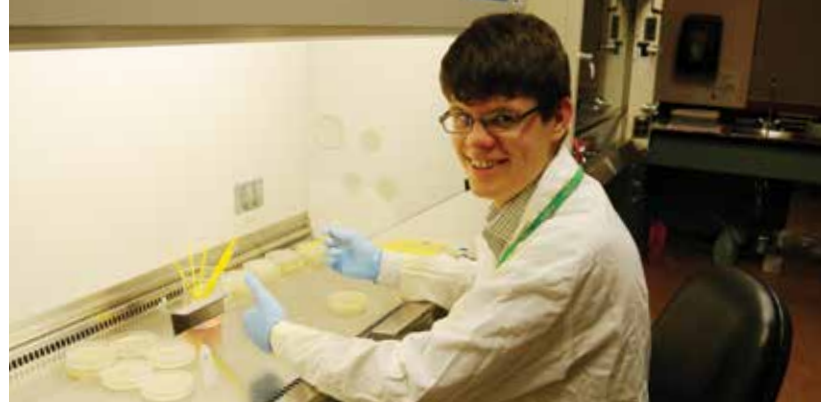
**Andrew Alexander**  
Program of Study:  
Biology Major  
Chemistry Minor  
Fourth Year

## LEADERSHIP COMMITMENT

You are often capable of more  
than you think.



# ANDREW



## Andrew Alexander

My leadership experience at UFV began in the Science Centre during my first year of university. It was not I who had the leadership role — quite the opposite, but I was able to observe others who mentored first-year students and organized student associations. Here I learned much about what makes a good, effective leader. Respected leaders were always focused, fair, engaging, and inspiring.

In my second year at UFV, I joined the executive of the Biology and Chemistry Student Association, where I was given the position of research and development director. This was my first leadership experience at UFV and one which continued throughout my degree; as I finish my degree I am coming to the end of my term as vice president academic. It gave me valuable exposure to chairing and participating in meetings, committees, and events. More importantly, it gave me additional experience working with people, enabling me to be a more effective communicator. It has been a very rewarding feeling to have had a small part in creating a student-led presence on campus that organized not only social events, but also informative talks and sessions.

During my third and fourth years at UFV, I became a student mentor and a Student Life ambassador. I have enjoyed talking about life on campus and inspiring others to excel. Mentoring first-year students, both formally and informally, in my last year of my degree, has been rewarding to me as I have been able to give advice that I wished that I had received during my first year.

Gaining a scholarship to represent UFV at the London International Youth Science Forum last summer was a truly amazing experience, which brought my leadership skills to the forefront. Being able to converse with students from over 50 different countries on a huge range of subjects gave me a greater appreciation for the diverse and multi-faceted perspectives that people from different cultures can contribute. One of many highlights of this conference was presenting my research poster and giving an oral presentation at the conference. These experiences reinforced for me that to be a good leader you need to create a good environment for collaboration; especially when people come from extremely diverse backgrounds.

All these experiences and involvements that I have been able to take part in have given me a better idea of what leadership is on a practical level. I will carry the leadership skills I have gained into my future and I encourage others to take advantage of these opportunities for leadership experience at UFV.

*“Andrew has worked in my lab, helps lab mates, and assists in whatever he can to make things work.”*

*Nominated by:  
Lucy Lee, UFV Dean of Science*

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## Dessa Bayrock

I keep Jack Kerouac's list of essentials on my office wall as a reminder that life can be random, that small acts can carry immense weight, and that I wouldn't be who and where I am without the people around me.

"Be in love with your life," Kerouac writes. "Submissive to everything, open, listening."

Professor Trevor Carolan handed the list out as a supplemental document in an English class, and the much-photocopied sheet came with a secondary piece of advice. "Look outside!" he rallied at the class. "Mount Baker is right outside our window. How lucky are we to live here? How can you not be inspired by that?"

I intended to transfer away from UFV after my first two years, but like so many others who grew up in the valley, I had been missing what was in my own backyard. UFV had so much to offer, if only I could be, as Kerouac writes in his list, "Submissive to everything, open, listening."

I first became involved with The Cascade in my third year at UFV, at the insistence of dear friend and then-editor-in-chief Paul Esau. He saw something in me that I couldn't see in myself, and pushed me to be a better writer, a better editor, and a better person – submissive to everything, open, listening.

Last summer, two years after starting at the paper, I took the position of Cascade editor-in-chief. Some days I feel I can't begin to live up to the standard set by those who came before me, but as they remind me — and I remind myself — none of us felt sure in what we were doing. Being unsure is a tool I use to push myself to be better, and accepting the good with the bad is one of the most important skills I could hope to pass on to those I work with.

Working at The Cascade has given me many things, but most importantly it gave me an excuse — to immerse myself in the UFV community, to talk to professors, students, authors, and musicians that I would otherwise never meet. The Cascade ties many worlds together and throws its writers into the thick of it.

I was lucky to find such a forgiving and nourishing training ground to test myself on, and it's one that has led me to any number of other opportunities. My writing for the paper landed me a co-op semester (and later a work-study job) with UFV's marketing and communications department, jaunts to national and provincial journalism conferences, and, in a final bizarre twist of events, a flight to Regina last summer to cover the Juno awards. As Kerouac writes, "Composing wild, undisciplined, pure, coming in from under, crazier the better." If you open yourself to the world, the world will open itself to you — and that's something I never could have learned without opening my eyes to what was in front of me the whole time.

*"Under Dessa's leadership, The Cascade is better than ever. It is well edited, well designed and full of interesting, creative, original, and provocative copy."*

*Nominated by:  
Anne Russell, UFV Staff*



**Dessa Bayrock**  
Program of Study:  
English Major  
Final Year

### LEADERSHIP COMMITMENT

Leadership is a mix of making decisions very quickly, playing devil's advocate, being open to the world around you, and supplying a steady flow of coffee to the people you work with.

# DESSA

# THE STANDOUT

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**Tony Chae**  
Program of Study:  
Nursing  
Fourth Year

## LEADERSHIP COMMITMENT

As I approach the end of my nursing program, I would like to continue empowering fellow nursing students to develop their own identities, as individuals and as health care professionals, while encouraging them to do the same for others.



## Tony Chae

Aside from the exciting, hands-on skills I have learned as a student nurse, such as administering injections, the most important lesson I have learned in my nursing career, and my role as a leader, is to be genuine and compassionate. Being a leader is not about exercising authority or control over others; it is about creating a partnership built around respect, realizing how much others have to offer and working with them to achieve a mutual goal.

In addition, I have found that being grateful and appreciative of others is key. Everything that I do would not be possible without the support of my family, friends, colleagues, and faculty who continue to support me, encourage me to always do my best, and assist me in developing my sense of self. I would like to thank each and every one of them for all that they have done.

Regardless of which role we play in our community, I have also discovered the importance of humility and insight. While I was the president of the Nursing Students Association (NSA), a student representative for other groups on campus, and a student nurse, there have been countless times where I have made mistakes (I still continue to make mistakes!). Despite the utter embarrassment that naturally follow those unfortunate events, I have learned to welcome the embarrassing moments as an opportunity to learn and not view them as shameful incidents. Having the humility and insight to accept that I am not perfect has been extremely vital for not only my sanity, but for allowing me to self-reflect and honestly evaluate the areas where I succeed and/or struggle, and identify ways in which I can improve.

I value and enjoy reading those inspirational articles, books, and magazines that are written to empower us to give back to our community and live life in a certain way. However, I think it is equally important for us to take the initiative to create our own path and our own way to live life. I encourage all students to keep an open mind and take advantage of any opportunity that interests them. If you hear about a conference that sounds fascinating, attend it! If you are interested in a music class, take it! If you hear about an exciting club, join it! By seizing those opportunities, you will continue to learn more about yourself and, in turn, find out how you can start making your own, special contribution to our community.

We all have something unique to give. Embrace who you are and what you can offer to others.

*“Tony has demonstrated a strong commitment and passion towards his nursing education and fellow students.”*

*Nominated by:  
Renette Aubin-Boisclair,  
UFV Faculty*

# TONY





# THE STANDOUT

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## Megan Davies

For myself, I think that leadership is the ability to think innovatively and to always engage in self-reflection. I think that self-reflection is an important quality that every individual should learn, but it is particularly important for individuals who take on leadership roles.

I have engaged in leadership activities in a variety of environments and always keep innovation and self-reflection in mind. In the theatre, I have taken on a variety of leadership roles. At the 2012 UFV Directors' Festival I directed Harold Pinter's play *One for the Road*, which was written as a social commentary on political prisons in Europe. I was a dramaturge for UFV's 2012 production of Tomson Highway's play *Ernestine Shuswap Gets Her Trout*, conducting extensive cultural and historical research for the cast, crew, and audience. Last semester I worked as a research assistant, assistant director, dramaturge and stage manager in a collaborative production of Joseph Dandurand's play *Please Don't Touch the Indians* — produced by the UFV Theatre department and the Stó:ló Research and Resource Management Centre. I have also engaged in leadership roles in the community. In 2013 I collaborated on a historical play at the Fort Langley National Historic Site, which satirized and questioned the intercultural history of British Columbia. I am a co-organizer for the 2014 UFV Arts Club program at Deroche Elementary School, developing an engaging and educational program around children's literature. In addition, I am currently conducting my own research about past and present processes of colonization in BC, with faculty supervision, in my undergraduate honours thesis.

Next year I hope to enter a graduate program in Theatre or English, in which I hope to conduct decolonizing research in topics concerning Canadian literature and drama. My short-term career goal is to become a professor at a major university in the departments of English and Theatre. My additional career goals are to be a dramaturge (theatre production researcher/developer) on Canadian theatre productions and to develop new kinds of afterschool arts programs for youth. My ongoing goals are to remember that education is never static and to find new ways to engage the larger community about current academic research.

As described above, my leadership roles are often in intercultural research, performance, and education. My ability to reflect on my experiences and cultural worldviews is integral to working between these disciplines. Likewise for anyone in a leadership position in any capacity, I have an ethical responsibility to ensure I am making good decisions, but also to recognize and take responsibility for failures. Everyone is human and makes mistakes. A leader is able to use those mistakes to prevent future failures, but also to think about what led to them.

*"Megan is an excellent role model of a very engaged student both in the class and in the theatre community and I believe she deserves to be recognized for her abilities."*

*Nominated by:  
Michelle LaFlamme, UFV Faculty*



**Megan Davies**  
Program of Study:  
English Major (Honors)  
Theatre Minor  
Final Year

### LEADERSHIP COMMITMENT

To always encourage critical thinking in others and take ethical responsibility as a researcher and a theatre practitioner.

# MEGAN

# THE STANDOUT

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## Ayaka Hatakeyama

Program of Study:  
Business Administration  
Second Year

### LEADERSHIP COMMITMENT

Lead people from behind  
and put them in front.

When someone has to take  
responsibility, this is the time  
leaders take a front line.



# AYAKA

## Ayaka Hatakeyama

I had never volunteered before I came to Canada, but I've spent so much time volunteering at UFV. These experiences have given me lots of great friends and some insight into what I want to do for my future career.

The very first volunteering I did was as a performer at Abbyfest, an annual, local festival. Here, UFV international students give performances centering on their cultures, dressed in traditional costumes. It was challenging for me to join a team with lots of people from other countries (because it was my first semester!) but I ended up with tons of new friends and was happy for the opportunity. Since then, I have volunteered for Abbyfest as a choreographer, motivating me to encourage new Japanese students to join the Abbyfest team. In 2011, I served as the president of the UFV Japanese culture club. My duties included, organizing events geared towards introducing the Japanese culture to the UFV community. Although the Japanese club hosted many events, the Japan Tohoku Earthquake and Tsunami Relief fundraiser was by far the most successful. I really appreciated our team and everyone who supported us. Since 2011, I've been acting as an international student mentor at UFV. The mentorship program is for new exchange and international students with the goal of making the transition into the UFV community smooth and comfortable. It's a helpful program for new international students and great way to build leadership skills for mentors. I would like to encourage students, especially internationals, to get involved in any campus activity or program, and I love hearing about students who have been encouraged by their mentors!

I have met many leaders from working and volunteering and I have learned that it is important to lead people from behind the scenes, putting them in the spotlight. When someone has to take responsibility, they are forced to rely on their capacities for leadership, thereby refining their leadership skills. It is this sort of collaborative leadership that I hope to continue actively participating in.

*"Ayaka helps other students who have low confidence meet new people and participate in activities by guiding them."*

*Nominated by:  
Chamandeep Sandhu,  
UFV Student*



# THE STANDOUT

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## Kristianne Hendricks

If there was one piece of advice that I could give to any student, or any person really, about leadership, it would be to get involved. Find something that you love, and become a part of it. When you are a part of something that you are passionate about, you can't help but develop leadership skills. If you don't know what you're passionate about, try something new!

I wasn't very familiar with OxfamUFV when I joined it, but I found myself surrounded by a great group of people, and ended up planning some amazing activities. When I became a Student Life ambassador, I had an idea of what was involved from my orientation, but I was scared, scared, scared. The Student Life team quickly made me feel comfortable, and my role as an ambassador welcoming new students to UFV became a role that I enjoyed. Until a few weeks before I ran for the Student Union Society, I had little knowledge as to what SUS did beyond giving clubs money. I learned that with great risks come great rewards when I accepted my candidacy as VP Academic. From the implementation of the SUS community food room (with the help of an awesome group of people) to the success of the Campus Connector shuttle bus, to meetings with university or government officials where I've seen requests, both listened to and acted upon, I've accomplished far more in one year than I ever thought possible. Everything — and I mean everything — that I've accomplished has been the result of a team of great people. By getting involved, you surround yourself with these people.

Leadership requires listening to the people around you. As you learn to listen to people, you begin to understand them. Once you can do that, you can accomplish anything. Sometimes you'll make decisions, and sometimes you'll empower people to make decisions, but either way, you'll move forward. People love to be heard. They love to know that someone cares about them. When you can show someone that you're listening, and that you care, you don't move alone; people come with you. In many ways, I see myself as more of a facilitator than a leader. I'm surrounded by a great group of people, all working towards the same goal. Where there is hesitation in making a decision within a group, I've learned that it is okay to be the one to make that decision, provided you take into account the interest of the group prior to making the decision.

*"It is students like Kristianne who deserve to be recognized since they contribute to creating an enriching and dynamic campus experience."*

— Sidrah Ahmad

Nominated by: Michelle Rhodes,  
Greg Stickland, Sidrah Ahmad



**Kristianne Hendricks**  
Program of Study:  
Sociology/Anthropology Major  
Geography Minor  
Final Year

### LEADERSHIP COMMITMENT

To connect people,  
inspiring them to  
overcome any  
obstacles and achieve  
great things.

# KRISTIANNE

# THE STANDOUT

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*“As a student ambassador, we are one of the first faces new students meet. Our main goal is to make sure new students feel welcomed and excited to be part of this great university community. It has been such an amazing experience helping and participating with Student Life. UFV is a great school, and I am always surrounded by amazing people who want to get students engaged and make everyone’s university experience the greatest! It is always fun participating in all their events and activities and UFV student ambassadors really illustrate our school pride and our leadership skills.”*

—SARA GUANDIQUE

## BECOME A STUDENT LIFE AMBASSADOR

What is a Student Life ambassador? Student Life ambassadors are the heart and soul of Student Life at UFV. They are enthusiastic volunteers who go out of their way to help welcome new students to UFV while being proud representatives of our university. During New Student Orientation (NSO), an ambassador’s main role is being a group leader, being energetic and welcoming students to UFV, as well as answering questions and providing valuable advice on how to have a great university experience! Ambassadors can also be involved in various activities around campus including conferences, retreats, student panels and much more!

As a UFV Student Life ambassador, you will not only represent your university by sharing experiences with other students, but will also have the opportunity to develop leadership, communication, and public speaking skills, while building great relationships with new students and fellow ambassadors. These opportunities allow Student Life ambassadors to earn a credit on their co-curricular record once they have reached a minimum of 20 hours volunteer experience.

FOR MORE INFORMATION ON BECOMING AN AMBASSADOR, CONTACT [LEADERSHIP@UFV.CA](mailto:LEADERSHIP@UFV.CA).



# Student Ambassadors



## Co-Curricular Record Unlock *your* potential

Student Life is excited to announce the launch of the Co-Curricular Record (CCR). Get your official UFV document that recognizes your experiential learning and your on-campus contributions outside of the classroom. Enhance your resume and career or academic portfolio by getting involved today!

CCR is your go-to tool for finding suitable engagement activities on campus, enhancing your resume, and impressing your potential employers and graduate studies registrars with a multitude of experiences. Moreover, CCR will help you to make your university experience what you want it to be.

So don't wait, activate your CCR account today by visiting myUFV and clicking on myCCR.

FOR MORE INFORMATION, VISIT [UFV.CA/STUDENTLIFE/CCR](http://UFV.CA/STUDENTLIFE/CCR) OR CONTACT [MYCCR@UFV.CA](mailto:MYCCR@UFV.CA).

*“Being an orientation ambassador has been something very dear to me. It might not seem like it at the time, but by being an ambassador, you may become one of the most important people in introducing your university to new students — and you WILL, most likely, be remembered. You would not believe how often I am recognized by students as their ambassador, years after they started at UFV.”*

—DUSTIN ANDERLINI



# THE STANDOUT

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**Julia Hodgins**  
Program of Study:  
Bachelor of Arts (2013)  
Sociology Major  
Social Research  
Concentration

**LEADERSHIP  
COMMITMENT**  
Think, feel, act and smile,  
all at once!



# JULIA

## Julia Hodgins

Many people have impacted and motivated me. One individual in particular, Dr. Felipe Lannacone, happens to be my former boss and coach. Working with him I learned to trust myself and to ensure that my pursuits are positive and fruitful for myself and those around me. I also learned from him that whatever we do will influence and inspire others, even if we do not intend to do so. These lessons really struck a chord with me and I started to take better care of myself, be more proactive, have more trust in myself and others. He encouraged me to follow my dreams. He also taught me that a leader does not aim to gain followers, but to build new leaders.

For me, leadership means being responsible: for my life, my actions and my attitude towards life and to people. If I can model leadership, instead of just accomplishing something for myself, I will inspire others. Actions are what speak for me, and they often go beyond anything I could say. I believe that leadership is most effective when it is collaborative; problem solving is the result of collaboration. Together we can set examples for others to follow. Synergy breeds innovation and only together can we make them a reality. This is also how we establish a sense of community, one that is inclusive and serves as a foundation for our lives.

Failure is not absolute; it is always relative to the goal we pursue. Whenever I fail, I can take time to review myself, my performance and the assumptions I made that generated a specific outcome. I can then work to improve these outcomes and, if I find something I cannot modify, I work towards finding innovative solutions that broaden my understanding, thereby changing me for the better. I also have the opportunity to evaluate my feelings, considering different solutions — and all in the means of “failure”. I truly believe that the reason some solutions fall short is because another one exists. As a result, failure is nothing but an integral part of my learning curve; some of the stones paving my path.

Leaders cultivate inclusion, integrity, and kindness: attributes they consider valuable. Inclusion, because it is the only way a sense of community is generated. Integrity, because our actions are reflections of our trustworthiness and our reliability — both integral foundations upon which personal and professional relationships are established. And, finally, kindness, because treating ourselves and those around us with kindness creates a hospitable and welcoming atmosphere.

*“Julia sees the positive in virtually every situation, and is a joy to have in the classroom and engaged in campus life.”*

*Nominated by:  
Michelle Rhodes, UFV Faculty*



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## Arnold John

For me it's important to value myself first because if I don't value myself I am not able to see how others value me for just being myself. As for my skills and abilities as a leader, I say it's in my DNA. Both of my parents have hereditary chief lineage. I went to Round Lake Treatment Centre and when I came home, I started learning about my culture. I received a bundle from an Elder and started running talking circles and doing smudge ceremonies, blessing people and places, sharing what I had learned about my people and conducting sweat lodge ceremonies.

Someone who impacted my life as a leader is my mother Ida John by first going to treatment and sowing the seeds of possibility. She showed me that there is a better way to live our lives without alcohol or drugs, that change is possible and that my life can be better in every aspect — mentally, spiritually, and physically. It also demonstrated to me that I can model these possibilities by being a leader in our community and within the Stó:lō Nation.

For me, leadership means paving the way for others to follow by doing (I have been 12 years free of drugs and alcohol), and not just preaching. To do everything with love and compassion for all, no matter where they are in life.

Compassion, Honesty, Integrity

Leadership and community go hand in hand. Leaders should be working to help the community grow in all aspects: economically, educationally, and spiritually.

Experiences are important to me because we can always learn from our own. Through experience, you educate yourself and those around you. It is important that I demonstrate my passion for living through example and be able to admit when I am wrong but never to give up on myself.

To resolve conflict, I must be willing to hear other opinions and questions to ensure that I am truthful in my own words, instead of just repeating what others have said. I must be willing to educate myself, which includes listening with an open mind, so that I can correct my behaviour, if necessary.

I am a single parent of four children: Raven J., Kelsey C., Bo-peep J., Natasha J.

*"Arnold is a community builder. Within the UFV Hope Centre, he shares resources with other students and is open to helping out wherever he can."*

*Nominated by:  
Michelle Vandepol, UFV Staff*



**Arnold John**  
Program of Study:  
Dogwood Diploma  
First Year

### LEADERSHIP COMMITMENT

To live by the warrior's prayer to the best of my ability and to continue my commitment to never stop learning or growing.

# ARNOLD

# THE STANDOUT

RECOGNIZING UFV STUDENT & ALUMNI LEADERS  
2013/14



**Joe Johnson**  
Program of Study:  
**Business Administration**  
Fourth Year

## LEADERSHIP COMMITMENT

I will always try to make things  
easier for those around me and  
better for those to follow.



## Joe Johnson

I firmly believe that leadership is founded in a framework of drive and passion, while guided by ethics and integrity.

These are the things that will take a person through trials, losses, and pain but ultimately deliver them to their goal. It's also what shapes the world that we live in and the communities that we're involved with for the better. But it's the ethics and integrity that really make any leader worth following.

I grew up as a kid listening to talk radio and visiting different universities. It came with the territory of being the child of a mother furthering her education. This is the background of where my fundamental interests in politics, media, and business developed. But that never really meant a great deal until I came to UFV, obtained a degree in Computer Information Systems, and moved on to Business Administration.

It was at this point of moving onto my second degree that I began to evolve; as did my experiences. Without going into too much detail, my path twisted and turned through involvement in: Visual Arts, CIVL Radio, Board of Governors, the Student Union, municipal and provincial politics, and most importantly, The Cascade.

It has been at The Cascade where everything came together. Working my way up to the executive business manager role, I have had the greatest of opportunities to both learn and expand the newspaper to something that I will always cherish.

Here is where I was able to work with people like Ali Siemens who gave me that opportunity to grow.

And while nothing has ever been easy, which I would never want it to be, it has been my successes and failures that have brought me to meet people and develop the relationships that I have. As I near the end of my time at this university, it's become exceptionally clear that without the people we call friends, we are really nowhere. Accomplishments will transcend and ownership will be lost. But it's in the development and attempts that we really find ourselves, it's where we find our relationships.

But it's coming back to that framework of drive and passion, ethics and integrity that I have been able to do the things that I have.

While it's the nature of a university where soon I will be gone, and others will take my place, the true trademark of a leader is not what they will be remembered for but in the indelible impact that will be left by shaping a community for the better.

*"Joe is constantly working towards the betterment of UFV, putting in countless volunteer hours on projects within the UFV community."*

*Nominated by:  
Ali Siemens, UFV Alumni*

# JOE





# THE STANDOUT

RECOGNIZING UFV STUDENT & ALUMNI LEADERS  
2013/14

## Erica Jurgens

My heritage, my community and my land shape who I am. I have Stó:lō and Nlaka'pamux ancestry through my mother's lineage with family ties to Leq'á:mel and Lytton First Nations. I have lived most of my life in this territory. This is S'ólh Téméxw (Our World/Land) and I am Xwelmešw (Person of this World/Land). There is not one person who has influenced me; there are many. I am influenced by the teachings of my ancestors who were here from the time of Creation — whose bones lay metres deep beneath my feet. They left us our swóxwiyám (oral history). Who we are and how we are expected to conduct ourselves is held within our swóxwiyám. In every step I take in life I am directly related to this land, to the people who share this common lineage with me and to our guests who live alongside us. In Halq'eméylem the word closest for leader is Síyá:m. That is a powerful word and cannot be claimed. There are many who may chuckle and tell you I am more of a stó:méx than a Síyá:m. I have many Síyá:m to show me the way and maybe one day I will learn.

I have so many people to acknowledge. I hold my hands up to honour all the parents and children whom I have had the privilege to know because it was they who have taught me, to my Elders who have set me right when I go wrong, to my dear family who often step alongside to support the work that needs to be done, and to my beloved friend who keeps me in his prayers and is there to stand me up and move me forward with encouragement.

I need also to thank the faculty of the University of the Fraser Valley. It was here that I first learned about residential schools in my first year of the Social Services program. That was the most profound experience of my life. No one in my family talked about residential school then; I was 38 years old when I learned what it was. This year, I presented at the Indian Residential School Day of Learning at UFV. I was so proud to be a part of this university on that day. And this year, my initiation into the Teacher Education program was at the S'ólh Shxwleli (Gathering Place) at the UFV Chilliwack campus. I am so thankful for the support of Aboriginal Access Services. As well, I must thank the Irving K. Barber BC Scholarship Society for their sponsorship and my band, the Lytton First Nation, for their support. So you can see, nothing is done in isolation.

*"Erica has done ground-breaking work in her school placement, by designing units on the Ancient Stó:lō people that meet Ministry outcomes."*

*Nominated by:  
Teacher Education Program*



**Erica Jurgens**  
Program of Study:  
Teacher Education Program  
Final Year

### LEADERSHIP COMMITMENT

My commitment is to traditional indigenous pedagogies and a fundamental truth that we are all leaders; every single one of us carries swia'm (talent or power) to lead with.

# ERICA

# THE STANDOUT

RECOGNIZING UFV STUDENT & ALUMNI LEADERS  
2013/14



**Sarabjit Kaur**  
Program of Study:  
General Studies  
First Year

#### LEADERSHIP COMMITMENT

I am committed to serving new students, hopefully facilitating a seamless transition into the UFV community.



# SARABJIT

## Sarabjit Kaur

In 2013, I came to UFV as an international student from India and I still remember finding myself very much interested in getting involved when I came to New Student Orientation. I saw all the helpful mentors in UFV t-shirts, and I was highly impressed by their work and I knew that I wanted to engage in my community the way I'd seen modelled by these people.

In order to get involved, I began looking for volunteer opportunities around campus. My first volunteer experience was Daffodil's Day at UFV in March 2013. After that, I attended many workshops and training sessions, where I was able to work on my leadership skills and enhancing my personal skills. I became a mentor and an ambassador, and then I helped new students during their orientation in summer, fall, and winter. I volunteered for various events like Relay for Life, Abbotsford Multicultural Festival, Canada Day, Run for Water and many more.

The first event in which I took the initiative, was organizing India Day and after that I started organizing more events on campus; the most recent one being Diwali. The entire experience had changed my personality. I even got a chance to collaborate with other clubs and groups to organize events. I not only gained more confidence, but I also got the chance to meet new people. When I tell people that I am only in my first year, they are often surprised by my level of engagement at UFV. There wasn't an Indian club at UFV, so I made one and many students were interested in joining it.

I am currently serving as president of UFV India and hold the position of Integration and executive mentor with the International Student Association (ISA). Also, I am a mentor within UFV International and the UFV Connects Cohort program and part of the UFV Giddha team. The experience that I received while being involved in campus life is truly wonderful. My leadership experience has even given me success in my professional life. I am currently working to promote Co-Curricular Record and have worked before with the Student Union Society during U-pass registration.

Through involvement, I've not only been given me the chance to meet different leaders, but also got the chance to work with them. Involvement and leadership skills make people trust you and you hear lots of good things from them. Through this wonderful journey, along with being a leader, I made many friends and learned a lot, "involvement makes a huge difference". This journey at UFV has given me a lot in such a short period of time. I feel at home at UFV and I am ready to discover more.

*"Sarabjit is a joy to work with. She displays a positive attitude even in difficult circumstances, and her enthusiasm and energy are contagious."*

*Nominated by:  
Adaly Molina, UFV Staff*



# THE STANDOUT

RECOGNIZING UFV STUDENT & ALUMNI LEADERS  
2013/14

## Brooke Ostendorf

I am a fifth-year student, currently working towards an Extended Studies certificate (Psychology major) to complement my Bachelor of Arts in Criminal Justice. My time at UFV has not been solely academic as I assisted with the creation of the new cheerleading squad. I have been involved in the sport of cheerleading for over 10 years and at the end of my first year at UFV got involved in bringing the UFV cheerleading team to Athletics. I am the volunteer coach and coordinator for the team and have been since its inception in 2010.

Coaching this team requires a lot of leadership skills. I coordinate try-outs, practices, games, competitions, uniforms, fundraising and various UFV events. The team has had its struggles with being fully recognized as a sport but there has never been a time in which I did not think that this team would succeed. Cheerleading is a passion that I share with many other UFV students and I want to make sure that the team is around for everyone to enjoy, giving the members the chance to show off their skills and demonstrate their school spirit.

I have also helped out with New Student Orientation as an O-Leader for two years helping new students adjust and become familiar with the UFV campus. Aside from volunteering at UFV, I have been involved for three years at the Abbotsford Community Police Office. Last semester I was part of a program at Fraser Valley Institute (Federal Corrections) in the Academic Bridge Builders program where I tutored an offender in math. Giving back to the community is something that I value and have since high school. Graduating from Robert Bateman Secondary in 2009, I was the recipient of the citizenship award for my volunteer and leadership endeavours. There is so much potential for volunteering and learning leadership skills at UFV and the surrounding community. I do hope that new UFV students take the time to explore these options because they do add value to one's life. Coaching the UFV cheerleading team has given me joy, school spirit, and lifelong friends and I am very thankful. I encourage every UFV student to get involved and enjoy their time at UFV!

*"Brooke's dedication to the UFV cheerleading team extends back to its founding year, and since its inception, Brooke has grown to be its pillar and head coach."*

*Nominated by:  
Hannah Celinski, UFV Student*



**Brooke Ostendorf**  
Program of Study:  
Criminal Justice Major  
Psychology Minor  
Fifth Year

### LEADERSHIP COMMITMENT

To strive for everything that I want in life and to encourage others to fulfill their true potential.

# BROOKE

# THE STANDOUT

RECOGNIZING UFV STUDENT & ALUMNI LEADERS  
2013/14



**Jenia Pyzhyanova**  
Program of Study:  
Business Administration  
Marketing  
Fourth Year

## LEADERSHIP COMMITMENT

Make my community a happier place and encourage other leaders through following my passions.



# JENIA

## Jenia Pyzhyanova

Friends and family know that I have a slight obsession with “to do” lists. I make them for everything. Before my first day at UFV five-ish years ago, I made another list of things I wanted to achieve while earning my degree. Here it is:

- Join a club or association — As a business student, joining the Business Administration Student Association (BASA) was an obvious choice for me. I remember the first time I went to their board meeting, shy, and unintroduced. Fast-forward a few years and I volunteered to become BASA's acting president in times of trouble.
- Join a varsity team — almost. It was very short-lived. Hats off to rowers and their 6 am practices.
- Work on my public speaking skills — Toastmasters definitely helped me tame those shaking knees and stomach butterflies.
- Obtain a Co-op placement — It was a remarkable opportunity to complete two terms with the Student Life department — now my second home.
- Volunteer — From being an ambassador, to taking charge of the UFV community garden, to working with Big Brothers/Big Sisters, each opportunity made me grow as a person and discover my hidden talents. Taking leadership roles in some of the volunteer positions was challenging but undoubtedly rewarding.
- Study Abroad – Four months in Wales was an unforgettable adventure. It is truly amazing that students at UFV can take advantage of programs offered by the International department.
- Make lifelong friends

I can proudly say that I have accomplished what I set out to do from the start. I tailored my goals uniquely to me so that I could see each of them through with passion. We all have different paths; we all excel at different things. Just keep flipping through these pages to find inspiration on each of them, or better yet, look in the mirror to see your own abundance of awesomeness. UFV is full of talent; in fact, every single student at UFV is astonishingly gifted in their own way. Being featured in this magazine is humbling and exciting for this reason. Realizing that I have positively impacted my community simply by following my passion is empowering. So my friends, if you are following your hearts you are on the right track. If you are feeling a bit lost, get involved. Get involved in your own life, in whatever way feels right, and the rest will follow. You can even make a “to do” list if it helps.

*“Jenia’s warmth and exemplary optimism makes her a model leader and a pleasure to work with. Jenia’s engagement at UFV, and abroad, consistently goes above and beyond.”*

*Nominated by:  
Kate Nickelchok, UFV Student*



# THE STANDOUT

RECOGNIZING UFV STUDENT & ALUMNI LEADERS  
2013/14

## Ashleigh Yakemchuk

I must admit that during my first few years as a student at UFV I was, more or less, in my own little world. I went to class, did my homework, and then left campus. I didn't really engage in any campus life.

Being a geography student, I am passionate about the environment and adopting a more sustainable lifestyle. When I found out about the opportunity to be the sustainability coordinator assistant here at the university, I was a bit hesitant. Being a quiet and shy person and having gone through a lot of my degree oblivious to engagement opportunities, I wasn't sure that I could live up to the expectations that the job required.

I am glad that I decided to go ahead with it. It has given me the opportunity to present some of my ideas and innovate with the goal of creating more sustainability here at the university. It has granted me the ability to take a more active role instead of being passive on issues that I care about. This position has also afforded me the opportunity to refine my interpersonal communication and public speaking skills. It has also opened my eyes to all the different activities and clubs that UFV has to offer and, as I am nearing the end of my degree, I wish I had been more involved in my first few years. My advice to new students is this: take some time to look at all that UFV has to offer and if something interests you, go for it.

*"Ashleigh is working to improve university awareness of our composting program and on the reduction of plastic water bottle sales on campus. These efforts will reduce the carbon foot print of UFV."*

*Nominated by:  
Alan Stokes, UFV Staff*



**Ashleigh Yakemchuk**  
Program of Study:  
Sciences  
Fourth Year

### LEADERSHIP COMMITMENT

To help UFV continue on  
its journey to being an  
environmentally sustainable  
learning centre.

# ASHLEIGH

# THE STANDOUT

RECOGNIZING UFV STUDENT & ALUMNI LEADERS  
2013/14



## DUKE OF EDINBURGH'S AWARD: UFV CHAPTER

The Duke of Edinburgh's Award: UFV Chapter was established in September 2013 after a UFV student spent a week of her summer trekking the Athabasca Glacier in Jasper, Alberta. She was completing the adventurous journey of her Gold Award and returned home to a lot of student interest in the program; a week later the Duke of Edinburgh's Award: UFV Chapter, was born. Since September 2013, 35 UFV students have registered for the Duke of Edinburgh's Bronze Award and made a personal commitment to regularly partake in physical recreation, skill development, and community service. Moreover, with the support of the BC Division Office of the Duke of Edinburgh's Award program, these students will have the opportunity to complete an adventurous journey in Spring 2014.

### THE DUKE OF EDINBURGH'S AWARD:

UFV Chapter endeavors to help UFV students make the most out of their undergraduate experience. Current Duke of Ed participants at UFV are involved in all aspects of student life on campus as well as non-profit organizations in the community. There are so many ways a student can choose to individualize their Award experience. Current students say that the Duke of Edinburgh's Award program has helped them step out of their comfort zone and explore the opportunities available to them on our campus and in our community. UFV's Chapter of The Duke of Edinburgh's Award is unique in having a large international student population but is open to all students at UFV. Registration is available throughout the year through the club's executive team. The executive team of the UFV Duke of Ed Chapter look forward to watching this program grow and thrive at UFV!

### MISSION STATEMENT

The Duke of Edinburgh's Award: UFV Chapter is an individual challenge. It presents to UFV students a balanced, non-competitive program of voluntary activities, which encourages personal discovery and growth, self-reliance, perseverance, responsibility to themselves, and service to the UFV community. Participants complete The Award by achieving personally established goals, in the areas of community service, skills development, physical recreation, and adventurous journey.



### AT A GLANCE

#### YEAR ESTABLISHED

2013

#### CURRENT MEMBERSHIP

Approximately 30+

#### EXECUTIVE

Sukhdeep Brar (President)  
Gursimran Gidda (Treasurer)  
Mohammed Najim (Secretary)

*"This student group should be recognized because it got me involved as a new student at UFV and it helped me step outside my comfort zone on a regular basis!"*

— Jas Gill, UFV Student



## AT A GLANCE

### YEAR ESTABLISHED

2006

### CURRENT MEMBERSHIP

Any students who are in the CIS or the Computer Science program are members of our Association.

### EXECUTIVE

Elizabeth Klassen, President  
Graham St. Eloi, Vice-President  
Kaitlin Houle, Finance Officer  
Cindy Cooper, Secretary  
Ashley O'Neill, Communications Manager  
Jon Friesen, Project Manager  
Josh Hoekstra, Representative  
Shaun Bemister, Representative  
Taylor McKenzie, Representative

# COMPUTER INFORMATION SYSTEMS STUDENT ASSOCIATION (CISSA)

Computer Information Systems Student Association (CISSA) has been around since 2006. It was an association created to better represent the students in the CIS program at the University of the Fraser Valley. Over the course of those eight years, we at CISSA have grown. We acquired the Student Computing Centre in D Building, where CIS and other students can stop by, both to do computer-related homework, and to ask for tutoring assistance on various CIS-related topics.

In more recent years, CISSA took on the mantle of running a large campus fundraiser called the UFV Child's Play Game-A-Thon. Now one of the bigger events on campus, this event alone has raised, cumulatively, almost \$7,000 total for Child's Play Charity, who can be found at [www.childsplaycharity.org/](http://www.childsplaycharity.org/). In the last three years alone that CISSA has run it, we have raised approximately \$5,000.

CISSA has also been known to collaborate on campus with several other associations to run large campus-wide events. We participate in Student Union Society events, and collaborate with the Biology/ Chemistry Student Association (BCSA) and Physics Student Association (PSA) for both the Casino Royale and Big Bang Event on campus.

Our main goal of CISSA is to fully provide a fun and enjoyable environment for students on campus, to help build a community of like-minded students from all disciplines in the CIS world.

### MISSION STATEMENT

CISSA exists to serve students; we provide representation for students to the CIS department, we provide assistance with understanding concepts of programming and networking, and we promote community on campus.



*"The CISSA hosts an annual Child's Play event, a fundraising event for video-gamers that in 2013 raised more than \$2,000 for Child's Play charity."*

— Student Union Society

# Students, there is **life** after graduation!



The Alumni Association supports UFV students and alumni. We actively engage our alumni as mentors for student networking events and the funds we raise through a number of exciting initiatives go toward Alumni Association Student Leadership awards.

Watch for us on campus and check us out at [ufv.ca/alumni](http://ufv.ca/alumni)



University is one of the most unique and rewarding experiences in a person's life. At Student life, we are dedicated to providing UFV students and alumni with opportunities to engage within the UFV campus and community at large. Our goals include the following:

- connect students
- develop healthy lifestyles
- provide innovative opportunities
- encourage students to be active citizens.

The student lounges in Abbotsford and Chilliwack are great places to kick back between classes, have fun, meet with friends, and of course... study!

There are numerous engagement opportunities for each individual and we encourage you to take action and get involved!

Contact [slevents@ufv.ca](mailto:slevents@ufv.ca) for further information or visit our website at [ufv.ca/studentlife](http://ufv.ca/studentlife)



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### Coast Capital Savings Student Leadership Institute

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Email [leadership@ufv.ca](mailto:leadership@ufv.ca) or visit [ufv.ca/studentlife](http://ufv.ca/studentlife)

