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)
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)


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!
Chef Lois Ellen Frank

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.

Get ready to reconnect with culture through food!

Chef Walter Whitewater

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.
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


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.
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
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.
THANK YOU

EXHIBITORS

Your support helps make our programming possible.

American Association of Naturopathic Physicians

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 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
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!

"Corn is Healer"*

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

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<tr>
<td>9 AM - 2 PM</td>
<td>Central Standard Time</td>
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<tr>
<td>5 - 10 AM</td>
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<td>6 - 11 AM</td>
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<td>7 AM - 12 PM</td>
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