



Native Youth Know | January 16, 2019 | AGENDA

The focus for Native Youth Know 2019 will be on Indigenous Health and Wellness. The workshops will include a presentation on Indigenous Food Ways and How to be a positive and healthy youth leader. Native Youth Know (NYK) has designed a workshop to educate our youth on indigenous food systems, cultivation, preparation and hydration to promote healthier lifestyles. For more information on NYK, please call 602-542-4426, registration is handled separately.

Well for Culture (9:30 AM – 10:00 AM; 10:15 AM- 10:45 AM)

Thosh Collins and Chelsey Luger co-founders of Well for Culture, will have an interactive team building activity which will present the importance of how movement is medicine. It is their vision to prepare young native people to be positive, productive and proactive members of their families and communities.

Chef Felicia Ruiz (9:30AM-10:00 AM; 10:15 AM – 10:45 AM)

Felicia Cocotzin Ruiz will present on the history of the Southwest Indigenous Foods. She will prepare a traditional dish with the students to help. With the hands-on demonstration the youth will have a food memory with indigenous ingredients that they can share with their family and friends.

11:00 AM - NOON

Joint-Protocol Session hosted by the Arizona Senate (11:00 AM – NOON)

This year, the Arizona Senate will host the annual joint protocol session which features a State of Tribal Nations Address delivered by three Tribal Leaders. Invited Tribal Leaders include: Chairwoman Gwendena Lee-Gatewood of the White Mountain Apache Tribe, Dr. Damon Clarke of the Hualapai Tribe and Chairman Robert Miguel of the Ak-Chin Indian Community.

Taste of the Southwest (11:30 AM – 12:30 PM)

All can enjoy some indigenous food samples from various Arizona Tribes. Sample tables will be set up by Tohono O'odham, Gila River, Apaches, Hopi and Dine'

Protecting Natural Water Resources for the Future (1:00 PM – 1:30 PM)

Interactive learning session on groundwater resources, types of aquifers, and the effects of pumping groundwater at a higher rate than can be replenished. About 43 percent of the state's water use comes from wells. Throughout the last century, groundwater has been pumped out more rapidly than it is being replenished. Conservation measures and beneficial use of reclaimed water are a sustainable solution to protect our natural resources.

Elder Food Sovereignty Panel (1:35 PM – 3:00 PM)

The Elder Panel will talk about health and wellness issues that youth face and how they can overcome these obstacles with a positive outlook to encourage Native youth to live a well cultured lifestyle. They will also identify Native ingredients and share to the uses of the ingredients to increase their knowledge in Native Foods. The panel will also reflect on healthy approaches to help motivate youth participation in tribal programs offering support for preventive health care activities, healthy lifestyle choices and self-improvement—especially related to nutrition and its impact on health. Panelists: Twila Cassadore, Ramon Riley, Royce Manuel, Beatrice Norton and Arlene Hughes.