

Return To First Medicines Gathering

DAY 1: Thursday June 27, 2023, Morning Plenary session

Theme: We are the medicine

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>	<i>Location</i>
8:00-8:45	Breakfast - <i>provided</i>		Waconia
8:45-8:55	Opening Welcome: Mdewankanton Sioux Community	Cyndy Milda	Waconia
9:00-9:15	Opening ceremony: Youth Lead (Tobacco Ceremony)	Nathan Berglund Jennifer Cortes	Waconia
9:15-9:30	Intro	Sharon Day Suzanne Nash	Waconia
9:30-10:00	Ice Breaker	Nicole Sutton	Waconia
10:00-11:00	Good mind (Ka'nikonhri':io) Through Grief	Dr. Terry Maresca	Waconia
11:15-12:10	Grandmother Traditional Healer "Heal the Healer"	Maestra Rita Navarrete	Waconia

DAY 1: Thursday June 27, 2023, Afternoon Sessions

<i>Time</i>		<i>Location</i>
12:15-1:00	Lunch - <i>provided</i>	Waconia

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DAY 1: Thursday June 27, 2023, Breakout Sessions

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<i>Time</i>	<i>Breakout 1</i> <i>Rm: Waconia 5</i>	<i>Breakout 2</i> <i>Rm: Waconia 6</i>	<i>Breakout 3</i> <i>Rm: Owatonna</i>
1:00-2:00	Soil Health to Human Health Dr. Kalidas Shetty	Introduction to Mirco-greens Mike Neumann Nicole Christian Nathan Berglund	Ikidowin Youth Council “Tradition Not Addiction” Youth lead workshop about vaping, commercial tobacco & Alcohol, drugs use. It’s Not our way Kailani Lawrence Michael Perez Nalia Segura
2:15-3:15	Native American Community Clinic, Sarah Anderson Empowering men to reconnect with traditional roles and teachings	Victoria Johnson Self-Healing work through community connection and traditional medicine sharing	Payton Counts & Suzanne Nash Mending Broken Hearts

Day 1 Afternoon

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>	<i>Location</i>
1:00-5:00	Energy Healing Individual Sessions Sign up at front desk	Renee Butters Gio Cerise	Chaska

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DAY 1: Thursday June 27, 2023, Evening Session

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>	<i>Location</i>
5:00-7:00	Dinner on your own		
7:00-8:00	Youth Lead, Beadwork 101 Barter & Trade	Jennifer Cortes Janet Sanchez	Chaska

DAY 2: Friday June 28, 2023, Morning Plenary Sessions

Theme: We are the medicine

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>	<i>Location</i>
7:00	Sunrise Ceremony	Maria McCoy	Outside of the event center
8:00-9:00	Breakfast - <i>provided</i>		Waconia
9:00-9:45	Keynote: Cherokee foods, ecological knowledge, and health	Dr. Melissa Lewis	Waconia
10:00-11:00	Walking for the Water "Why it is important"	Sharon M. Day	Waconia

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DAY 2: Friday June 28, 2023, Afternoon Plenary Sessions

Theme: We are the medicine

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>	<i>Location</i>
11:00-12:00	Fishbowl Ceremony	Donna LaChapelle Linda Eaglespeaker	Waconia
12:00-12:30	National Indigenous Youth Fashion Show <i>Culture is Prevention</i>	Co-Created by Ikidowin and Friends Council	Waconia
12:30-1:00	Lunch - <i>provided</i>		Waconia
1:00-2:00	Putting it all together <i>Reflections on the Seven Grandfather Teachings</i>		Break out rooms Love: Winona 1 Wisdom: Winona 2 Respect: Chaska 1 Honesty: Chaska 2 Humility: Waconia Trust: Waconia 5 Courage: Waconia 6
Closing	Raffle Drum Circle		Waconia

Notes:

