Aii Virtual Microconference

The Indigenous Way: Planting Seeds of Wellness for Future Generations

Wednesday, November 17, 2021
9 AM - 2 PM CST

"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)
Indigenous Potluck Lunch
Prepare some of the Chefs’ tasty recipes. Healthy and delicious!

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

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

Keynote: Dr. Cornel Pewewardy (Comanche-Kiowa)

Q & A for Dr. Pewewardy

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

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

Get ready to reconnect with culture through food!

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.
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.
THANK YOU SPONSORS

Your support helps make our programming possible.

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
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

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
THANK YOU

for celebrating National Native American Heritage Month with us!

"Corn is Healer"*
*Photography and quotes by Chef Dr. Lois Ellen Frank.