



# Our Ways

Healing Through  
Traditional Health and Wellness

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2021 NATIONAL INDIGENOUS DIABETES  
VIRTUAL CONFERENCE

November 15-17, 2021

—SPEAKERS—

## MIKE ALEXANDER

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Mike Alexander is an emerging artist and writer, a member of Swan Lake First Nation in Treaty#1 Territory, now living in Kamloops, BC. Mike was diagnosed with Type 2 diabetes in 2015 which proved to be a life-transforming wake-up call.

A sixties scoop survivor, Mike has overcome trauma, massive depression, decades of addiction and an unhealthy lifestyle to become an endurance athlete, having now participated in four triathlons in BC.

Having undergone a recovery from addiction and a weight loss journey, Mike has come to understand the relationship between the physical, mental and spiritual, and seeks balance in these areas without diabetes medication.

In an effort to raise awareness of diabetes prevention, he has devoted time and art towards the message of living well, nutrition, movement and healing. With the help of NADA, Mike was introduced to and has since become a Patient Partner with Diabetes Action Canada. He is a grassroots rider for Easton Cycling and is honoured to lend his voice towards changing the trajectory of diabetes in Indigenous communities while dispelling stereotypes about who we are and what we can accomplish in life.

## MARY BEAUCAGE

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Mary Beaucage is Anishnaabekwe from Nipissing First Nation, outside of North Bay ON. Mary has type-2 diabetes and developed end-stage kidney disease in 2013, for which she received dialysis. In March 2015, Mary received a kidney from her cousin. She co-chairs several provincial and national patient councils, including the Ontario Renal Network's Patient and Family Advisory Council, and the Can-SOLVE CKD Network's Patient Governance Circle and Indigenous Peoples Engagement Research Council (IPERC). Mary

is also a member of the CDTRP. She has been a keynote speaker, panel member and presenter at provincial, national and international nephrology conferences. She brings a wealth of knowledge, enthusiasm and passion to her work. Mary is interested in educating and advocating in matters of Indigenous health, patient partnership, chronic kidney disease research, and organ donation and transplantation awareness.

# BYRON BEARDY

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Byron Beardy is originally from Garden Hill Anishinew Nation and was raised in Wasagamack Anishinew Nation in the Island Lake region of Manitoba. In his 13th season with Four Arrows Regional Health Authority's Kimeechiminan (Our Food) – Food Security program, Program manager, Byron, founded and visioned the by, for and with indigenous nations' biennial Indigenous Food Sovereignty Summit and has been instrumental with the inclusion of language and identity within the

indigenous food sovereignty movement in Manitoba. He sits on various food security/"foody" committees locally, regionally, provincially, nationally and, most recently, internationally. Byron is frequently requested to speak, plan, facilitate and/or present at schools, universities/colleges, gatherings/workshops and etc. related to indigenous food sovereignty & security. Speaking to audiences at his home lands of Island Lake to as far away as Finland, along with research partnerships with academic institutions, Byron shares his learned knowledge of indigenous cultural protocols, customs, practices with a focus on Indigenous food sovereignty, security and sustainability.

Fluent in his Anishinew (Ojibway-Cree) language, Byron utilizes his language skills in everyday life and with his busy hectic schedule; he also does Ojibway-Cree translation, interpretation, narration, transcription services for various clients throughout Manitoba.

In his early years, Byron grew up in Wasagamack with his mother and maternal grandparents where he says he had the privilege of eating everything edible from the land and learning and living in language to which he continues to enjoy today. He has also lived in the urban setting with his father, late Jackson Beardy, where he, again says, was fortunate to have lived and learned the 'contemporary' way of life. Having experienced both worlds in his early life, he says he appreciates what each has to offer.

Byron will discuss his understandings of the connections of land-based language in the context of food from an indigenous lens.



## CRYSTAL BOMBERRY

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Crystal Bomberry is from the Mohawk Nation-Turtle Clan of the Haudenosaunee, and a proud community member of Six Nations of the Grand River First Nations Territory in Southern Ontario. She cherishes her many familial relationships in addition to her role with the Indigenous Diabetes Health Circle as a Diabetes Wellness Worker since 2009. During this time and beyond, she has found great value and contentment in her work around diabetes prevention and health promotion. With additional certifications

in Personal Training, Healthy Eating, Yoga, Children's Fitness, and Mindfulness, she has a deep passion for promoting the countless and profound benefits of engaging a holistically balanced lifestyle. The Indigenous Diabetes Health Circle approach combines Western diabetes knowledge with traditional wisdom and Indigenous influences.

## CHEF TAWNYA BRANT

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Mohawk Nation Turtle clan citizen Tawnya Brant is Chef Owner of Yawékon By Chef Tawnya Brant. A take out lunch counter and catering service that focuses on Haudenosaunee traditional and contemporary cuisine. She grew up in her home community of Six Nations of the Grand River. Tawnya spent her foundational years with a kitchen filled with Indigenous harvests and wild game. She has also worked in the restaurant industry for 27 years. She completed 2 years of culinary

management at Sir Sandford Fleming College and graduated the Aboriginal Small Business Management program at Mohawk College. Chef Tawnya spent over a decade as a freelance support Chef opening prime franchise restaurants. After becoming a mother she switched her focus to Indigenous foods and catering, founding Yawékon Foods as a focus on Haudenosaunee culinary roots. Since 2014 she has travelled across North America sharing her cuisine and food philosophy. Chef Tawnya has opened Yawékon by Chef Tawnya Brant in her home territory of Ohswé:ken and will be celebrating our 1st anniversary this month!

## DR. ASHLEY BUTLER

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Dr. Ashley Butler is an Associate Professor in the Department of Pediatrics, Section of Psychology at Baylor College of Medicine, and serves as a Licensed Clinical Psychologist at Texas Children's Hospital. Dr. Butler is a behavioral scientist with expertise in implementation science and community-engaged research methods, health disparities research methods, and the development and evaluation of behavioral interventions to improve health and psychosocial outcomes in pediatric diabetes. Her research has

been funded by the National Institutes of Health (NIH), U.S. Health Resources and Services Administration (HRSA), Patient-Centered Outcomes Research Institute (PCORI), and several foundations. Dr. Butler also leads national and local research education programs for social and behavioral science investigators to enhance the diversity of the scientific workforce. These programs have received funding from the National Institute on Diabetes Digestive and Kidney Disorders (NIDDK) and the American Psychological Association. Finally, Dr. Butler is a member of the Behavioral Research in Diabetes Group Exchange and the American Psychological Association. She was a member of the APA's Committee on Children, Youth, and Families, and previously served as the Committee Chair.

## MARIA PARRA CANO

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Chef Maria Parra Cano is mami-preneur of Sana Sana Foods as well as Co-founder & Executive Director of the Cihuapactli Collective. Maria is a Xicana Indigena born in Phoenix, Arizona with her lineages stemming from the Mexica People from Texcoco, Mexico & Raramuri People from Cuauhtemoc, Chihuahua. Maria received her undergraduate degree from Arizona State University, her MBA from Grand Canyon University, and a culinary arts degree from Scottsdale

Culinary Institute - Le Cordon Bleu. Maria is a mother of 4 with her oldest being 8 and the youngest being 3. She is married to Brian Cano who is the artist & soul behind Ironwood Metal Works & Coatl.

Maria's work is a restorative movement aimed at healing Indigenous communities from diseases like diabetes & hypertension, healing our bodies from birth, and using food as medicine. Maria was taught to cook at a very young age by her mother, Maria Cristina Parra Martinez, and learned about Indigenous cuisines from Central and Southern Mexico. Born in the Sonoran Desert, Maria has deep connections with plant relatives from the territory and has been working with local community groups to expand their knowledge of ancestral/traditional foods by providing community cooking classes, demos, and workshops as part of the Indigenous Food Pantry.

## MARISA CARDINAL NIDA BOARD DIRECTOR

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Marisa is a member of Saddle Lake Cree Nation in Alberta and works as a Nutrition and Fitness Advisor to her community. Marisa has a Bachelors of Science degree in Nutrition and Food Science along with a Bachelor of Arts degree in Psychology and she is also a certified Personal Trainer and Fitness Instructor. In February 2018 Marisa presented on a NIDA/IDHC webinar in which she spoke about her life with diabetes, herself having Type 2 and experienced gestational diabetes, and her daughter

has Type 1. Marisa will bring to the NIDA Board a wealth of experience in navigating the challenges of living healthy but being able to manage diabetes through diet and exercise.

## DR. NICOLE CARDINAL

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Dr. Nicole Cardinal is an Indigenous Physician from the Saddle Lake First Nation Community. Practising in her home community of Saddle Lake as a family physician, also working in St. Paul Alberta as a rural family physician. Her work includes: clinic, emergency room, long term care, site director for medical students, preceptor to Indigenous health electives for the University of Alberta students, the Indigenous Health Initiatives clinical educator at the Faculty of Medicine at the University of Alberta and

parenting 3 children which is her most challenging job of all. If she does have extra time she loves to golf and travel.

## DAN CORNELIUS

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Dan Cornelius, a member of the Oneida Nation of Wisconsin, works for the Intertribal Agriculture Council where he works with Tribes and Native producers in the Great Lakes Region and beyond on food and agricultural issues, including hosting educational events and improving access to USDA programs. Mr Cornelius also has a partial appointment at the University of Wisconsin Law School's Great Lakes Indigenous Law Center, and he

grows corn and pumpkins, harvests wild rice, and raises livestock on his farm, Yowela?talíh^ (Oneida for gentle wind).

# MITCH DAIGNEAULT

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Mitch Daigneault is an award winning country singer, living in Battleford, Saskatchewan. He has released two albums to date and spent seven years with the legendary C Weed Band.

# LYLE DANIELS

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NIDA CHARIMAN



Lyle W Daniels is from the George Gordon First Nation in Saskatchewan but a lifelong resident of the City of Regina. He is a second generation residential school survivor that saw him struggle with addiction throughout his life. He currently works for the Saskatchewan Building Trades Council and the First Nations Employment Center where he works at developing labour and partnerships with the Indigenous community. Lyle has had a lifelong commitment to helping his community, especially the Indigenous young people that has guided him through many different fields of work throughout his life. His latest fight is as a person with type 2 Diabetes where he was diagnosed in 2008. Through a lifestyle change, Lyle has committed to fighting Diabetes and losing over 50 lbs with a plan to eat healthy, eat less and be active. This change allowed him to be taken off insulin and now only requires medication. A trained facilitator, Lyle enjoys providing Indigenous Awareness training and speaking to young people on careers, personal development and balance. He enjoys sharing stories of his life and learnings he has gained to help other people.



## TREFFREY DEERFOOT AISSIKOTOYOMAHKA

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Artist, Ceremonialist, Storyteller, Dancer, Singer, Drummer

Treffery is from Siksika Nation and from the “Run Away Buffalo Clan”. The territory they occupied was where the two river meet Bow and Elbow in the spring and summer; and the Banff corridor in the fall and winter seasons. He has formal western post secondary education but his world is defined by oral Blackfoot way of life. He has partaken in piercing

Sundance, Horn Society (leader of Straight Up Headdresses), caregiver of Beaver bundle and have enjoyed the Prairie Chicken dance since he was able to walk. The Blackfoot way of life has been etched into the way he sees the world from the lens of his Ancestors.

In the Medicine Wheel observation it is our responsibility to pass on our knowledge to others. Today he hopes to give his understanding of traditional ways and western thoughts in guiding our trail of life. It is the gathering of knowledge and making informed decisions which our Ancestors left for us.

He is the Chair of the Sacred Tobacco Collaboration with Alberta Health Services, Canadian Cancer Society and ASH (Action on Smoking & Health). Also an Elder for the National Aboriginal Diabetes Association (NADA), and regularly speaks at schools sharing the knowledge of our Blackfoot way of life. Lastly, initiated the Traditional Healing Circle for Men for Siksika Health Services.

## AMANDA DE FAYE

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Amanda de Faye (she/her) is a Cree Métis and mixed English/French woman, living in Kamloops on the traditional territory of the Secwepemc Nation. While playing competitive high school basketball, Amanda experienced the power of physical activity for wellness and realized that her passion and purpose in life is to help others discover the joy and medicine of being regularly active. After completing her undergrad in Kinesiology and her MSc in Experimental Medicine at UBC, she joined the I-SPARC Healthy Living team

where she feels honoured to work with and support Indigenous communities as they take charge of their health and wellness through inclusive programming. Amanda is a trained FitNation leader and Pound Pro, you can often find her online sharing Pound fitness (moving to music with drumsticks) with participants across the province. Unsurprisingly, she holds the unofficial title of “cheer-squad-leader” (complete with the pompoms to prove it!) for her unwavering enthusiasm during workouts. Amanda is grateful to have shared FitNation with hundreds of participants at numerous conferences and looks forward to sharing it with you at the National Indigenous Diabetes Conference!

# RACHEL DICKENS

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Rachel Dickens is of mixed ancestry including East-Asian on her mothers' side and a member of the Lax Kw'alaams Band on her fathers' side. The name Lax Kw'alaams is derived from Laxłgu'alaams, which means place of the small roses. She was born and raised in Prince Rupert, 30km from Lax Kw'alaams by boat. She now has the privilege of living and working on the unceded and ancestral homelands of the Tla-o-qui-aht First Nation, colonially known as Tofino.

She works alongside the Nuu-chah-nulth Peoples as a Registered Dietitian and Certified Diabetes Educator and currently employed by the Nuu-chah-nulth Tribal Council. She recognizes that diabetes was rare in Indigenous communities prior to the 1940s, and that the loss of land, legacy of residential schools, displacement, trauma, and racist policies have contributed to the disproportionate representation of diabetes in Indigenous communities. As an advocate for food sovereignty and social justice, she hopes to raise awareness around and dismantle some of the colonial and anti-Indigenous racist policies that impact Indigenous peoples' access to traditional foods. Traditional foods not only provide nourishment for the body, but also for the mind and spirit through the harvesting and gathering, and connection to culture. Reclaiming traditional foods and practices as an integral part of the Indigenous food sovereignty movement, which embraces identity and history, sovereignty, traditional ways, and cultural practices. Increasing access to these original foods is key to health promotion, wellness, and chronic disease prevention including type 2 diabetes.

# ROBYNNE EDGAR

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NOT AVAILABLE  
AT TIME OF PRINT

Robynne has worked in the area of Indigenous health for over 18 years and is currently the Director of Healthy Living for I-SPARC. She is a firm believer that physical activity is the key to obtaining balance and strong mental and physical health, and learned at an early age how sport contributes to positive self-esteem. As an athlete, her most notable sporting accomplishment was competing at both the national and international levels in professional beach

volleyball where she achieved two National titles and qualified for the 1996 Summer Olympics.

Robynne has embraced her passion for the traditional and medicinal uses for plants and fungi and can often be found in the mountains gathering medicine. She has completed 2 apprenticeships in Herbal Medicine and Human Physiology, and the nutritional and medicinal benefits of Northwest plants, and has been gathering wild foods since she was 6. She shares her knowledge with her son and they have recently embarked on their teaching journey, providing



workshops and presentations to Indigenous communities. Her future goal is to work together with traditional knowledge keepers in indigenous communities to protect and revitalize these practices for future generations.

Robynne is extremely proud of her Cree and Japanese heritage and her greatest joy is raising her two sons on Vancouver Island. She feels extremely grateful to be able to work, play and learn together with our communities, and healthy living leaders across BC!

## ROBERT FENTON ELDER

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Robert (Bob) Fenton is Anishnaabe from Animakee Wa Zhing No. 37 First Nation, Treaty 3. He has two sons and three grandsons. He has worked for the Ontario Native Women's Association as the Aboriginal Diabetes Education Coordinator for the past sixteen years.

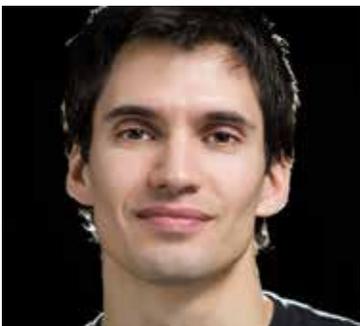
Diabetes has ravaged his family for three generations and now the fourth and fifth generations are here. Bob was diagnosed in 2007 with Type 2 diabetes.

Therefore, he is very honoured to be a part of the National Indigenous Diabetes Association in the effort to end diabetes.

Bob believes in his favourite acronym "TEAM" (Together Everyone Achieves More). Researchers, doctors & nurses, the medical profession, Diabetes Canada, chiefs and councils, teachers, diabetes educators, community members, grandfathers, grandmothers, Elders and youth need to come together to end diabetes.

## DAVID GILL

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David Gill is a retired team Canada athlete in Track & Field. He is Innu from the Piekukamiulnuatsh First Nation. His career as a runner led him to compete at some of the largest competitions across the globe, but also to visit the vast majority of First Nations communities in Quebec, speaking to thousands of kids to promote a healthier life, through exercise. After his retirement from high-level running, he became an entrepreneur and launched several web and software businesses. More recently, David started

combining his various fields of expertise together; he now uses his entrepreneur and marketing know-how to create original projects for First Nations, once again with the goal of helping his nation grow, through exercise. Ushket 5km and the Ancestors' Challenge are two of his most recent creations.

# CAMIE JAE GOLDHAMMER

MSW, LICSW, IBCLC

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Camie Jae Goldhammer, MSW, LICSW, IBCLC, (Sisseton-Wahpeton) is a Clinical Social Worker and Lactation Consultant. Camie received her Master of Social Work degree from the University of Washington in 2006, specializing in Maternal Mood Disorders and the affects of complex/ Intergenerational trauma on attachment, bonding and the parenting practices of Native families.

Camie is the founder and chair of the Native American Breastfeeding Coalition of Washington. She is also a founding mother and President-Elect of the National Association of Professional and Peer Lactation Supporters of Color. In 2013 she became Washington state's first Native American IBCLC. Camie is a consultant with CHEER and is also a part of the Center for Social Inclusion's First Food Racial Equity Cohort. Recently she worked as a Campaign Director with MomsRising working to bring paid family and medical leave to Washington State which was signed into law in July 2017. She is now a member of the MomsRising breastfeeding team. She is a National leader on topics of racial equity and first food justice and recently launched the Indigenous Breastfeeding Counselor training.

# VICTORIA GREY

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Victoria Grey is a Health Promotion Officer – Smoking Prevention & Cessation within the Department of Public Health of the Nunavik Regional Board of Health and Social Services.

Victoria has worked on this file years back but has worked in Health Sector since the 1990's and is back to her old file.

She is working for the betterment of Nunavimmiut and is on "Campaign Against Tobacco" on Social Media for the region for the coming cessation project for all Inuit Communities. Vicky is also a talented artist who does carving, sculpting, painting and jewelry.



## DR. KAREN HILL

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Karenna'onwe (Gaw-law-naw-oo-way)– Dr. Karen Hill is a Mohawk physician from Six Nations of the Grand River Territory. She is the mother of two sons and step mother to five daughters. She completed medical school in 2003 and Family Medicine Residency in 2005 —both from McMaster University. Her passion is to see Traditional Indigenous Knowledge return to the centre of life and healthcare for Indigenous people across Canada. This vision led her to co-create a

collaborative practice with Traditional Medicine Practitioners at Six Nations called “Juddah’s Place”.

In 2015 Karen became the first recipient of the Thomas Dignan award for Indigenous Health conferred by the Royal College of Physicians and Surgeons. In the same year she also received The College of Family Physicians Excellence Award for leading the way in Indigenous collaborative care in primary practice. Also, in 2016 she was honored by McMaster University with a Community Impact Award.

In early 2020 Karen partnered with Kasto'serakwathe (Gaw-Stow-say-la-gwa-tay) Paulette Moore – A Mohawk filmmaker to create “The Aunties Dandelion” media and research centre focused on supporting Indigenous embodiment of traditional knowledge. Karen continues to practice consultative medicine at Six Nations and works with her colleague Dr. Amy Montour in the Indigenous Health Service at the Brantford General Hospital. She has completed 4 years apprenticeship in Traditional Indigenous Medicine and continues this learning along with Mohawk language classes as lifelong commitments.

## RENEE THOMAS HILL GRANDMOTHER

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Kanate'hson · Grandmother Renee was born into the Haudenosaunee Confederacy of the Grand River Territory, Ontario, Canada. Her mother is Cayuga Bear clan and her father Mohawk Turtle clan. As a Haudenosaunee woman, her role in life is a Carrier of our Heritage.

When asked for a bio she provided, “Every morning I take thirty to forty-five minutes to pray for the people. I pray that their spirits will be lifted. I pray for my

community that we get better. I pray for the people stuck with unresolved grief that their spirits be restored. I pray for our youth to find their voices. Most of all, I give thanks to the Earth and all its creation.

## NADIA HOULE

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Nadia Houle is a mixed race nehiyaw iskwew, whose ancestors originate from the Dunvegan Band, located in the northern Treaty 8 Territory. Nadia is a registered acupuncturist, birthworker, lactation counsellor and reproductive health advocate. She is the founder of Indigenous Birth of Alberta, a grassroots organization formed in 2016. Nadia has been providing childbirth education, pregnancy and birth support for over 15 years throughout the Treaty 6 Territory. Her acupuncture, traditional medicines and ceremonial teachings are naturally woven into her birthwork, allowing her to provide support from all four directions. She enjoys mentoring birthworkers and community members to begin their learning about reproductive health through a traditional lens within a modern context. Nadia lives and resides in Edmonton with her partner and their blended family of 8, where they are well known in the ceremony community as helpers and role models. Her western education includes a Bachelor of Science in Kinesiology, a Diploma of Acupuncture, training from DONA (Douglas of North America) as well as numerous traditional teachings from her relatives, elders and knowledge keepers.

## ALAIN ISHAC

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Alain Ishac is a nutritionist and a health educator with a master's degree in clinical nutrition.

He has vast experience of more than 25 years in counselling clients on health issues related to nutrition and whole health. He has a particular interest in functional medicine/nutrition.

His field of expertise are several but more specifically chronic disease prevention and their related complications.

He has been working with multi-ethnic clientele and the Inuit populations of Nunavik for many years.

Lately, he has been working on the tobacco file for the Nunavik region in the context of public health.



## MARGARETTA JAMES ELDER

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She was given the name Yakup Ooklas because she was a very sharing woman.

In 1994, Yakup and her husband adopted two young boys into our family in the Mowachaht/Muchalaht tradition of the nuu-chah-nulth-aht.

Her English name is Margaretta James. Her mother was L'il Wat and her father was Filipino. She lives at Tsaxana near Gold River on Vancouver Island in Mowachaht/Muchalaht territory.

Each indigenous nation defines an Elder by several factors and qualities.

We share what we know. She is honoured to have been asked to share as an Elder for the National Indigenous Diabetes Association. The Language? Cultural Beliefs? The Heritage? The History? She is not ashamed to say that she doesn't know everything. Is still learning, too. In the Language, essock is respect. In this new role, She will attempt to share what she knows, with respect. Diagnosed with Type 2 diabetes in the fall when 9/11 occurred, there was a shift in her life choices of living healthier. Last year 2020 reawakened in all of us the importance of our wellness, the quality of our being. We have been nudged to accept the science, adapt our lifestyle and appreciate our lives.

kleco kleco for allowing Yakup to share her journey. cuu.

## MAGGIE KING

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Kanietahawi's english name is Maggie King. She is Wolf Clan of Mohawks at Akwesasne and a band member at Thunderchild FN, residing in Laronge, Sask. She works for the La Ronge Indian Band Health Services as a Health Promotion Worker and Tobacco Cessation Worker. She also sit as a Patient Partner for the Saskatchewan Center for Patient Oriented Research on the Patient Partner Advisory Council and the affiliate Indigenous Health Advisory Council.

Her passion is sewing and teaching how to make ribbon skirts and her joy is seeing the pride of women wearing skirts made by their own hands.

## COUGAR KIRBY

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As the new KSDPP Intervention Facilitator, Cougar Kirby's role is to create, animate and participate activities and events with youth in the elementary schools in Kahnawa:ke. Cougar gives hands on teachings of healthy foods, healthy activity and an overall healthy lifestyle while delivering our message of KSDPP and diabetes prevention. Cougar has been a part of KSDPP for over 2 years as a research assistant and has now been full-time since August 2021.

Cougar graduated from McGill University with a B.A in Sociology in December 2020. In his spare time, Cougar enjoys playing lacrosse, going on hikes, going to the gym and spending time with his family. Cougar is always striving to make the best opportunities for youth in the community. Cougar is motivated in living a healthy lifestyle and leading by example.

## MEGAN KYAK-MONTEITH

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Inuk artist Megan Kyak-Monteith was born in 1997 and grew up in Pond Inlet, Nunavut. She earned her BFA in Interdisciplinary Studies at NSCAD University in 2019 and currently resides in Halifax, Nova Scotia.

In her practice, Kyak-Monteith often depicts her experiences growing up as an Inuk in Nunavut and Nova Scotia. Her works, centred around memory, are often exaggerated with scale and colour, adding an atmosphere that is similar to what she thinks distant memories appear. Her illustrative works include books published by Inhabit Education and articles published in Inuit Art Quarterly, Inuktitut Magazine, and The Walrus.

## DEMIAN LAWRENCHUK

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Demian Lawrenchuk is a cree harvester of mixed ancestry who has dedicated his life to learning and sharing the beautiful culture that has allowed people to thrive across Canada for thousands of years.



## AMANDA LIPINSKI

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Amanda is a Métis mother of one. She made the move to Southern Ontario from Thunder Bay to complete her degree in Social Anthropology at York University in 1999 and has since had the honour of working within different Indigenous communities throughout Ontario and New Brunswick with a focus on holistic wellness. Amanda began working at the Indigenous Diabetes Health Circle as a Diabetes Prevention Coordinator for the Toronto region in 2009 and has transitioned into the position of Program Director currently residing in Niagara. Amanda strives to maintain a healthy lifestyle in order to be a positive role model for her son and the communities she serves.

## ROBERT H. LUSTIG MD, MSL

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Robert H. Lustig, M.D., M.S.L. is Emeritus Professor of Pediatrics in the Division of Endocrinology, and Member of the Institute for Health Policy Studies at UCSF. Dr. Lustig is a neuroendocrinologist, with expertise in metabolism, obesity, and nutrition. He is one of the leaders of the current “anti-sugar” movement that is changing the food industry. Dr. Lustig graduated from MIT in 1976, and received his M.D. from Cornell University Medical College in 1980. He also received his Masters of Studies in Law (MSL) degree at University of California, Hastings College of the Law in 2013. He is the author of the popular books *Fat Chance* (2012), *The Hacking of the American Mind* (2017), and the just released book *Metabolical: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine*. He is the Chief Science Officer of the non-profit Eat REAL, he is on the Advisory Board of the Center for Humane Technology, Simplex Health, and Levels Health, and he is the Chief Medical Officer of BioLumen Technologies, Foogal, Perfect, and Kalin Health.

## DAVID MANUEL

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David Manuel grew up in an urban environment. It never sat well with David. While his parents afforded him many visits to the reservation to hunt, fish, and forage, and get to know his extended family, it was never enough.

David eventually and permanently returned to the lakes, rivers, and forests of his ancestors, he relied on these to earn a modest living. Trapping and selling minnows, fishing (in Red Lake anglers can turn in their catch, getting a per pound rate), cutting, splitting, and selling firewood, harvesting wild rice, and selling maple syrup and maple sugar candies from the families ancestral sugarbush.

David and his wife Laura have a prolific and productive garden. In 2012, this got the attention of a newly formed tribal program whose goal are to bring to bear all tools, methods, and strategies to address diet related health disparities occurring in indigenous communities everywhere, including Red Lake.

David currently works for Red Lake Economic Development and Planning, specializing in training tribal members in organic vegetable and fruit production, traditional foods procurement and processing with an emphasis on creating value-added products.

## BRITTANY MCBEATH

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Brittany McBeath is a Kanyen'kehá:ka doctoral student in the School of Kinesiology and Health Studies at Queen's University. She is of mixed ancestry with roots in Tyendinaga Mohawk Territory. She is currently studying health promotion, completing her research and training under the supervision of Dr. Lucie Lévesque and in partnership with the Kahnawà:ke Schools Diabetes Prevention Project. Her master's research explored diverse conceptualizations of wellness by three

First Nations communities across Turtle Island using concept mapping as a method for participatory analysis. For her doctoral research she hopes to bridge her current studies and personal interests to explore the intersection of Indigenous language revitalization efforts and community wellness.



## ALEX MCCOMBER

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Alex is Kanien'kehá:ka Bear Clan from Kahnawake Territory near Montreal; he is a husband, father and grandfather. He was teacher and principal at the Kahnawake Survival School from 1978 to 1994 and has worked with the Kahnawake Schools Diabetes Prevention Program since 1994, currently as a community advisor & researcher.

Alex is Assistant Professor in the Department of Family Medicine, and Lecturer in the Department of Integrated Studies in Education at McGill University. Alex's areas of expertise include Indigenous research methodologies, decolonizing strategies, cultural safety education, community ethics, patient participation in health research, health promotion, community mobilization, personal empowerment and diabetes prevention.

## LAURIE ANN NICHOLAS RD, BOARD DIRECTOR

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Laurie Ann Nicholas, RD, is the co-founder of the Aboriginal Nutrition Network. She is a proud Maliseet woman from Tobique First Nation and is currently the Indian Day School Class Action Coordinator for Neqotkuk First Nation. Laurie is a registered dietitian with the NB Association of Dietitians and has been working in health field since 1991. Laurie has worked in Diabetes Education as a Diabetes Coordinator and Community Dietitian for several organizations and communities and has been a Certified First

Nations Health Manager since 2015. Laurie is a cultural specialist, pipe carrier and conductor of water and Full Moon Ceremonies which is a great asset. She is knowledgeable and participates in the Wolastoqey language and songs as well in traditional dancing and beadwork.

## FALYN NICHOLL

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Falyn Nicholl is a Metis mother of 3. She lives in High River Alberta, and is the founder of the popular facebook group Metis Foodies. Falyn has always had a passion for high quality organic home cooked meals. She believes food is what brings everyone together and nourishes their soul as well as their minds and bodies. After all, there is nothing quite like a hot cup of tea and warm bannock after a long day of school to welcome the little ones home. She finds joy in teaching her children and anyone else

who cares to learn how to cook up the wild game her husband harvests like deer and elk jerky, bannock and wild game stews and roasts. She has had gestational diabetes with two of her pregnancies so it is important to her to serve healthy meals and snacks to her loved ones everyday.

## GERRY OLEMAN

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Gerry Oleman, a St'atc'imc from Shalalth British Columbia, has worked as a Human Service worker since 1976 in the following areas: addictions, cross-cultural education, student success and motivation, post trauma, sexual and physical abuse. Gerry also has served as a content expert in program development and also for six documentary films including award winning "A Century of Genocide in the Americas: The residential school experience". Now an Elder Gerry has an active consulting practice as a Cultural Advisor,

Elder, Workshop Facilitator and as a Conference Resource primarily in Health Care and Education.



## CARMEN OMEASOO

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Carmen Omeasoo aka Hellnback has been an active member of the Canadian music scene for the latter part of 25+ years. Having helped spearhead the native hip hop envelope into the Canadian mainstream was one of his main goals as an artists. Warparty, Team Rezofficial are both groups that have done just that they faced every challenge head on to achieve success.

Hellnback also has a new challenge one that has tested his will in every direction and that is stage 5 Kidney failure. With a kidney function of 4% HellnBack's goal now is to spread awareness. Father of 6 happily married to Lisa Muswagon. Kidney failure has not been an easy path but with the support of his wife and children he would like to let you know kidney failure is not a death sentence.

## JESSICA PACE

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Jessica Pace is the Knowledge Coordinator at the Indigenous Diabetes Health Circle. She joined the IDHC team in February 2020. Prior to working for IDHC, Jessica was the Education Coordinator at the Alzheimer's Society of Niagara Region and a Postdoctoral Fellow at McMaster University. Jessica has a PhD in the Anthropology of Health and has completed several community-based research projects related to Indigenous health focusing on experiences of healthy aging and dementia on Manitoulin Island and in Southern Labrador.

## TERRY PASKIMIN

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Terry Paskimin is Plains Cree from the Sweetgrass First Nation. His drum group is Blackstone singers which was started in 1986. They sang at a powwow for the first time in 1987. He grew up around ceremonies and loved hearing the singing. He was inspired as a youth to learn to sing. He is committed to continue teaching and pass it on to my family and young singers, while he continues to learn. He is grateful for life and honoured to sing for the Healing Through Traditional Health and Wellness.

# SONIA PERILLAT-AMÉDÉE

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Sonia Perillat-Amédée is a research assistant at McGill University working with Professor Treena Delormier. She was born and has roots in France, but has now been growing roots in Québec for 14 years. She completed her Master's degree from the McGill School of Human Nutrition in 2020. Her thesis project explored perspectives of wellness in the Nehirowisow Atikamekw community of Manawan, Quebec. This project included intervention workers, youth and Elders from the community and involved

participants in the analysis process using concept mapping. Since the completion of her studies, she is working as research assistant for Community Mobilization project from the Kahnawà:ke Schools Diabetes Prevention Program and for the Tahatikonhsontóntie' Québec Network Environments for Indigenous Health Research (QcNEIHR).

# DR. ROBERTA PRICE ELDER

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Dr. Elder Roberta Price, Coast Salish Snuneymuxw and Cowichan Nation, is the mother of 4 children and grandmother to 8 beloved grandchildren. Elder Roberta has spent over 35 years actively sharing her leadership, wisdom, knowledge and teachings across the University of British Columbia (UBC) including the UBC School of Nursing, in the British Columbia lower mainland school districts, and as Elder in-residence in both Vancouver Coastal Health and Provincial Health Services Authority hospitals. Elder

Roberta has assisted both Indigenous and non-Indigenous students, staff, patients and community members to achieve improved health outcomes and to support the development of shared spaces for both Indigenous and Western approaches for healing, wellness and health. Elder Roberta has worked with the UBC School of Nursing as an Adviser/Research Partner and Elder for over 10-years providing Indigenous leadership and support on research projects about women's intimate partner violence, mental health and equity. She provides guidance and leadership on several community, equity-based and culturally-safe research projects and is now an adjunct clinical professor in the UBC Department of Family Medicine. In May 2021, Elder Roberta received an Honorary Doctorate of Laws from the UBC for her ongoing involvement and leadership in research projects that have been instrumental in the continued work of decolonizing the health care system and creating equity and cultural safety for Indigenous patients.



## MARTHA PEET (TOOKANACHEAK)

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Martha was born and raised in the community of Taloyoak, Nunavut. There were only about 4 families living in the community as it was a newly established Hudson's Bay Company post. Prior to 1949, the Inuit in the area lived in the coastal areas of the ocean where there was an abundance of seals, several kinds of fishes and polar bears. On the land, there were caribou, rabbits, ptarmigan, wolves and wolverine. During the summer, there were also an abundance of ducks and geese.

She only had one name while growing up, Tookanacheak was her only name. When the missionaries arrived, the name Tookanacheak was too hard for them to pronounce, therefore, they shortened her name to Toka. The missionaries told the Inuit that everyone must have an English name, her father chose the name Martha for me. Later on in years, the Inuit were told they had to have a family name (last name). Literally, the traditional the Inuit naming system was discarded.

When at home nowadays, She is out on the land most of the time. I do a lot of fishing, making dryfish for my family's winter food. She also hunt for caribou. Out of the caribou meat, She makes dry meat, dried outdoors, also for winter food to be eaten during the winter when the caribou have migrated to the north for the winter. She is alone most times except her nieces, nephews, grandchildren always make sure that she is never left alone out on the land for more than a day. They are taught to take care of their grandparents, aunts and uncles. When out on the land, She walks for many miles, retracing the places where her mother and father had taken them when they were young.

## HELEN ROBINSON-SETTEE

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Helen Robinson-Settee was born and raised in Winnipeg. She is an Anishinaabe woman with family and community connections to Dauphin River First Nation, which is located in the Interlake region of Manitoba about four hours northeast of Winnipeg. Helen is an educator with expertise in inner city education and Indigenous education. She has spent her career working in inner city schools in Winnipeg and working for the Manitoba Department of Education.

Helen is a wife and mother of two sons, Craig and Kevin. Her son Kevin has lived with kidney disease since he was 10 years old and she has been a patient supporter for Kevin since he was diagnosed with CKD as a child and living with

the disease until his kidney transplant. As a Co-Chair of the Indigenous Peoples' Engagement and Research Council (IPERC) and Lead of Wabishki Bizhiko Skaanj Learning Pathway with the Can-SOLVE CKD Network, Helen offers advice and recommendations as CKD is an epidemic in First Nations, Métis and Inuit peoples. Her experiences as a caregiver and educator are shared with researchers, policy makers, and medical staff working with CKD and diabetes.

## A-DAE ROMERO-BRIONES JD, LLM

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A-dae (Kiowa/Cochiti) was born and raised in Cochiti Pueblo, New Mexico and comes from the Toyekoyah/Komalty Family from Hog Creek, Oklahoma on the Kiowa side. Mrs. Romero-Briones works as Director of Programs-Native food and Agricultural Program for First Nations Development Institute and Co-founder/director of the California Tribal Fund. She is formerly the Director of Community Development for Pulama Lana'i. Mrs. Romero-Briones worked for the University of Arkansas' Indigenous Food and Agricultural Initiative while she was getting her LLM in Food and Agricultural Law. She wrote extensively about Food Safety, the Produce Safety rule and tribes, and the protection of tribal traditional foods. A U.S. Fulbright Scholar, Ms. Romero-Briones received her Bachelor of Arts in Public Policy from Princeton University, and received a Juris Doctorate from Arizona State University's College of Law, and LLM in Food and Agricultural Law from the University of Arkansas. President Obama recognized A-dae as a White House Champion of Change in Agriculture. She formerly sat on the National Organic Standards Board (2016-2021) and the Sustainable Ag and Food Systems Funders Policy Committee and a steering committee member for the Funders for Regenerative Agriculture. She is co-chair of the California Foodshed Funders group, board member at the California Institute for Rural Studies, the Isleton Museum, and the Regenerative Organic Alliance.



## PAUL SAM ELDER

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Paul Sam is an elder from Ahousaht First Nation. He currently lives in Port Alberni, off-reserve. He is well known as an artist, and primarily carves First Nations silver jewelry. Paul has been a jeweler for over 30 years, and sells his jewelry in Tofino, Ucluelet, Port Alberni and has gone as far as Germany and New York.

He was a fisherman for most of his life, from around 12 years old. If he wasn't logging he was fishing. It was mostly commercial fishing in his traditional territory, and up the coast, and also food fishing for himself and his family. He had a couple of his own boats, fishing with his dad right from when he was a little boy.

## LAURA A. SCHMIDT PHD, MSW, MPH

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Laura A. Schmidt, PhD, is a Professor of Health Policy in the School of Medicine at the University of California at San Francisco. She holds a joint appointment in the Philip R. Lee Institute for Health Policy Studies and the Department of Humanities and Social Sciences. She received her PhD training in sociology at UC Berkeley and while there, completed doctoral coursework in public health.

Dr. Schmidt seeks to understand how changing lifestyles are contributing to globally rising rates of chronic disease and seeks options on what to do about it. Her work explores the growing pressures of globalizing economies, rising inequality, and the marketization of products that are undermining our health. She is currently writing a book about the rise of corporate medicine in America.

## CRAIG SETTEE

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Craig Settee is Anishinaabe and Néhinaw (Swampy Cree) from Fisher River Cree Nation and grew up in Winnipeg, Manitoba. He is a living kidney donor to his brother and is previous patient partner with the Network. He brings his lived experience to the coordinator role with the Indigenous Peoples' Engagement and Research Council (IPERC).

Craig has several years of experience working as a cultural support worker, Action Therapist and community organizer with First Nations and inner-city community-based organizations. He is passionate about increasing Indigenous representation and amplifying Indigenous voices to foster more collaborative working relationships. He is a strong advocate of patient-oriented research and provides support to Indigenous patient partners, projects and partnerships within the Can-SOLVE CKD Network. Craig currently resides on Coast Salish Territory in Vancouver, BC.

## DAVE SKENE

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Dave Skene is of mixed ancestry Métis on his mothers side and Scottish on his fathers; his Métis family roots are in Lessor Slave Lake, Red River, Penetanguishene and his Scottish roots are from Aberdeen Scotland. Dave is the Executive Director of White Owl Native Ancestry Association, a community based Indigenous agency that has been in existence since 1975. Before joining the team at WONAA Dave worked in international and community development for over 35 years in

diverse locations such as Mexico, Central America, Brazil, Kosovo, Macedonia and Kenya. In 2015 Dave along with several other Indigenous community members started exploring how they could be involved in Indigenous food sovereignty in the Waterloo/Wellington regions, this led to the formation of the Wisahkotewinowak garden collective. Wisahkotewinowaks focus on reclaiming land and space in the urban centers in which we live to support Indigenous community through food sovereignty and land-based education. In 2016 Dave completed his Masters in Indigenous Community Development from Acadia University and is now working on his PhD in Urban Indigenous food and land Sovereignty at the University of Divinity in Australia.



# THE KEEWATIN OTCHITCHAK TRADITIONAL DRUM GROUP

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The Keewatin Otchitchak Traditional drum group is active in the preservation and protection of our culture. We bring awareness to issues that affect us as Indigenous people and as a human race.

We're a circle that supports each other with our singing circles, friendship and ceremonies. The original women of the group have been singing together for over twenty years. Our name and drum were new when we came together again April 2011.

The singers come from across Turtle Island.

## CATHERINE TURNER

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Catherine Turner is a Métis woman whose family originates from the historic Red River Settlement in Manitoba. She considers herself blessed having grown up with a very large extended family and in having the rich experiences of living in a rural community with that family, then moving to Winnipeg at the age of ten. Catherine lives and works on the beautiful territories of the Kwakwaka'wakw peoples, home of the K'omoks First nation in the Comox Valley. Catherine is a wife, mother, and grandmother to twin

grand daughters.

Catherine is the Indigenous Liaison Manager for the Can-SOLVE CKD Network and Coordinates in partnership with the First Nations Health Authority, one of the Can-SOLVE CKD Network projects – BC Kidney Check.

Catherine has worked in health and primary prevention programs with Indigenous communities over the past three decades, including the design and administration of an urban Aboriginal diabetes initiative for eight years. She is responsible for the creation of numerous programs serving the urban and rural Indigenous communities across BC. Catherine recently completed the newly created Indigenous Public Health Graduate Certificate program – UBC Centre for Excellence in Indigenous Health.

## LAUREEN WEGET

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Eldah tsimx hl wa'y (My name is Eldah Tsimx ) Lax Gibuuhl pdeega'y (I am a member of the Wolf Clan) Wilp Luus win Sawitxwi'y (I come from the house of > Luus) Anhlo'o noo'y (My mother is the late Dorothy Weget) Gitluudaahlxwhl nigwoodi'y (My father is the late Alvin Weget) T'it'q'et win joga'y (I live in the community of T'it'q'et) Luu amhl goodi'y win gyaasim (My heart is glad to see you) T'oyaxsi'y 'niisi'm win bakxsi'm (Thank you for coming)

## DANIEL YOUNG-MERCER

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Daniel Young-Mercer (Ayeem Ganaaw) is entering his sixth year as I-SPARC's Provincial Coordinator, Physical Activity Training and Development, overseeing the FitNation program. His favourite part about his job is supporting Indigenous community program leaders and hearing about participant success stories. His Nisga'a name is Ayeem Ganaaw, which means Fast Frog. He was born and raised in Terrace, BC. His mother is Bonita Young-Mercer from Kispiox (Gitxsan) and his father is Arthur Mercer from Gitlaxtaamik (Nisga'a). He has recently obtained his BCRPA Group Fitness Leader certificate, which is recognized by the standards of the National Fitness Leadership Association, which allows him to support FitNation leader training with best-practices, and up-to-date teachings.





