



ÁLI SDÁLNEW

"All The Good Medicine"
"Our Land, Our Water, Our Power"

June 1-2 2018



June 1 Agenda

- Work Party—giving back to Tsawout
 - Cleaning up the greenhouse
 - Lip balm making
 - Spit clean up and pit cook preparation
- Lunch
- Welcoming
 - Mavis Underwood
 - Toby Joseph
 - Raven Hartley
 - Prayer and drumming from LAUWELNEW students
- Tsawout “Our Food, Our Land, Our Power” Panel
 - Tiffany Joseph
 - JB Williams
 - SELILIYE Claxton
- Workshop Break Outs
 - Local Indigenous Gardens: PEPAKEN HAUTW and Songhees Top Soil collaboration
 - Revitalization of Coastal “Sea Gardens” with Parks Canada and Skye Augustine
 - Carving Demonstration with Kathy and Doug LaFortune
- Nature Walk
 - Earl Claxton Jr
 - JB Williams
 - Tiffany Joseph
- Traditional Feast
- Entertainment
 - ANSWER Drum Group
 - Paint the Town Red
 - Tsawout Gals Drum Group

Enjoying and
Connecting with
Each Other!

Our Food, Our Land, Our Power

On behalf of the event’s planning committee, I would like to share a few highlights of **ÁLI SDÁLÑEW**

The event welcomed around 250 people each day to Tsawout First Nation over June 1 and 2. *‘Over the two days we ate, laughed and learned together.’*

Tsawout were incredible hosts and we were incredibly lucky to have been nourished by Rose Jimmy as well as her two chefs, Michelle and Wally. **HÍSWŪKE SIÁM** to the cooks for providing our delicious meals.

Attendees had the opportunity to learn from many knowledge keepers over the two days. There were 13 workshops showcasing the incredible knowledge of the **ŪSÁNEĆ** Peoples. We were also honored to have teachers come share from other Coast Salish Nations and friends from Nuučaañuł, Kwakwaka'wakw and other territories. We tried to capture photos from all the workshops but that was not always possible with such a jam packed agenda. We raise our hands to all of the amazing knowledge keepers who came out to share.



Work Party



Participants had the opportunity to get to know Tsawout and give back to the community and the gathering by choosing to help clean out the green house, making lip balms gifts for attendees or help prepare all of the materials for the pit cook



Welcoming

We were welcomed to the territory by council members Mavis Underwood and Toby Joseph. Grade 3/4 students from LAUWELNEW school came to the gathering to do an opening prayer and song. These students are in SENCOTEN immersion and only speak the language of their people throughout their school day.

We are so grateful to everyone who shared with us and to Tsawout for hosting.



Marketplace Tables

May Sam hosted a table in the gym and taught people how to make clam shell rattles and showcased her gorgeous knitting.



The Island Health dietitian brought the healthy drink station to nourish our mind, bodies and spirits with the healing benefits of water and plants.



Carolyn Sampson hosted a table to share the health benefits of bone broth. It tasted so good and our bodies felt strong.



Tsawout Knowledge Holders

SELILIYE Claxton, John Bradley Williams and ŚWXELOSELWET Tiffany Joseph shared their reflections on our theme why it is important for them and their families to continue sharing and connecting to **the land, the water and their power!**



Marketplace Tables



Sage Lacerte set up a table to promote the Moose Hide Campaign

Anna Spahan shared knowledge about traditional medicines and brought her incredible collection of plant resources.



Carving Demonstration with Kathy and Doug Lafortune



Participants
witnessed Doug
LaFortune carve a
paddle while Kathy
spoke about
Doug's art styles



Local Indigenous Gardens: PEPAKEN HAUTW and Top Soil/ Songhees First Nation collaboration

Ashley Cooper, Earl Claxton JR. and Judith Arney from PEPÁKĒN HÁUTW Native Plants & Garden Program came to share the education tools they created and the work that they do at the garden and school.

Chris McElroy who is Songhees First Nation's physical activity and wellness worker and Chris Hildreth from topsoil came to share about Songhee's rooftop garden that provides food for the kitchen, the food truck and community members.



Medicine making for the Elder's Gathering

Della Rice Sylvester from Cowichan Tribes shared her vast knowledge of plants and medicines. She began her workshop by reviewing the types of plant medicines that she frequently collects and their uses. Participants then rotated through several work stations to learn about some of the processes involved in medicine making, as well as to touch and smell the different types of medicine plants. By the end of the workshop, participants had prepared 150 medicine pouches and over 300 containers of a healing salve that was entirely prepared in the workshop. The medicines will be gifted to elders during the Elders Gathering July 2018.



Art Napoleon

Art Napoleon, from APTN's Moose Meat and Marmalade had the crowd excited with this vast knowledge and charm. It was a honour to have him come share about this love for food, cooking and sharing these passions across the country and world through this work on APTN. He shared many local foods and traditions and stayed with this for the rest of the day connecting with fans, friends and food. He also took so many beautiful photos. A man with many talents!



Herring Demo

Elder May Sam has been wishing to share this food processing and cooking technique for many years. She learned so many food skills from her mother in law Mary-Ann Sam and wants to pass these down to the youth. She wanted to share how she was taught to ferment the herring and then smoke them on a stick. She showed us how to fillet herring in a modern way while talking about traditional way she was taught. Everyone got busy and filleted the herring and they were cooked or smoked around the fire. HÍŚWKE SIÁM

Living It

It could not be a foods gathering without Nitanis Desjarlais and her family. She has been instrumental in the food movement across the island. She has lived off the land, done a year long Indigenous foods diet and is bringing up her family on the foods from the land. This year she had pemmican's make from bear, deer and cougar fat. Herb and flavour shakers make with plants and medicines. We hold our hands up to Nitanis for all she has done to share and role model.





When the tide is out, the table is set

**HÍSWKE SIÁM
Aaron Sam Sr.**

Aaron harvested all of the seafood for the event. The sea urchins were a huge hit at the event.



Nature Walks



Participants were able to choose a nature walk led by JB Williams or Tiffany Joseph before Friday night's feast. Both JB and Tiffany talked about native plants that are important to WSANEC culture and way of life. Tiffany led her walk in SENTOCEN.



Coleman set up the **Guess the Plant Table** and had everyone inspired by his plant knowledge!



The Feast



The Entertainment



Paint the Town Red, a rap group from Tsartlip First Nation came to perform their song "ReEducate" which told the story of a child being taken to residential school. This song was written in partnership with the WSANEC Tribal School. **ANSWER Drum group** came to drum, dance, sing and tell stories. The women performed a bear song, an eagle song and a gathering song.

Finally to close our evening was the powerful and inspiring **Tsawout's Gal's Drumming Group** had their first ever performance. The girls did two songs and were cheered on by the crowd to perform a third!

TIXEN SPIT

On Saturday we have a full day at the gym but also 'set the table' down at TIXEN spit to connect everyone to the beauty of Tsawout and the bounty that the land and oceans can provide. Key highlights: STOLÇEŁ PENAC and SELILIYE did a clam pit cook. Earl Claxton JR. shared fish on a stick. JB Williams did story telling and Joan Morris brought her delicious scow bread. It was all a hit. Especially when we finished some of the herring around the fire too. Delicious!



Day 2 Agenda

- Indigenous Marketplace 8:30-3:30
- 8:00-8:45 Breakfast
- All Day: Tixen Spit
 - BBQ Clams and Salmon
 - Pitt Cook
 - Story Telling with JB Williams
- 9-11 Workshop Round One
 - Elder's Gathering Medicine Making
 - Soup Jarring and Instant Pot
 - Smoked Herring with May Sam
- 11-11:15 Break
- 11:15-12:30 Workshop Round Two
 - Art Napoleon
 - Living It: Traditional Foods
 - Bee Story and Native Pollinators
- 12:30-1:15 Lunch
- 1:00-2:00 Optional Time
 - Food Demo: Indian Ice Cream
 - TIXEN Spit
- 2:00-3:30 Workshop Round Three
 - Salish Seaweeds: Delicious and Nutritious
 - Medicine Making
 - Hunting with Lillian Underwood and John Sampson
 - Exploring your Territory: Urban Wildcrafting
- 3:45 Pit Opening and Closing of Event

OUTCOMES

- ⇒ Relationship Building
- ⇒ Decolonization of the food system by showcasing the foods of this land
- ⇒ A culturally safe health promotion event
- ⇒ Held up the vast knowledge keepers in the communities
- ⇒ Created many opportunities for relationship building
- ⇒ Cross community and generational sharing
- ⇒ Community Driven and Organized
- ⇒ Built capacity through hands on learning
- ⇒ Setting the table for health promotion
- ⇒ Networking



Our Partners



Making a difference...together



This type of event cannot happen without the love and support of many kind and generous hearts. There were so many people who stepped up, supported and shared. We are forever grateful to you and all you did!

HÍSWKE SIÁM

Our Food, Our Water, Our Power



Opportunities

Hosting the Indigenous Foods gathering has been done by many Nations across the 3 family groups. This was the 10th one. Any Nation can put in proposals to host. Regular funders for this gathering are always looking for Nations to host and set the table. **Island Health AHIP**— https://www.viha.ca/aboriginal_health/ahip_community_funding.html

Community Food Action initiative—https://www.viha.ca/mho/food/food_security/CommunityFoodActionInitiative.html

FNHA Wellness Grants —<http://www.fnha.ca/about/news-and-events/news/2018-aboriginal-day-of-wellness-grant-applications>
And please see our funders to the left for other organizations that would love to help support!



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