



# Feeding Mind, Body and Spirit

A Gathering of Dietitians and Nutrition Professionals working with  
Aboriginal Communities in Canada

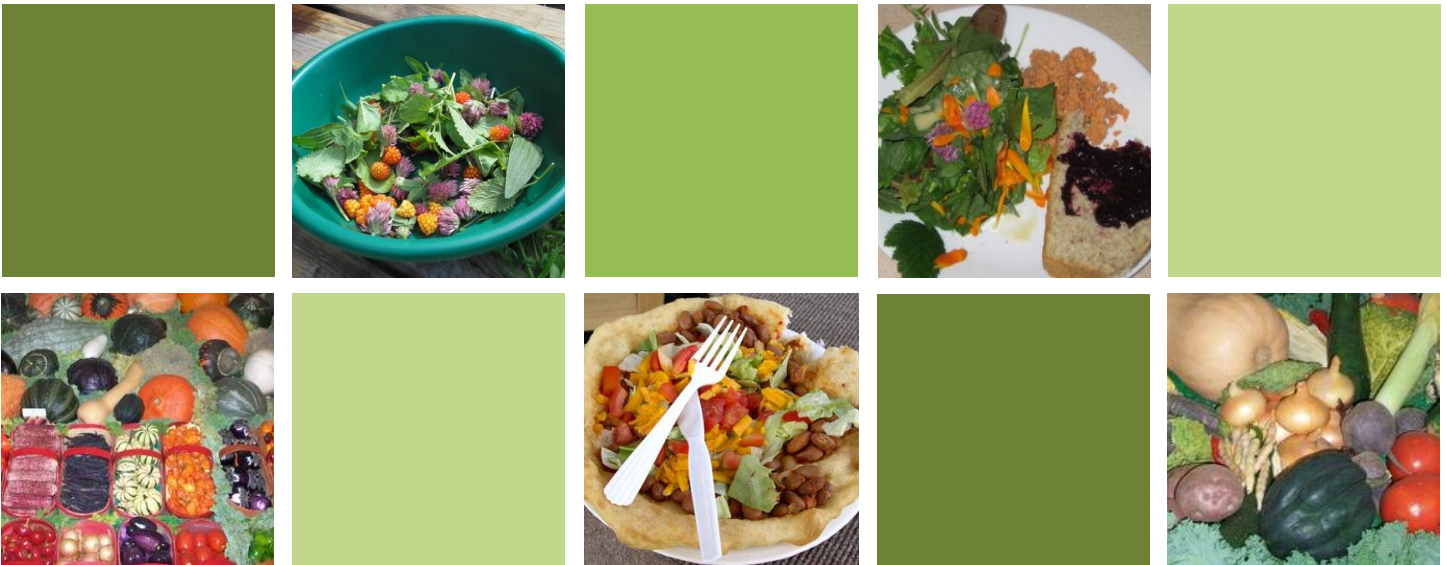
REGISTRATION DEADLINE NOVEMBER 11, 2011

December 6-7, 2011

Oakham House, Ryerson University

55 and 63 Gould Street, Toronto, ON, M5B 1E9

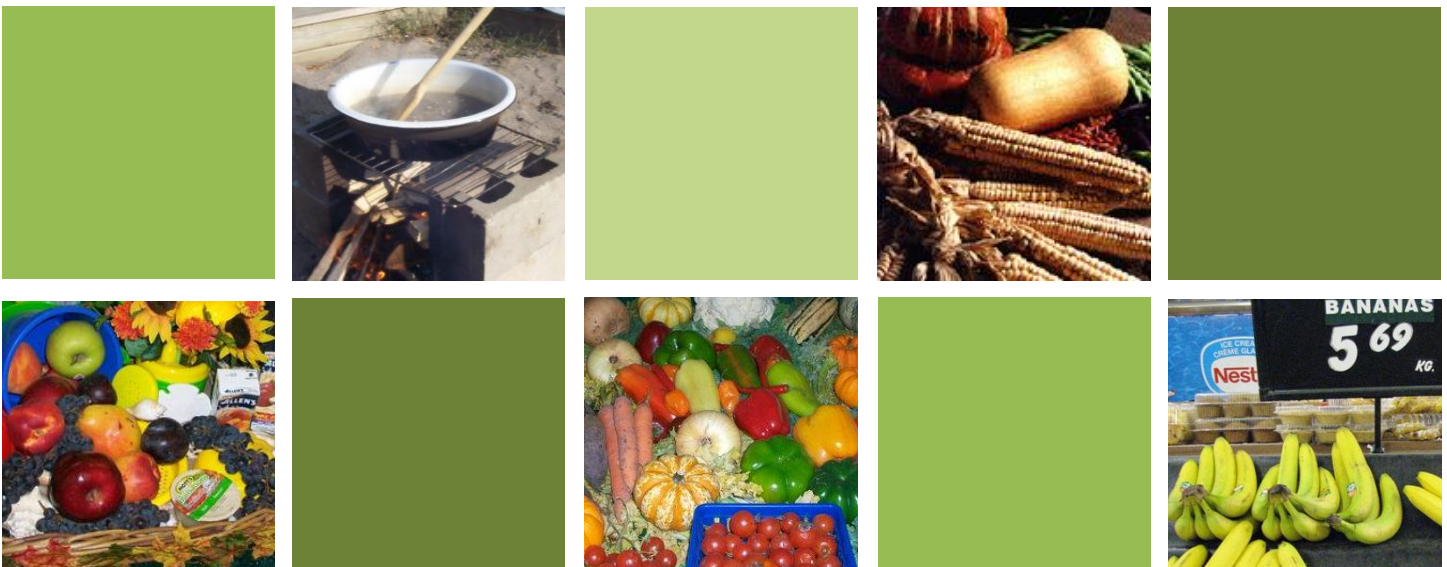
## Gathering Information and Registration



# Feeding Mind, Body and Spirit

## A Gathering of Dietitians and Nutrition Professionals working with Aboriginal Communities in Canada

*Feeding Mind, Body and Spirit* is the Aboriginal Nutrition Network of Dietitians of Canada's first ever Gathering to be held at Ryerson University in Toronto. The Gathering is a two-day event offering a comprehensive program that includes plenary sessions, expert panels and breakout sessions featuring practitioners, researchers and community organizations that are leading the way in food security, childhood obesity and innovative practices in Aboriginal community nutrition.





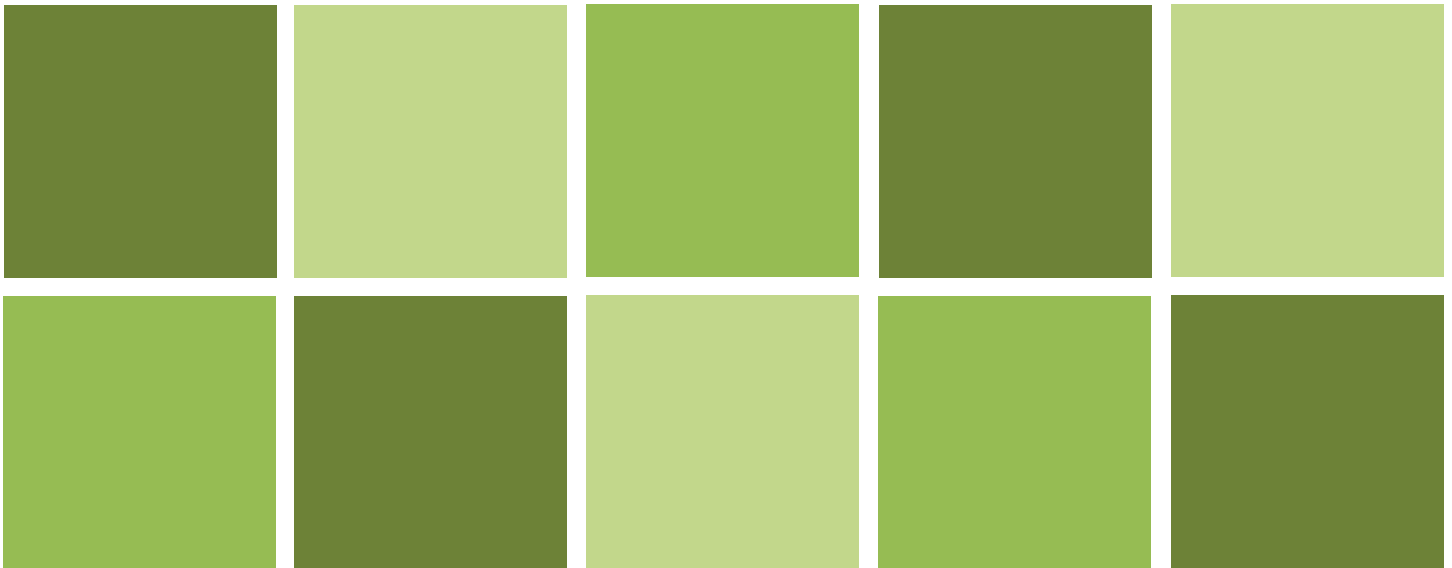
Good nutrition is crucial in determining the health and well-being of Aboriginal people in Canada. However, healthy eating can be complex. The community that we live in, the foods that are available to us and the traditional practices and values that we follow are just a few of the factors that influence where we eat, what we eat and why we eat certain foods.

We invite you to attend the 2011 Aboriginal Nutrition Network Gathering to celebrate the 10-Year Anniversary of the Aboriginal Nutrition Network and the work of dietitians and health workers across Canada who are promoting nutrition through initiatives that make a difference to health and wellness in Aboriginal communities. You will hear speakers who are leaders in community nutrition, research and policy work share their experiences and ground breaking approaches to childhood obesity, food security, community nutrition and community practices.

We look forward to seeing you in Toronto on December 6<sup>th</sup> and 7<sup>th</sup>!

Elisa Levi, RD and Carol Seto, RD  
2011 ANN Co-Chairs





# Conference Planning Committee

**Elisa Levi**, RD, MPH, ANN Co-Chair, Toronto, Ontario

**Carol Seto**, RD, Co-Chair, Toronto, Ontario

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**Bernadette deGonzague**, M.Sc., London, Ontario

**Kelly Gordon**, RD, Aboriginal Nutrition Consultant, Toronto, Ontario

**Beth MacEachern**, RD, Weeneebayko Diabetes Health Program, Moose Factory, Ontario

**Teri Morrow**, NOSM/NODIP, London, Ontario

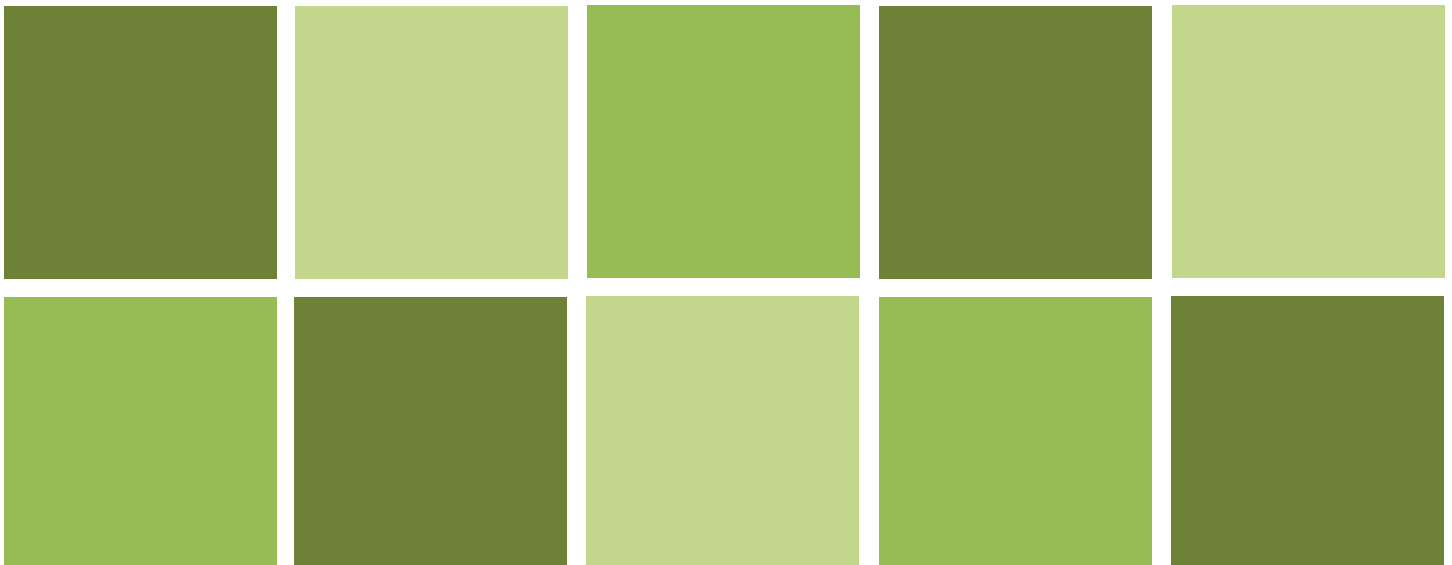
**Patricia Murphy**, RD, MSc, First Nations & Inuit Health, Health Canada – Atlantic Region

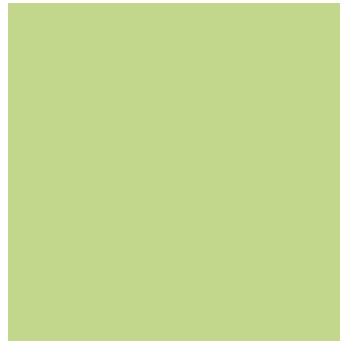
**Laurie Ann Nicholas**, RD, Tobique First Nation, New Brunswick

**Laura Salmon**, RD, MSc, Whitehorse General Hospital, Whitehorse, Yukon

**Noreen Willows**, PhD, University of Alberta, Edmonton, Alberta

**Marlene Wyatt**, RD, MA, Ottawa, Ontario





# A Gathering to Share, Learn, and Do

## Conference Objectives

1. To highlight new and innovative initiatives in community nutrition, research, policy work and other initiatives in Aboriginal communities
2. To bring together key stakeholders working with and in Aboriginal communities in addressing childhood obesity, food security, community nutrition and community practice
3. To provide a forum for knowledge translation for research and practice
4. To promote opportunities and continuing education for students interested in pursuing a career in Aboriginal nutrition
5. To network and share nutrition resources among people working with and in Aboriginal communities

## Who Should Attend?

- Health Professionals
- Health Organizations
- Government
- Researchers
- Clinicians
- University Faculty
- Health Educators
- Students with an interest in nutrition
- Industry
- Media

# Agenda

## Tuesday, December 6

8:30 a.m. – 9:00 a.m.	<b>Registration</b>	
9:00 a.m. – 9:30 a.m.	<b>Opening:</b> Dr. Lillian McGregor, Elder	
9:30 a.m. – 10:00 a.m.	<b>Welcome:</b> <ul style="list-style-type: none"> <li>• <i>Chief Laforme, Mississaugas of New Credit</i></li> <li>• <i>Dr. Cecilia Rocha, Director, School of Nutrition, Ryerson University</i></li> </ul> <b>Opening Remarks:</b> ANN Chairs (Past & Current) <ul style="list-style-type: none"> <li>• <i>Laurie Ann Nicholas (2001-2002)</i></li> <li>• <i>Bernadette de Gonzague (2001-2003)</i></li> <li>• <i>Elisa Levi, Carol Seto (2011)</i></li> </ul>	
10:00 a.m. – 10:15 a.m.	<b>Break</b>	
10:15 a.m. – 12:00 p.m.	<b>Plenary:</b> <ul style="list-style-type: none"> <li>• <b>Feeding the Mind: The Role of the Dietitian</b> – Dr. James Makokis, Resident, Aboriginal Family Medicine Program, Victoria, BC</li> <li>• <b>Feeding the Body: Partnerships and Empowering Youth as a Model for Expression</b> – Tracee Smith, Founder, Outside Looking In, Toronto, ON</li> <li>• <b>Feeding the Spirit: Two-row Wampum Teachings and Self-care for the Health Professional</b>– Lotunt, Oneida Nation of the Standing Stone, ON</li> </ul>	
12:00 p.m. – 1:00 p.m.	<b>Lunch</b> <b>Fitness Presentation:</b> <i>Health and Diabetes Awareness Youth Project</i> – John Henhawk, Reztore Pride, Six Nations, ON	
1:00 p.m. – 2:30 p.m.	<b>Concurrent Workshop: Healthy Children, Healthy Weights</b> <ul style="list-style-type: none"> <li>• <b>Healthy Weights Forum</b> – Dr. Martin Cooke, University of Waterloo</li> <li>• <b>Healthy Child Community Initiatives in Elsipogtog First Nation</b> – Patricia Murphy, Community Nutritionist, First Nations &amp; Inuit Health, Health Canada – Atlantic Region</li> <li>• <b>A Socio-ecological Approach to Healthy Weights</b> – Dr. Noreen Willows, University of Alberta and Dr. Treena Delormier, Kahnawá:ke Schools Diabetes Prevention Project</li> </ul>	<b>Concurrent Workshop: Building Aboriginal Nutrition Capacity</b> <ul style="list-style-type: none"> <li>• <b>Pathways to Aboriginal Nutrition Education</b> – Dr. Cecilia Rocha, Director School of Nutrition, Ryerson</li> <li>• <b>The Northern Ontario Dietetic Internship Program</b> – Teri Morrow, Research Coordinator, University of Western Ontario</li> <li>• <b>Northern Internships: Opportunities to Explore</b> – Laura Salmon, Traditional Diet Coordinator, Whitehorse General Hospital</li> </ul>
2:30 p.m. – 2:45 p.m.	<b>Break</b>	
2:45 p.m. – 4:30 p.m.	<b>Concurrent Workshop: School Nutrition</b> <ul style="list-style-type: none"> <li>• <b>Starting a Breakfast Program in Your Community</b> – Deborah Belinsky, Eastern manager, Breakfast Clubs of Canada</li> <li>• <b>Food Security in On-Reserve First Nations Communities</b> – Kelly Skinner and Dr. Rhona Hanning, University of Waterloo</li> <li>• <b>School Nutrition Initiatives: Lessons Learned from the West Coast of James Bay</b> – Allison and Michelle Gates and Dr. Rhona Hanning, University of Waterloo</li> </ul>	<b>Concurrent Workshop: Food Security</b> <ul style="list-style-type: none"> <li>• <b>From Food Mail to Nutrition North Canada</b> – Tania Morrison, FNIHB, Health Canada</li> <li>• <b>Northern Food Security</b> – Jennifer Wakegijig, Territorial Nutritionist, Government of Nunavut</li> <li>• <b>Poverty, Food and Health</b> – Dr. Elaine Power, Queen's University</li> </ul>
4:30 p.m. – 6:30 p.m.	<b>ANN 10-Year Celebration</b>	

# Agenda

## Wednesday, December 7

9:00 a.m. - 9:15 a.m.	<b>Welcome</b>	
9:15 a.m. - 10:00 a.m.	<b>Opening Speaker:</b> <ul style="list-style-type: none"> <li>• <i>Indigenous Issues and Nation Building</i> – Dr. Pamela Palmater, Centre for Indigenous Governance, Ryerson University</li> </ul>	
10:00 a.m. - 10:30 a.m.	<b>Break</b>	
10:30 a.m. - 12:00 p.m.	<b>Aboriginal Nutrition in Action</b> <ul style="list-style-type: none"> <li>• <i>Engaging Urban Aboriginal Populations in Nutrition and Child Health</i> – Kelly Gordon, Aboriginal Nutrition Consultant</li> <li>• <i>Harvest Food Skills</i> – Aaron Joseph Bear Robe, Chef</li> </ul>	
12:00 p.m. - 1:00 p.m.	<b>Lunch (on delegates own)</b>	
1:00 p.m. - 2:30 p.m.	<b>Concurrent Workshop: Comprehensive Programming</b> <ul style="list-style-type: none"> <li>• <i>Action Schools! BC – Strong Uptake in Aboriginal School Communities</i> – Jennifer Fenton and Kathy Romses, Action Schools! BC</li> <li>• <i>In Every Community a Place for Food</i> – Elizabeth Fraser, Replication Coordinator, The STOP Community Food Centre</li> </ul>	<b>Concurrent Workshop: Research to Action: Knowledge Translation</b> <ul style="list-style-type: none"> <li>• <i>The 2008/10 Regional Health Survey</i> – Jane Gray, National RHS Project Manager, First Nations Information Governance Centre</li> <li>• <i>The First Nations Food, Nutrition and Environment Study</i> – Karen Fediuk, Dietitian, FNFNES</li> </ul>
2:30 p.m. - 3:00 p.m.	<b>Closing Ceremony</b>	

# Meet Our Keynote Speakers...



## **Dr. James Makokis, M.D.**

Dr. James Makokis, M.D. was born and raised in the Saddle Lake Cree Nation in Alberta. He graduated Medical School from the University of Ottawa in 2010. Dr. Makokis is currently a Resident in the Aboriginal Family Medicine Program in Victoria, BC and will complete this program in 2012. He also holds a Master's degree in Health Science-Community Nutrition from the University of Toronto. Dr. Makokis was previously the National Spokesperson for the National Aboriginal Health Organization's "Lead Your Way" youth role model program (2007-2009), promoting healthy lifestyles amongst Indigenous youth and communities across Canada. As a committed volunteer, Dr. Makokis has been involved in a number of community programs, working with street people in Edmonton, and supporting gays, lesbians and two-spirited Aboriginal youth. Dr. Makokis was the 2007 National Aboriginal Achievement Award Youth Recipient and now is currently a Board Member of the National Aboriginal Achievement Foundation. His medical interests lie in health promotion and disease prevention, and working with Traditional Indigenous Knowledge holders to provide more holistic patient care.



## **Tracee Smith**

Tracee Smith is a member of the Missanabie Cree First Nation in northern Ontario and the founder and CEO of Outside Looking In. Ms. Smith holds an honours Bachelor of Arts in Dance and an MBA specializing in Indigenous Economic Development. She has been named one of Canada's 50 most celebrated artists by the Canada Council for the Arts, was one of 16 Aboriginal artists featured for APTN's ArtSayer series, and has also danced and choreographed for the National Aboriginal Achievement Awards. In the world of business, she has completed Indigenous strategies and implementation in corporate Canada with BMO Financial Group and T.E. Wealth. Ms. Smith has also led the first national conference on landless bands and the Governance and Strategic Planning initiative for Missanabie Cree First Nation at the Assembly of First Nations. She is currently Manager of Business Initiatives, Private Trust with TD Bank Financial Group and has recently accepted a position as Director on the Board of Ontario Nature.



# Meet Our Keynote Speakers...



## **Dr. Pamela D. Palmater**

Pamela Palmater is an Associate Professor and Chair in Indigenous Governance and the Head for the Centre for Indigenous Governance. Her two children are both citizens of the Mi'kmaq Nation and their home community is Eel River Bar First Nation in northern New Brunswick. She has been a practising lawyer for 13 years and is a member of the Law Society of New Brunswick, the Ontario Bar Association, the Canadian Bar Association and the Indigenous Bar Association. Pamela has worked for the federal government on First Nation legal and governance issues both as a lawyer at Justice Canada advising Indian and Northern Affairs Canada (INAC) and then as a senior director at INAC. She received her doctorate in law and LLM from Dalhousie University, her LLB from UNB Law and her BA in Native Studies from STU. Most recently, she has written *Beyond Blood: Rethinking Indigenous Identity*, which considers the legal problems of federal control over identity. Most recently, she was nominated as one of the Next Generation of Leaders in the Globe and Mail's *Transformational Canadians* contest.

# Meet Our Featured Speakers...



## **Kelly Gordon**

Kelly Gordon is a Registered Dietitian and currently Kelly is a Public Health Dietitian for the Aboriginal Peer Nutrition Program at Toronto Public Health and also as a Community Dietitian and Early Years 1 Program Supervisor at Davenport-Perth Neighbourhood Community Health Centre in the west end of downtown Toronto. In addition to being a Community Dietitian, Kelly works as an Aboriginal Nutrition Consultant and has worked with various community, provincial and federal organizations. As a Mohawk woman and a mother, Kelly has strived to use her education, opportunities and knowledge to help improve the health of Aboriginal Peoples'. Kelly is one of only approximately 20 Aboriginal Dietitians in Canada. She hopes to inspire other Aboriginal people to enter the field of nutrition and dietetics and will use her skills to work towards building a healthier population.



## **Aaron Joseph Bear Robe, Chef**

Aaron Joseph Bear Robe originally hails from Siksika Nation, Alberta. Born of a Blackfoot father and a Scottish - Nova Scotian mother, his rich and varied cultural background informs his dynamic cooking style. Working in various kitchens in Calgary during school from a young age, Aaron decided to cook professionally in 2003. Aaron began working at River Cafe, in Calgary, where attention to hand crafted food made from the finest local ingredients influenced him greatly. In the fall of 2009 Aaron headed to Toronto and began working at Chef Victor Barry's Splendido. Staying on for a year and learning was opportune as he worked alongside Dennis Tay where their mutual passion of food and honouring the ingredient has continued on with Keriwa Café. With Keriwa Cafe, chef Aaron Bear Robe, hopes to employ the finest quality locally and regionally sourced ingredients to make delicious, rustic food drawing from his heritage and other food cultures of Canada.

# Meet Our Featured Speakers...



## **Noreen Willows**

Noreen Willows has a PhD in Human Nutrition from McGill University and her BSc in Anthropology. She is Associate Professor of Community Nutrition at the University of Alberta. Her research program explores the complex relationships between food and health; cultural meanings of food and health; how food beliefs and dietary practices affect the well-being of communities; and, how socio-cultural factors influence food intake and food selection. She takes a community-based, participatory approach to research, in which community members and researchers work together to find solutions to health problems. Her research focuses predominantly on maternal and child health in First Nations communities. She is also trying to better understand and address food security issues in the Aboriginal context.

# Registration Form

## Feeding Mind, Body and Spirit

December 6-7, 2011 - Toronto, Ontario - Oakham House, Ryerson University



### SECTION 1: GENERAL INFORMATION

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: (        ) \_\_\_\_\_ Fax: (        ) \_\_\_\_\_

Email: \_\_\_\_\_

Occupation:

Dietitian  Community Health Worker

Other Healthcare Professional  Elder

Researcher  Student

Program Coordinator  Other: \_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_

### SECTION 2: CONCURRENT WORKSHOP SELECTION

Please select your preferred option by ticking the appropriate box.

Day One: Tuesday, December 6, 2011

1:00 – 2:30 pm		
<input type="checkbox"/> Healthy Children, Healthy Weights	OR	<input type="checkbox"/> Building Aboriginal Nutrition Capacity
2:45 – 4:30 pm		
<input type="checkbox"/> School Nutrition	OR	<input type="checkbox"/> Food Security

Day Two, Wednesday, December 7, 2011

1:00 – 2:30 pm		
<input type="checkbox"/> Comprehensive Programming	OR	<input type="checkbox"/> Research to Action: Knowledge Translation

### SECTION 3: REGISTRATION FEES

Please select your preferred option by ticking the appropriate box. Please note that all prices are HST inclusive.

The registration fees include all sessions, nutrition breaks and lunch on Day 1 of the gathering. No refunds will be honoured.

- ANN Member (\$250)
- Non-ANN Member (\$350)
- Student (\$50)

### SECTION 4: PAYMENT DETAILS

Please return your completed registration form and payment by **November 11, 2011**, to

Attn: Emily Murray  
Centre for Studies in Food Security  
Ryerson University  
350 Victoria Street  
Toronto, ON M5B 2K3

Please make all cheques and money orders payable to:

<i>Aboriginal Nutrition Network, Dietitians of Canada</i>
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Local hotels include: Delta Chelsea (Downtown Toronto Hotel): [www.deltachelsea.com](http://www.deltachelsea.com)  
The Marriot (Downtown Eaton Centre Hotel): [www.marriott.com](http://www.marriott.com)

For more information on sponsorship opportunities or questions about the gathering, please contact the ANN Event Coordinator at: [ann.2001@hotmail.com](mailto:ann.2001@hotmail.com).

**Fee Reimbursement through AHPD Fund:** Ontario RD's may be eligible for reimbursement of this registration fee. Dietitians are eligible for funding to support skill and knowledge development opportunities through the HealthforceOntario's Allied Health Professional Development Fund. The Application Form and Application Guide are posted on the fund's website at <http://www.ahpdf.ca/>.

**Event Cancellation Policy:** DC reserves the right to cancel the session should the number of registrations not reach minimum requirements. All registrations will be processed on a first-come, first served basis.

**Photo and Audio/Video Release:** Photography and audio and video recording may occur during this event for use on Dietitians of Canada promotional materials and our website. By virtue of your attendance you give DC permission to use your likeness in these promotions.