

ROLE MODEL BIO:

Curtis ClearSky has been working in Indigenous food relations since 2006. Curtis has led the Tu'wusht Project from 2013-2016 at the UBC Farm on beautiful Musqueam territory. With in the Tu'wusht Project, Curtis connected intergenerational urban Indigenous people in the Vancouver BC area to culturally connected food growing and preserving. In 2016 Curtis led the research and development of a Social Innovation project that was based on traditional Indigenous food trade economies. Curtis is now involved in the First Nations Food System project supporting over 70 First Nations communities in BC in food security development .

LEARNING GOALS:

- I will make connections between a role model's life experiences and my own

SUCCESS CRITERIA:

- I can Identify 3 specific actions that helped Curtis achieve his goals
- I can connect examples of these themes to my actions in my own life

IDENTIFY *Some of the themes below are discussed in the Fireside Chat with Curtis Clearsky..*

***ceremony and culture
knowledge & teachings***

***Food & nutrition
community***

***connection to land
mental health & balance***

How have these themes have been present in Curtis's life?

- Listen to the interview
- Record notes of relevant themes and examples

CONNECT *Reflect on your own journey. Where do these themes appear in your own life?*

Discuss with a friend or family member. Record your connections in writing, drawing or with music.

“Our warrior culture is about taking initiative”

-Curtis Clearsky

EXTEND *Curtis believes Indigenous peoples need to re-engage with their relationship to food and to land.*

***For 5 days keep a record of everything you eat. How is this food nourishing your wellbeing ?
What food initiatives exist in your community? How can you get involved?***