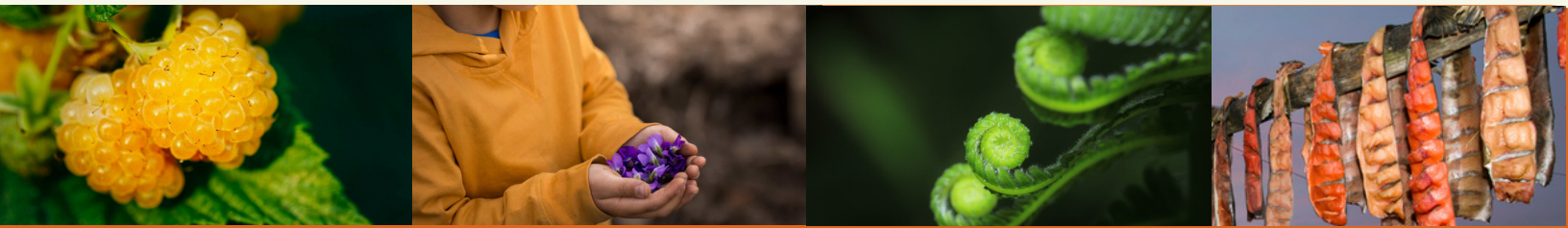


The "Living Breath of wəłəbʔaltx^w" Indigenous Foods Symposium



10 Year Report

*Learn from the Past
Celebrate the Present
Hope for the Future*

HOSTED BY

University of Washington American Indian Studies
and the Na'ah Illahee Fund



@UWLIVINGBREATH



LIVINGBREATHFOODSYMPOSIUM.ORG





Our History

In 2013, Dr. Charlotte Coté, founder of the Living Breath of wəłəbʔaltx^w Indigenous Foods Symposium, received funds from the University of Washington (UW) Department of American Indian Studies (AIS) to coordinate an event that focused on Indigenous foods and foodways. Dr. Coté organized meetings with UW faculty, students, and staff, and members of the regional tribal and urban Indigenous communities to get input on how to move forward with this event. At one of these meetings, Makah tribal member Micah McCarty suggested "Living Breath of wəłəbʔaltx^w", named for the wəłəbʔaltx^w - Intellectual House, which everyone supported.

Out of these meetings, the founding symposium planning committee was created: AIS Professor Charlotte Coté, AIS Associate Professor Dian Million, AIS student advisor Elissa Washuta, and Information School Assistant Professor Clarita Lefthand Begay who was a graduate student at the time. The first Living Breath of wəłəbʔaltx^w Indigenous Foods Symposium was held in May 2013. There was much excitement and enthusiasm for this symposium, so Dr. Coté reached out to co-sponsors to financially support the continuation of this event, which is held annually in May of each year. In 2018, the Native female-led nonprofit organization Na'ah Illahee Fund became a co-host.

Who We Are

A MESSAGE FROM THE PLANNING COMMITTEE

Our planning committees have been composed of Indigenous women who represent interdisciplinary academic fields of study, philanthropy, and Indigenous communities and identities who all volunteer their time to coordinate this event. Overall, our committee is devoted to Indigenous food sovereignty, environmental, social, and climate justice, and we recognize the need to maintain a community-based event as we all carry on this important work. We host this event and will continue to utilize future symposia to better serve our Indigenous communities as we continue to foster dialogue and build collaborative networks to sustain our cultural food practices and preserve our healthy relationships with the land, water, and all living things.

We extend our thanks and gratitude to past committee members who helped us grow our event: Elissa Washuta, Melissa Woodrow, Cynthia Updegrave, Michelle Daigle, Jordan Brown Woolston, Michelle Montgomery, Jessica Hernandez, Stephanie Riedl, and Dana Arviso.

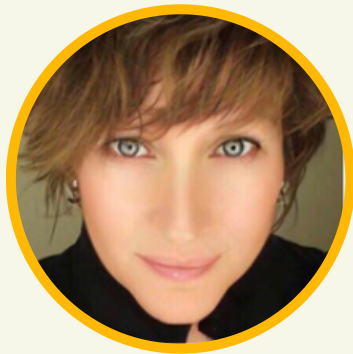
2022 Planning Committee



Dr. Charlotte Coté
Professor, UW American Indian Studies
Tseshaht/Nuu-chah-nulth



Dr. Dian Million
Assoc. Professor, UW American Indian Studies
Tanana Athabascan



Bridget Ray
Director, The Salish Sea Collective
Board Member, Na'ah Illahee Fund
Ojibwe/michif



Susan Balbas
Executive Director, Na'ah Illahee Fund
Cherokee/Yaqui



Dr. Jessica E. Salvador
Co- Executive Director of
Casa Latina



Dr. Clarita Lefthand-Begay
Asst. Professor, UW Information School
Diné (Navajo)



Tia Yazzie
Graduate Student, MSW
Diné (Navajo)

Our Roots

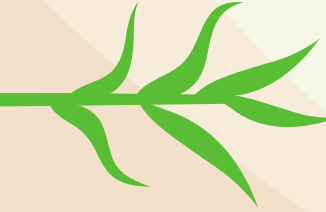
A BRIEF TIMELINE & HISTORY OF THE INDIGENOUS FOODS SYMPOSIUM



2013 MAY

SEED PLANTED

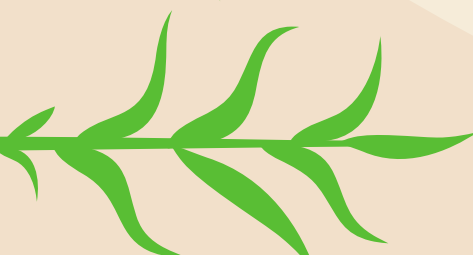
In 2013, Dr. Charlotte Coté founded the Living Breath of wə́təbʔaltxʷ Foods Symposium and established the inaugural planning committee which successfully developed and held the first Living Breath of wə́təbʔaltxʷ Indigenous Foods Symposium in May of 2013, hosted by UW American Indian Studies.



2015 MARCH

INTELLECTUAL HOUSE OFFICIALLY OPENS

The wə́təbʔaltxʷ - Intellectual House opens on March 15, creating a space to bring together Native students, faculty, and cultures. On May 30, we held our first Living Breath Symposium at the wə́təbʔaltxʷ, uniting individuals to discuss how to utilize this symposium to better serve our Indigenous communities.



2016- 2019

GROWTH OF THE SYMPOSIUM


In 2018, the Native female-led nonprofit organization Na'ah Illahee Fund became a co-host. In 2019, Nuu-chah-nulth traditional healer Lisa Watts joined our team, providing mental, emotional, and spiritual support to our attendees. The Living Breath has become a signature event of the Intellectual House.



2020 - 2021 COVID-19 PANDEMIC

FIRST VIRTUAL SYMPOSIUM

Due to the COVID-19 Pandemic, the Living Breath Committee took the initiative to postpone the 2020 symposium and held the 2021 symposium virtually.



2022 MAY

CELEBRATING 10 YEARS

The Living Breath of wə́təbʔaltxʷ Foods Symposium was held in-person for the first time since 2019, and we celebrated the symposium's 10th anniversary by inviting and reuniting with speakers from the past 10 years.

What We Do

THE IMPACT OF THE SYMPOSIUM



The 2013 inaugural Living Breath symposium, held in the UW Walker Ames Room in Kane Hall



The first Living Breath event held in the wəłəbʔaltxʷ in 2015.

Since the first symposium in 2013, the Living Breath of wəłəbʔaltxʷ has facilitated community, education, and inspiration for hundreds of people. On average, we invite and host 200 - 300 community members, participants, and speakers in the beautiful wəłəbʔaltxʷ - Intellectual House on the University of Washington's Seattle campus.

During each symposium, a keynote speaker opens the event in the morning with panel discussions following. A traditional foods lunch is served to all the guests. Following lunch, speakers and attendees participate in multiple breakout sessions throughout the afternoon. At the end of the day, speakers and attendees come together to brainstorm and strategize.

Viewed holistically, food, language, culture, and identity are all intertwined. We honor this by celebrating our cultures with the sharing of our songs, dances, and language throughout the two days.

Selection of presentations from the last ten years:

- Re-Honoring the Relational Roots of Indigenous Food Sovereignty.
- Youth Activism and Advocacy for the Protection and Preservation of Indigenous Lands, Culture and Language.
- The Store Outside Your Door. Cooking and Preparing Traditional Foods.
- Addressing Food Sovereignty through Access to Wi'wnu (Huckleberries): A Case Study of the Warm Springs Indian Reservation.
- Developing Food Sovereignty Curriculum, Research, and Education for the 13 Moons Garden Program.
- Building Food Sovereignty, Climate Resilience, and Youth Leadership in the Northwest Alaskan Arctic.
- Iskwew mācīwin, Woman Hunting among the paskwāwiyiniwak, muskegowininiwak, & sakāithiniwak (Plains, Swampy & Woodland Cree peoples).
- Herencia de Una Tierra Viva (Legacy of a Living Land).



Kivalina Youth Representative. (2017).

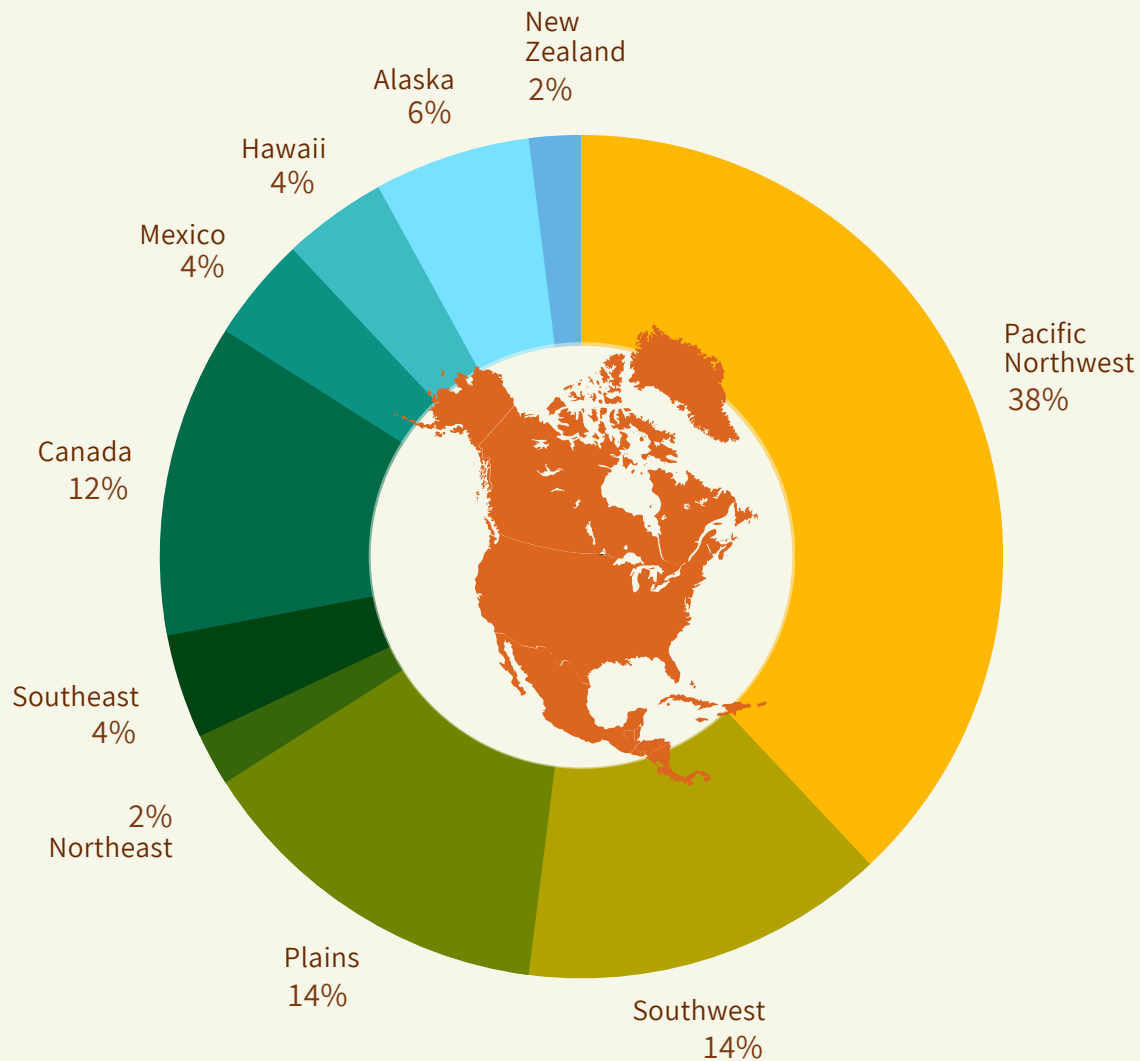


Breakout Session. (2016).

Where We Are From

HOMELANDS AND ROOTS OF OUR SPEAKERS

As a committee, we value the voices, homelands, roots, and histories of all speakers who participate in the Living Breath of wə́ləbʔaltx̣w Indigenous Foods Symposium. Here, we highlight the communities of our speakers and the many nations, regions, and homelands they come from. All together, the Living Breath of wə́ləbʔaltx̣w Indigenous Foods Symposium has greeted and welcomed speakers from over 65 Indigenous nations, territories, and communities.



We thank all of our speakers who traveled across Turtle Island to attend our symposium. We also give thanks and praise to those who traveled thousands of miles from Aotearoa, New Zealand, Mexico, Canada, Alaska, and Hawaii to share their knowledge and expertise with us at the symposium.

Food Justice and Food Sovereignty

WHAT BRINGS US ALL TOGETHER

Food, especially cultural food, is central to our work. The Indigenous food justice/sovereignty movements are positioned within the larger struggle to decolonize our homelands and re-indigenize our diets, as we strengthen cultural and sacred relationships to the plants, animals, and ecosystems that provide us with healthy and nutritious foods.

Nitanis Desjarlais (Cree/Nuu-chah-nulth) has hosted a traditional foods booth at our symposium since 2014 and has become a staple of the symposium. Lisa Watts (Tseshaht/Nuu-chah-nulth) is a traditional healer and years-long participant and supporter of the symposium. Lisa, Nitanis, and the Desjarlais/Rampenen family are a part of our Living Breath family.



Nitanis Desjarlais and her children at the 2017 Symposium offer foods and medicines gathered and prepared by her family.



Traditional healer, n'aas?ii?cu?wak Lisa Watts (Tseshaht/Nuu-chah-nulth)

Many Thanks to Our Cooks & Food Donors

We are especially indebted to the many talented cooks & chefs who have shared their cultural and culinary expertise with us over the years including Hillel Echo Hawk (Pawnee & Athabaskan), Gail Gus (Tseshaht/Nuu-chah-nulth), Jason Vickers (Nipmuc), Olivia "Liv" Ford, Brit Reed (Choctaw), Joseph Clark, Shawn Peterson (Nuu-chah-nulth), Events by Nicole and Bay Laurel Catering.

We also extend our deepest gratitude to Glen Pinkham for providing elk and deer for our lunches and to the Muckleshoot, Swinomish, Suquamish Tribes of Washington State, Nitanis Desjarlais, and Replogle Swan Sr., and Honor the Earth for contributing traditional foods.



2017 Symposium lunch: Elk stew, salmon, berries, wild rice, and greens.



A spread of shellfish, labeled in English and Nuu-chah-nulth, from Matilda Atleo's (Nuu-chah-nulth) traditional foods table at the 2013 symposium.

Your Voice

REFLECTIONS FROM OUR COMMUNITY OVER THE YEARS

As a committee, we value and appreciate your voice and your experience of the Living Breath of wəṭəbʔaltx™ Indigenous Foods Symposium. Therefore, we dedicate the next two pages to you and to our community as we highlight participant feedback and photos over the last 10 years.

“As Native peoples we have treaties with the plant nations and animal nations... we have to honor those treaties.”



A youth participant from Native Girls Code discusses reciprocal, respectful, and responsible coding at the 2016 Symposium.



Connie McCloud, a respected leader and elder of the Puyallup tribe, provides a welcome and opening prayer for the 2022 10th Anniversary Symposium.

“There was a lot of positive energy and it was cool to hear about all the different efforts that are being made towards food sovereignty.”

“This is an education we don’t get in the U. S. school and university system. As a non-Native person, I feel honored to have had the opportunity to learn about and be inspired by the incredible work that many communities are doing.”

"I appreciated the different perspectives, examples and angles on the complex issue of food sovereignty; and the generosity of those who donated traditional foods to share with the attendees. Delicious!"



hasaatuk Kalilah Rampanen (Nuu-chah-nulth) offers a song at the 2017 Symposium.

"The Living Breath... It has to be constantly nurtured to continue to be alive. It is what connects us as people: past, present, and future."

"I learned a lot and am inspired to continue with the work I am doing in my region."



Attendees discuss urban food access, extractive industry, and health curricula in a breakout group at the 2015 Summit.



Attendees listen to Pah-tu Pitt and Alexandra Anguiano (Confederated Tribes of Warm Springs) discuss "Addressing Food Sovereignty through Access to Wi'wnu (Huckleberries)" in 2016.

"The venue was excellent, food delicious, speakers excellent!"

The Past 10 Years

REFLECTIONS & MEMORIES FROM COMMITTEE MEMBERS

Dr. Charlotte Coté

I have been inspired and empowered by our community-driven event that brings together people who all share a passion for and commitment to nurturing strong and healthy Indigenous nations. We will continue this important work in building collaborative networks among and within our communities, institutions, and homelands, and promote awareness that has fueled action to strengthen Indigenous foodways while honoring our elders, youth, women, and communities.

Dr. Dian Million

"Food" in an Indigenous sense is always larger than the direct consumption relations that we have with animals, waters and beings that give us life. "Food" necessarily evokes our knowledge and values as cultures, economies, languages, kinships, reciprocal relations; our actions and responsibilities that form a way of acting toward something larger than our individual human bodies and lives. It is amazing to watch this symposium grow over the years in conversation with relatives and accomplices who share this same sense of responsibility. To work with our committee and the amazing women that always make this happen is humbling, and I feel immensely nourished by being a part of it.

Dr. Clarita Lefthand-Begay

This is a unique, and much needed, space that has been building momentum for over 10 years by contributing to and complimenting UW's Native goals on campus such as retention and recruitment. What keeps the momentum going is the strong commitment to community that has been infused in all aspects of planning and implementation. As a committee member, I appreciate this committee of beautiful women who support and cheer one another on. This space is healing!

The Past 10 Years

REFLECTIONS & MEMORIES FROM COMMITTEE MEMBERS

Susan Balbas

It has been so inspiring to be a part of this community-building event over the past decade! When Indigenous academic research and community solutions come together in mutual respect and sharing, powerful movements are created and sustained. We hope to continue this important symposium into the future as we nurture and grow our regenerative lifeways by amplifying the voices of Indigenous knowledge keepers and practitioners.

Bridget Ray

Over the years what I hold dear is the friendships I've made from this gathering, especially among the committee members who are incredible women. From planning committee meetings where we think, eat, scheme, and laugh - to the presenters and all the folks at the event. The range and depth of knowledge coming from many territories to expand our collective awareness and oldest earth ways, to new projects - inspired and grounded in our many different ways of being. We are a diverse and rich Indigenous community, and it shows up in the best way at the Living Breath Symposium.

Dr. Jessica E. Salvador

I am deeply grateful to be part of this collective effort that brings together nations with a common vision of greater understanding around indigenous knowledge of food and all that it encompasses. The goal of this space has been to center indigenous knowledge and create opportunities for generative, inspiring, and informative dialogue. I am continually inspired to be part of this intergenerational exchange that centers community health.

Tia Yazzie

In my short time with the Living Breath Committee, I have been deeply inspired and empowered by this group of women. They have continually uplifted and centered the voices and experiences of Indigenous communities and peoples in their work and through this symposium, and it has been an honor to experience and witness. I look forward to the many new memories, laughs, and meals we will share together and how many new voices will we bring forward and center in future symposia.

We Raise Our Hands

TO THOSE WHO HAVE MADE THE LAST 10 YEARS POSSIBLE

SPONSORS

- UW Department of American Indian Studies
- Na'ah Illahee Fund
- UW Center for American Indian & Indigenous Studies (CAIIS)
- UW wəʔəbʔaltxʷ Intellectual House
- UW College of the Environment
- UW Office of Minority Affairs & Diversity
- UW Nutritional Sciences Program
- UW Tacoma Division of Social and Historical Studies
- UW Department of Geography
- UW Indigenous Wellness Research Institute
- UW Canadian Studies Center
- Bill Holm Center

We could not continue this event without the support of our sponsors, many who have supported our symposium since 2013.

SPEAKERS & ATTENDEES

We extend our deepest gratitude to all the presenters and attendees who traveled across Turtle Island and the globe to come and share their knowledge, experiences, and expertise, and whose presence enriched this symposium year after year.

VOLUNTEERS

We raise our hands to those who have volunteered throughout the years. We especially want to thank Mark McCarthy and Rachel Lazzar, Stuart Heslop, Kaila RedBow, Frankie Crowflag, Na'ah Illahee Fund Staff, wəʔəbʔaltxʷ staff, AIS staff, and the UW students and community members who have helped make this event possible each year.

CREATORS OF THE REPORT

Thank you to Stuart Heslop and Tia Yazzie for creating this report! Stuart Heslop, a 2022 UW alum, studied Linguistics and American Indian Studies, focusing on Lushootseed. Tia Yazzie is a second-year graduate student obtaining her Master in Social Work, and joined as the Living Breath Symposium Coordinator in early 2022.



The Time is Now

FUTURE OF THE SYMPOSIUM

wəłəbʔaltx^w PHASE 2

We hold our symposia in UW's wəłəbʔaltx^w (a Lushootseed word meaning Intellectual House) that opened in 2015 and pays homage to Northwest Coast architectural traditions. The wəłəbʔaltx^w exemplifies the spirit of sharing, cooperation and commitment to Indigenous peoples, knowledges, and communities. Currently, work is being done to complete Phase 2, which will provide dedicated gathering and meeting spaces for Indigenous students, faculty, and staff, and will support Indigenous students in cultivating a vibrant campus community. We look forward to continuing to hold future symposia at the wəłəbʔaltx^w and gathering with you.



To learn more, visit www.washington.edu/omad/intellectual-house/

THE LIVING BREATH OF WƏŁƏB?ALTƧ^w'S NEW LOGO

We are unveiling our new logo in 2023! Our logo was created by artist Geena Powa Haiyupis. Geena is a 2-spirit artist with roots in the Coast Salish and Nuuchahnulth Nations. She takes great attention and reflection in developing her artistic talent based on her cultural teachings from strong family roots. Her understanding of ceremonial protocols guides her personal life and her artistic pursuits. Above all, Geena relies deeply on her ancient knowledge, which continues to be transferred through many generations. To learn more about Geena and her artwork, please visit her website at <https://haipowa.com/>



ARTIST'S STATEMENT:

ʔiiq̓muutaks ʔuyaq̓hm̓is – I have an ancient story!

She says, “when you are not okay, come visit me!”

Because it is the land that brings recovery, strength and comfort. She says, “when you are hungry or thirsty, I will provide for you!” Because the land is wealthy and provides nutrition, life, and healing. She says, “if you are lost and can’t find the way, then sit and listen!” Because I have an ancient story to tell you!

Salmon leaps
shimmering from every facet water sunlight
Her determination to return
to join the necessary cycle
of air, of a rushing stream
Her soft push of breath, sending progeny loose
Her will against against any loss
šáy spiš
Our ancestor, kin in an ancient rhythm lifts us up
in this place
our lives mingled, our mutual need that is continuance
we celebrate you.

-Dian Million (2023)



Maynard Johnson © 2012

RESOURCES:

Connect with us on Facebook and share your favorite memories, photos, and videos! You can also find more information about the "Living Breath of wə́təbʔaltxw" Indigenous Food Symposium on our website.



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For more information on UW American Indian Studies and the Na'ah Illahee Fund, check out their websites and social media below!



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