Public Health Association of BC

RISE UP!

Rise Up! Strengthening Food Systems and Environmental Stewardship is funded by the Government of Canada under the Canada Service Corps. Se soulever! Renforcer les systèmes alimentaires et la gestion de l'environnement est financé par le gouvernement du Canada dans le cadre de Service jeunesse Canada.

# Program

**March 1 - 3, 2024**



Public Health Association of BC

RISE UP!

## Table of Contents


| | |
|---|---|
| About Rise Up! | 2 |
| General Information | 3 |
| Agenda | 6 |
| Keynote Speakers | 8 |
| Thank you to our Sponsors | 12 |
| Emergency Contacts | 13 |


## Territorial Acknowledgement

We acknowledge the land on which we gather together is the unceded territory of the Coast Salish peoples, including the territories, home to the Snaw-Naw-As First Nation and the Qualicum First Nation



# About Rise Up!

**The Rise Up! Program** is aimed at engaging youth, ages 15-30, in their local food system through meaningful service placements. Youth will engage in locally driven food systems activities and events to foster stronger connections with their peers, the broader community, and the land.

**The Public Health Association of BC (PHABC)** in partnership with CityHive, and MeaningfulWork is responsible for providing these meaningful food systems volunteer placements across the province of British Columbia through the following PHABC programs: Farm to School BC (F2SBC), BC Chapter of the Coalition for Healthy School Food, and Can You Dig It.

**The Rise Up! Youth Retreat** allows youth participants from across the province to gather, build connections, and learn amongst each other. Youth will engage in three days of land-based learning activities, presentations from guest speakers and knowledge keepers, and intentional reflection. We envision participants leaving the retreat with new skills, perspectives, and career insights that will mold them into community food systems leaders.

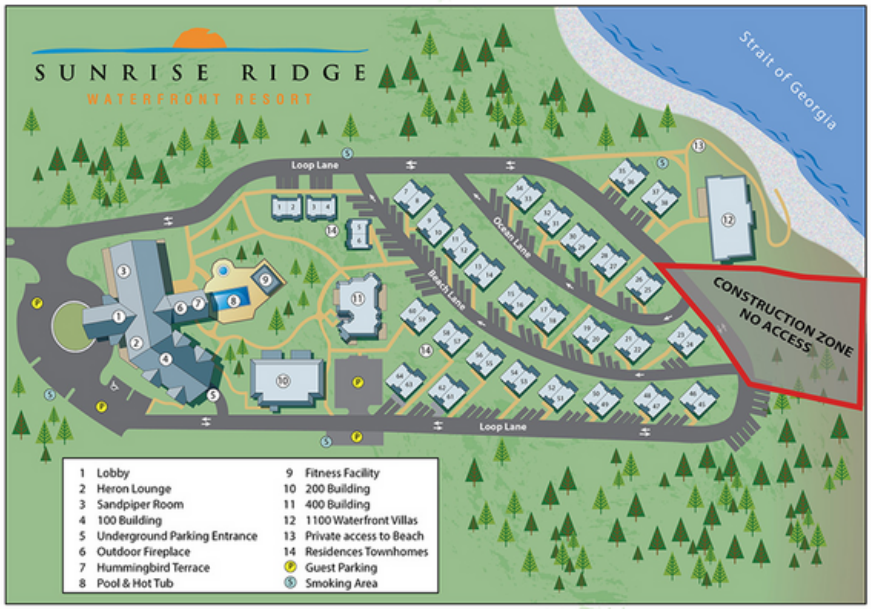
# General Info

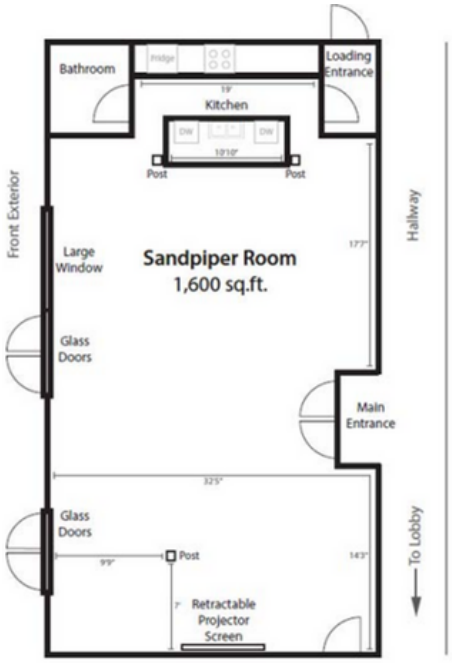
## Retreat Location

**Sunrise Ridge Waterfront Resort**
**175 Resort Dr, Parksville, BC V9P 2E3**
Enter the main lobby of the resort and proceed left to the entrance of the **Sandpiper Room**. This is our main event space for the retreat.

## Directions to the Hotel

1. Head southeast toward Trans-Canada Hwy/BC-1
2. Slight right onto Trans-Canada Hwy/BC-1
3. Continue on Brechin Rd. Take Northfield Rd to BC-19 N
4. Follow BC-19 N to Island Hwy E/BC-19A S. Take exit 46 from BC-19 N
5. Continue on Island Hwy E/BC-19A S. Drive to Resort Dr in Parksville
6. Use the right lane to merge onto Island Hwy E/BC-19A S (signs for Parksville)
7. Turn right onto Resort Way
8. Turn right onto Resort Dr
9. Destination will be on the left



## Registration Desk

All conference attendees must check in at the registration desk to receive their retreat package. The registration desk is located in front of the Sandpiper room and will open at 7:30 am each day.

## Internet Access

Free Wi-Fi will be available on-site for the duration of the retreat, log-in credentials are located within your Hotel Room. Please confirm upon check-in.

## Badge Identification

Badges will be provided at the registration desk and allow admission to all Retreat sessions and events. Badges must be worn at all times.



## Cell Phones

All cell phones must be switched to silent mode upon entering session rooms.

## Meals and Refreshments

A breakfast buffet will be available each morning from 7:30- 8:30 am and a lunch buffet from 12:30 pm - 1:30 pm. The buffet table is in the Sandpiper Room; attendees are also welcome to dine there.

Gluten-free, dairy-free, vegetarian, and vegan options are readily available for each meal, break and during the reception. All foods are labelled and clearly display an ingredient list.

Coffee, decaffeinated coffee, tea, and light snacks are available during morning and afternoon wellness breaks. Refreshment tables are also located in the Sandpiper Room.

## Hot Tub and Fitness Centre

The outdoor hot tub and fitness centre is open from 7 am - 9 pm daily. You have access to a fully equipped gym, change rooms, and complimentary towel and locker service.

## Hotel Parking

Parking at the hotel is included with our stay. Please ask the front desk receptionist for your assigned parking stall at check-in.

## Ferry Terminal Parking

### Horseshoe Bay

**Short-term Lot**

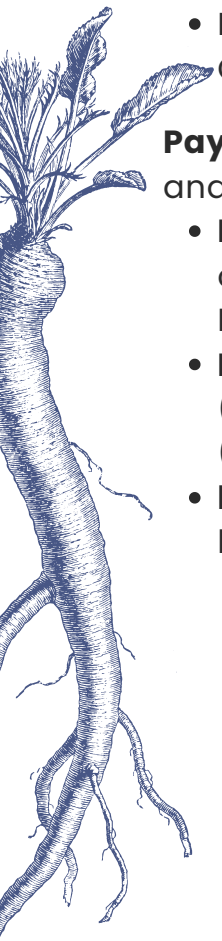
- $1.00 per 15 minutes, max 2 hours
- $4.00 per hour
- $22.00 per 24-hour period
- Multiple-day parking is allowed

**Long-term Lot**

- $12.00 for 6 hours
- $19.00 for 24 hours
- $9.50 for each additional 12-hour period after the first 24
- Monthly passes are available. Contact Impark for details.

**Payment options:** Visa, Mastercard and American Express.

- **Meters** - Pay by stall (long term) or pay by plate (short term). Requires exact change or card.
- **PayByPhone App** - Pay by stall (long term) and pay by plate (short term)
- **hangTag App** - Pay by plate in long term and short term



## Transit Information

**To Horseshoe Bay:**

- Pick up: WB W Georgia St at Burrard St.
- Bus: 257 Horseshoe Bay Express
- Destination: Horseshoe Bay Ferry Terminal (36 mins)

**From Horseshoe Bay:**

- Pick up: Horseshoe Bay
- Bus: 257 Horseshoe Bay Express
- Destination: WB W Georgia St at Burrard St.

**Victoria:**

- Bus Pick up and Drop off Location: Tillicum Park Mall — outside Montana's BBQ



# Agenda

## DAY 1 — Friday, March 1st

| | |
|---|---|
| **4:00 pm – 5:30 pm** | Check-in at Sunrise Ridge Resort |
| **5:30 pm – 6:30 pm** | Dinner |
| **6:30 pm – 9:00 pm** | Welcome, Introductions, and Icebreaker Games |

## DAY 2 — Saturday, March 2nd

| | |
|---|---|
| **7:00 am – 7:45 am** | Optional Soft Start Activities |
| **7:45 am – 8:30 am** | Breakfast |
| **8:30 am – 9:30 am** | Travel to Earth Craft Farms |
| **9:30 am – 9:40 am** | Indigenous Welcome: **Elder Lolly Good** |
| **9:40 am – 11:45 am** | Earth Craft Farms: **Chris Brown and Jake Thorburn** |
| **11:45 am – 12:30 pm** | Return to the Resort |
| **12:30 pm – 1:30 pm** | Lunch |



| | | |
|---|---|---|
| **DAY 2** | **1:30pm – 2:00 pm** | Break |
| | **2:00 pm – 4:30 pm** | Sustainable Food Systems and Employment: **Brent Mansfield** |
| | **4:30 pm – 6:00 pm** | Group Reflection: **City Hive** |
| | **6:00 pm- 7:00 pm** | Dinner |
| | **7:00 pm- 10:00 pm** | Optional Evening Activities |

**DAY 3**

## Sunday, March 3rd

| | |
|---|---|
| **7:00 am – 7:45 am** | Optional Soft Start Activities |
| **7:45 am – 8:30 am** | Breakfast |
| **8:45 am – 10:45 am** | Indigenous Food Sovereignty: **Jared Qwustenuxun Williams** |
| **10:45 am – 11:15 am** | Farewells and Closing Remarks: **PHABC** |
| **11:15 am – 11:30 am** | Boxed Lunches on the Bus |
| **11:30 am** | Drop Offs |



# Keynote Speakers



**Presenter:** Chris “Farmer” Brown
**Date:** March 2nd, 2024
**Time:** 9:40 am – 11:45 am
**Room/ Location:** Earth Craft Farms

**Chris “Farmer” Brown** is an elementary teacher in SD 69, an agriculturalist, and is currently enrolled in a Master of Home Economics program at UBC. He has been farming for the past 12 years and is passionate about solutions-based, regenerative agriculture and decolonizing food and education systems.

Chris understands that **"we all eat for a living,"** and wants to inspire and educate our community’s new generation of resilient, ecologically-minded youth.

Agriculture is part of our shared history. Globally, for-profit agricultural activities such as industrial-scale farming and the commodification of seed are disrupting and threatening the health of ecosystems and communities.

Regenerative agriculture and permaculture can increase biodiversity and restore damaged soils. Adapting to climate change involves cultivating local food systems and seeding hope. We can all contribute because local food solves global problems.

***“Farming is a hope-based profession, and I have never felt more inspired and honoured to grow soil. I hope to help others see the value of farming, and healthy food and soil. We also have an opportunity to participate in decolonization by localizing our food and seed-saving systems.”***



**Presenter:** Jake Thorburn
**Date:** March 2nd, 2024
**Time:** 9:40 am – 11:45 am
**Room/ Location:** Earth Craft Farms

**Jake Thorburn** is a Market Gardener and permaculturist who is inspired to change the world in his own small way by building a garden that grows food for the community and serves as a shared space for learning.

Jake thinks it is important to have practical and approachable models for creating sustainable food systems that are profitable, ecological, and productive. In addition to demonstrating methods that can be replicated on farms and on a smaller scale in people's yards and community gardens.

At Earth Craft Farm we practice no-till/no-tractor or reduced tillage systems utilizing deep compost mulch and woodchip mulched pathways to feed the soil and to reduce evaporation, erosion, and weeding. We focus on human-scale systems, using mostly hand tools to manage a garden space of less than an acre.

They also plant a diverse array of fruit and nut trees, berry bushes, herbs, and flowers. Jake looks forward to showing you the farm and giving you a taste of what they do there!



**Presenter:** Brent Mansfield
**Date:** March 2nd, 2024
**Time:** 2:00 pm – 4:40 pm
**Room/ Location:** Sandpiper Room

**Brent Mansfield** has a long history of involvement in collaborative endeavours aimed at improving the food system in schools and beyond.

Brent was a Chair and member of the Vancouver Food Policy Council and the Executive Director of the BC Food Systems Network. He was at the founding meetings of the Coalition for Healthy School Food and was involved in forming the BC Chapter of the Coalition, which he remains actively involved.

He completed his M.Sc. in Integrated Studies in Land and Food Systems at UBC, which he completed while working with the Think&EatGreen@School project.

Currently, Brent teaches Edible Education in a prep role at Lord Roberts Elementary in Vancouver. He is also a co-founder of LunchLAB, an educational lunch program that allows Grade 6 and 7 student leaders to work with chefs to prepare healthy, delicious lunches for up to 200 of their peers.



**Presenter:** Jared Qwustenuxun Williams
**Date:** March 3rd, 2024
**Time:** 8:45 am – 10:45 am
**Room/ Location:** Sandpiper Room

**Qwustenuxun Williams** is a passionate Indigenous Foods educator who spent much of his youth with his late grandmother, immersed in the Salish culture. After Qwustenuxun graduated from culinary arts he spent a decade working in restaurants across so-called Vancouver Island before deciding to move back home to Quw'utsun to take the role of Elder's Kitchen Manager at Cowichan Tribes.

Now, after more than a decade of cooking for his elders, Qwustenuxun works as an Indigenous Foods educator, writer, and consultant for various universities, ministries and health authorities.

Most recently Qwustenuxun won several Canadian Online Publishing Awards, gave a TEDX talk on the power of Indigenous Foods, was nominated for a 2022 BC Multiculturalism and Anti-Racism Award, released the Cooking in Two Worlds Guidebook in partnership with FeedBC, and presented at the UN World Food Forum in Rome.

Qwustenuxun also led the Smoked Salmon Project, conducted by the First Nations Health Authority, which proved that Indigenous salmon smoking techniques are safe, and effective for long-term food preservation.

When he is not working on furthering Indigenous food sovereignty, or championing Indigenous rights and culture, Qwustenuxun spends much of his time with his wife and children on their small hobby farm in Quw'utsun.

We would like to extend our sincere gratitude to our primary funders at Canada Service Corps for making the Rise Up! Strengthening Food Systems and Environmental Stewardship Program possible. We would also like to thank the Victoria Foundation for their generous support of this project.

Thank you to Farm to School BC, Can You Dig It! and the BC Chapter of the Coalition for Healthy School Food for their collaborative ongoing support towards the Rise Up! program, both hosting and supporting volunteers.

Thank you to our partners at CityHive and MeaningfulWork for their contributions towards the education and engagement of Rise Up! participants.

Lastly, thank you to our Host Organizations for your collaboration with the Rise Up! program including: Hope for the Nations, Growing Chefs, Flourish! School Food Society, Everyone At the Table, Robson Valley Community Services, Eco Living Community, Mount Paul Community Food Centre, Elements Society and Unbounded Canada Foundation, Quest Food Exchange, and Shuswap Food Action Society.

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*Food Security (Provincial Initiatives) Fund through the Victoria Foundation.*

Employment and Social Development Canada
Emploi et Développement social Canada
Victoria Foundation

# Emergency Contacts

| First Name | Job Title | Phone |
|---|---|---|
| Shannon Turner | PHABC Executive Director | (250) 595-8422 |
| Richard Han | PHABC Director of Community Engagement and Food Systems | (778) 681-4181 |
| Taylor Sacre | PHABC Project Coordinator | (778) 847-9970 |
| Dylan Swaikoski-Rashidi | PHABC Events Coordinator | (778) 584-2589 |
| Marcus Lobb | F2SBC Provincial Manager | (250) 644-4604 |
| Sonya Rokosh | F2SBC Kamloops Animator | (604) 818-0721 |
| Roanne Whitticase | F2SBC North Central Animator | (778) 983-0722 |
| Amber Rowse-Robinson | F2SBC Capital Region Animator | (250) 532-5869 |
| Tessa Stiven | F2SBC Central Island Animator | (250) 510-6684 |
| Megan Viszlai | F2SBC Vancouver Area Animator | (250) 308-8550 |
| Angelina Sharma | CYDI Project Coordinator | (778) 233-3017 |
| Madison Pinder | F2SBC Communications Coordinator | (778) 689-2013 |
| Selenna Ho | PHABC Communications Director | (778) 836-1001 |
| Emily Faris | PHABC Events Manager | (250) 889-4248 |
| Renee Han | First Aid | (778) 814-5586 |
| Fiona Picken | Emergency Youth Support | (250) 589-1684 |

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