

OPTIONAL PRE-CONFERENCE WORKSHOPS – \$50 each

REGISTER FOR THESE WORKSHOPS ON THE REGISTRATION SITE – SEPARATE FROM CONFERENCE REGISTRATION

1. Finding Balance, Strength, and Healing through the Seven Circles of Wellness and Indigenized Movement

Anthony Thosh Collins (O’odham/Haudenosaunee/Osage) and Chelsey Luger (Anishinaabe/Lakota), Wellness Trainers, Well for Culture, Phoenix, AZ

Time: May 23, 2022, 9am-noon

Location: Mystic Lake Center

Well for Culture is a grassroots movement focused on holistic wellness from an Indigenous perspective. It utilizes concepts from ancestral Indigenous teachings and other schools of thought to promote and encourage healthy lifestyles for Indigenous communities and others who might benefit from an integrative, “Indigenized” approach. The Seven Circles of Wellness is the Well for Culture model for total health optimization. Through this dynamic, interactive workshop including original visual elements and discussion as well as movement breaks and stress-relief techniques, the participant will learn the philosophy behind and practical application of each circle of wellness: Real Food, Sleep, Movement, Peacefulness, Kinship/Community, Connection to Earth and Sleep. Each circle of wellness is interconnected and impacts physical-mental-emotional-spiritual health. Dress comfortably and be ready to move, but don’t be intimidated – this movement practice is a welcoming approach which will be inclusive of all ages and abilities, even those who prefer to stay seated.

Foraging for Native Edible Plants (2 different workshops)

Nutritious, wild plants live all around us. Indigenous wisdom encourages consumption of native plants for their nutritious and spiritual properties. Join elder Hope Flanagan for a walk along the Minnesota River or ethnobotanist Linda Black Elk for a walk around Louisville Swamp to see how they live in this changing environment. You’ll discover wild edible plants and, if possible, pick and taste them. The leaders will describe the unique and diverse nutritional, medicinal and spiritual properties of various plants, how they are used in Indigenous cultures, and ways to interact with them. This knowledge is useful not only for understanding Indigenous ways and wisdom, but also understanding and protecting the natural world and environment. Come prepared for the weather, with warm clothes and shoes that can get muddy, and bring insect repellent. This workshop will require the ability to walk for two hours through nature. If the weather makes it impossible to walk outside, we will instead have a discussion at Mystic Lake Center.

2. Foraging for Native Edible Plants 1: River Walk

Hope Flanagan (Seneca), Community Outreach and Cultural Teacher, Dream of Wild Health, Minneapolis, MN

Time: May 23, 2022, 9 am-noon

Location: The Landing, 2187 Highway 101E, Shakopee, MN 55379

Transportation: Attendees must provide their own transportation. The Landing is about a 15-minute drive from Mystic Lake Center.

Max #: 20

3. Foraging for Native Edible Plants 2: Marsh Walk

Linda Black Elk, Food Sovereignty Coordinator, United Tribes Technical College, Bismark, ND

Time: May 23, 2022, 9 am-noon

Location: Minnesota Valley Wildlife Refuge, Louisville Swamp Unit, 3801 145th St. W, Shakopee 55379

Transportation: Attendees must provide their own transportation. The refuge is about a 15-minute drive from Mystic Lake Center.

Max #: 40

4. Guided Tour of Owamni by the Sioux Chef Restaurant with Brunch at the Tatanka Food Truck

Chef Sean Sherman (Oglala Lakota) and Dana Thompson (Wahpeton-Sisseton and Mdewakanton Dakota), Founders, The Sioux Chef, and Owners, Owamni by the Sioux Chef, Minneapolis, MN Minneapolis, MN

Time: May 23, 2022, 9-11am

Location: Owamni by the Sioux Chef, 420 South First St Minneapolis, MN 55401

Transportation: Attendees must provide their own transportation. Owamni is about a 35-minute drive from Mystic Lake Center.

Owners Chef Sean Sherman and Dana Thompson will lead a guided tour of Minnesota's first full-service restaurant, Owamni by The Sioux Chef. The restaurant's location at Owamniyomni (the Dakota name for St. Anthony Falls) is a sacred site of peace and well-being for the Dakota and Anishinaabe people.

Located in the historic Mill Ruins Park along the west bank of the Mississippi River, Owamni offers an indoor dining area and bar, a large outdoor green-roof patio, and additional outdoor seating with fire features. Owamni's decolonized menu avoids the use of dairy, wheat flour, cane sugar, beef, chicken or pork — colonial foods not originally from this land. The menu is curated around a mix of Indigenous game, fish, birds, and insects along with wild plants, Native American heirloom farm varieties, and locally grown produce. The tour concludes with lunch available for purchase from the Tatanka Food Truck, located outdoors and offering 100% pre-contact foods of the Dakota and Minnesota Territories.

5. Indigenous Foodways: Pathways, Paradigms and Posterity

Chef Nephi Craig, BHT, ACRPS (White Mountain Apache/Diné), Founder, Native American Culinary Association, and Executive Chef, Rainbow Treatment Center, White River, AZ

Time: May 23, 2022, 9am-noon

Location: Mystic Lake Center

Chef Nephi Craig has 24 years culinary experience in America and around the world. He is the founder of the Native American Culinary Association, and he provides training, workshops and lectures on Native American Cuisine for health to many schools, restaurants, universities, treatment centers, behavioral health agencies, and tribal entities. Chef Craig is currently the Nutritional Recovery Program Coordinator & Executive Chef at the Rainbow Treatment Center and Café Gozhóó on the White Mountain Apache Tribe in Arizona. This workshop will provide an in-depth look at Indigenous Foodways as a cultural occurrence. Through the examination of practitioner roles and pathways toward health, we will connect perspectives on cultural resurgence, wellness and health disparities. This presentation frames Indigenous Food-ways as a life-long commitment, and practice or as Chef Craig calls it, "The Culinary Art of Self-Determination." As part of this presentation Chef Craig will give a cooking demonstration and if possible, a tasting for participants.

6. Native Gardens and Culture: High tunnels at Wozupi Tribal Gardens and Guided Tour of Hočokata Ti

Time: May 23, 2022, 9 am-noon

Location: Wozupi Tribal Gardens, 2041 140th St. NW, Prior Lake (transportation provided from Mystic Lake Center)

Max #: 30

Visit the Shakopee Mdewakanton Sioux Community's Wozupi Tribal Gardens and participate in a hands-on demonstration about the process of planning, installing and managing a high tunnel to extend the growing season in the spring, fall and even the winter in this area. Wozupi staff will share their experiences with making the most out of this unique agricultural structure in providing good food nearly year-round. Participants will also tour the Wozupi, which produces a variety of foods from maple syrup, vegetables, fruits and native edible plants. Participants will also have the opportunity for a guided tour of the public museum at Hočokata Ti [ho-cho-kah-tah-tee], the tribe's new cultural center which opened in summer 2019. The museum, called Mdewakanton: Dwellers of the Spirit Lake, provides visitors with a cultural experience that enhances their knowledge and understanding of the Mdewakanton Dakota people and their history. An assortment of Dakota Sioux artifacts can be viewed in the public gallery.

7. Sharing Our Medicine, Sharing Our Voice

Wade Fernandez (Wiciwen Apis-Mahwaew of the Menominee Nation), Keshena, WI

Time: May 23, 2022, 9am-noon

Location: Mystic Lake Center

Every one of us is born with gifts or medicine to share. Although we are born beautiful, we also can carry the ugly scars of the past. It is only by walking a continual path of healing that we can find the richness of our voice, reach our potential, and help others to heal. Please join international touring musician and educator, Wade Fernandez / Wicīwen Apīš-Mahwaew on a journey of music and medicine. Wade Fernandez is a multi-award winning international touring artist from the Menominee Nation. His musical and educational styles know no bounds. Beginning his solo career joining Jackson Browne & the Indigo Girls onstage has led to a long career with over 60 international tours. His music and his message are firmly grounded in his Menominee Reservation roots and love for the land, animals, and people. A passion to educate, share music, serve community, share culture and honor Grandmother Earth is reflected in Wade's global presentations, speaking events, work with schools, workshops, serving the elderly, the mentally disabled, and the youth.