



35th Annual ANPC Workshop

*How Plants Inspire Us*

Saturday April 22, 2023

8:30 AM - 4:30 PM MST

[https://anpc.ab.ca/?page\\_id=8366](https://anpc.ab.ca/?page_id=8366)



ALBERTA  
Native Plant  
COUNCIL

*“We acknowledge that what we call Alberta is the traditional and ancestral territory of many peoples, presently those people of Treaties 6, 7, and 8. Namely: the Blackfoot Confederacy – Kainai, Piikani, and Siksika as well as people from the Cree, Dene, Sauteaux, Nakota Sioux, Stoney Nakoda, and the Tsuu T’ina Nations. We acknowledge as well the members of other indigenous nations in Alberta, which include the Métis Nation of Alberta and the Métis Settlements.”*

## Organizing Committee

Kristen Andersen

Jay Byer

Elisabeth Beaubien

Norma Calvo

Andrea Dechene

Carole Dodd

Catrina Duffy

Julie Figures

Kristyn Mayner

Laurie Hamilton

Diana Tirlea

## Conference Coordinator

Diana Tirlea

## Workshop Schedule

REGISTRATION
Land Acknowledgement & Opening Remarks
<b>Kristen Andersen</b> , ANPC President
Keynote Speaker
<b>Kalyn Kodiak</b> - Li Bonn Michinn / The Good Medicine: Inspirations from Métis Plant Culture
BREAK
Botanical Inspiration Presentations
<b>Carrie Armstrong</b> - Indigenous Plant Teaching and Tea Blending
<b>Crystal Driedger</b> - Botanical Sketching for Everyone
<b>Maynard Kolskog</b> - Functional Culinary Applications of Prairie Crops In Food Research & Product Development
LUNCH
Activity-Based Presentation: Beading
<b>Connie Kulhavy</b> - Transitions: Traditional Methods-Contemporary Ways
BREAK
Activity-Based Presentation: Photography
<b>Angie Patterson</b> - Tips for Photographing Native Plants
BREAK
A Tribute to Leslie Monteleone
<b>Kristen Andersen</b> - Slave Lake Provincial Park Rare Plants: A Field Trip with Leslie Monteleone
Closing Remarks
<b>Kristen Andersen</b> , ANPC President
BREAK
ANPC AGM
Evening Banquet

8:30-8:45 AM Land Acknowledgement & Opening Remarks

Kristen Andersen, ANPC President



## 8:45-9:45 AM Keynote Speaker



**Kalyn Kodiak** is a Métis Herbalist & Culture Teacher from the Delorme-Smith line of Pincher Creek, in MNA Region 3. She grew up in Lethbridge and now resides in Calgary, where she attends the Métis Local 87 and Wild Rose College of Natural Healing. As an herbalist and knowledge holder, she spends her time gathering and sharing traditions within a culturally sanctioned framework. Kalyn hosts workshops, cultural experiences and school field trips, providing an open and welcoming learning space for all peoples. She is a resource on traditional medicines to the Métis communities of southern Alberta, and *aen aapikayahk sayncheur flayshii* (Métis sash weaver). She is a founding member and the current president of the Alberta Herbalists Association.

**Lii Bonn Michinn / The Good Medicine: Inspirations from Métis Plant Culture:** The Métis of Alberta are blessed with a wealth of knowledge and resources from nature – key among these blessings are the stories and lessons of the plant people. Our relationship with green growing things is much deeper than food, tools or firewood; plants have communicated vital place-based and spiritual information to shape our culture, leaving a permanent imprint on our way of life. In this presentation, we examine ways to begin or build a personal relationship with the ‘Plant People’, creating awareness, appreciation, and respect for our relations in the web of life.

## 9:45-10:00 AM BREAK

Enjoy networking and viewing the vendor booths.

10:00-11:30 AM Botanical Inspiration Presentations



**Carrie Armstrong** is a proud First Nation woman, teacher, and award-winning business woman who has founded and created an Indigenous-themed beauty product and tea company, Mother Earth Essentials, that has a mission to educate Canadians on the beauty of Indigenous culture and contributions made by Indigenous people. It is based on education and awareness and a high-quality line of retail products produced from traditional plants and recipes. Carrie worked in the cosmetic and spa industry for more than 15 years before returning to school to earn a Bachelor of

Education from the University of Alberta. She taught at Amiskwaciy Academy, Edmonton's Indigenous high school. Carrie was born and raised in Alberta, learning Aboriginal traditions from her grandmother. She is a dedicated mother of three incredible kids. For her, family comes first and is the central focus of her life.

**Indigenous Plant Teaching and Tea Blending:** Join Carrie to learn about several local Indigenous plants and their traditional uses and properties. This will include information on how to prepare tea blends using these plants. She will discuss her personal journey and how these traditional plants have inspired her to start her company Mother Earth Essentials.



**Crystal Driedger** has been a fine artist and illustrator for 20 years and now lives in Sherwood Park, AB. Her recent work includes intricate portraits of nature - botanical art and scientific illustration work featuring heirloom plants, specifically vegetables and flowers. Many of Crystal's pieces are inspired by memories and imaginings from a childhood spent in the forests and fields of her family's farm. Her work has been shown in international and national exhibitions and has been published on products sold around the

world.

**Botanical Sketching for Everyone:** Join Crystal as she talks about how to incorporate botanical sketching into anyone's life to learn an appreciation of plant forms and their relationships with the environment they live in.



**Maynard Kolskog** has been a chef and culinary instructor for nearly forty years. He has been a culinary instructor at the Northern Alberta Institute of Technology for the past twenty years. After developing curriculum and teaching molecular gastronomy he became interested in applied research. He received his research chef certification from the Research Chef Association in March of 2017. Since then, he has worked on several projects at NAIT's Centre for Culinary Innovation, mostly featuring plant-based foods that range from ice cream, pasta, and baked goods to fermented oat cheese, oat miso, and meat analogues. Many of these projects are in partnership with the Alberta Pulse Growers, the University of Alberta, and Prairie Oat Growers Association, along with many private clients.

**Functional Culinary Applications of Prairie Crops In Food Research and Product Development:**

In this presentation I would like to discuss my experiences and enthusiasm working with exclusively Western Canadian crop products in product formulation and food development. With any project that we are presented with, my focus automatically goes to utilizing our amazing indigenous plant-based food products both for functionality and flavour. I believe that our native pulses and cereal grains are world class and don't have to be second class to more commonly used imported products. Whether it is using oat groats to create an aged and fermented plant-based cheese as opposed to cashews or faba milk to create a plant based soft serve ice cream, our prairie crops are much more than a commodity product and should be treated as such. The potential for harnessing the power of fermentation to not only maximize functionality but also create new unexplored flavour profiles is something that I work on daily. I will also discuss our work with utilizing plant proteins that are grown and processed in Western Canada. My team and I use these for many applications and projects. The plant-based food products that we have worked on for clients featuring exclusively prairie products are: ice creams, cheeses, meat analogues, dairy replacements, eggs, and Asian inspired fermentations.

11:30 AM-12:25 PM      LUNCH

12:30-2:00 PM

## Activity-Based Presentation: Beading



**Connie Kulhavy** is a Métis Artist in Residence and works and resides on Treaty 6, Region 4 in Edmonton AB. She has worked in Education for over twenty years sharing her Métis Culture and History and implementing Indigenous Curriculum throughout the School District in Nanaimo BC from 2000 until 2018, when she moved to Edmonton. She was born in Hay River NT and has many fond memories of the Northern Lights, Snow Snake games, and walking to school seeing the birch tree's leaves change with the seasons. In the past five years she has taken up beading and painting as a way of sharing and connecting more to her Culture, Flower Beadwork Hearts and Birch Bark Paintings. She shared her first work about five years ago and has since sold through the Royal Alberta Museum, The Bear Claw Gallery, The Strathcona Museum and Archive in Sherwood Park.

She has hosted workshops at the Royal Alberta Museum for the employees and at Gallery 501 for the public, the Strathcona Museum, the Métis Nation of Alberta, The Métis Community in St. Albert, many Teacher Professional Development Days, and family-teacher evenings for paint nights. She hosts workshops in Public Libraries in Edmonton and the surrounding area. She works in different School Districts in Alberta. In September (2022) she was a host for a week-long Land Based Festival in Fort McMurray, sharing her work with the public and hosting workshops for the high school students for three days after the Festival. She works with a company called Connect North and hosts remote classrooms all over Canada sharing her Birch Bark Paintings and Sash Weavings on Medicine and Culture. She has hosted the Folk Festival and Arts Festival in Edmonton. She has one of her hearts and Sash with Michif words for Valentines on a calendar with the Gabriel Dumont Institute and has shared some of her heart lessons online to classes all over Canada through Rupertsland Education Institute.

**Transitions: Traditional Methods-Contemporary Ways:** The Dakotas were the first Indigenous group to call the Métis The Flower Beadwork People. Métis women and men were known for decorating articles of clothing with beads. I use the Prairie Rose flower as my theme on every heart as it has been used for over 200 years by Métis women who bead. Many of the designs in Flower Beadwork have been passed down from our Indigenous Kookums. In this workshop, I will teach the basic skills of how to bead a (Prairie Rose) and how to identify Métis Flower Beadwork. I will share how our connection to the land and Medicines to our Culture are still relevant today through our Flower Beadwork and Stories.



2:00-2:15 PM BREAK

2:15-3:45 PM Activity-Based Presentation: Photography



**Angie Patterson** is the award-winning author of *Making Photography Easy and Fun* and the creator of an upcoming online course *Thirty-Seven Ways to Improve Your Photos in Minutes*. In addition, her photos have been featured on websites, calendars, and exhibitions and created as murals. Angie uses her experiences and down-to-earth teaching skills to demystify the confusing technicalities and helps others avoid overwhelm when using a camera or smartphone. She has attended numerous workshops and online courses and teaches classes, and she believes that photography creates opportunities for positive connections and enhances the self and the lives of others. Angie and her camera love to visit the

Canadian Rockies. She spends time on her acreage taking photos of nature, birds, and wildlife and using her John Deere tractor.

**Tips for Photographing Native Plants:** Come learn about the importance of photographing wildflowers with award-winning author of *Making Photography Easy and Fun*, Angie Patterson. You will learn photography tips and tricks, from lighting to the ethics of photography, creating photo stories, and understanding your results. Bring a fully charged camera and manual (or smartphone if you don't have one) and notebook. Dress appropriately for the potential of working outdoors. Copies of Angie's book will be available for purchase.

3:45-4:00 PM BREAK

4:00-4:20 PM A Tribute to Leslie Monteleone



**Kristen Andersen** is an ecologist based in Edmonton, originally from the Boston area. She has been working as an environmental consultant for 25 years specializing in wetlands, vegetation, and restoration ecology. She is a volunteer for the ANPC as the President and steward of Whitehorse Wildland Park. Kristen has been teaching wetland courses at the University of Alberta Faculty of Extension since 2010. She loves playing fiddle, baking bread, paddling and botanizing in her free time.

**Slave Lake Provincial Park Rare Plants: A Field Trip with Leslie Monteleone:** This presentation is inspired

by a field trip to Lesser Slave Lake Provincial Park, investigating the rare plants that grow there, how and why we document them, and building a knowledge pool for future education and conservation through mentorship. The field trip explores unique flora and habitat near Lesser Slave Lake and honours and celebrates the life and legacy of Leslie, and her many contributions to the ANPC as past president, volunteer initiatives, and mentorship to several members of our community.

4:20-4:30 PM Closing Remarks

Kristen Andersen, ANPC President

4:30-5:00 PM BREAK

5:00-6:00 PM ANPC AGM

6:00-10:00 PM Evening Banquet

## Our Vendors

Alberta PlantWatch

<https://naturealberta.ca/plantwatch/>  
<https://plantwatch.naturealberta.ca/>  
<https://www.naturewatch.ca/plantwatch/>

Connie Kulhavy

<https://www.instagram.com/kulhavyconnie/?hl=en>

Crystal Driedger

<https://www.crystaldriedger.com/>

Edmonton Native Plant Society

<https://www.edmontonnativeplantsociety.ca/>

Love that Plant

<https://www.lovethatplant.ca/>

Mother Earth Essentials

<https://motherearthessentials.ca/>

## Special thanks!

Marc Haine for AV tech support

Many ANPC volunteers for their contributions, and in particular Laurie Hamilton for her many years of service!