



# 8<sup>TH</sup> ANNUAL VANCOUVER ISLAND TRADITIONAL FOODS CONFERENCE

October 2<sup>nd</sup> and 3<sup>rd</sup>, 2015

Tsaxis, BC (Fort Rupert)

Hosted by Kwakiutl First Nation

**REGISTRATION CLOSSES SEPTEMBER 25<sup>TH</sup>**

For information contact Conference Coordinator, Norine Messer at (250) 735-4111 or [norinemesser@hotmail.com](mailto:norinemesser@hotmail.com), or the Kwakiutl Community Coordinator Maggie McDougall (250) 230-6789 or [bbybluegrl@hotmail.com](mailto:bbybluegrl@hotmail.com).



Vancouver Island & Coastal Communities  
Indigenous Foods Network

*Our Partners:*



## **Logistics, Questions and Queries**

### **Location**

The Kwakiutl First Nation will host the 8th Annual Traditional Foods Conference. On October 2<sup>nd</sup> and 3<sup>rd</sup> the Kwakiutl will welcome you to 'Tsaxis - Fort Rupert and, Dłaksiwe' - Cluxewe Campground/Resort. 'Tsaxis & Dłaksiwe' are two of the principle villages of the Kwakiutl Nation since time immemorial. Both are rich in cultural history and food resources of the old people including sacred sites, clam beaches, root gardens, stone fish-traps, petroglyphs, Culturally Modified Trees, plant and medicine gathering sites, and berry patches that all provide an excellent backdrop to the Conference theme.

Please go to the Cluxewe Campground/Resort website link below for directions to the campsite and a Google map that includes both the campground and Tsaxis (Fort Rupert).

<http://www.cluxeweresort.com/getting-here/>

### **Registration**

As in previous years we are working hard to keep the VI Traditional Foods Conference as affordable as possible. There will be no registration fee, as we do not want cost to be a barrier to anyone. We are asking that those people who are attending the Conference representing organizations or individuals that can afford it consider donating a registration fee. There will be numerous options for registration amounts and donations to support travel subsidies. Our suggested registration amounts are as follows:

Community members and individuals with limited income - \$0

Non-profit organizations with limited income - \$0

Regular fee for individuals who can afford it - \$200

Regular fee for Organizations that can afford it - \$300

Discounted rate for Individuals - \$100

Discounted Rate for Organizations - \$150

Donations to support travel subsidies - \$50, \$100, \$200

Please go to the following link to register for the conference. We are asking everyone to register even if you are not paying a registration fee, so that we can plan for meals and workshops. If you would rather pay by Cheque please send registration fees to: VICCIFN, 3045 1st Ave, Port Alberni, BC V0R-2Z0.

### **Link to registration:**

<https://www.eventbrite.ca/e/vancouver-island-traditional-foods-conference-tickets-17787042523>

### **Accommodations**

As accommodation the cabins at the Cluxewe Campground/ Resort is now fully booked we blocked off 20 rooms at the Port Hardy Inn. The Inn is offering a generous discounted rate to the Traditional Foods Conference participants of \$79 per night for two people and \$10 for each additional person. To book rooms at the Port Hardy Inn please book directly with:

Terry Balfour, The Port Hardy Inn Operations Manager

9040 Granville Street, Port Hardy

(250) 949-8525

[www.porthardyinn.com](http://www.porthardyinn.com)

There are still RV and tent sites available at Cluxewe Campground/Resort. Please find the Cluxewe Campground/Resort website at: <http://www.cluxeweresort.com>. When booking, mention that you will be attending the Vancouver Island Traditional Foods Conference.

### **Information Booths and Market Tables**

Please contact Norine or Maggie if you would like to have an information booth or a market table on day two to share information and sell/ trade traditional medicines, foods, crafts, tools...

### **Trade and Sharing**

Bring your traditional foods and medicines for sharing and trade. On October 3<sup>rd</sup> there will be an opportunity to share and trade items you have harvested and preserved. There will also be an indigenous and heirloom seed exchange that day.

### **Traditional Food Demonstrations**

If you are willing to share any traditional food activities, skills or tools at the conference please contact Norine.

### **Vancouver Island and Coastal Communities Indigenous Foods Network**

*"Our Food is Our Medicine"*

The Vancouver Island & Coastal Communities Indigenous Food Network is a collective of passionate and dedicated members with a shared vision of a healthy future based upon reconnecting with First Nations cultural teachings and practices. The membership is made up of culturally knowledgeable food harvesters and gatherers, health professionals, community development workers and members of the scientific community. Essentially, the Vancouver Island & Coastal Communities Indigenous Food Network aims to build collaborative approaches in addressing issues of traditional food access and security. Please see the Conference page on our website:

<http://www.indigenousfoodsvi.ca/conference/>

**\*\* Please see DRAFT Agenda below. There still may be additions and/ or changes to the Agenda as planning continue.**

## Draft Agenda Day 1 - Friday, October 2<sup>nd</sup>, 2015 - Tsaxis (Fort Rupert)

8:30	<b>Coffee and Refreshments</b>			
9:00	<p>Opening Prayer          Welcoming and Opening Ceremonies - Kwakiutl First Nation          Overview and History of VI Traditional Foods Conference – VICCIFN          Host for Next year’s Conference - VICCIFN          Future of VICCIFN – VICCIFN          Key Note – Gloria Hunt, Carrying on Traditions</p>			
10:30	<p><b><u>Big House</u></b></p> <p><b>Nuu-chah-nulth Fishing Rights –</b>  <i>Uu-a-thluk, a Nuu-chah-nulth Aquatic Resource Management Program</i></p>	<p><b><u>U’gwamalis Hall</u></b></p> <p><b>North Island College Indigenous and International Foods Project</b>          Jozie Child, Diane Bell, Caitlin Heartnett, Leslie Dyck</p>	<p><b><u>Health Centre</u></b></p> <p><b>Pacific NW Plant Knowledge Cards -</b>  <i>Fiona Devereaux          John Bradley Williams</i></p>	
11:30	<p><b>Ocean Pollution and You –</b>  <i>Peter Ross,          Vancouver Aquarium</i></p>	<p><b>Youth Digital Harvest Project</b>  <i>Kwakiutl and Vancouver Island Youth</i></p>	<p><b>Language &amp; Place Names Tied to Traditional Food Gathering</b>  <i>Mervyn Child &amp; Caitlyn</i></p>	
12:30	<b>LUNCH</b>			
2:00	<p><b>Cultural Mapping and Indigenous Food Systems</b>  <i>Presentations:</i></p> <ol style="list-style-type: none"> <li>1) <i>Traditions Consulting</i></li> <li>2) <i>Kwakiutl Lands and Resources</i></li> <li>3) <i>The Firelight Group</i></li> </ol> <p><i>Panel: Cultural Mapping, Food Sovereignty and Indigenous Rights.</i></p>	<p><b>Traditional Plants and Medicines: Sharing, Presentations and Walk</b></p> <p><i>Wata          Diane McClean          Nitanis Desjarlais</i></p>	<p><b>Changes in our Ocean and Threats to Food Security and the Development of Learning Tools/ Traditional Seafood Knowledge Cards</b></p> <p><i>Ocean Networks Canada</i></p>	<p><b>Tour of Tsaxis</b></p> <p>Learn about local food harvesting and preserving methods and meet local carvers and artists</p> <p><b>Meet outside Big House</b></p>
3:15	<b>Refreshments and Networking</b>			
3:45	<p><b>Harvesting and Preparing Seaweeds: Harvesting Techniques and Recipes -</b>  <i>Kristine Pearson,          Pacheedaht First Nation</i></p>	<p><b>Connecting Indigenous Foods to Prenatal and Infant Nutrition –</b>  <i>Maternal and Child Health Network</i></p>	<p><b>Sustainable Aquaculture and Food Sovereignty</b>  <i>Steven Cross          Tom Child</i></p>	
5:00	<i>Zombie Apocalypse Food Challenge – Outside Big House</i>			
5:30	<b>A Feast of Traditional Foods</b>			

## Draft Agenda – Day 2 Saturday, October 3<sup>rd</sup>, 2015 - Dłaksiwe' (Cluxewe Campground/Resort)

				<u>Beach/ Estuary</u>
6:30				Fire Starts for Underground Steam Pit Cook Beach. <b>All welcome!</b>  <b>RIVER BATH</b>
8:00				Food is put into Pit Cook <b>*Lots of hands needed to help</b>
8:30	<b>Coffee and Refreshments</b>			
9:00	Moring Prayer Introduction to day Songs Setting the Tone: A Day of Sharing and Honouring Traditional Foods Champions – VICCIFN Introduction to VICCIFN Session – VICCIFN History of Dłaksiwe' – Kevin Neary			<b>Traditional Hunting 9am-12noon</b>  <i>Wade Charlie,            Sacred Wolf            Friendship Centre</i>
	<b><u>Tent</u></b>	<b><u>Tent</u></b>	<b><u>Restaurant</u></b>	
10:30	<b>Knowledge Sharing and Marketplace:</b>  <i>Information Booths,            Resource Sharing,            Traditional Crafts,            Foods, Medicines,            Tools, and Trade Goods</i>  <i>*Demonstrations:            Weaving, Cutting Fish,            etc...</i>  <i>* Throughout the Day            various speakers will            share their experiences            of living and breathing            indigenous foods</i>	<b>How Important are Seeds to Our Future: Preserving Traditional and Heirloom Plants</b>  <i>Seed Forum and Exchange</i>  <b>Bring seeds for trading!</b>	<b>VICCIFN Meeting</b>  <i>*Future of VICCIFN and the Annual Traditional Foods Conference.</i>  <i>*Get Involved! New Ideas and Energy are Needed!</i>	<b>10:30 to Noon</b> Tours of Traditional Root Garden - Rice root, clover and silverweed  Traditional Salmon BBQ and Smoke Houses – Catch, clean, cut and prepare fish  <b>11:45 - Unloading of the Pit Cook.</b>  <b>Lots of hands needed!</b>
11:30		<b>Spiritual Harvesting Walk and Prayer of Gratitude</b>  <i>Harold Nelson            William Wasdon            Wata</i>	<i>Elders Lounge</i>	
12:30	<b>LUNCH</b> <b>Networking, Knowledge Sharing and Marketplace</b>			
2:00	<b>Speakers and Closing Ceremonies</b>			
3:00	<b>Clean-up and Safe Travels Home</b>			