

ÁLI SDÁLNĒW / All The Good Medicine
2018 Vancouver Island Indigenous Foods Gathering
Our Foods, Our Waters, Our Power
Tsawout Band Office and Health Center

June 1:

10-12 Optional Work Party - Soft registration begins.

- Spit Preparation **Location: TIXEN**
- Lip Balm Making **Location: Tsawout gym**
- Greenhouse Clean up **Location: Tsawout greenhouse**

Trades Fair Set Up - Food organizations 11-5:30

12:00 Lunch

1:00 Welcome

- Chief Harvey and Mavis Underwood
- Emcee - Toby Joseph
- Prayer

1:45 - 3:00 Tsawout Showcase of Food Champions

- SELILIYE Claxton
- Nick Claxton
- Tiffany Joseph
- JB Williams

3 - 3:30 Snack and Freetime

3:30 - 5:00 Workshop Round 1: Choose one Location: Tsawout Gym

- Pepaken HAUTW with Earl Claxton JR and Ashley Cooper
- Clam Gardens with Sky Augustine
- Carving with Doug and Kathy Lafortune
- Project RECLAIM
- Reef Net with Nick Claxton
- Roof top garden with Chris Hildreth and Chris McElroy

5:00-6:00 Nature Walk

- Nature walk with Earl Claxton JR
- Nature walk with JB Williams

- Nature walk with Tiffany

6:00 **Traditional Feast**

7:00 **Showcase of local talents**

June 2:

Indigenous Market Place 8-3:30

8-8:45 **Breakfast**

8:45 **Welcome Toby and explanation of the day Welcoming prayer**

ALL DAY: Spend time at TIXEN Spit

- BBQ Clams and Salmon
- Pit Cook
- Story Telling

Workshop Round 1: Pick One. Location: Tsawout Band Office

9-11

- Medicine making with Della Rice-Sylvester
- Food Preservation with Myrna Crossley
- Smoked Herring with May Sam

11-11:15 **Break**

Workshop Round 2: Pick One. Location: Tsawout Gym

11:15-12:15

- Moosemeat and Marmalade with Art Napolean

11:15-12:30

- Session with Nitanis Desjarles
- Pollinators with Beangka and Tiffany
- Explore your Territory: Urban Wildcrafting with Dianne McLean

12:30-1:15 **Lunch**

1:00 - 2:00

- Food Demos

- Lillian Underwood - Indian Ice cream
- Youth Food Challenge
- Visit TIXEN
- Nature walk with Della Rice-Sylvester
- Nature walk with Beangka Elliot

Workshop Round 3. Pick One.

2:00-3:00 **Location: TIXEN**

- Salish Seaweeds: Delicious and Nutritious! With Jennifer Hahn

2:00 - 3:30 **Location: Tsawout gym**

- Medicine Making with Mary Hayes
- Hunting with Lillian Underwood and John Sampson

3:45 Pit opening at the spit and closing of the gathering at TIXEN