



Our Ways

Healing Through
Traditional Health and Wellness

2021 NATIONAL INDIGENOUS DIABETES
VIRTUAL CONFERENCE

November 15-17, 2021

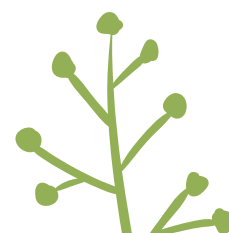
—AGENDA—

DAY 1 : November 15, 2021



CONFERENCE EMCEE: Lyle Daniels, NIDA Board Chairman

09:00 AM PST 10:00 AM MST 11:00 AM CST 12:00 PM EST 01:00 PM AST	Drum and Song Keewatin Otchitchak Traditional Women's Drum LaurieAnn Nicholas <i>Tobique First Nation</i> Terry Paskimin <i>Blackstone Singers</i>
09:15 AM PST 10:15 AM MST 11:15 AM CST 12:15 PM EST 01:15 PM AST	Opening & Ceremony Margaretta James <i>Mowachaht/Muchalaht First Nation</i> Bob Fenton <i>Animakee Wa Zhing #37 First Nation</i>
09:30 AM PST 10:30 AM MST 11:30 AM CST 12:30 PM EST 01:30 PM AST	Welcome from the National Indigenous Diabetes Association (NIDA) Lyle Daniels <i>George Gordon First Nation</i> Robynne Edgar <i>Director, Healthy Living, Indigenous Sport, Physical Activity & Recreation Council (I-SPARC)</i>
09:50 AM PST 10:50 AM MST 11:50 AM CST 12:50 PM EST 01:50 PM AST	Zoom Gathering Housekeeping Tuesday Johnson-MacDonald <i>TAP Resources</i>
10:00 AM PST 11:00 AM MST 12:00 PM CST 01:00 PM EST 02:00 PM AST	KEYNOTE: <u>The Kidney Warrior</u> Carmen Omeasoo <i>Samson Cree Nation</i>



—CONCURRENT SESSIONS—

1. THE ROAD HOME

Mike Alexander
Swan Lake First Nation

**2. TEE CHA CHITL - GETTING WELL AGAIN,
A NUU-CHAH-NULTH TRIBAL COUNCIL
DIABETES APPROACH**

Rachel Dickens, RD, CDE
Nuu-chah-nulth Tribal Council

3. USHKET 5 KM (MY FIRST 5 KM)

David Gill
Pekuakamiulnuatsh First Nation

4. MÉTIS FOODIES

Falyn Nicholl
Métis Foodies

10:45 AM PST
11:45 AM MST
12:45 PM CST
01:45 PM EST
02:45 PM AST

Networking Lunch Break

11:15 AM PST
12:15 PM MST
01:15 PM CST
02:15 PM EST
03:15 PM AST



—CONCURRENT SESSIONS—

1. DIABETES AND EXERCISE

Marisa Cardinal
*National Indigenous Diabetes Association
Saddle Lake Cree Nation*

2. FITNATION

Daniel Young-Mercer
*Indigenous Sport, Physical Activity and Recreation Council
(I-SPARC)*

3. REVIVING INDIGENOUS NORTH AMERICAN & HAUDENOSAUNEE FOOD CULTURE

Tawnya Brant
Six Nations of the Grand River Territory

4. THE CONNECTIONS OF LAND-BASED LANGUAGE IN THE CONTEXT OF FOOD FROM AN INDIGENOUS LENS

Byron Beardy
*Garden Hill First Nation
Four Arrows Health Authority*

11:45 AM PST
12:45 PM MST
01:45 PM CST
02:45 PM EST
03:45 PM AST



—CONCURRENT SESSIONS—

1. DIABETES CARE IN SADDLE LAKE CREE NATION

Dr. Nicole Cardinal
Saddle Lake Cree Nation

**2. RECLAIMING THE TRADITION OF BREASTFEEDING:
THE FOUNDATION OF A NATION**

Camie Jae Goldhammer, MSW, LICSW, IBCLC
*Sisseton-Wahpeton, Clinical Social Worker and
Lactation Consultant*

12:15 AM PST
01:15 PM MST
02:15 PM CST
03:15 PM EST
04:15 PM AST

**3. SOCIAL DETERMINANTS OF MENTAL HEALTH
IN DIABETES**

Ashley Butler, Ph.D.
Pediatrics, Baylor College of Medicine

4. TEACHINGS IN THE AIR PODCAST

Gerry Oleman
St't'imc Nation

01:15 PM PST
02:15 PM MST
03:15 PM CST
04:15 PM EST
05:15 PM AST

Break and Energizer

Robynne Edgar
I-SPARC

—CONCURRENT SESSIONS—

1. ANCESTORS' CHALLENGE

David Gill
Pekuakamiulnuatsh First Nation

2. LAC LA RONGE SMOKING CESSATION

Maggie King
Lac La Ronge Indian Band, Health Services

01:30 PM PST
02:30 PM MST
03:30 PM CST
04:30 PM EST
05:30 PM AST

3. THE KAHNAWAKE SCHOOLS DIABETES PREVENTION PROGRAM (KSDPP) - THE NEXT 25 YEARS

Alex M. McComber & Cougar Kirby, KSDPP

4. THE CONNECTIONS OF LAND-BASED LANGUAGE IN THE CONTEXT OF FOOD FROM AN INDIGENOUS LENS

Byron Beardy
Garden Hill First Nation
Four Arrows Health Authority

02:00 PM PST
03:00 PM MST
04:00 PM CST
05:00 PM EST
06:00 PM AST

Elder Reflection

Grandmother Renee Thomas Hill
Haudenosaunee Confederacy of the Grand River Territory

02:15 PM PST
03:15 PM MST
04:15 PM CST
05:15 PM EST
06:15 PM AST

Bingo Networking Activity

03:30 PM PST
04:30 PM MST
05:30 PM CST
06:30 PM EST
07:30 PM AST

MONDAY NIGHT MOVIE: Gather Introduction by A-dae Romero-Briones

Gather is an intimate portrait of the growing movement amongst Native Americans to reclaim their spiritual, political and cultural identities through food sovereignty, while battling the trauma of centuries of genocide.



DAY 2 : November 16, 2021



09:00 AM PST
10:00 AM MST
11:00 AM CST
12:00 PM EST
01:00 PM AST

Morning Welcome

Margaretta James

Mowachaht/Muchalaht First Nation

Bob Fenton

Animakee Wa Zhing #37 First Nation

09:15 AM PST
10:15 AM MST
11:15 AM CST
12:15 PM EST
01:15 PM AST

NIDA

The Inaugural Caroline Daigneault Diabetes Shkaabe Award

Margaretta James

Bob Fenton

Roslynn Baird

Mitch Daigneault

09:30 AM PST
10:30 AM MST
11:30 AM CST
12:30 PM EST
01:30 PM AST

Zoom Gathering Housekeeping

Tuesday Johnson-MacDonald

TAP Resources

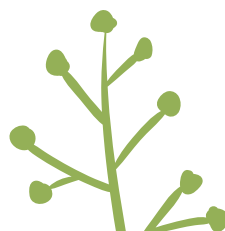
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01:45 PM AST

KEYNOTE:

Food is Health — What's Your 'Fix'

Robert H. Lustig

Pediatric Endocrinologist, University of California, San Francisco



—CONCURRENT SESSIONS—

10:30 AM PST
11:30 AM MST
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02:30 PM AST

1. ININIMINOYAWIN

Demian Lawrenchuk
Fox Lake Cree Nation

2. MÉTIS FOODIES

Falyn Nicholl
Métis Foodies

3. CREATING A SWEET COMMUNITY IN THE CITY

Dave Skene
White Owl Native Ancestry Association

4. BLACKFOOT MEDICINE

Treffrey Deerfoot
Blackfoot Medicine Speaks

11:00 AM PST
12:00 PM MST
01:00 PM CST
02:00 PM EST
03:00 PM AST

Break and Movement

Kahnawake Schools Diabetes Prevention Project



—CONCURRENT SESSIONS—

1. FITNATION

Amanda de Faye
*Indigenous Sport, Physical Activity and Recreation Council
(I-SPARC)*

**2. RESHAPING DIABETES RISK THROUGH
PUBLIC POLICIES TARGETING THE FOOD
ENVIRONMENT**

Laura Schmidt, PhD, MPH
University of California, San Francisco

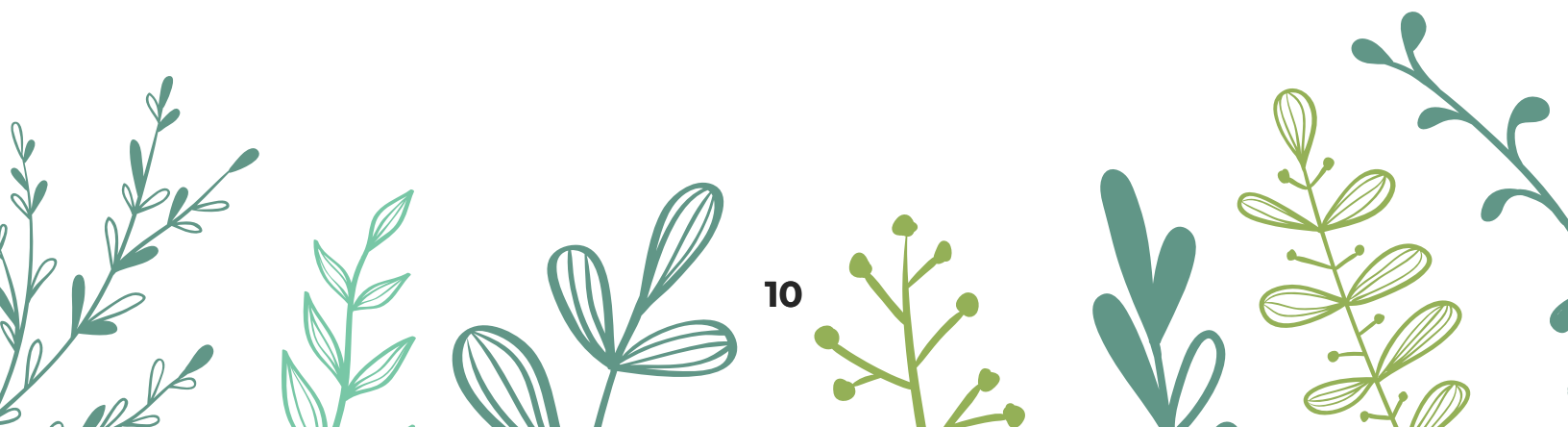
**3. CAN-SOLVE KNOWLEDGE LAND
ACKNOWLEDGMENT SERIES**

Craig Settee & Mary Beaucage
Can-SOLVE CKD

4. ININIMINOYAWIN

Demian Lawrenchuk
Fox Lake Cree Nation

11:15 AM PST
12:15 PM MST
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02:15 PM EST
03:15 PM AST



—CONCURRENT SESSIONS—

1. HEALING NATIONS THROUGH OUR GRAND MOTHER'S CEREMONIES

Nadia Houle
Indigenous Birth of Alberta (IBA)

2. DIABETES CARE IN SADDLE LAKE CREE NATION

Dr. Nicole Cardinal
Saddle Lake Health Care Centre

11:45 AM PST
12:45 PM MST
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03:45 PM AST

3. YOGA WITH THE INDIGENOUS DIABETES HEALTH CIRCLE

Crystal Bomberry
Indigenous Diabetes Health Circle (IDHC)

4. INDIGENOUS APPROACHES TO HEALTH AND HEALING

Dr. Karen Hill
Six Nations of the Grand River

12:45 PM PST
01:45 PM MST
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04:45 PM AST

Break and Movement

Marisa Cardinal

01:00 PM PST
02:00 PM MST
03:00 PM CST
04:00 PM EST
05:00 PM AST

Tradeshow

01:30 PM PST
02:30 PM MST
03:30 PM CST
04:30 PM EST
05:30 PM AST

Elder Reflection

Grandmother Roberta Price

03:30 PM PST
04:30 PM MST
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07:30 PM AST

Musical Performance

Mitch Daigneault

Red Dress Song

Fishing Lake First Nation



DAY 3 : November 17, 2021



09:00 AM PST
10:00 AM MST
11:00 AM CST
12:00 PM EST
01:00 PM AST

Morning Welcome

Margaretta James

Mowachaht/Muchalaht First Nation

Bob Fenton

Animakee Wa Zhing #37 First Nation

09:15 AM PST
10:15 AM MST
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01:15 PM AST

Zoom Gathering Housekeeping

Tuesday Johnson-MacDonald

TAP Resources

—CONCURRENT SESSIONS—

1. CIHUAPACTLI COLLECTIVE

Maria Carmen Parra Cano

cihuapactlicollective.org

2. CAN-SOLVE KNOWLEDGE KEEPERS IN RESEARCH VIRTUAL BOOKLET

Helen Robinson-Settee & Catherine Turner

Can-SOLVE CKD

09:30 AM PST
10:30 AM MST
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12:30 PM EST
01:30 PM AST

3. HOW I TOOK CONTROL OF MY DIABETES

Elder Paul Sam

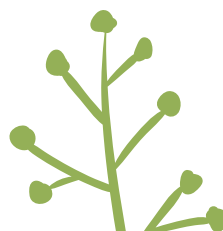
Ahousaht Nation

4. DIABETES AND EXERCISE

Marisa Cardinal

National Indigenous Diabetes Association

Saddle Lake Cree Nation



10:00 AM PST
11:00 AM MST
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01:00 PM EST
02:00 PM AST

Break and Movement

—CONCURRENT SESSIONS—

1. THE CURRENT SMOKING SITUATION IN NUNAVIK AND WHAT IS BEING DONE

Victoria Grey & Alain Ishac

Nunavik Regional Board of Health and Social Services

10:15 AM PST
11:15 AM MST
12:15 PM CST
01:15 PM EST
02:15 PM AST

2. CREATING A SWEET COMMUNITY IN THE CITY

Dave Skene

White Owl Native Ancestry Association

3. COMMUNITY-ENGAGED HEALTH PROMOTION RESEARCH

Brittany McBeath & Sonia Perillat-Amédée

KSDPP Community Mobilization Training Research Project

4. GITXSAN AEROBICS

Laureen Weget

Lillooet Friendship Centre

—CONCURRENT SESSIONS—

1. THE FOOD SOVEREIGNTY SYMPOSIUM & FESTIVAL

Dan Cornelius
Intertribal Agriculture Council

2. INDIGENOUS DIABETES HEALTH CIRCLE'S TRAINING AND CERTIFICATION FOR FRONT LINE WORKERS

Amanda Lipinski & Jessica Pace
Indigenous Diabetes Health Circle (IDHC)

3. NIQIIT: INUIT FOODS

Martha Peet
Traditional Knowledge Keeper/Elder

Megan K Monteith
Artist

4. GITIGAANIKE LOCAL FOODS INITIATIVE

David Manuel
Red Lake Nation

10:45 AM PST
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12:45 PM CST
01:45 PM EST
02:45 PM AST

Break and Movement

Crystal Bomberry
IDHC

11:45 AM PST
12:45 PM MST
01:45 PM CST
02:45 PM EST
03:45 PM AST



01:00 PM PST
02:00 PM MST
03:00 PM CST
04:00 PM EST
05:00 PM AST

Tradeshow

01:30 PM PST
02:30 PM MST
03:30 PM CST
04:30 PM EST
05:30 PM AST

Closing

Margaretta James
Mowachaht/Muchalaht First Nation

Bob Fenton
Animakee Wa Zhing #37 First Nation

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Drum and Song

Keewatin Otchitchak Traditional Women's Drum

LaurieAnn Nicholas
Tobique First Nation

Terry Paskimin
Blackstone Singers