

Aii Virtual Microconference

The Indigenous Way:

Planting Seeds of Wellness for
Future Generations



"Dealt Bountifully" by Jeanne Rorex Bridges

"Corn is Creation"*

Celebrating the Indigenous Way Together!

Morning Agenda

9 - 9:15 AM

Opening, Land Acknowledgement, and Prayer

9:15 - 10 AM

Keynote: Chef Dr. Lois Ellen Frank
(Kiowa/Northern European/Sephardic/Ashkenazi)

"The History of Ancestral Native American Cuisine:
Reconnecting to Culture as a Key to Health and
Wellness in Native Communities"

10 - 10:15 AM

Questions and Answers
for our Native chefs

10:15 - 10:20 AM

Chair Exercises/Stretching
Led by Allison Harper, MS, NETA-CPT
Fitness and Recreation, The University of Oklahoma

10:20 - 10:30 AM

Break

10:30 - 11:30 AM

**LIVE Food Demonstrations: Chef Dr. Lois
Ellen Frank, Chef Walter Whitewater**
Indian Tacos and No-fry Fry Bread!

11:30 - 11:45 AM

Q & A
for our renowned chefs

11:45 AM - NOON

"Life on the Rez": Chef Walter Whitewater
Diné (Navajo)

**"Corn is
Art"***



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Afternoon Agenda

Noon - 12:30 PM

Indigenous Potluck Lunch

Prepare some of the Chefs' tasty recipes. Healthy and delicious!

Background Music to Feast by: Original works by Dr. Cornel Pewewardy

12:30 - 12:45 PM

Welcome Back and Introductions

- Dr. Belinda Biscoe, Senior Associate Vice President for OU Outreach/College of Continuing Education
- Dr. Cornel Pewewardy (Comanche-Kiowa)

12:45 - 1:15 PM

Keynote: Dr. Cornel Pewewardy (Comanche-Kiowa)

"Remaining Indigenous during COVID-19:
Infusing Neurodecolonization Energy
through Music and Memory"

1:15 - 1:30 PM

Q & A

for Dr. Pewewardy

1:30 - 1:50 PM

Healing Circle with Chefs Whitewater and Dr. Frank and Dr. Pewewardy

1:50 - 2 PM

Closing Remarks

Yakoke! Thank you to our phenomenal keynote speakers and each of you!

[Recipes
Here](#)



"Corn is
Song"*



Morning Keynotes

You've probably seen them
on Food Network TV or have
their Cookbooks!



Chef Lois Ellen Frank (Kiowa, Northern European, Sephardic, and Ashkenazi)

Lois Ellen Frank, PhD is a Santa Fe, New Mexico based Chef, a Native foods historian, culinary anthropologist, educator, James Beard Award winning cookbook author, photographer and organic gardener.

Chef Walter Whitewater (Diné/Navajo)

Walter Whitewater grew up in Pinon, Arizona on the Navajo Nation. He began cooking professionally in 1992 in Santa Fe, New Mexico and worked in many restaurants preparing different cuisines.

Presently a chef at Red Mesa Cuisine, LLC, he specializes in using ancestral Native American ingredients with a modern twist where he cooks with chef Lois Ellen Frank, Ph.D.

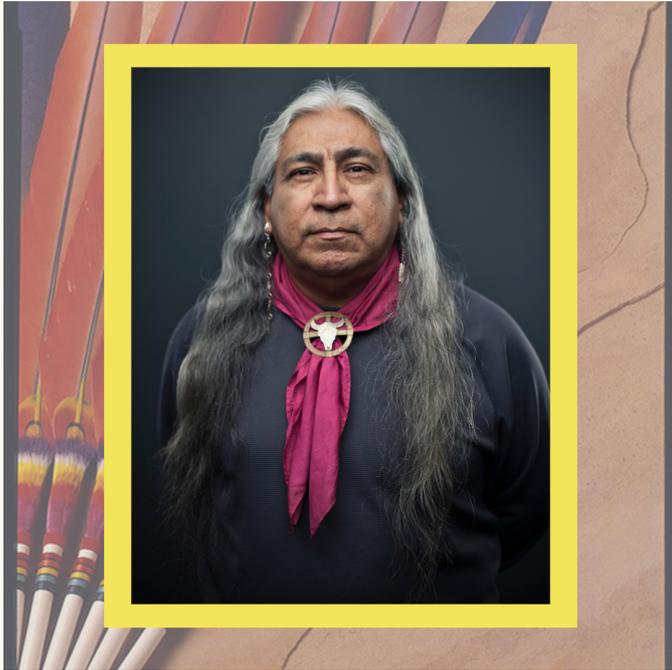
Get ready to reconnect with
culture through food!



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Afternoon Keynote

This presentation is about slowing down time to match your natural rhythms to be fully present for your life by returning to traditional Indigenous Practices



Dr. Cornel Pewewardy

(Comanche-Kiowa)
Vice Chairman, Comanche
Nation
Professor Emeritus,
Indigenous Nations Studies,
Portland State University
NCORE Suzan Shown Harjo
Systemic Social Justice
Award 2021

"Remaining Indigenous during COVID-19: Infusing Neurodecolonization Energy through Music and Memory"

Abstract:

For many Indigenous peoples, we are descendants from a long line of musicians and spiritual healers who have always helped us survive through multiple pandemics. The COVID-19 pandemic has swept across Indian Country, and again our musicians and healers are putting their positive energy work to use by reconstructing lost esoteric wisdom in modern times. Using neurodecolonization strategies, this presentation integrates nonlinear messages from cultural images, music therapy, and interpretations of meditation and mindfulness to assist in our internal healing—a potent alchemy that strengthens and transports our tribal memory into the future.

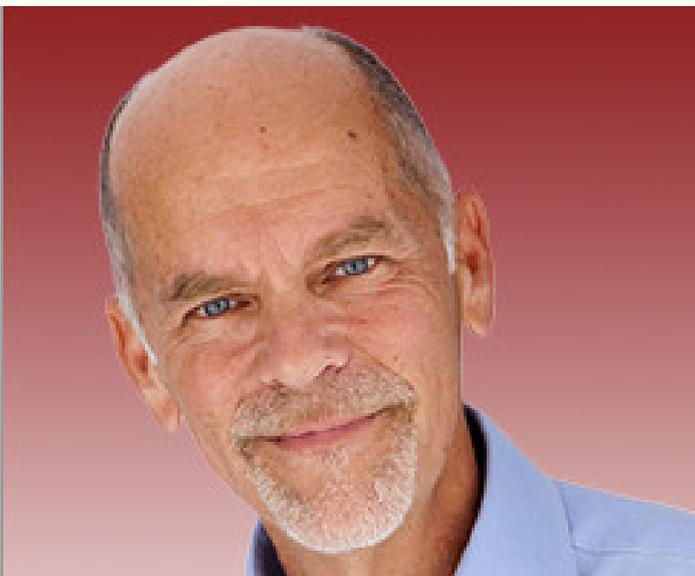
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on performance that matters



We help leaders and
organizations solve their
performance problems.

Dr. Cappy Leland,
Founder and CEO, has
over 25 years of
professional experience
in organizational
development,
performance
management, cultural
change initiatives, and
building high performing
work teams. Cappy
founded Performance
Dashboard in January
2001.

[What We Do](#)



NYU

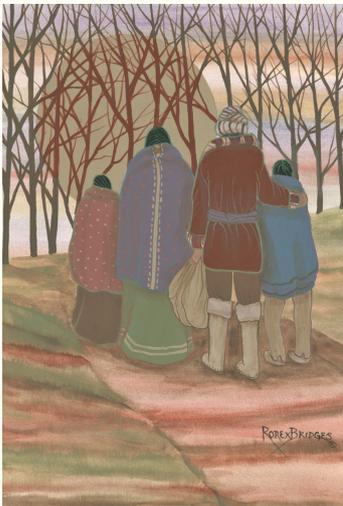
Global Inclusion, Diversity, and Strategic Innovation



Our Mission

Establish and sustain a thriving inclusive global community that supports, fosters and engages the research and intellectual curiosity of our diverse students, faculty, staff, administrators and alumni.

[Learn More Here](#)



JEANNE ROREX BRIDGES, Oklahoma Native Artist, offers her award-winning Art on Ceramic Tiles. These Art Tiles & Prints are high quality reproductions of Jeanne's unique American art style depicting Women of the Past.



[Rorex Bridges Studio](#)

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American Association of
Naturopathic Physicians



GOOD TREE NATURAL HEALTH

Naturopathic Medicine

Dr. Carmen Jones



"Our body has an innate ability for healing. If we support the weakened systems by providing the building blocks and removing the offending factors, we can stimulate that healing process."

- Dr. Carmen Jones

DR. CARMEN JONES is a licensed Naturopathic Doctor and returned to Oklahoma to open her naturopathic medical practice, Good Tree Natural Health, to share her passion for natural and holistic medicine and increase accessibility to Oklahomans.

[Good Tree Natural Health](#)

OUR MISSION & PURPOSE.

We exist to help leaders, organizations, people and communities grow and thrive by building a foundation of health and wellness.

[We the People Consulting, LLC](#)



YAKOKE
THANK YOU

THANK YOU

ATTENDEES

for celebrating National Native
American Heritage Month with us!



9 AM - 2 PM

Central Standard Time

5 - 10 AM

Hawaii-Aleutian Standard Time

6 - 11 AM

Alaska Standard Time

7 AM - 12 PM

Pacific Standard Time

8 AM - 1 PM

Mountain Standard Time

10 AM - 3 PM

Eastern Daylight Time

"Corn is Healer"*

*Photography and quotes by
Chef Dr. Lois Ellen Frank.