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Provincial Retreat Agenda (1/3)

Thursday, October 15th

4:00pm - 11:00pm

4:00pm-6:00pm	**Arrival - Check-in and Registration** *Outside Grand Moriarty*

Note: For those traveling on their own and meeting us at Tigh-Na Mara on October 15, check-in is at 5pm, but you are welcome to come as early as 4pm to visit the Rise Up! registration table.

6:00pm-7:30pm	**Dinner** *Grand Moriarty*
6:45pm-9:00pm	**Welcome, Introductions, and Orientation** *Grand Moriarty*
9:00pm-10:00pm	**Evening Activities (Optional)** *Carmanah*
10:00pm	**Room Checks (For attendees under 19)**
11:00pm	**Lights Out**

Friday, October 16th

8:00am - 11:00pm

8:00am-9:00am	**Breakfast** *Grand Moriarty*
9:00am-9:30am	**Opening Keynote - Changing the World, One Meal at a Time** Jared “Qwustenuxun” Williams *Grand Moriarty*
9:30am-9:45am	**Break**
9:45am-10:45am	**Session Block 1: Indigenous Foods Panel** Moderator: Jared “Qwustenuxun” Williams Panelists: Nitanis Desjarlais, Makayla Joe-George, David Knox, Sarah Mierau *Grand Moriarty*
10:45am-11:00am	**Break**
11:00am-12:00pm	**Session Block 2: Indigenous Foodways Workshops** • **A. Hungry for Change – Youth Shaping the Future of Food:** Jared “Qwustenuxun” Williams – *Moriarty* • **B. Thirteen Moons on One Plate:** Nitanis Desjarlais – *McBride / Maquilla* • **C. Indigenous Restoration:** Makayla Joe-George – *Carmanah* • **D. Medicinal Tea Blends:** Sarah Mierau – *Shushartie* • **E. Feeding Coastal Communities:** Kwakiutl Hereditary Chief David Knox – *Strathcona*
12:00pm-1:00pm	**Lunch** *Grand Moriarty*
1:00pm-2:15pm	**Session Block 3: The Social Change Ecosystem – How We Show Up Together** Monica Cheema and Farahnaz Nazari, CityHive *Grand Moriarty*
2:15pm-2:45pm	**Break**

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Provincial Retreat Agenda (2/3)

Friday, October 16th

8:00am - 11:00pm

2:45pm-4:00pm	**Session Block 4: Hands-on Workshops** • **A. Fall Gardening Skills:** Chris Brown – *Shushartie* • **B. Seasonal Storytelling & Treats:** Jessie Newman – *Staff Cabin* • **C. Woodland Plant Walk:** Nancy Turner – *McBride / Maquilla* • **D. The Art & Practice of Noticing:** Tegan McGowan and Ben Ziakin – *Moriarty* • **E. Diving Into Seaweed:** Amanda Swinimer – *Carmanah* • **F. Under the Microscope:** Living Soil: Compost Education Centre – *Strathcona*
4:00pm-6:00pm	**Free Time** 4:30-6:00pm Headshots Drop-in - *Staff Cabin*
6:00pm-7:30pm	**Dinner** *Grand Moriarty*
7:00pm-9:00pm	**Evening Activities (Optional)** • Documentary Screening – *Grand Moriarty* • Boardgame Cafe – *Carmanah*
10:00pm	**Room Checks (For attendees under 19)**
11:00pm	**Lights Out**

Saturday, October 17th

8:00am - 11:00pm

8:00am-9:00am	**Breakfast** *Grand Moriarty*
9:00am-9:30am	**Morning Keynote - Rebuilding Relationships to Food** Sabrina Anderson *Grand Moriarty*
9:30am-9:45am	**Break**
9:45am-10:45am	**Session Block 5: Social Justice in Food Systems** Colin Dring and Aaren Topley, Creative Rupture *Grand Moriarty*
10:45am-11:00am	**Break**
11:00am-12:00pm	**Session Block 6: Careers in Food Systems** 2 x 25-minute sessions (11:00am-11:25am and 11:35am-12:00pm) • **A. Chef and Business Owner:** Selena Dillon – *Strathcona* • **B. Urban Planner:** Alex Harned – *McBride / Maquilla* • **C. Agrologist and Farmer:** Hannah Maia Roessler – *Carmanah* • **D. Entrepreneur and Food Scientist:** Merissa Myles – *Shushartie* • **E. Non-profit Management:** Richard Han – *Moriarty*
12:00pm-1:00pm	**Career Fair Luncheon** Careers in Food Systems Guests and Staff *Grand Moriarty*

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Provincial Retreat Agenda (3/3)

Saturday, October 17th

8:00am - 11:00pm

1:00pm-1:30pm	**Group Pictures and Load Buses**
1:30pm-5:00pm	**Field Trips** 1. **Cicada Seeds and French Creek Estuary** 2. **Big Qualicum Fish Hatchery and PQB Community Garden** 3. **French Creek Estuary and Big Qualicum Fish Hatchery** 4. **PQB Community Garden and Cicada Seeds**
5:00pm-6:00pm	**Free Time**
6:00pm-7:30pm	**Dinner** *Grand Moriarty*
7:15pm-8:15pm	**Regional Group Photos** – *Carmanah* **North, Fraser, Interior, Vancouver Coastal, Island**
8:00pm-10:00pm	**Evening Activities (Optional)** • Campfire – *Tigh-Na-Mara Beach* • Boardgame Cafe – *Carmanah*
10:30pm	**Room Checks (For attendees under 19)**
11:00pm	**Lights Out**

Sunday, October 18th

8:00am - 11:00am

8:00am-9:00am	**Breakfast** *Grand Moriarty*
8:15am-8:30am	**Travel Reminders** *Grand Moriarty*
8:30am-8:45am	**Load Buses - Northern and Interior Groups**
8:45am	**Bus Departs to Nanaimo Airport**
9:15am-10:15am	**Wrap-up and Goodbyes** CityHive, Rise Up! Staff *Grand Moriarty*
10:30am-10:45am	**Load Buses - Vancouver Coastal and Fraser Groups**
10:45am	**Bus Departs to Nanaimo-Duke Point for 12:45pm Sailing**
11:00am	**Check Out**

Note: For those traveling on their own, you are welcome to stay at Tigh-Na-Mara until check-out at 11:00am

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