



BC FOOD SYSTEMS NETWORK 18TH ANNUAL GATHERING

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Reconciling Cultures and Re-connecting Foodscapes

July 15 - 17th, 2016

En'owkin Centre, Penticton

FINAL REPORT

OVERVIEW

Each year since 1999 the Network has gathered somewhere in BC to share knowledge, experience, and wisdom from the grassroots. The annual Gathering is a celebration of our food systems and a coming-together of traditional and indigenous food skills with research and new developments on the ground. It is an empowering event that connects and re-energizes some of the amazing people around BC and across Canada working on the front lines of food security and food sovereignty.

The Gathering blends plenaries, workshops, and presentations with unstructured time and space to encourage formal and informal sharing, socializing or quiet contemplation. The purpose of the Gathering is to bring people together to share their experiences and initiatives, to build new relationships and to strengthen existing ones. The Gathering draws on the wisdom and expertise that exists within the Network and broader community.

"These gatherings are what feed me and enable me to come back to my home community and continue the work."

The theme of the 2016 Gathering was *Reconciling Cultures and Re-connecting Foodscapes: Renewing Collaboration Within and Between Peoples*. The Gathering was an opportunity for various cultures to come together with the Syilx and other Indigenous people to explore together what it means to truly reconcile with the first peoples of the land and water. We also dove into what it means to reconnect with and honour the foodscape: the lands and waters that are so vital to our food systems and community well-being.

The location of the 2016 Gathering was in the traditional territory of the Syilx People, at the world-renowned En'owkin Cultural Centre. This was a very deliberate choice to further strengthen our relationship with Indigenous people and to explore what it means as individuals and as a Network to decolonize our world-views and practice in order to respond to the challenge to all Canadians to reconcile with this country's first peoples. Many of the sessions, from plenaries to presentations and workshops, were led by Indigenous people. This deliberate choice had an impact on the experience of Gathering attendees. As one participant commented, "This is the first year that, as an indigenous participant, I found that most workshop time slots had topics of interest and relevance to me."

A one page overview of the Gathering Schedule can be found in Appendix C, followed by a detailed description of the sessions. The plenary sessions helped to set the tone and frame the conversations for the weekend. Break out workshops covered a broad range of topics, from permaculture to growing the local food economy to working with local government and the Wild Salmon Caravan. Field trips included a tour of the Okanagan Nation's Fisheries Program, the ECOmmunity Place food security programs, the Penticton Farmers Market and the Old Order Distillery and Skaha Winery. Highlights for many included the Syilx language training that launched the event, a presentation by Drs Jeannette Armstrong and Marlowe Sam on a Syilx relationship with water,

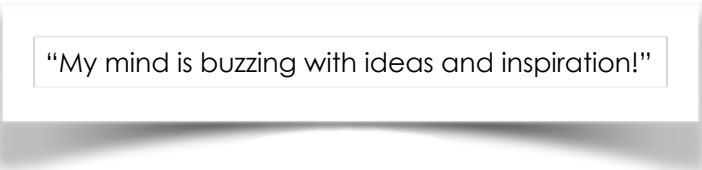
reflections from youth on how they create community through food, and Saturday evening's big event, the opportunity to attend a traditional Pow Wow. Julian Napoleon's powerful presentation on the impact of the proposed Site C Dam on the traditional lands and practice of the Dane-Zaa / Cree people moved everyone present.

As in years past, we collaborated closely with the Working Group on Indigenous Food Sovereignty to ensure that there is strong Indigenous content in the Gathering but also to support sister events devoted to Indigenous participants and needs. Immediately preceding the Gathering, on July 13th, was the first ever Gathering on Indigenous Food Trading and Sharing (GIFTS), intended to revitalize and celebrate the tradition of trading and sharing that was once common across Indigenous Nations. On the second day, July 14th, the Network's Working Group on Indigenous Food Sovereignty met to share information and plan for the coming year and to celebrate its 10th Anniversary as a Working Group of the Network.

The Gathering was created through the efforts of a dedicated Committee, with strong support from the Institute for Community Engaged Research (ICER) at UBC Okanagan and the wonderful staff at the En'owkin Centre. We are also very grateful for the contributions of our members and many partners and funders (see the final page of the report).

WHO WAS THERE

One hundred twenty-three people converged in Syilx Territory for the Gathering. Many took advantage of the convenience of camping on site; others stayed at accommodations in nearby Penticton. People of all ages came from across BC to explore reconciling our foodscapes and cultures. Farmers, youth, elderly activists, Indigenous warriors, academics, food activists and public health dietitians ensured that the conversations were lively and informative.



"My mind is buzzing with ideas and inspiration!"

As has been typical of the relationships that the Network has established over the years with Indigenous people, and following the lead of the Working Group on Indigenous Food Sovereignty, the Indigenous leadership and much of the content presented at the Gathering reflect the perspectives of traditional teachers and leaders. As one settler participant observed, "In the world of BC indigenous people I sense that we are dealing with a particular group of traditional and hereditary teachers and healers who may be in a minority in their own nations. We will need to get a clearer sense of where we, as indigenous-settler allies, fit into the complex relationships within indigenous and settler cultures respectively."

The Gathering sought to be respectful of the diversity of opinions, knowledge and practices that occur within both Indigenous and settler communities. For some who attended, this was the first time they were immersed in an environment dedicated to decolonizing and indigenizing our world views

and practices. As was noted in the Opening Plenary, if settlers (non-Indigenous people to this region of the world) are truly committed to reconciliation and decolonizing, it will inevitably be uncomfortable - if not, we may not be paying attention.

The Network has more work to do to ensure that the Gatherings welcome people of colour into our groups and our content. If we are to work across cultures, we must acknowledge and integrate the needs and perspectives of the diversity of cultures that exist in our communities. The youth from the Renfrew Collingwood House, Fresh Roots Urban Farm, Roots on the Roof Garden Club, Still Moon Arts Society, Windermere Garden Club, and Van Tech who attended the Gathering demonstrated there is great richness that can be experienced when there are strong relationships and support amongst diverse cultural groups. As always, our shared passion for food is a great starting place for finding commonalities.

The generosity and care of the staff and volunteers at the En'owkin Centre was remarkable and deeply appreciated. From the care put into the food, to the tours and teachings so readily shared, to the spiritual practices explained and demonstrated, the attention to our safety and well-being, and the generous invitation to join their traditional Pow Wow, it was truly humbling. One Gathering participant commented that they had more confidence in the possibilities for cross-cultural relationships and reconciliation: " I feel optimistic about this, particularly in light of the kind words said to us in the closing plenary about how we can consider En'owkin our home and that we will always be welcome and that the Syilx took responsibility for us all while there and while travelling."

"It was clear how much thought went into the gathering - the hosts were amazing and the multiple and continual threads around "reconciling relationships" truly made this a unique gathering in the foodie world. Thank you."

WHAT WE LEARNED

Almost half of those who attended the Gathering took the time to give us their feedback on the event. From that feedback, we learned that 67% attend the Gatherings to network and for the content and subject matter that is offered. 73% found that the Gathering either fully met or was beyond their expectations. 75% left the Gathering more confident in their ability to improve cross-cultural relationships and an additional 9% were a lot more confident. 85% feel that Network members are deepening our capacity to do our work.

This, our 18th Annual Gathering, built on the work of previous Gatherings and sought to advance our work, as a Network, in decolonizing our language and practices. For many, both new and more experienced in issues related to Canada's colonial history and present practice, the Gathering succeeded in doing just that, and in helping the settlers to recognize their role and responsibility in this process and to feel more confident in doing so:

“The issue of de-colonization was new to me and I have come to believe that it is important both for first nations and for the greater society to come to terms with restitution and to learn from them a better way of living within our ecological parameters.”

“It has taken me the week to reflect on all the information, stories and experiences that were shared. I came home and have some clarity on conversations I should be having, feeling more confident to ask for collaboration with our local nation and set priorities for future initiatives. “

“I felt this years gathering was well organized and really had the host communities participation. I left this gathering feeling like we were making true and authentic movements towards inclusion of the Indigenous Food system and knowledge holders.”

“The importance of settlers not expecting indigenous people to do all the teaching (expecting the oppressed to teach the oppressors). We might want to look at those resources mentioned and offer them to the BCFSN membership in a webinar. Settlers need to do more heavy lifting at this point in the reconciliation walk than indigenous.”

However others felt that we were not sufficiently attentive to other cultures, issues and perspectives in our cross-cultural work:

“We are in a bubble, testing out radical ideas of decolonizing / food systems transformation that need to come with practical tools about how to take them back to the “real world”.

“I was disappointed that issues of inequality related to racism, classism, and heteropatriarchy, etc. were not discussed more explicitly and with more deep attention to the intersections of oppression. The understanding of settler colonialism as it affects different communities seemed very surface and geared toward white settler perspectives only. The language and framework of inclusion is inadequate to effectively decolonize our minds and institutions.”

It also was clear that the need to establish safe spaces and practices should not be ignored. Whether Indigenous or Settler, coming to grips with the reality of Canada's colonial impact is emotionally challenging. Time out and self-care practices and opportunities should be explicitly integrated in future Gatherings. As was suggested, future Gatherings could avoid some of these pitfalls by ensuring that there is “more time for dialogues and activities that teach us all how to get our cultural sensitivities on the table in a safe and nurturing way so as to avoid insulting or hurting feelings.”

WHAT NEXT

Over the life of the Network, participants at each annual Gathering have reiterated repeatedly that the opportunity to connect, to learn from each other, to share our struggles and to celebrate our successes, and most of all to share food, is a vital part of what the Network does. It is how we remain a Network based on strong personal relationships and an understanding of place and culture in all the diversity spread across this province.

We will continue to Gather and will integrate the lessons from the 2016 and past Gatherings to try to ensure that effort of coming together is rewarding, life-giving and worthwhile. Thoughtful feedback from our Gathering participants gives us great insight into how to do that:

“Decolonizing our food systems, our thinking is the conversation we need to be having. This is hard work and really demands a high degree of attention to self care and care of others. I think we will evolve some more ways, gentle practices, structures to support this work as we go. They are needed.”

“The drumming & song & learning a new language was beautiful & spiritual. There was also some very heavy presentations. I feel the gathering needed more balance of what we can do together to transform our local food system & foster cross cultural collaboration.”

“Reinforced that my work as an ally in these gatherings of settlers, newcomers and Indigenous people needs to focus on supporting other settlers beginning their decolonizing work. Ie being a sounding board, reflecting back and sometimes challenging reactions in a way that honours people wherever they're at. And that's hard work and requires focus on my own self-care. The joy and the refuelling for me was in informal conversations with people living on land and those tended to happen outside formal sessions, under trees and the like.”

And ultimately, what the Network and our members and supporters are seeking to achieve will not be achieved in the short term. On the matter of food systems transformation, “I think there were lots of great discussions, but there's still a lot of work to be done - in general I think it's hard to walk away from a conference feeling like you have the tools for transformation - it is a long process.”

Lastly, on the commitment to decolonize our worldview and practice, we were reminded by an Indigenous participant, “it took 149 years to get here and it will take time to undo it for sure but we need to not give up!”

APPENDIX A: Schedule Overview & Session Descriptions

BCFSN Annual Gathering 2016 FINAL SCHEDULE ~ All Plenaries will be in the Gathering Space ~

THURSDAY JULY 14, 2016						
7 - 9pm	Registration					
FRIDAY JULY 15, 2016						
7:30 - 8:30am	Registration & Breakfast					
8:30 - 9AM	Prayer & Welcome					
9:00 - 10am	Introductions					
10 - 10:30am	BREAK					
10:30 am - noon	OPENING PANEL: Reconciling Cultures and Re-connecting Foodscapes					
12:00 - 1PM	LUNCH					
LOCATIONS:	Gathering Space	Classroom #1	Classroom #2	Classroom #3		
1:00-2:30	Farmland access in BC: 4 Innovative Approaches MELISSA	The Value of Working Collaboratively: Interior Health & local govt EVA-LENA	Meal Exchange Real Food Challenge	Gleaning Abundance Program / Kamloops food programs	Workshops	
2:30 - 3PM	BREAK					
3:00 - 4:30	Growing the local food economy MELISSA	Harvesting Away from Home: A Discussion on Migrant Farm Labour in BC	Wild Salmon Caravan	Impact of Farmers Market Nutrition Coupon Program	Workshops	
4:30 - 5PM	BREAK					
5:00 - 6:30PM	YOUTH PRESENTATION: Cultures & Connections: Creating Community through food MELISSA					
6:30 - 7:30PM	DINNER					
8:00PM	CELEBRATION: Honouring our Elders					
SATURDAY 16 JULY, 2016						
7:30 - 8:30AM	BREAKFAST					
8:30 - 10:30AM	On-site Field Trips: ONA Fisheries Program // ECommunity Place food security programs					Field Trips
	Off-site Field Trips: Penticton Farmers Market // Old Order Distillery & Skaha Winery					
10:30 - 10:45AM	BREAK					
10:45 - noon	BCFSN ANNUAL MEETING					
12:00 - 1:00PM	LUNCH					
LOCATIONS:	Gathering Space	Classroom #1	Classroom #2	Classroom #3		
1:00 - 2:30PM	Water Relationships: A Sylix Perspective	Creating a resilient community with permaculture MELISSA	Food Systems Change through partnerships between communities & academia EVA-LENA	Building community and local government capacity to advance local food security	Workshops	
2:30 - 3:00PM	BREAK					
3:00 - 4:30PM	Collaboration across cultures: moving from bystander to ally MELISSA	Revitalizing Traditional Trade Networks	Seed Security Programs in BC: FarmFolk CityFolk and the Bauta Initiative EVA-LENA	Okanagan Fruit Tree Project: Engaging Diverse Populations through Local Food	Workshops	
4:30 - 5:30PM	Indigenous Bio-cultural Heritage: Health, Wellness, and Land MELISSA					
6:00PM	DINNER / Pow Wow					
SUNDAY 17 JULY, 2016						
7:30 - 8:30AM	BREAKFAST					
8:30 - 10:00AM	Edible Forest Gardening	BC Food Systems Network strategy & priorities EVA-LENA	Creating a bioregional farm school MELISSA	Reciproci-tea	Workshops	
10:00 - 10:30AM	BREAK					
10:30 - 12:30PM	CLOSING PLENARY					
12:30PM	DEPARTURES					

REGISTRATION

Network members and friends offered a great selection of workshops and presentations throughout the Gathering. Detailed descriptions follow.

Friday July 15

8:30 – 10AM Prayer, Welcome and Introductions

Richard Armstrong, Syilx Knowledge Keeper offered a prayer for our time together.

Chief Jonathan Kruger welcomed us to Syilx Territory.

Richard Armstrong and Tracey Kim Bonneau taught those assembled how great each other and to count to ten in the Syilx language.



Speetim harvest

Photo credit: Tracey Kim Bonneau

10:30AM - Noon: Opening Plenary

Four women elders addressed the theme of *Reconciling Cultures and Re-connecting Foodscapes: Renewing Collaboration Within and Between Peoples*.

Dr Jeannette Armstrong was born and has lived most of her life on the Okanagan Reserve in British Columbia. She received a Diploma of Fine Arts from Okanagan College and a Bachelor of Fine Arts from the University of Victoria. Armstrong's main goal in writing is to educate young people about Native culture and history. In 1989 she helped to found the En'owkin School of International Writing, which is the first credit-giving creative writing program in Canada to be managed and operated expressly by and for Native people. She was recently awarded the George Woodcock Lifetime Achievement Award for an outstanding literary career in British Columbia.

Anna Warwick Sears PhD is Executive Director of the Okanagan Basin Water Board, leading the collaborative water management initiative, water quality improvement programs and aquatic weed management. Anna has a background in population biology and watershed planning and was previously the Research Director for an environmental organization in Sonoma County, CA. In her free time, Anna likes to cook exotic food and go berry picking.

Dawn Morrison is the Founder and Coordinator of the Working Group on Indigenous Food Sovereignty. Dawn's Secwepemc heritage along with her technical and practical background in horticulture, ethnobotany, and Indigenous community development has led to her lifetime passion of health and healing in the context of Indigenous food sovereignty and eco-cultural restoration. Dawn's work is grounded in the earth in the various ways she actively participates in community food related action and cultural activities. Dawn is a published author and has travelled extensively to learn, share, coordinate and facilitate food sovereignty related discussions, forums, conferences and research projects in Indigenous communities in BC and beyond. Dawn builds much needed bridges cross-culturally to help remedy the societal ignorance around our colonial past and present and its effects on our food systems.

Abra Brynne has worked in community on food systems for the past 25 years. She grew up on a small mixed family farm in Syilx territory, outside Vernon, where she worked alongside her many brothers and sisters and her parents to raise food for the family and some for market. She has been deeply engaged in many facets of food systems, from policy to organics, from meat systems to retail. She is a founding member of the BC Food Systems Network and believes passionately that by working respectfully and courageously together, Indigenous and settler communities can find our way to sharing the water and land of this beautiful place we call home so that all are well nourished. She is currently the Director of Engagement and Policy for the BC Food Systems Network.

Friday July 15
1PM – 2:30PM

Session Title: The Value of Working Collaboratively: get involved in local and regional government food system planning and policy

Presenter: Jill Worboys, RD Public Health Dietitian

Description: Join Jill Worboys, Public Health Dietitian with Interior Health, spoke about applying a health lens to Local and Regional Government food system planning and policy. Jill highlighted how Interior Health is involved in food system planning and policy and how you and your food policy council/food action group can get involved too! From Official Community Plan, to Regional Growth Strategies and Food Security Plans, there is opportunity to have your say. Participants learned what these plans are, and had the opportunity to look through examples plans and make suggestions on how food system policy can be strengthened.

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.

Friday July 15

5PM – 6:30PM Plenary: Youth Panel

Cultures & Connections: Creating Community Through Food

This presentation will explore connections with diverse youth and their personal and cultural relationships with food, particularly bridging Indigenous and immigrant-settler perspectives on the food system. Through dialogue, we'll explore how participating in a local food system relates to our own personal connections, our indigeneity, culture, and our relationships with the land and with each other. The Panel will include representatives of the following groups: Fresh Roots Urban Farm, Renfrew Collingwood Aboriginal Youth Canoe Club, Renfrew Collingwood Food Security Institute, Roots on the Roof Garden Club, Still Moon Arts Society, Windermere Garden Club, Van Tech Sustainability and Garden Club

8PM Plenary: Honouring our Elders

Cathleen Kneen and Wolverine (William Jones Ignace) both had a significant impact and the values and path of the BC Food Systems Network. Cathleen brought together the first gathering of people in 1999, at what became the founding meeting of the Network. She then guided the evolution of the

Network as a volunteer Executive Director until she left the province in 2006 - and then continued to offer insight and guidance - to individuals and the Network as a whole - from her home in Ontario.

Wolverine attended a key Network Gathering in 2014 when we were reflecting on our fight to save the Agricultural Land Reserve in BC, against proposed changes by the government. Wolverine spoke about the long history of Indigenous people on Turtle Island and gave us all a history lesson in Treaties and relationship to the land and water. As a result of his teachings, we have shifted our language and focus from preserving agricultural land and the Reserve, to working to achieve justice on the land in so-called BC so that all my achieve food sovereignty.

Both Cathleen and Wolverine passed on early in 2016. We will come together to honour and celebrate them and others who have passed.

Saturday July 16

8:30 - 10:30AM: Field Trips

Okanagan Nation Alliance fisheries program

The ONA Fisheries Department has been actively involved in the conservation, protection, restoration, and enhancement of the Okanagan River salmon stocks. The Okanagan River sockeye population is one of only two remaining populations of sockeye salmon in the international Columbia River Basin. Historically, Chinook, coho, chum and steelhead were also indigenous salmon species in the Okanagan Basin, but today they are either extinct or found in very low numbers. Construction of dams, channelization, urban encroachment, water management practices and predation have all contributed to depletion and extinction of salmon stocks within the Okanagan River basin. Howie Wright, ONA Fisheries Program Manager will provide a tour of the ONA hatchery and other aspects of their work to rebuild the Okanagan River salmon stocks.

ECOMmunity Place food security programs

For countless centuries the Syilx people of the Okanagan have called the Okanagan-Similkameen valley home. The knowledge needed for survival and continuation of all life was passed from one generation to the next through their stories, songs, traditions and customs. Today, the En'owkin Centre and ECOMmunity Place are helping to preserve and continue these rich traditions by providing a strong commitment to protect the Indigenous plants, wildlife, culture and spirituality found within these lands. ECOMmunity Place brings together learning and lands using conservation and culture on a 100 acre (40 hectare) site located on the west side of the Okanagan River on the Penticton Indian Band Reserve. Richard Armstrong, Syilx Knowledge Keeper will introduce participants to the programs at the ECOMmunity Place.

Penticton Farmers Market

Named the 2015 Market of the Year by the BC Association of Farmers Markets, this medium-sized market has run since 1990 and features farm fresh veggies and fruits, eggs, honey, baking, preserves and handmade crafts all grown or produced in the South Okanagan. A selection of local liquor vendors are also on hand to round out the offerings. The Downtown Penticton Association offers a complementary market next to the farmers market, expanding the availability of handmade crafts and local offerings to visitors of the region. Market Manager, Erin Trainer, will speak about the history, mandate the the non-profit society that runs the Farmers Market and introduce participants to some of the vendors.

Old Order Distillery & Skaha Winery

The Old Order Distillery in downtown Penticton is a "farm to glass" craft distillery run by husband and wife team, Graham Martens and Naomi Gabriel. They began production in November 2014 using fruit and grains grown exclusively on BC Farms as the base for their

Heritage Vodka, Legacy Gin, and Genesis Whisky (for more info: <http://oldorderdistilling.ca>) . Skaha Winery is located at the entrance to Skaha Hills, features an iconic modern architectural style and overlooks 12 acres of vineyard. The closest winery to Penticton, Skaha Hills draws on an ideal grape growing environment, with a south east exposure providing full sun to varieties like cabernet franc, cabernet sauvignon, merlot, chardonnay, sauvignon blanc and viognier.

Saturday July 16

10:45 AM – Noon: Plenary ~ BC Food Systems Network Annual Meeting

The annual meeting of the Network is an opportunity to report and reflect on our activities of the past year and to hear from our members.

Saturday July 16

1PM – 2:30PM

Session Title: Water Relationships: A Syilx Perspective

Presenters: Dr Marlowe Sam & Dr. Jeannette Armstrong

Description: The powerpoint presentation provides a Syilx perspective on water and our relationship to water. First the Syilx perspective of water as spiritual knowledge of life source. Second Syilx perspective of the knowledge of responsibility as law by humans to other living relatives. Third Syilx 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.



Photo credit: Tracey Kim Bonneau

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.

Saturday July 16

4:30 - 5:30 PM : Plenary

Indigenous Bio-cultural Heritage: Health, Wellness, and Land

As a member of the Saulteau First Nations, Julian Napoleon grew up immersed in the subsistence practices of his Dane-zaa/Cree community. Like many northern Indigenous people Napoleon's family still depend on their intimate relationship with the land to sustain their physical, emotional, and spiritual well-being. However this lifestyle is becoming severely threatened by the cumulative impacts of rampant hydroelectric, oil & gas, mining, and forestry industries in the region.

This presentation will explore the major issues threatening the Dane-zaa/Cree food system and the need to preserve and protect key bio-cultural heritage areas to ensure the well-being of northern Indigenous communities. Other highlights include: applying the Working Group on Indigenous Food Sovereignty methodology in the development of an alternative land use strategy for the Peace River Valley and developing culturally appropriate agricultural operations to address food security and economic diversification needs in northern Indigenous communities.

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?

Sunday July 17

10:30AM – 12:30PM: Closing Plenary

Our precious time together is for learning and deepening relationships. The Closing Plenary provides an opportunity to reflect on the Gathering, what we learned and what we will do with that knowledge and community.

APPENDIX B

Decolonizing Food Systems Discourse – Contentious and Complimentary Terms

Prepared by: Dawn Morrison, Director, BCFSN Working Group on Indigenous Food Sovereignty

Prepared for: BC Food Systems Network

Date: August 25, 2015

Stakeholder – is a contentious term in reference to Indigenous peoples because it connotes we are 3rd party “interest groups”, rather than the original inhabitants of outstanding land claims areas.

Resources – capitalist language and linear productionist paradigm does not accurately reflect the Indigenous relationships to the land, plants and animals that provide us with our food. It is very low context and robs us of our higher context narrative that tells the rich history of our eco-social, and spiritual relationships.

Utilized or underutilized land – contentious term that connotes the doctrine of *terra nullius* that has dispossessed Indigenous peoples

Indigenous land ethic - In contrast to colonialist notion of *terra nullius* that fails to recognize the sophisticated land and food system that existed in North America prior to contact with European settlers, Indigenous peoples have worked with, rather than against natural systems to shape and humanize the land and food system for thousands of years. Indigenous land ethic does not view the land and food system, or any part thereof, as a commodity to be bought and sold in the market economy, or a “resource” or “product” to be exploited for external means. Based on values of interdependency, respect, reciprocity, and ecological and cultural integrity, an Indigenous land ethic views humans as a part of nature and not separate or dominant over it.

The Indigenous land ethic converges with the Aldo Leopold land ethic in the way it views the land as an interconnected biotic whole. Recognizing there are serious social and political issues that stand in the way of completely reconciling Leopoldian and Indigenous ethics in a concrete way, they share similar ethics in abstract terms (Whyte, 2011).

Wild or wilderness - The terms wild and wilderness are subjective terms that are problematic in their primitive view of Indigenous peoples, and the ways in which they have estranged Indigenous relationships to the land, activities and nature. The terms assume the preservationist environmental ethic that does not recognize Indigenous peoples and our longstanding relationships to the plants, animals or land. It is based on *terra nullius*, which is highly contentious in the way it has made us invisible in decision making matters impacting our land and food system.

The term wild describes a relationship in which we are not in control of the plant, animal or person. The term would be used most appropriately to describe the nature of our relationship to invasive species, rather than Indigenous species that have been enhanced through Indigenous harvesting and cultivation on a broad landscape level for thousands of years.

First Nations and Aboriginal peoples - Along the spectrum of Indigenous tribes in their varying degrees of dispossession, it is recognized that many identify more with the socio-political relationship with the state, rather than by social or cultural ties to their distinct tribe. While many Indigenous peoples have accepted the terms Aboriginal or First Nations to identify with in legal, political, or cultural contexts,

the terms are considered by many to be subjugatory as they have been imposed by the nation state in the context of contemporary colonialism. The term Aboriginal is used most widely by the federal government of Canada to define all of the original inhabitants (including the Indian, Inuit and Metis), while the term First Nations is a very divisive term that was first imposed by the BC Treaty Commission to enable individual bands/communities to negotiate treaties with or without the consent of the whole Indigenous tribe/nation.

I recommend the term Indigenous:

Indigenous peoples - There is no universal definition of what it means to be Indigenous that would match the diversity in cultures and characteristics found in the distinct Indigenous cultures, tribes and nations within what is known to the settlers as BC, or Canada. In all of the diverse socio-political, cultural and ecological contexts, the most appropriate term in which to identify each distinct tribe would be described by the Indigenous tribe themselves (i.e. Sto'lo, Squamish, Tsleil-watuth etc...), as opposed to being state imposed by the municipality, province or federal government. In an eco-cultural context, the term Indigenous is used to identify tribes that share a common heritage (ancestral, biological, cultural, and territorial). Recognizing that each of the distinct tribes and nations share similar worldviews, values and cultural strategies, the term Indigenous can be used more generally in socio-political context to describe the common struggles of Indigenous tribes that are striving to reclaim their collective voice, vision, perspectives and priorities in relation to the land and food system in contemporary colonialism.

APPENDIX C: Decolonizing Pledge

Prepared by: Abra Brynne, Director Engagement and Policy
Prepared for: BC Food Systems Network
July 2016

The BC Food Systems Network acknowledges that the place referred to as British Columbia has always been home to 27 Indigenous Nations who have been here since time immemorial.

We believe that BC and Canadian society owes its prosperity to colonization. We understand colonization as a system that is founded on land theft, ecological destruction, racism, apartheid and genocide. We understand colonialism as an ongoing process that continues to benefit settler society; justice demands decolonization. When fully realized, decolonization would liberate the land, its people, and its settlers. We hold to a vision where Indigenous Nations and settlers share the land in a just and peaceful relationship, and where indigenous sovereignty is fully recognized, including political, economic, and territorial self-determination.

I therefore pledge to do my part to advance the process of decolonization for myself as well as for our respective and joint communities. I pledge to take the following actions before the end of 2016.

- I will discover upon whose territory I reside
- I will study and use Dawn Morrison's *Decolonizing Food Systems Discourse: Contentious and Complementary Terms*
- I will attend an event organized by Indigenous people
- I will read the Executive Summary of the Truth & Reconciliation reports
- I will read the Truth & Reconciliation reports
- I will learn about the 1996 Royal Commission on Aboriginal Peoples
- I will read the UN *Declaration on the Rights of Indigenous Peoples*
- I will join the call for justice for the Murdered and Missing Aboriginal Women and Children
- I will read Jeanette Armstrong's *Slash*, Arthur Manuel's *Unsettling Canada*, or Lee Maracle's *I Am Woman* (for starters...)
- I will listen to *Unreserved* on CBC radio
- I will watch Aboriginal People's Television Network
- I will learn about the so-called "60's scoop"
- I will educate myself about the Residential School system and its impact
- I will learn the difference between a hereditary and an elected Chief
- I will volunteer at Indigenous events
- I will donate to Indigenous organizations
- I will educate myself on the difference between historical and modern-day treaties and why extinguishment of Aboriginal rights and title is unacceptable
- I will learn what nation-to-nation relationships might look like on the territory I live on
- I will organize a book club that reads Indigenous authors
- I will educate myself on the ways in which colonialism is not a thing of the past but very much present and pervasive today
- I will learn how environmental racism is practiced in Canada against Indigenous communities, for instance in Grassy Narrows First Nation territory
- I am willing to be uncomfortable, since what a truly just and decolonized Canada will look like is not yet known.

Appendix D: About the Network

BC Food Systems Network (BCFSN), a project on Tides Canada's Shared Platform, works to create healthy, just and sustainable food systems in British Columbia by strengthening connections, nurturing capacity, and supporting joined-up food policy at all levels. BCFSN works in partnership with farmers and ranchers, fishers, First Nations, and people in communities working to rebuild their food systems from the ground up. The Network recognizes the importance and legitimacy of community knowledge in building locally rooted food sovereignty.

BCFSN works to undertake awareness building and education, and to develop balanced policy proposals that adhere to sustainability principles and reflect the needs and interests of a wide range of people, communities and ecosystems.

Our Principles:

1. Food security requires a sustainable food system in which:
 - A. everyone is able to acquire, in a dignified manner, adequate quantity and quality of personally acceptable food;
 - B. people are able to earn a living wage by growing, producing, processing, handling, retailing and serving food;
 - C. the quality of land, air and water, the well-being of animals, and the integrity of plants and seeds are maintained and enhanced for future generations; and
 - D. food is recognized as the basis of health and celebrated as central to family, community and cultural integrity.
2. We recognize that food is essential to life and is therefore a human right. It is also a gift: both food and its sources must be honoured.
3. We encourage initiatives to reclaim local ownership of community food systems and develop food self-reliance by sharing food, information, skills, and resources.
4. We develop and advocate policies to redesign food and related systems that contribute to hunger or are unsustainable. This includes food production, processing, transport or retail; it also includes health, welfare, education, institutions, economics, and trade.
5. We work to ensure that the voices of grassroots organizations and marginalized groups are heard in the process of policy formation at all levels.
6. Our network therefore includes people who experience hunger and food insecurity, who produce food, who work to protect the environment, and who develop policy frameworks that foster food security for the whole population. We link provincially, nationally and internationally with organizations and networks committed to the same goals.

Membership in the Network is open to any person or group who supports our mission and democratic, inclusive process.

OUR SINCEREST THANKS ARE EXTENDED TO THE SPONSORS AND
SUPPORTERS OF THE 2016
BC FOOD SYSTEMS NETWORK ANNUAL GATHERING

En'owkin Centre



Penticton Indian Band



Okanagan Nation Alliance



Brewster Kneen
& Family



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA



INSTITUTE FOR
COMMUNITY
ENGAGED RESEARCH

And to our hardworking Gathering Committee: Joanne Carey, Kristi Estergaard, Mary Stockdale, Mike Evans and Abra Brynne!