

10th Annual "Living Breath of wəłəbʔaltx^w" Indigenous Food Symposium



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

MAY 13 & 14, 2022

Hosted by
University of Washington's American Indian Studies
Department and the Na'ah Illahee Fund

FIND US AT:

[HTTPS://LIVINGBREATHFOODSYMPOSIUM.ORG/](https://livingbreathfoodsymposium.org/)

[WWW.FACEBOOK.COM/UWLIVINGBREATH](http://www.facebook.com/uwlivingbreath)

TWITTER - @LIVINGBREATHUW



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 wətəbʔaltxʷ Intellectual House. Due to the COVID-19 pandemic, we were unable to come together last year but we are so grateful to be able to reunite this year in-person. We appreciate the patience of this community and our presenters' collective understanding and we are thrilled to be back. We hope to be able to gather in-person again 2023.

We are also very pleased you can join us today for our 10th annual "Living Breath of wətəbʔaltxʷ" 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 wətəbʔaltxʷ (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 wətəbʔaltxʷ and embodies the essence of the work we conduct in this intellectual and cultural space. The wətəbʔaltxʷ 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!



Symposium Planning Committee



Dr. Charlotte Côté (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. Côté 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 (Athabascan) 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.



Dr. Clarita Lefthand-Begay (Navajo) is Assistant Professor in the UW's Information School (iSchool). She has a PhD in Environmental and Occupational Health Sciences from the University of Washington's School of Public Health. At the iSchool, her interdisciplinary research focuses on protection of Indigenous knowledge in the United States, tribal water security, climate health and resiliency. Indigenous knowledge systems are foundational to each of her projects. She is currently the Director of the Tribal Water Security Project that examines the water insecurity challenges faced by tribes in the United States and around the globe. As a researcher and tribal community member, Clarita supports efforts to strengthen tribal wellbeing while respecting and honoring self-determination and cultural revitalization.



Susan Balbas (Cherokee and Yaqui Nations) is the executive director of Na'ah Illahee Fund, a Native women-led nonprofit fund that supports and promotes the leadership of Indigenous women and youth in the ongoing regeneration of Indigenous communities in the Pacific Northwest region. Susan holds a Bachelor of Business Administration and a Master of Science in Teaching. She has been an independent consultant working with tribes, artists and nonprofits, and has held management positions in the business, philanthropic and nonprofit sectors. Mother of three and grandmother of three, Susan has studied with elders and herbalists, is an organic gardener, a cook, and voracious reader of all books on Indigenous foodways and the local/healthy foods movement, social and environmental justice issues, and historical novels. She currently serves on the boards of Potlatch Fund, Washington Progress Alliance, Washington Community Alliance and Front & Centered.

Symposium Planning Committee



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 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).



Dana Arviso (Navajo) is director of the UW College of Education's Unite:Ed initiative. She previously served as the Executive Director of Potlatch Fund, a Native American-led foundation, where she grew the grantmaking programs to include the Language Preservation, Native Student Success, and Healthy Pathways for Native Youth strategic initiatives. Dana is an enrolled member of the Navajo Nation and grew up on the Bishop Paiute-Shoshone Indian Reservation in California. She earned her bachelor's degree from California State University, Sacramento in Child Development and worked as an early childhood educator within the tribal family literacy program on the Bishop Paiute reservation. Dana proudly commits herself to improving the lives of youth, families, and communities through education and working for social improvements within the fields of education and philanthropy.



Dr. Jessica E. Salvador has over 15 years of program management and leadership experience across education, nonprofit, and consulting. Currently, Dr. Salvador is Co-Executive Director of People and Organization for Casa Latina. As a first-generation college graduate with experience navigating various institutional contexts, they are committed to collaborations with diverse communities, connecting with people while supporting learning and development, and promoting organizational effectiveness from a liberatory lens. Dr. Salvador earned a Ph.D. in Educational Leadership and Policy Studies from the University of Washington, a Masters in Education from the University of La Verne and a Bachelors in Science degree in Civil Engineering from the University of California, Berkeley. As part of a family that enjoys potatoes and bananas stemming from their roots in Ecuador, she enjoys plant-based and gluten-free cooking, crafting, and spending time with family, friends, and baby dogs.



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. Upon graduation, Tia held various positions serving the urban Native American community in Salt Lake City, UT at the Urban Indian Center of Salt Lake and the Salt Lake City School District. Currently, Tia is a first-year graduate student in the Master's of Social Work program at the University of Washington and plans to specialize in clinical social work and obtain her LCSW upon completion. Outside of work and school, Tia enjoys playing basketball, spending time with her dog, beading, and advocating for various Native American issues such as MMIP/MMIW+.

INDIGENOUS FOOD SYMPOSIUM 2022



DAY 1

Friday, May 13, 8:30am-5pm (All times in PDT)

9:00 - 9:15 AM

Welcome by Dr. Charlotte Coté, Professor UW American Indian Studies, Symposium Chair, Dean Dianne Harris, UW College of Arts & Sciences, Dr. Dian Million, Chair, UW American Indian Studies Department, & Bridge Ray, Na'ah Illahee Fund

9:15 - 9:45 AM

Song by Bridget Ray;
Welcome and Prayer by Elder Connie McCloud (Puyallup Tribe)

9:45 - 11:45 AM

Speakers Panel: Ciarra Greene (Nez Perce), ḥaasʔaʔuk John Rampanen (Nuu-chah-nulth), Micah McCarty (Makah), hasaatuk Kalilah Rampanen, and Pah-tu Pitt (Warm Springs/Wasco)

11:45 - 1:15 PM

Lunch/Break
Blessing of the food by Elder Glen Pinkham (Yakama Tribe)

1:30 - 1:35 PM

Raffle: Missing Murdered Indigenous Women & Girls t-shirt by the Sonoma County Indian Health Project, Eighth Generation Rez Cat tote bag, "A Mind Spread Out on the Ground" book by Alicia Elliott, Native Northwest Matriarch Bear ceramic mug, Eighth Generation Sweet Birch handmade soap *\$5 per raffle ticket or 5 for \$20*

1:35 - 3:35 PM

Breakout Sessions

3:45 - 5:00 PM

Committee Roundtable: Charlotte Coté, Dian Million, Clarita Lefthand Begay, Dana Arviso, Bridget Ray, Jessica Salvador, Michelle Montgomery, and Tia Yazzie.

5:00 - 5:05 PM

Raffle: B. Yellowtail Kaalé floral silk scarf in goldenrod/sky blue, Kinda Rezzie hand-poured soy wax candle, Rez Girls Can Do Anything enamel pin & sticker *\$5 per raffle ticket or 5 for \$20*

INDIGENOUS FOOD SYMPOSIUM 2022



DAY 2

Saturday, May 14, 8:30am-5pm (All times in PDT)

- 9:00 - 9:10 AM** **Welcome by** Dr. Charlotte Coté, Professor UW American Indian Studies, Symposium Chair
- 9:10 - 9:30 AM** **Song by** Bridget Ray, Director of the Na'ah Illahee Fund;
Prayer by Glen Pinkham (Yakama)
- 9:30 - 9:35 AM** **Raffle:** Blue Yurok design full-zip sweatshirt, 2 Salish Weaving ceramic mugs, Indigenous Collection Tranquility journal by William Monague, Native Home Bees enamel plant pot by Paul Windsor.
- 9:45 - 11:45 AM** **Speakers Panel:** Dawn Morrison (Secwepemc), Glen Pinkham (Yakama), Fiona Wiremu (Maori), kamâmakskwew waakiituusiis Nitanis Desjarlais (Cree/Nuu-chah-nulth), Valerie Segrest (Muckleshoot), & Replogle Swan Sr (l̓n̓upiaq).
- 11:45 - 1:15 PM** **Lunch/Break**
Blessing of the food by Glen Pinkham (Yakama)
- 1:30 - 1:35 PM** **Raffle:** University of Washington American Indian Studies sweatshirt, Eighth Generation Hummingbird tote bag, Native Northwest Hummingbird metal water bottle, Native Home Hummingbird enamel plant pot, Eighth Generation Sunrise Sage handmade soap.
\$5 per raffle ticket or 5 for \$20
- 1:35 - 3:35 PM** **Breakout Sessions**
- 3:45 - 5:00 PM** **Committee Roundtable:** Charlotte Coté, Dian Million, Dana Arviso, Bridget Ray, Jessica Salvador, and Tia Yazzie.
- 5:00 - 5:05 PM** **Raffle:** Eighth Generation 100% cotton throw blanket
\$5 per raffle ticket or 5 for \$20

BREAKFAST & LUNCH MENU



BREAKFAST - MAY 13 & 14, 2022

**Menu subject to change*

*Continental Breakfast
Coffee, Tea, variety of fruits, muffins*

LUNCH - MAY 13, 2022

*Local Greens With Balsamic Vinaigrette
Elk Stew
Bannock*

LUNCH - MAY 14, 2022

*King Salmon Sandwiches
Local Greens with Creamy Nettle Pesto Dressing
Sweet Potato & Sea Salt Potato Chips*

OUR CHEFS



Gail Gus (Tseshah/Nuu-chah-nulth) is the Crisis Care & Wellness Coordinator for the Tseshah Nation. Her work and educational background focus on community wellness and treatment grounded in cultural traditions and spiritual teachings. Through her work, Gail provides community-based crisis care support by promoting positive and healthy lifestyles. In 2014 she started the Tseshah Garden project as a way to bring the community together to cultivate the garden, share the foods that were produced, and learn about healthy foods and lifestyles.



Jason Vickers (Nipmuc) is a chef, artist, father, and a friend to all. Currently, Vickers is a freelance chef, however, he has worked and partnered with multiple organizations including Weld Seattle, which provides people returning home from jail or prison, and Unkitawa - a Lakota organization that provides people with food, health, and traditional medicine. Ultimately, Vickers' lived experience and background has led him to help hundreds of peoples lives and create healthy foods for all.

Presentors

(in alphabetical order by first name)



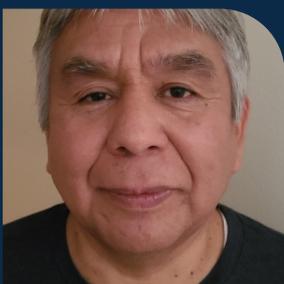
Ciarra Greene, MS (Nimiipuu). Nimiipuu/Nez Perce culture and traditions emphasize environmental stewardship and drives Ciarra's academic, professional, and personal endeavors. At the foundation of her existence is the protection and healing of Nimiipuu community and homelands through culture, science, and education. Ciarra has her BS in Chemistry from Northern Arizona University (2012), where she researched environmental transport and stabilization of uranium on Diné (Navajo) homelands. Ciarra earned her MS degree in Science Teaching at Portland State University (2019), and was recruited for her current position as Native Environmental Science Faculty at Northwest Indian College - Nez Perce. Ciarra was elected to the American Geophysical Union Council as the Early Career Scientist Representative (2021 - present), created Sapóoq'is Wíit'as Consulting (2021), and is the Cultural Curriculum and Workforce Development Coordinator for Nez Perce Tourism (2021).



Dawn Morrison (Secwepemc) is the Founder/Curator of the Working Group on Indigenous Food Sovereignty. Since 1983 Dawn has worked and studied horticulture, ethno-botany, adult education, and restoration of natural systems in formal institutions, as well as through her own healing and learning journey with Elders and traditional knowledge holders. Following the time spent teaching Aboriginal Adult Basic Education, Dawn has been dedicating her time and energy to land based healing and learning which led her to her life's work of realizing herself more fully as a developing spirit aligned leader in the Indigenous food sovereignty movement. Dawn has consistently organized and held the space over the last 16 years for mobilizing knowledge and networks that have been foundational for decolonizing food systems in community, regional and international networks where she has become internationally recognized as a published author on the topic. Dawn's work on the Decolonizing Research and Relationships is focused on creating a critical pathway of consciousness, that shines a light on the cross-cultural interface where Indigenous Food Sovereignty meets, social justice, climate change and regenerative food systems research, action and policy, planning and governance.



Fiona Firemu, PgDip(MgtSt), BMS (Waikato), NZDipBus (Māori). Ms Wiremu is from the New Zealand tribes of Tūhoe (Ngāti Hāmua, Te Mahurehure, Ngāti Koura) and Ngāti Ranginui (Ngai Tamarāwaho). Her areas of research include Mātauranga Māori (Māori knowledge) inclusive of language, culture and identity; Whai Rawa (Māori economies); Te Tai Ao (The Natural Environment); Mauri Ora (Human Flourishing); and Māori community self-development initiatives inclusive of food sovereignty research. She is an educator of Indigenous Business teaching at an indigenous-university (Te Whare Wānanga o Awanuiārangi), in Aotearoa New Zealand. Fiona holds a number of governance roles across the health, social and employment sectors with these intersecting to reduce the ongoing colonising effects and ongoing reproduction of unequal social, economic and cultural relations experienced by Māori.



Glen Pinkham (Yakama) is an enrolled member of the Confederated Tribes and Bands of the Yakama Nation. He has been married to Yvette Pinkham going on 36 years. They have three children, Cameron age 35, Shanoa age 30, Dallas age 29. Glen was raised in the Wah Shet (Seven Drums), Mckinley Indian Mission, Shaker Faith, Medicine Dance, and Sweat house teachings. As an adult baptized in the Church of Jesus Christ of Latter Day Saints. His parents are Joe Jay and Tallulah Pinkham. And had six siblings.

Presentors

(in alphabetical order by first name)



hasaatuk Kalilah Rampanen (Nuučaañuł, Cree, Finnish) is a musician, songwriter, and activist. Kalilah's music explores Indigenous, environmental, and social horizons that combine acoustic, blues, and alternative styles of expression. In addition to her musical path, Kalilah is actively involved in activism and advocacy for the protection and preservation of Indigenous lands, culture and language. Kalilah has participated in a wide variety of campaigns that raise awareness of environmental devastation caused by mining, oil extraction, deforestation, and aquaculture. She uses her music to shed light upon the interconnectedness that is maintained through ancestral, indigenous roots to the lands and waters and she maintains a lifestyle that keeps her connected to her traditional territories, culture and family.



kamámakskwew waakiituusiis Nitanis Desjarlais (Nuučaañuł, 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 and community within nuučaañuł 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.



Micah McCarty (Makah) is an artist and former Makah Chairman. McCarty's life work continues in the traditions of interdisciplinary experience, in current projects such as Urban Forestry symposium, Decolonizing Western IRB in Western sciences with Zurich University, co-leading cultural healing research with Canoe carving while sharing traditional values, in partnership with University of Victoria research focused on young mens wellness. McCarty draws from a wide range of experience, and continues to be of service to a living culture and respectful statemanship as a leader and mentor.



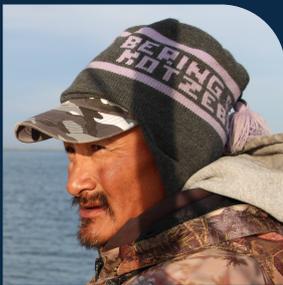
ñaasʔaluk John Rampanen (Nuučaañuł) comes from ʔaḥuusʔaḥ (Ahousaht) and qilcmaʔaḥ (Keltsmaht) within the nuučaañuł (Nuu-chah-nulth) territory on the west coast of Vancouver Island, British Columbia, Canada. He is actively involved with Language and Cultural Revitalization and specializes in areas of: spirituality, medicinal plants and practices, history, traditional governance and indigenous foods. ñaasʔaluk is also an Instructor and Associate Professor with the University of Victoria where he develops and offers land-based approaches to language immersion through a nuučaañuł lens. As a father of eight, he shares a family-oriented approach toward cultural revitalization and believes firmly that language is the key to the future wellbeing of our people, lands, waters and way of life.

Presentors

(in alphabetical order)



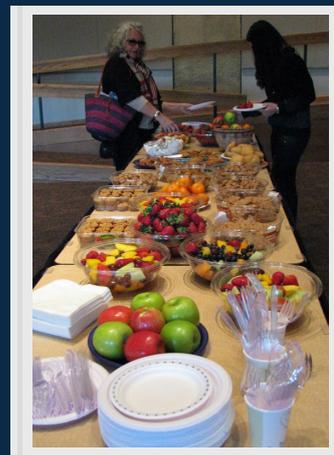
Pah-tu Pitt G. (Warm Springs/Wasco) holds Environmental Graduate and undergraduate degrees, believes strongly in climate resiliency efforts, sustainable economic development, and culturally relevant education opportunities. Pah-tu has extensive background and experience in Environmental Science, small business, policy, management, and community engagement. Their work experiences include nonprofit, governmental, and business sectors. Her small business, Native Kut, includes creating art, consulting, and an artist guesthouse with a Native arts theme.



Repple Swan Sr. (Iñupiaq) is president of the Kivalina Volunteer Search and Rescue, chief of the Kivalina Volunteer Fire Department, and captain of the 77 Whaling Crew. He is a member of the Kivalina Whaling Captains Association and serves on the Federal Subsistence Advisory Council for Northwest Alaska. For the past two years, Reppi has co-directed Polar Science at Human Scale along with collaborators from the University of Washington. He has also held past positions on the Alaska Beluga Commission and Kivalina IRA Council. In 2018, he was awarded the prestigious Katie John Hunter-Fisher Award by the Alaska Federation of Natives.



Valerie Segrest (Muckleshoot) works as a Native Nutrition Educator and is the Co-Founder of Tahoma Peak Solutions, a consulting company that specializes in strategic communications and food systems strategies that serve tribal communities. She has a Bachelor of Science in Human Nutrition and Health Sciences from Bastyr University and a Master of Arts in Environment and Community. Ms. Segrest has dedicated her work in the field of Native American Nutrition towards the efforts of the food sovereignty movement rooted in education, awareness and overcoming barriers to accessing traditional foods for tribal communities throughout North America. Ms. Segrest has co-authored several publications including the books "Feeding Seven Generations: A Salish Cookbook" and "Indigenous Home Cooking: Menus Inspired by the Ancestors". Valerie aims to inspire and enlighten others about the importance of a nutrient-dense diet through a culturally appropriate, common sense approach to eating. <http://www.tedxrainier.com/speakers/valerie-segrest/>



WE RAISE OUR HANDS TO OUR SPONSORS!



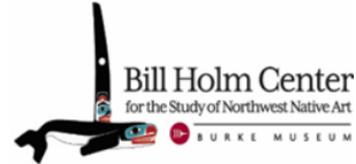
Na'ah Illahee Fund



UW American Indian
Studies Department



Indigenous Wellness Research Insti
tute
National Center of Excellence

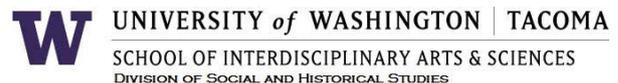


Bill Holm Center
for the Study of Northwest Native Art

BURKE MUSEUM



Canadian Studies Center
Henry M. Jackson School of International Studies
University of Washington



UW American Indian Studies, Na'ah Illahee Fund, UW Center for American Indian/Indigenous Studies (CAIIS), UW Tacoma Division of Social and Historical Studies, UW Office of Minority Affairs & Diversity, UW wələbʔaltx^w Intellectual House, College of the Environment, UW Nutritional Sciences Program, Bill Holm Center, UW Canadian Studies Center/Jackson School, UW Indigenous Wellness Research Institute, and The UW Department of Geography.

WE RAISE OUR HANDS TO ALL OF OUR VOLUNTEERS!

We extend our deepest gratitude to Mark McCarthy and Rachel Lazzar, Stuart Heslop, Kaila RedBow, Na'ah Illahee Staff, wələbʔaltx^w staff, and all our UW students and community members who helped make this event possible.

ANNOUNCEMENTS

Raffle: Want to support the work we continue to do for our communities? Please visit our raffle table and purchase your tickets. All proceeds go towards next year's symposium.
\$5 per raffle ticket or 5 for \$20

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



Traditional Healing: Sign up for traditional healing with n'aas?ii?cu?wak, Lisa Watts (Tshaht/Nuu-chah-nulth). Lisa works for the Nuu-chah-nulth Tribal Council's Teechuktl Mental Health Program as the MMIWG Family Support Worker. Teechuktl Mental Health Services support the mental, emotional, and spiritual well-being of Nuu-chah-nulth individuals, families, and communities. Lisa is an ?uuštaqyu, traditional healer.



Visit our website for information and photos from previous events:
<https://livingbreathfoodsposium.org/>

Facebook: Living Breath of wəłəb?altx^w Indigenous Foods Symposium

Twitter: We are live! Use #LivingBreath22 to tweet about your experience!
Tell us why the Living Breath of wəłəb?altx^w: Indigenous Foods and Ecological Knowledge Symposium is an important event.