

Living Breath of wəṭəbʔaltxw Indigenous Foods Symposium



Hosted by the University of
Washington American Indian
Studies Department &
The Na'ah Illahee Fund



NA'AH ILLAHEE
FUND



Friday, May 2 & Saturday, May 3, 2025



@UWLIVINGBREATH



LIVINGBREATHFOODSYMPOSIUM.ORG

Welcome from our Symposium Committee!

We acknowledge and pay respect to the Coast Salish peoples whose traditional territory our event is held on at the University of Washington's wə́ləbʔaltxʷ Intellectual House.

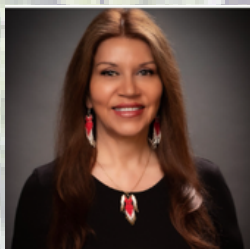
We are also very pleased you can join us today for our 13th annual Living Breath of wə́ləbʔaltxʷ Indigenous Foods Symposium. This event brings together individuals to share their knowledge and expertise on topics such as Indigenous foodways and ecological knowledge, Tribal food sovereignty and security initiatives, traditional foods/medicines and health/wellness, environmental justice, treaty rights, and climate change.

Our planning committee is composed of Indigenous women who represent interdisciplinary academic fields of study and philanthropy and we volunteer our time to host this annual symposium. We are committed to Indigenous food, environmental, and social justice and 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. Our committee has brought together a wonderful gathering of speakers who will share their knowledge, ideas, and strategies with us. And, we look forward to everyone in attendance participating and sharing within this framework of collaboration.

We come together in the beautiful wə́ləbʔaltxʷ (a Lushootseed word meaning Intellectual House). This space pays homage to Coast Salish culture and architectural traditions and will serve as a visible symbol honoring the region's indigenous peoples. Since we opened its doors to Phase 1, which was completed in 2015, this space has been the hub of exciting activity. Our event symbolizes the living breath of the wə́ləbʔaltxʷ and embodies the essence of the work we conduct in this intellectual and cultural space. The wə́ləbʔaltxʷ exemplifies the spirit of sharing, cooperation and commitment to indigenous knowledges and local and national indigenous communities.

In the tradition of the Coast Salish peoples we raise our hands to all of you in thanks and appreciation for helping us make this a successful event!

2025 Planning Committee



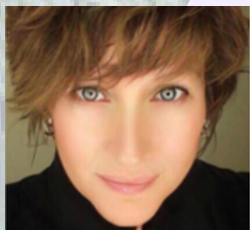
Dr. Charlotte Coté (Tseshaht/Nuu-chah-nulth), Founder and Planning Committee Chair is a Professor in the UW's Department of American Indian Studies and she has dedicated her personal and academic life to creating awareness around Indigenous foods, health, diet and wellness. She is the author of *Spirits of Our Whaling Ancestors. Revitalizing Makah and Nuu-chah-nulth Traditions* (UW Press, 2010), which raises issues

concerning Indigenous self-determination, eco-colonialism, and food sovereignty. Her current book, *A Drum in one Hand, A Sockeye in the Other. Stories of Indigenous Food Sovereignty from the Northwest Coast* (UW Press, 2021) combines food and Indigenous studies scholarship with stories, case studies, and Indigenous language and philosophy to show how traditional foods play a major role in physical, emotional, spiritual, and dietary wellness. Dr. Coté is chair of the UW's wəṭəbʔaltxw" Advisory Committee. She serves as series editor for the UW Press' Indigenous Confluences Series. She also serves on the Na'ah Illahee Fund Board.



Dr. Dian Million (Athabaskan) has been teaching in AIS since 2002. Dr. Million received her M.A. in Ethnic Studies in 1998 and her Ph. D. from the University of California at Berkeley in 2004. Dr. Million is an Associate Professor and Chair of the UW's American Indian Studies Department and an Affiliated faculty in Canadian Studies, the Comparative History of Ideas Program, and the English Department. Dian Million's

most recent research explores the politics of mental and physical health with attention to affect as it informs race, class, and gender in Indian Country. She is the author of *Therapeutic Nations: Healing in an Age of Indigenous Human Rights* (University of Arizona Press, Critical Issues in Indigenous Studies Series, 2013) as well as articles, chapters, and poems.



Bridget Ray (Ojibwe/Michif) is of mixed cultural heritage, born and raised by the Salish Sea amongst coastal traditions. She is a graduate of the Evergreen State College with a dual BA/BS in Liberal Arts and Environmental Science. A development professional with over 25 years' experience, Bridget is an accomplished Tribal Planner and Facilitator with

expertise in integrated environmental projects, sustainable infrastructure, and public engagement. Ms. Ray is an active participant in Tribal Canoe Journey since Paddle to Elwha 2005 with increasing involvement in "green team" deep-roots organizing -->

2025 Planning Committee

(Continued) that honors traditional full-circle teachings of interconnection. She volunteers for several Native-run non-profits and is a prior Board Member of the Na'ah Illahee Fund. Bridget currently serves as the Executive Director for the Salish Sea Collective, as the Fundraising Chair for the Earth Creative Board of Directors, and on the Board of The Yarrow Project. She can be found regularly taking pack walks through the back woods with her mother on their land near Steh-Chass (Olympia).



Lisa Fruichantie (Seminole/Mvskoke) was born in Ute hunting territories of Southern Colorado and raised between the Kenaitze homelands of Alaska in Dena'ina culture and her family's traditions across Oklahoma and the Four Corners region. She resides on the ancestral lands of the Puyallup people in Tacoma, Washington, with her partner and four sons. As Executive Director of Na'ah Illahee Fund, she leads efforts to advance

Indigenous self-determination, environmental justice, and cultural revitalization across the Pacific Northwest and beyond. Her work is rooted in cultivating transformative spaces that center Indigenous knowledge, bridge communities through art and activism, and foster collective healing. She leads with a deep commitment to rematriation, cultural sovereignty, and multigenerational impact.



Tia Yazzie (Diné/Navajo) is from the Navajo Reservation located in Arizona. She is from the One-Who-Walks-Around clan, born for the Bitter-Water clan. Her maternal grandparent's clan is One-Who-Walks-Around and her paternal grandparent's clan is Coyote Pass. Tia obtained her Bachelor of Arts from Dartmouth College in Native American Studies and Psychology in 2019. She graduated with her Master's of Social Work from UW in

2023 with a focus in clinical therapy. She is currently working at Hummingbird Indigenous Family Services in their Nest Program, which is Guaranteed Basic Income Pilot Project. In the future, she hopes to serve her tribe and community as a clinical mental health provider. Outside of family, work, and school, Tia enjoys playing basketball, beading, and attending concerts.



Michelle Henry is a citizen of the Choctaw Nation of Oklahoma. Michelle currently attends the University of Washington as a doctoral student in anthropology where her focus relates to human and environmental relationships, symbolism, communication, and education. She obtained her Bachelor of Arts degree from Washington College in Maryland, where she -->

2025 Planning Committee

(Continued) studied anthropology, environmental science, creative writing, and museum field and community education and was awarded honors in environmental writing in 2022 and 2023, and public service in 2023. Michelle continues to cultivate an interest in human, plant, and animal relationships as a scholar, artist, and writer. She trained as a Master Naturalist and has practiced heirloom seed preservation and grown native plant varieties throughout her life. Applying health and wellness practices and traditional lifeways to regain healthful trajectories and cultural connection are key interests in Michelle's life along with civic engagement, sovereignty, photography, filmmaking, and poetry.



Natalie Vaughan-Wynn (Fort Peck Assiniboine Sioux Registered Descendant) is a Ph.D. Candidate in the University of Washington's Geography Department and is working toward her Certificate in American Indian and Indigenous Studies. Her educational path entails a G.E.D., attending the same college with her mom at the same time, and a graduate degree in Sustainable International Development from Brandeis University.

Work centered on food justice and sovereignty over the last 15 years has brought her to West Africa, where she worked with the Indigenous Hausa people to facilitate village-to-village agricultural knowledge sharing, to Oxfam, as part of a farmworkers' rights campaign, and to a research institute engaged in international conversations around food and hunger. Specific ways that food is part of her life include Big Leaf Maple sugaring, foraging and fishing with her husband and son, and frequently shared meals with friends and family.



Chase Puentes (Mestiza) is a PhD student of Geography at the University of Washington. Her work investigates the intersections between Indigenous food sovereignty, climate change, and gender, particularly in the North. She previously completed an MA in Marine Affairs and a graduate certificate in American Indian and Indigenous Studies. Chase has co-directed a course on Inuit histories in Greenland, held a Polar Science fellowship on the

Kivalina Sea Ice Project, and worked as a research assistant on an NSF circumpolar education project as well as a Cowichan-led community health and wellness study. She considers food central to health, art, education, and community resilience. Chase is currently an ARCUS early career fellow and community liaison for an Arctic change observing network. Chase remains dedicated to supporting Indigenous priorities and wellbeing in the face of immense environmental, social, and political challenges.

INDIGENOUS FOOD SYMPOSIUM 2025

*"Generational Food Sovereignty:
Nurturing Our Sacred Relationships"*



Day 1: Friday May 2, 8:30am - 5:15pm

8:30 - 9:00 AM Registration and Continental Breakfast

9:00 - 9:20 AM Opening Welcome: Living Breath Planning Committee: Dr. Charlotte Coté, Dr. Dian Million, Lisa Fruichantie, Bridget Ray, Michelle Henry, Natalie Vaughan-Wynn, Chase Puentes, & Tia Yazzie

Opening Prayer: Connie McCloud

Welcome: wəlabʔaltxw Intellectual House Administrative Assistant, Michael Yates

9:20 - 9:30 AM Welcome Song

9:30 - 10:20 AM Keynote Presentation: *"Food from Mother Earth and Collective Tremembé Knowledge"*

Presenter: Mateus Tremembe is an Indigenous Youth Leader from the Tremembé da Barra do Mundaú Indigenous Lands, in the municipality of Itapipoca, Ceará, Brazil. Mateus is an Indigenous agroecological farmer, an agronomy student at the University of International Integration of Afro-Brazilian Portuguese-Speaking Countries (UNILAB), and he coordinates of Just Transitions in Food Systems Network and the Tremembé Climate Project. Translator: Evan Bowness.

10:20 - 10:30 AM Q&A

10:30 - 11:20 AM "Neah Bay High School's Swim Shady Fish Hatchery"

Presenter: Holly Keedy, Hazel Greene & students

11:20 - 11:30 AM Q&A

11:30 - 11:40 AM Break

11:40 - 12:30 PM "UW, SIIH/CAIIS Native Knowledge Families Burke Garden"

Presenter: Jessica Perea, Polly Olsen, Sophia Cisneros & students

12:30 - 12:40 PM Q&A

12:40 - 12:45 PM Food Blessing by Puyallup elder Connie McCloud, **Song** by Kalilah Rampanen **& Raffle**

12:45 - 2:15 PM Lunch: Bison chili and vegetarian chili with traditional accompaniments. Michica Oregano Seasoned Corn Muffins, Baby Mixed Lettuces with Mild Chile Lime Dressing, Hand Forged Cookies, & Cedar Infused Refreshments. Prepared by Natoncks Metsu.

2:15 - 2:45 PM "Facing the Storm: Youth Activism" film screening

Presenter: Matt Remle & youth

2:45 - 2:50 PM Q&A

2:50 - 3:00 PM Break

3:05 - 4:00 PM Breakout Sessions: Discussion and Dialogue

Day 1 continued next page

INDIGENOUS FOOD SYMPOSIUM 2025

*"Generational Food Sovereignty:
Nurturing Our Sacred Relationships"*



4:00 - 5:00 PM Breakout Sessions: Shareouts

5:00 - 5:15 PM Closing Comments (Raffle)

Day 2: Saturday May 3, 8:30am - 5:15pm

8:30 - 9:00 AM Registration and Continental Breakfast

**9:00 - 9:15 AM Welcome by Living Breath Committee
Opening Prayer by Connie McCloud**

9:15 - 10:15 AM Keynote Presentation *"Nā te pō i whakaatu: Creating waiata with insight from our ancestors"*

Presenters: Dr Rāwiri Tinirau & members of Te Morehu Whenua

10:15 - 10:25 AM Q & A

10:25 - 11:15 AM *"Please Pass the Salmon and Berries: Youth Creating a Habit of Being Active and Eating Healthy"*

Presenters: Angela Picard & youth.

11:15 - 11:25 AM Q & A

11:25 - 11:30 PM Break

11:30 - 12:20 PM *"Ūkaipō – Feeding the Next Generation of Kaitiaki"*

Presenters: Julia Kihi-Coates, Dr Kendall Stevenson, Kererū Hicks

12:20 - 12:30 PM Q & A

12:30 - 12:40 PM Food Blessing by Puyallup elder Connie McCloud, **Song** by Kalilah Rampanen & **Raffle**

12:40 - 2:00 PM Lunch: Salmon and Deer Sliders with simple sauces, Seasoned Yukon Gold Potato Jo-Jos, Mixed Baby Lettuces with Light Oil & Vinegar Dressing, Wojapi Tartletters, & Cedar Infused Refreshments. Prepared by Natoncks Metsu.

2:00 - 2:50 PM *"Muckleshoot Federal Corporation's Tomanamus Summer Youth Crew"*

Presenters: Cinnamon Bear & youth.

2:50 - 3:00 PM Q & A

3:00 - 3:10 PM Break

3:10 - 4:10 PM Breakout Sessions: Discussion and Dialogue

4:10 - 5:00 PM Breakout Sessions: Shareouts

5:00 - 5:15 PM Living Breath Symposium Committee closing comments & Raffle

Presenters

(In order by presentation order on agenda)



Keynote: "Food from Mother Earth and Collective Tremembé Knowledge"

Mateus Tremembé is a young Indigenous leader, agroecological farmer, and advocate for climate justice from the Tremembé of Barra do Mundaú Indigenous Lands in Ceará, Brazil. He serves as the coordinator of the Network for Just Transitions in Food Systems, the Tremembé Climate Project, and the Tremembé Schools of the Earth Project. Mateus works in collaboration with Indigenous farmers, youth, and

guardians of traditional knowledge to strengthen ancestral food systems, restore ecological relationships, and defend territorial rights in the face of colonial development pressures. In this talk, Mateus will share reflections from the Tremembé experience in reclaiming food sovereignty and building climate resilience through Indigenous science and solidarity. He will also discuss the development of the methodology known as Community-Driven Adaptation Research (C-DAR), which connects territorial communities in Brazil and internationally, using participatory methods and emerging technologies to amplify Indigenous voices in climate adaptation planning. Mateus' work reminds us that the future of climate justice lies not only in new technologies, but in the enduring and reciprocal relationships between people, the land, and food—relationships that have been cultivated over generations and are essential for our collective survival.

Evan Bowness will be interpreting for Mateus. Evan is an Assistant Professor of Community Food Systems at the Trent School of the Environment. Evan does community-based research on food sovereignty, agroecology, and the prospects for just transitions in food systems. He met Mateus through the Gesturing Towards Decolonial Futures Collective at the University of British Columbia, and has been to visit the Tremembé territory in Brazil twice since August 2022. Mateus and Evan are currently developing projects together related to agroecology, food security, settler responsibility, and the resurgence of Indigenous food systems.

"Neah Bay High School's Swim Shady Fish Hatchery"

Swim Shady Fish Hatchery is a student-led educational hatchery located at Neah Bay High School, where hands-on learning meets real-world science. Operated by biology and marine science students, the hatchery focuses on the full life cycle of coho salmon, from fertilization to fry release. Students actively participate in every stage of the process—managing egg development, monitoring water quality, and releasing fry into a local stream.

Student Presenters: **Maleah Markishtum, Janice Villa, Markeith Penn, Jayden Cooke, Mary Greene;** Chaperone: **Holly Keedy**

"Nourishing Identity: Empowering Our Students with Traditional Foods Knowledge and Pride."

In this presentation, our students will share exciting ways we've incorporated traditional Makah foods into our cultural curriculum. Each student has participated in unique projects that explore the significance of these foods in our heritage, providing them with a hands-on experience of our cultural practices and teachings. Attendees can look forward to engaging photos and stories behind each project, showcasing the.....

(contd...) creativity and teamwork involved. Our goal is to highlight how Makah...traditional foods are not just meals but essential connections to our history and identity. Join us to celebrate the rich flavors and traditions of the Makah culture and discover the valuable lessons we've learned through these meaningful experiences! Student Presenters: **Brianna McGimpsey, Alexa Greene and Elijah LaChester**; Chaperone: **Hazel Greene**

“Nurturing Intergenerational Relationships with, by, and for slu?wɪł: Student-centered Approaches to Place-based Arts+ Science Research-Creation”

Chaperones: **Polly Olsen** (Yakama) Director of DEAI & Decolonization and Tribal Liaison at the Burke Museum, and Affiliate Instructor in School of Environmental and Forest Sciences UW; **Jessica Bissett Perea** (Dena'ina) Associate Professor of American Indian Studies, UW; **Sophia Cisneros** (Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians of Oregon) Assistant Teaching Professor Astronomy, UW

Student/Youth Leads: **Kaydance Levesque** (Chippewa/Comanche); Undergraduate Student pursuing Environmental Science Major and AIS minor;

Johnny Buck (Wanapum/Yakama); Graduate Student pursuing MA in Human Centered Design & Engineering;

Kylee Navarro (Tlingit/Swinomish); Undergraduate Student pursuing Ecology, Evolution, and Conservation Biology Major and AIS minor;

Sarai Meyer (Washoe Tribe of California and Nevada); Undergraduate Student pursuing Plant Biology Major and AIS minor;

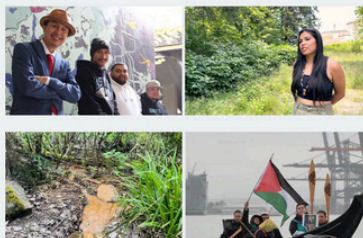
Kariel Galbraith (Tlingit); UW Alum ('24) with Double Major in English (with honors) and American Indian Studies

This presentation/workshop features our intergenerational community that provides training and support for developing Indigenous-led arts- and sciences-based research on slu?wɪł, the lands and waters currently occupied by the University of Washington Seattle campus. Our work is grounded in Indigenous sustainability and subsistence practices in relation with Native plant relatives (e.g., cultivating, gathering, harvesting, preparing, creating [regalia, tools, gifts], and more!) that emphasize anti-colonial approaches to research as a means to create spaces for and strengthen Indigenous intellectual pasts, presents, and futures at UW. We began this work during the 2024 Summer Institute in Indigenous Humanities (SIIH), where we gathered for a two-week intensive on co-designing research-creation projects grounded in Indigenous Knowledges. Our many interrelated projects centered visiting with experts from across the North Pacific, some of which included: harvesting fireweed and salal for jam, yarrow for salve, and willow for baskets; weaving cedar baskets and bracelets, and weaving wool on a frame loom. We are continuing this work via the 2024-2025 Indigenous Subsistence Arts+Foodways Knowledge Family and will engage two keystone research-creation projects: first, weaving a large dogwood basket for the Burke Meadow (February 2025); and second, building an underground earthen oven for the UW Native Farm (April 2025). Our Living Breath presentation shares highlights from this work, as well as an interactive component where we share foods and medicines with symposium attendees as a means to invite conversation about the significance of building intergenerational campus communities of practice grounded in Indigenous Knowledges, sustainability, and subsistence practices.

“Facing the Storm: Youth Activism”

Matt Remle (Hunkpapa Lakota) is the Native American Program Coordinator for Office of Native Education for the Marysville School District, editor of Last Real Indians, co-founder of Mazaska Talks, on the board of Seattle's Green New Deal and Indigenous by Nature based in Standing Rock and is on the steering committee for Stop the Money Pipeline.

Facing the Storm: Youth Activism, follows the work of Kayah George, Chayton Remle and the Puyallup Water Warriors to protect Mother Earth. These youth activists embody the power that young people have to lead the way and change the world for the better. They remind us that there is a place for everyone in the climate justice movement.



A FILM BY MIKAYLA GINGREY

FACING THE STORM: YOUTH ACTIVISM

AMINATA MULTIMEDIA GROUP PRESENTS FACING THE STORM: YOUTH ACTIVISM STARRING CHAYTON REMLE KAYAH GEORGE
DILLON WOODWARD HOMERO LEMUS PEDRO SANCHEZ LOUIS FARHAN ROSALES MUSIC BY ZUS SINGERS EDITOR SATIYAA MIELE
EXECUTIVE PRODUCERS MATT REMLE ANNO MARIYA GINGREY DIRECTED BY MIKAYLA GINGREY

Saturday Keynote Presentation: “Nā te pō i whakaatu: Creating waiata with insight from our ancestors”



Dr Rāwiri Tinirau and members of Te Morehu Whenua (Manaaki Hogg, Ata Rangī Pehi, Inglis Tinirau-Williams, and Tumanako Pehi) hail from Ngāti Ruaka hapū (sub-tribe), affiliated with Rānana Marae, Whanganui River. Te Morehu Whenua – the name bestowed upon this group of youth by their pahake (elders) and hapū – reminds participants of their connection to their ancestral lands and environs, and their inherent responsibilities to these special places and spaces. This group utilises traditional and newly-created waiata (song)

inspired by ancestral knowledge, to teach, share and reinforce practices associated with whakapapa (genealogical connections), kai (food) gathering and environmental restoration.

“Please Pass the Salmon and Berries: Youth Creating a Habit of Being Active and Eating Healthy”

Angela Piccard: Traditional foods play a vital role in the health, culture, and sovereignty of the Nez Perce Tribe. Equally important is empowering youth to maintain physical and cultural vitality. The Lapwai Kineeq Basketball Club provides over 170 children with opportunities to stay active through basketball, reinforcing the value of movement and well-being. In the winter, youth-led storytelling and songs serve as essential practices for passing down oral traditions, strengthening identity, and preserving Nez Perce culture. We gather roots Qeqiit & Cous, fish for salmon in the Spring and root Qemes (Camas) & berry Cemiitx (huckleberry) and hunt deer, elk, moose at the end of Summer. The more we gather the more we are able to eat healthy throughout the year. Eating healthy, keeping active, and gathering our traditional foods is the gist of our Lapwai Kineeq Club.

Anton Arthur (Nez Perce) is a junior at Lapwai High School. He is an athlete participating in High School varsity basketball and football. Karate is his passion as he travels all across the country and internationally to compete. Anton partakes in hunting and fishing every chance he gets with his family.

Ella Payne is enrolled in the Quileute Tribe and her parents are Jo Payne & Angela Picard, grandparents are Robert & Cassandra Kipp, Andre Picard, Sr., and Sharon Pane. She is a sophomore at Lapwai High School and plays varsity basketball and track. Ella is also active in Wahlusut way of life and spends hours in the mountains and hills gathering roots and berries. Last year, as an active participant in “Youth Salmon Protectors”, Ella had the opportunity to travel to Washington DC to lobby for our First Foods. On the weekends she is either gathering, playing ball, powwowing, or stickgaming.

Cavell Samuels (Nez Perce/Yakama/Umatilla) is a freshman at Lapwai High School who has a deep appreciation for her language and culture. She actively participates in longhouse, ceremony, sweat lodges, gathering, fishing and traditional dancing, showcasing her commitment to represent her self, family & community. Her parents are Jasmine Higheagle & Joseph Samuels, grandparents are Carla Timentwa, Gordon Higheagle, the late Eugene & Marie Samuels. Basketball is another passion of hers, and she values family gatherings and the joy of laughter with her peers.

Tyson Davis Jr. is a 13 year old 8th grader at Lapwai Middle School. His parents are Tyson and Chelsea Davis and he is a proud Nez Perce Tribal Member an avid hunter, and fisher who loves to exercise treaty rights by providing traditional foods for his family. He enjoys playing football and basketball and spending time with family. Tyson thinks it's important to eat traditional foods because they provide healthy nutrients for our mind, body and spirit and keep the Nez Perce way of life alive.

Kellen Moody is in 6th grade at Lapwai Middle School and his parents are Jeanette and George Moody. His maternal grandparents are the late Mary Oatman Galbreath and Albert Pinkham, Jr. His paternal grandparents are Adrian and Paula Moody. He enjoys playing sports all year round as he plays basketball, football, baseball, and track. During the summer he fishes, camps, and often swims in the rivers on or near the reservation.

Huntyr Hiyuumesese Aubertin is a 6th grader who enjoys staying busy by playing basketball, volleyball, and track. Every Spring and Summer, Huntyr likes to spend time gathering kous kous, mountain tea, and huckleberries. Huntyr's favorite place to go is the Gospel Mountains. It is important to Huntyr to learn about Nez Perce culture and teach their younger brother and sister.

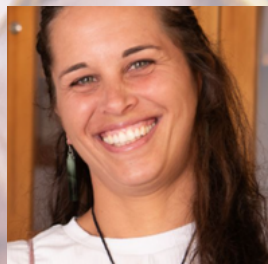
Cairi Williams (Nez Perce/Umatilla) is a 4th grader at Lapwai Elementary School. Her parents are Anthony and Tawiya Williams. Her grandparents are: Winona and Lewis Holt; Frank & Holly Waters; Scott & the Late Carmi Williams. Cairi enjoys multiple sports including basketball, soccer, and track. Just recently her team went on to win the Championship at the Middle School State Tournament in Spokane, WA. Though Cairi is an amazing athlete she also strives to do well in school and participates in her cultural traditions every chance she gets. Her favorite activity is picking berries, hunting mushrooms, and digging roots.

“Ūkaipō – Feeding the Next Generation of Kaitiaki”



Julia Kihi-Coates (she/her; Ngāti Awa, Ngāti Hine) has worked in the community and public health sector for the past 11 years. She is an experienced nutritionist, but her passion lies in exploring the revival and continued application and evolution of traditional knowledge systems and practices pertaining to kai, specifically in her local tribal community. Julia enjoys fishing and diving with her family.

Dr Kendall Stevenson (Ngāti Awa, Ngāti Kuri), is a Senior Research Fellow with Te Tātai Hauora o Hine, The National Centre for Women’s Health Research Aotearoa, at Te Herenga Waka, Victoria University of Wellington. She has a passionate commitment to seeking to shape an equitable and just system for Māori with a focus on flourishing wellbeing for wahine (women), pēpi (babies) and whānau (family units).



Kererū Hicks (Te Arawa, Te Aupourī) is currently in her final year studying nursing at Te Whare Wānanga o Awanuiārangi. She is a māmā of 2 beautiful tamariki (children) and is an active contributor to her community and partner’s marae based in Whakatāne. Kererū was a participant in the Ngā Āhuatanga o Te Kai – He Waiū project.

“Muckleshoot Summer Youth Crew: Stewarding Land, Self and Community in a Working Forest”

Alexis Perez (Ojibwe & Kansas Prairie Band Potawatomi); **Harley Jansen** (Muckleshoot & Blackfeet); **Hilary Penfield** (Blackfeet); **Cinnamon Bear** (Karuk)

This youth led panel includes Muckleshoot Tomanamus Forest’s Summer Youth Crew members and their Crew Lead. Throughout summer, our youth crews spend forty hours a week together on the land, building new trails, restoring trails, pulling invasives, harvesting wild foods and medicines, working out together and making community connections. Presenters will share an overview of their stewardship work in the tribally owned forest and discuss how their time working to shape the land, shaped their overall wellbeing, their knowledge and confidence. While exercising their sovereignty, they are not only shaping the forest but shaping their future opportunities and community health. Youth will offer their insights on the connection between the health of land and people and offer suggestions on exercising sovereignty for uplifting community health. They will share stories and plant teachings that help us connect to the places that care for and shape us.

CHEF BIO



Jason A. Vickers, Ohomous Nut Annokinam (Painting Owl), Hassanamisco Band, Nipmuc Nation, works with a variety of Tribal communities and health care providers sharing about the importance of caring for gardens and planting hands in the soil as a means of healing for formerly incarcerated folks. Jason believes it is as much a pleasure as it is an honor to share these foods and ways in our communities today. To learn more about Jason and his business, please visit: <https://www.natoncksmetsu.com/>.

We also raise our hands to Olivia and Jeremy who helped Jason prepare our food and meals for both days of our symposium!

ADDITIONAL BIOS

kamâmakskwew waakiituusiis Nitanis Desjarlais (Nuučaał, Cree). Nitanis' ancestry stems from Northern Cree territory (Fort McMurray First Nation) and she was raised in the northwest coast (Tsimshian) territory. Nitanis has emerged as a gifted storyteller and videographer with many documentaries and artistic interpretations of indigenous issues and values. Her videos and films have been showcased internationally. Her current focus is placed upon her family & community within nuučaał territory. Nitanis avidly explores the diverse medicines and traditional foods. She shares teachings with a hands on approach with communities and organizations and practices this craft with her children on a consistent basis as a way of life. Check out her Indigenous Foods Tasting Table coordinated by Nitanis Desjarlais and her family.



Jessica's extensive global experiences, fervent commitment to social justice, and profound dedication to ocean restoration define her journey. From photography with Indigenous communities in Southeast Asia to leading coral restoration in Mesoamerica, her work embodies a fusion of cultures and ecosystems. With a recent graduate degree in Marine & Environmental Affairs from the University of Washington, specializing in Indigenous-led restoration and environmental justice, Jessica also spent two years as a FLAS Fellow studying

Nuu-chah-nulth (Barkley Sound/ Tseshaht), a First Nation language from Vancouver Island's west coast. Since graduating, she has been working with Tribes/ First Nations to navigate the emerging carbon removal market through innovative assessment tools for Global Ocean Health's "Partnerships for Tribal Carbon Solutions" program. Her expertise in documentary photography and collaborative filmmaking serves as a powerful tool to highlight the intricate connection between human societies and the marine environment, emphasizing the vital role of Indigenous voices in global environmental stewardship.



Hasaatuk, **Kalilah Rampanen**, is nuučaaḥuł from Ahousaht on the west coast of Vancouver Island, Woodland Cree from Fort McMurray Alberta and Finnish ancestry. Hasaatuk is a musician under her traditional name, meaning loud vibrant voice. Her music explores a diverse range of indigenous, environmental and social horizons that combine a blend of acoustic, blues and alternative styles of expression.

Living Breath Swag Prices

Women's short sleeve shirt: \$25	Ball caps: \$20
Women's long-sleeve shirt: \$30	Beanies/Toques: \$15
Women's Zipped Hoodie: \$60	Aprons: \$15
Men's short sleeve shirt: \$25	Sport bottle: \$20
Men's long-sleeve shirt: \$30	Tahoe tumbler: \$20
Men's Zipped Hoodie: \$60	Tote bags: \$15

Pay with Square, Cash, or Venmo



Thank you for attending our 13th Annual Living Breath of wəłəbʔaltxʷ Indigenous Foods Symposium! We value your feedback and thoughts about your time with us. Please take a moment to fill out our feedback survey by scanning the QR Code. You can also find physical copies of the survey in the middle of each table.

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



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ANNOUNCEMENTS

Raffle: Please visit our raffle table and purchase your tickets. All proceeds go towards next year's symposium. *3 tickets for \$5 or \$2 for 1 ticket*

Tasting Table: Check out the Indigenous Foods Tasting Table coordinated by kamâmakskwew waakiituusiis Nitani Desjarlais (Cree, Nuu-chah-nulth).

Vendors Tables: UW Press Book Table, Seed Sharing Table, Swag Table, Raffle Table, Plants & Medicines Table by Colleen Jollie, and Basket display by Ed Carrier and Dale Croes.

Swag Table: Please stop by our Living Breath Swag table. We are happy to support an Indigenous-owned and operated company BillyBeautyInc, located in Port Alberni, on Vancouver Island, BC. BillyBeautyInc is owned by Natasha (Tseshaht) and Bill (Ahousaht) Dennis who started from humble beginnings three ago and now have a thriving business.

WE RAISE OUR HANDS TO OUR SPONSORS!



UW American Indian
Studies Department



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wəłəbʔaltx^w
Intellectual House



UW American Indian Studies Department, AIS Mellon Grant, Na'ah Illahee Fund, UW Center for American Indian/Indigenous Studies (CAIIS), UW Office of Minority Affairs & Diversity, UW Nutritional Sciences Program, UW-Tacoma Indigenous Speaker Series (Michelle Montgomery), Bill Holm Center, UW Canadian Studies Center/Jackson School of International Studies, UW Indigenous Wellness Research Institute (IWRI), UW Department of Geography, UW wəłəbʔaltx^w Intellectual House, and UW Department of Geography (Sarah Elwood - Faustino, Chair).

WE RAISE OUR HANDS TO YOU ALL!!



We extend our deepest gratitude to our volunteers, AIS Staff, Na'ah Illahee Staff, wəłəbʔaltxʷ staff, Noah Lum, Nitanis Desjarlais, Jessica Rose, and all our UW students and community members who helped make this event possible!

See you next year!