



Photos provided by En'owkin Centre



Four Food Chiefs Story Poles

# **BC FOOD SYSTEMS NETWORK 18TH ANNUAL GATHERING**

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Reconciling Cultures and Re-connecting Foodscapes

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## **FINAL SCHEDULE & SESSION DETAILS**

**July 15 - 17th**

**En'owkin Centre, Penticton**

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## Session Descriptions

Network members and friends will be offering a great selection of workshops and presentations throughout the Gathering. Detailed descriptions follow. The daily schedule can be found on the last page of this document and includes the Plenaries and Field Trips.

**Friday July 15**  
**1PM – 2:30PM**



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**Session Title:** The Value of Working Collaboratively

**Presenter:** Jill Worboys, RD Public Health Dietitian

**Description:** How Interior Health works with local government, providing a health and Food security lens for policy development

- OCP, Regional Growth Strategies, ICSP
- ALC applications

- Food security plan development

How Interior Health works with community groups

- food action groups/food policy groups
- community development/capacity building

How food action/policy groups can work effectively with local government

- Examples of partnerships
- Examples of how community can inform policy

Possible activity: break into small groups, walk through an OCP and identify where policy that supports food security could be incorporated

**Session Title:** Meal Exchange Real Food Challenge

**Presenters:** Celia White of Meal Exchange Canada, and Zachary Fleig of Real Food Challenge U.S.

**Description:** The Real Food Challenge is a U.S.-based program with a core vision to shift \$1 billion of existing campus food budgets away from industrial farms and junk food and towards local/community-based, fair, ecologically sound and humane food sources—what we call “Real Food”—by 2020. In partnership with the U.S. team, Meal Exchange is currently piloting the Real Food Challenge in British Columbia, and is seeking input on how to adapt Real Food definitions, standards and criteria to meet the geographic and cultural landscape of this region.

Celia White, on behalf of Meal Exchange, presented the Real Food Challenge during the 2015 BSFSN Gathering, and received feedback to integrate concepts of Indigenous food sovereignty within Real Food definitions and standards. Meal Exchange and the Real Food Challenge in the U.S. took this feedback very seriously, and have since developed an International Committee on Indigenous Food Sovereignty to identify knowledge gaps and include concepts of Indigenous food sovereignty within the Real Food programming.

Now, Meal Exchange staff in Canada and Real Food Challenge staff in the United States hope to return to the BCFSN Annual Gathering 2016 to highlight our work on Indigenous food sovereignty so far, and to ask for feedback on next steps. This program is running on over 200 campuses in North

America, and we want to ensure we solicit feedback from the many voices at the BCFSN Gathering. We will be bringing a list of key questions/knowledge gaps to a roundtable discussion with the hope to prioritize listening and learning from stakeholder feedback.

This 90 minute session will include a 15 minute overview of the Real Food Challenge as well as the growth of the program since BCFSN AG feedback in 2015. The remainder of the session will be interactive and solicit feedback on our program requirements and categories. We will encourage feedback from all participants, as we recognize our food system must be more deeply connected

**Session Title:** Gleaning Abundance Program / Kamloops food programs

**Presenters:** Keira McPhee, Dede Bone, Addie DeCandole Sandra Frangiadakis, Vanessa Paradou

**Description:** The GAP has a very successful volunteer model which we have been extending to some of our other Community Food Action Programs and would like to share at the Gathering. We would like to make a short presentation about what we do, how our programs have evolved as a network, and how our volunteer model has helped in our collaborations. We would then like to promote discussion on how such a model could be leveraged by other groups to contribute to their success.

**Session Title:** Farmland access in British Columbia: Four Innovative Approaches

**Presenters:** Heather Pritchard, Linda Geggie, Hannah Wittman and Sara Dent.

**Description:** Heather Pritchard, Linda Geggie, Hannah Wittman, and Sara Dent will present four different but complimentary approaches to land access.

- 1) FarmFolk CityFolk and Centre for Sustainable Food Systems (UBC) are developing a BC Foodland Trust.
- 2) CR FAIR (Capital Region Agricultural Initiative Roundtable) is working with municipalities to put public land in trust.
- 3) Deer Crossing Art Farm has designed "Smart Farms" by densifying housing to free up land for farming.
- 4) Young Agrarians are matching land owners and land seekers

All four projects work together to ensure the next generation of farmers in BC, have access to land to develop viable farm operations, and that elder generations of farmers are able to leave a legacy of fertile land.

They acknowledge that many agricultural lands across the province are located on the traditional territories of Indigenous Peoples and strive to maintain open dialogue with Indigenous communities, ensuring their work respects and supports Indigenous land rights and food systems.

## **Friday July 15**

### **3PM – 4:30PM**

**Session Title:** Harvesting Away from Home: A Discussion on Migrant Farm Labour in BC

**Presenters:** Robyn Bunn and Elise Hjalmarson

**Description:** Each year, approximately 5,500 people from Mexico and the Caribbean come to British Columbia through the Seasonal Agricultural Worker Program (SAWP) to work on BC farms and in processing plants. The principal agricultural stream of Canada's Temporary Foreign Worker Program, the SAWP, was created in 1966 to address some of the difficulties that Canadian farm owners face when trying to find an experienced and reliable agricultural workforce. Since the SAWP's introduction to BC in 2004, migrant farm workers have become vital to BC's agricultural industry as an increasing number of producers have turned to temporary migrant labour.

Migrant farm workers bring their own agricultural knowledge and skills, yet, are often excluded from discussions about food systems in the places where they come to work.

Moreover, migrant farm workers themselves face multiple challenges while working in Canada. This workshop aims to open a dialogue with a vision of sustainable food systems and equitable food movements that are inclusive of seasonal agricultural workers.



Radical Action with Migrants in Agriculture (RAMA) is a grassroots collective that supports migrant farm workers in the Okanagan Valley. In addition to direct assistance, RAMA strives to raise awareness and advocate for the rights of temporary foreign workers. We are part of a global network of organizations struggling for migrant justice.

**Session Title:** Growing the local food economy

**Presenters:** Tatjana Lauzon, Public Health Dietitian Interior Health, founding Director Cariboo Growers Cooperative Williams Lake; Diandra Oliver and Laura Sapergia, co-founders of Home Sweet Home, a community-funded economic project that believes in a diverse, citizen-run local economy for the Prince George area; One other... TBA

**Description:** This session will be dedicated to learning from successful examples from around BC of how different regions have managed to grow their local food economies.

Presenters will be describing exciting case studies from Prince George, Williams Lake and elsewhere, including:

- What social connections, resources, and steps did these case studies use in order to grow their local food economy?
- What was achieved?
- What lessons were learned (both + and -)

There will be ample time for questions and discussion. Participants will be encouraged to do some asset mapping and strategizing for their own regional food system.



**Session Title:** Wild Salmon Caravan

**Presenter:** Dawn Morrison

**Description:** For thousands of years, the wild salmon have been our most important Indigenous food and cultural and ecological keystone species that feed the entire Pacific and Inland Temperate Rainforests. Wild salmon are an indicator of the health and integrity of the Indigenous land and food system on which the health and functioning of the agro-ecological system is interdependent. The purpose of this session is to link Indigenous and non-Indigenous peoples, artists, food systems networks, organizations, and communities who are coming together under the banner of the Wild Salmon Caravan to celebrate the spirit of wild salmon through the arts and cultures. The creative energy will educate and shine a light on the darkness surrounding the industrial storm that is endangering wild salmon and its habitat in the Fraser Basin and Salish Seas corridor.

**Session Title:** Impact of Farmers Market Nutrition Coupon Program

**Presenters:** Peter Leblanc, Program Manager of the BC Association of Farmers Markets' Coupon Program; Corey Brown, Farmer with Blackbird Organics. President, Penticton Farmers Market; Sloane Kusmack Centre Director, Okanagan Boys and Girls Club, Penticton and Summerland (TBC)

**Description:** The Farmers Market Nutrition Program is operating in 60 communities across the province, pairing community partners who support low income families, seniors and first nations to improve their food literacy and purchase nutritious food from local farmers at markets.

The panel discussion will bring together a community partner, a farmer and the provincial manager of the program to talk about how they work together to improve food access, food literacy and build community.

Through the presentation, we hope to stimulate good ideas and initiatives that can be replicated in other communities.

**Saturday July 16**  
**1PM – 2:30PM**

**Session Title:** Water Relationships: A Sylx Perspective

**Presenters:** Dr Marlowe Sam & Dr. Jeannette Armstrong

**Description:** The powerpoint presentation provides a Sylx perspective on water and our relationship to water. First the Sylx perspective of water as spiritual knowledge of life source. Second Sylx perspective of the knowledge of responsibility as law by humans to other living relatives. Third Sylx perspective on Water Ways and Food Systems and local community-held practices of water-gifts and governance requirements.

**Session Title:** Creating a resilient community with permaculture

**Presenter:** Kym Chi from One Straw Society / GaiaCraft

**Description:** Do you dream of being part of a stronger more connected community?

Would you like to understand how to live more cohesively with others in a thriving natural environment?

What does a resilient community really look like?

Permaculture offers a whole systems, solutions based approach to conscious design and helps us to live rich and fulfilling lives, while considering the of the Earth, its people and the future generations.

Helping us face some of the worlds biggest problems it teaches self responsibility, community building and earth stewardship through connecting with nature and recognizing the beneficial connections within.

During this interactive session we will gain an understanding of what Permaculture is, the ethics and principles and examples of how they are applied to creative solution based approaches in the home, garden, farm and community.

We will review tools and techniques founded on observation of natures operating systems and that offer effective methods for sustainable practices of growing food, community and resilience!

**Session Title:** Food Systems Change through partnerships between communities & academia

**Presenters:** Will Valley, Faculty of Land and Food Systems, UBC-Vancouver, Mary Stockdale, Geography, UBC-Okanagan, Joanne MacKinnon, Little Mountain-Riley Park + Hasting-Sunrise Food Network Coordinator

**Description:** Numerous partnership models between institutes of higher education and community members exist in BC. The goal of these partnerships is to collectively address community-identified food system issues by leveraging the assets of both parties. Individuals and organizations in the community understand the opportunities for change and institutes of higher education can involve students and access institutional resources to support local initiatives. In this session, we will briefly present our partnership models at UBC-Vancouver and UBC-Okanagan to describe the nature of these partnerships, past outcomes, and future directions. Participants will have the opportunity to present their own partnership experiences and discuss the challenges and opportunities of these relationships for achieving food system change in their communities.

**Session Title:** Building community and local government capacity to advance local food security

**Presenters:** Brent Mansfield, Abra Brynne, BCFSN

**Description:** Great work is happening in communities across BC to advance collaboration and local policy for more healthy, just and sustainable food systems. A key network development strategy for the BCFSN is to support increased community and local government capacity to advance local food security. Come participated in a discussion about what is happening at the community level, how the work might be better supported and where you think the BCFSN could add the most value.

**Saturday July 16**  
**3PM – 4:30PM**

**Session Title:** Collaboration across cultures: moving from bystander to ally

**Presenters:** Martin Ca, Meghan Molnar -Community Dietician- Vancouver Coastal Health and Kym Chi - Food Systems Network Coordinator - One Straw Society

**Description:** This round table discussion will be a passionate and practical discussion on community collaboration across cultures through:

- share personal stories on our connection to food, culture and sustainability
- talk about how culture has impacted our relationship to food security and community building
- emphasize the importance of decolonization and embracing First Nations culture as well as honour traditional practices and the value of cultivating culturally appropriate food and medicine.
- summarize benefits of the collaboration between Vancouver Coastal Health, One Straw and Sechelt First Nations and different programming we offer.
- facilitate an open discussion on the opportunities and strategies in creating healthy, trustworthy and integral relationships with first nations and other cultures in communities.
- discuss power and privilege and how we move from bystander to ally.

Our goal with this offering is to create a sense of reverence and honour of indigenous cultural practices and understand how these practices have influenced the places we live, increase awareness of the importance of recognizing and learning from traditional values and help empower others to create meaningful and respectful relationships with First Nations and other cultures in the communities where they live in order to increase food security and community resilience.

**Session Title:** Building Mutual Aid Networks - Revitalizing Traditional Trading and Sharing Economies in the present day 4th world reality

**Presenter:** Dawn Morrison, Working Group on Indigenous Food Sovereignty

**Description:** Building on conversational learning and ancient traditional trade practices and protocols, this session will provide the time and space to realize more fully how the social and cultural values encoded within Indigenous trading and giving economies can inform the development of mutual aid networks as an alternative community economic strategy in Indigenous households and communities. The intention is to increase the number of trading and sharing relationships in Indigenous trade networks, and apply an innovative approach to 1). addressing one or more of the social determinants of health, and 2). advocating for conservation of Indigenous bio-cultural heritage in the land and food system research, action and policy proposals.



**Session Title:** Seed Security Programs in BC - FarmFolk CityFolk and the Bauta Initiative

**Presenter:** Heather Pritchard

**Description:** For over ten years, FarmFolk CityFolk has been working with local farmers and seed growers to increase seed security in BC. In 2013, FarmFolk CityFolk started collaborating with USC Canada to host the Bauta Family Initiative on Canadian Seed Security in an effort to further support seed growers and grow the local seed industry. Join Heather Pritchard as she talks about ongoing seed security programming here in BC and share the stories about how your community is addressing local seed production.

**Session Title:** Okanagan tree fruit project: Engaging Diverse Populations through Local Food

**Presenters:** Ailsa Beischer, Central Okanagan Coordinator and Deb Thorneycroft, South Okanagan Coordinator

**Description:** The OFTP coordinators will begin by providing an overview of the OFTP and the Collaborative Harvest program. The main discussion will be focused on how food can be a medium to build community across diverse groups, and specifically individuals who face multiple barriers to participation (i.e. stigma due to mental illness, physical ability, etc). Focal points of the conversation will include:

- How to develop strategic partnerships with social service agencies/non-profit organizations working with vulnerable or marginalized clients
- Navigating the partnership and maintaining effective communication to accommodate the diverse needs of their clients

Impact of the Collaborative Harvest program (Ailsa's Master's research explored this topic, so she will draw on some of her findings to add to this conversation)

- Discussion of other community-building/inclusion-focused strategies around food.

Participants can bring questions, concerns, or successes to share from within their own practice on the topic of community engagement and how to best building community around food in a way that is inclusive of marginalized or vulnerable individuals.

## **Sunday July 17**

### **8:30AM – 10AM**

**Session Title:** Edible Forest Gardening

**Presenters:** Ryan Foster, food forestry: Ryan Foster is an herbalist, food forester and father of two.

Together with a local group of people who share a vision, Ryan founded the Food Foresters Society of Canada in 2013. Today he works tirelessly to forge a synthesis between ancient wisdom and modern potentialities as a means of enriching the lives of everyone in our community. Richard Walker is one of the "tall trees ". An early 80's food forest trail blazer, herbologist, and author of Food Forestry, North of the 49th, he grew Canada's first modern food forest - a three acre abundant mix of nut and fruit trees as well as medicinal herbs. It continues to serve as a cold climate, edible botanical repository and beacon of what is possible. Walker's teaching, designs and writing are an authentic expression of his food forester's way of life.

**Description:** Did you know local communities have the potential to virtually eliminate hunger and food related poverty by systematically integrating simple permacultural concepts such as 'Food Forestry' into the urban and rural landscape? Fostering resilience means ensuring we all have access to those most fundamental necessities of a quality life.

"Edible forest gardening (Food Forestry) is the art and science of putting plants together in woodland-like patterns that forge mutually beneficial relationships, creating a garden ecosystem that is more than the sum of its parts. You can grow fruits, nuts, vegetables, herbs, mushrooms, other useful plants, and animals in a way that mimics natural ecosystems. You can create a beautiful, diverse, high-yielding garden. If designed with care and deep understanding of ecosystem function, you can also design a garden that is largely self-maintaining."

Food forests give communities a sense of ownership which reduces crime and vandalism. They establish and perpetuate food security and food sovereignty, increase biodiversity, bio-remediate pollution, reduce water loss, produce forest products for the local food economy, generate educational opportunities and eco-tourism, promote community building, improve human health, and lower the cost of living for everybody involved.

By propagating food forests we are creating resilient communities capable of weathering any storm, be it political, economic, or climatic. By integrating edible and medicinal landscaping into daily life we are eliminating unhealthy dependencies on big-pharma, big-agri, big-oil, and big government.



It is ideas like these that are the key to the development of a 'societal immune system' capable of protecting and ensuring quality of life for local people, so that no matter what, we are resilient and we can adapt.

Food forestry is an ancient idea and practice, and is a way of creating beautiful, sustainable, self-healing human habitats for generations to come.

**Session Title:** Network strategy and priorities

**Presenters:** Janine de la Salle, Brent Mansfield, Abra Brynne

**Description:** Come give input into a discussion on the strategic directions of the BC Food Systems Network. The staff and Steering Committee are working on strategic planning and would love your perspectives. What does the Network do that is most supportive of your work towards food systems change? What else might we want to explore?



**Session Title:** Creating a bioregional farm school

**Presenter:** Gabe Cipes

**Description:** This session will describe an initiative in which he is looking to bridge indigenous knowledge, public education and organic agriculture to create a bioregional, decentralized farming curriculum to transition our local food economy and ecology.

**Session Title:** Reciproci-tea

**Presenter:** Cease Wyss

**Description:** This is a public intervention/tea party where reciprocity is acknowledged and received. Tea has many associations with many cultures, and it can make one feel good and warm, it can feed our bodies and calm our minds. It can also make us reflect on what culture it comes from and the many stories that reflect those many cultures.

Indigenous Plant Diva and indigenous tea connoisseur, Cease Wyss will be serving freshly breed local indigenous tea to participants, individually. Taking a moment with each individual to hold the cups together, and look into each other eyes.... Sharing a moment, Sharing a cup of tea... And taking that moment to reflect with one another. What does reciprocity mean to us all? How can we partake in this activity, on other levels with our families, friends and communities? How do we practice reciprocity in our communities?

**“n’awqen” ~ En’owkin : is an Okanagan conceptual metaphor which describes a process of clarification, conflict resolution and group commitment. With a focus on coming to the best solutions possible through respectful dialogue, literally through consensus.**

**En’owkn Centre : is a dynamic institution, which puts into practice the principles of self-determination and the validation of cultural aspirations and identity.**

*from the En’owkin Centre website*



**BCFSN Annual Gathering 2016  
FINAL SCHEDULE**

<b>THURSDAY JULY 14, 2016</b>						
7 - 9pm	Registration					REGISTRATION
<b>FRIDAY JULY 15, 2016</b>						
7:30 - 8:30am	Registration & Breakfast					
8:30 - 9AM	Prayer & Welcome					
9:00 - 10am	Introductions					
10 -10:30am	<b>BREAK</b>					
10:30 am - noon	OPENING PANEL: Reconciling Cultures and Re-connecting Foodscapes					
12:00 - 1PM	<b>LUNCH</b>					
1:00-2:30	Farmland access in BC: 4 Innovative Approaches	The Value of Working Collaboratively: Interior Health & local govt	Meal Exchange Real Food Challenge	Gleaning Abundance Program / Kamloops food programs	Workshops	
2:30 - 3PM	<b>BREAK</b>					
3:00 - 4:30	Harvesting Away from Home: A Discussion on Migrant Farm Labour in BC	Growing the local food economy	Wild Salmon Caravan	Impact of Farmers Market Nutrition Coupon Program	Workshops	
4:30 - 5PM	<b>BREAK</b>					
5:00 - 6:30PM	YOUTH PRESENTATION: Cultures & Connections: Creating Community through food					
6:30 - 7:30PM	<b>DINNER</b>					
8:00PM	CELEBRATION: Honouring our Elders					
<b>SATURDAY 16 JULY, 2016</b>						
7:30 - 8:30AM	<b>BREAKFAST</b>					
8:30 - 10:30AM	On-site Field Trips				Field Trips	
	Off-site Field Trips					
10:30 - 11:00AM	<b>BREAK</b>					
11:00 - noon	BCFSN ANNUAL MEETING					
12:00 - 1:00PM	<b>LUNCH</b>					
1:00 - 2:30PM	Water Relationships: A Syilx Perspective	Creating a resilient community with permaculture	Food Systems Change through partnerships between communities & academia	Building community and local government capacity to advance local food security	Workshops	
2:30 - 3:00PM	<b>BREAK</b>					
3:00 - 4:30PM	Collaboration across cultures: moving from bystander to ally	Revitalizing Traditional Trade Networks	Seed Security Programs in BC: FarmFolk CityFolk and the Bauta Initiative	Okanagan Fruit Tree Project: Engaging Diverse Populations through Local Food	Workshops	
4:30 - 5:30PM	Indigenous Bio-cultural Heritage: Health, Wellness, and Land					
6:00PM	<b>DINNER / Pow Wow</b>					
<b>SUNDAY 17 JULY, 2016</b>						
7:30 - 8:30AM	<b>BREAKFAST</b>					
8:30 - 10:00AM	Edible Forest Gardening	BC Food Systems Network strategy & priorities	Creating a bioregional farm school	Reciproci-tea	Workshops	
10:00 - 10:30AM	<b>BREAK</b>					
10:30 - noon	CLOSING PLENARY					
Noon	DEPARTURES					