

Rivers to Ridges: Dännch'e?

Questions: Please always type your questions in the chat; we will note them down and either address them today or by email. We appreciate good questions, so please keep them coming.

Zoom Name: Update your Zoom name to include information about how you'd like to be addressed.

Mic & Camera: Please mute yourself, and feel free to turn off your camera if you prefer.

Media Release: We will be recording sessions for internal use. If you have not filled out your media release, there will be a copy in your personal LPR Model Winter 2026 Cohort folder. Recordings will be uploaded by the weekend after each session.

Connect with others: Looking to collaborate on a project? Interested in building relationships within the cohort? Feel free to share your contact information and areas of interest/expertise with the group.

Rivers to Ridges: LPR Model Demo: Folks will be sorted into groups for the demo today. Sydney will let everyone know if they've been selected, and which group you're in when we get to that stage.

[In response to Copper's question - "Who are you?"]

- **Cindy Allen:** YKDFN person
- **Rivers to Ridges:** I am a small, joyful child in a golden nest made of living tree branches who hold me with great care.
- **Kristy Todd:** a mother, a daughter, someone who cares
- **Linnéa Rowlatt (she/her):** I am a being of light standing at the edge of a forest.
- **Katie McPherson:** I saw a river and my son.
- **Raelina:** I didn't see anything so much as the words that came was I am here... meaning I am more present these days
- **Céline Godard Aron (she/her/elle), Kwänlin (YT):** I saw myself holding hands with people, like I am part of a chain of human beings, and something bigger than myself alone
- **Kristin Walsh (she/her) - Sturgeon County:** I am strong-willed (have a fire within me), connected to my community, and moving toward my bigger purpose.
- **Kianna Bear:** I am a water protector - I was laying very calm and at peace floating in the ocean. I embody love and light into everything that I do.
- **Christine Creyke:** a bright light...kind of exhausted
- **Meriya Gmeiner-McPherson (she/they):** healing and connecting were words that came to my head
- **Katherine Lawless:** I'm sorry, I heard the first part but had to break up a small row between my children.

- **Jo-Mary Crowchild:** I saw myself relaxing in a spider web, with some morning dew glistening. I could see all around me and when I felt a call to share something (like someone was asking for something but not physically using their voice), I would shake a part of the web and the need was fed. The feeling was calm and full feeling.
- **Mike:** someone sitting, not sure where but who is curious and exploring ideas
- **Kianna Bear:** I also saw my ancestors standing around me pouring the seven sacred teachings into my spirit
- **Meg Lalli (she/her):** I am alive, I am magic. Did not see images so much as words and sensations too. But also felt a lot of curiosity.. thinking about who I am
- **Melanie Harding (she/her):** I felt myself holding two spirits <3

Katherine Lawless: Sorry all, I have to step away again. I'll be back.

Michelle Leona (She/They): Question - Are there going to potentially be future land camps, and would future land camps be open for people of previous cohorts?

- **Rivers to Ridges:** Great question! We haven't planned that far ahead, but I'll note that down!
- **Linnéa Rowlatt (she/her):** That would be great, as I can't really afford to come this summer but would be able to plan it in future summers.

Mike: never really thought about a proposed budget for my proposed project at this point

- **Rivers to Ridges:** No problem. It should come in the workbook when you're considering needed resources for your project to come to life.

Linnéa Rowlatt (she/her): Small question: how would we learn what is a suitable amount of time & money to offer elders for their full participation?

- **Rivers to Ridges:** A wonderful question. We work to pay Elders a minimum of \$500/half day, and also pay for the following costs: travel (flight or fuel), accommodations (including a night before the Elders Circle), per diems and/or catered meals, as well as a gift of appreciation. These costs might shift based on your local protocols.

Donna Shiu: Relationship with no voice of the environment

Raphaëlle Dancette: Rooting marine conservation (MPA projects) in indigenous perspective, and including indigenous people throughout the whole planning, establishment and management process

heide clelland: May we email these replies by email after class? I'm listening so deeply and not sure i can multitask two deep processes! xoxox

- **Rivers to Ridges:** Yes, of course.

Linnéa Rowlatt (she/her): Building bridges between Christian Protestant worldviews and Indigenous worldview as presented in LPR model.

Sydney Kuppenbender:

Elders Circle:

Kristy T, Kyanna D-L, Micheal J, Christine C, Raelina J, Jo-Mary C

Science Group:

Linnea R, Humaira W, Sarah A, Kianna B, Maylinda B-H, Levi D

Planning Group:

Jacob V, Tammy R, Meriya, Katie McP, Melanie H, Raphaelle D, Kristin W, Jonathan Y

Sydney Kuppenbender: We had a preset number of people per group, not knowing for sure how many people were going to show up! So for those of you who aren't grouped, that's ok, you are an observer for this exercise, but if you want to participate you can self-assign to a group and reflect on how you in one of those roles might answer or engage with the content

Wren Nicolardi (any pronouns) Rivers to Ridges:

What do you wish to achieve with your project?

What do you wish to learn from ITK through this process?

What are the obstacles that you foresee going forward?

- **Kyanna Dolphus - Lennie - SRRB:** 1) As an Indigenous person, what i wish to receive is a deeper understanding, alignment with my teaching. I want to strengthen my connection to the land and ensure the work Im doing reflects my values, not just external expectations. I hope to gain more wisdom that helps me carry myself with respect and humility and accountability. 2) Through this process, I wish to learn more about ITK from different communitites and people, their elders and their knowledge. To have more awareness of how ITK teaching guide stewardship, decision making and our relationship with the land and water. Knowledge is carried through stories, pracrice and lived experience and how i can respectfully apply those teachings in my work. 3) Going forward is finding balance between difference expectations, navigating western research systems while staying true to indigenous ways of knowing. sometimes timeslines, policies or framework dont always align with how knowledge is shared in community. environmental change itself is an obstacle.
- **Katie McPherson:** 1) The purpose of this project is to centre and protect the health and vibrancy of people, land and water, exposed to the threat of marine oil spills. (The long term vision for this work is to transform marine oil spill shipping and recovery outcomes for communities, by centring relationships with land, people and water during all phases of project evaluation and emergency management.) 2) Traditional ways of approaching and understanding the health of ecosystems and people (instead of through single-receptor data points and spreadsheet analysis currently used to define this in an oil spill context) What it means to see and understand values through the perspective of no-voice relations, and how to elevate these voices in times of urgency and threat. 3) This is already a noisy space to work in, with many actors and players presenting different models and tools. I have found that there is often an insistence on 'weaving' Indigenous knowledge into existing practices. This is insufficient. Existing practice must

be unlearned and dismantled. (for me too), this will take time, yet the process is urgent and there are short-term funding and windows in which federal /provincial partners are 'available'.

Sydney Kuppenbender: How to protect the health of all beings from marine oil spills

Kyanna Dolphus - Lennie - SRRB: coming from a small community myself with my Dene people, i think ITK about the health of all marine life will be observation

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Wren Nicolardi (any pronouns) Rivers to Ridges: Q: How do we understand the health of the Land from an Indigenous Traditional Knowledge perspective?

Raelina: Babies...and whether the natural reproduction cycles is disrupted for all creation in area- animals, plants, aquatic life,

Wren Nicolardi (any pronouns) Rivers to Ridges: Write in the chat as though you are speaking on behalf of the No Voice (water).

Question: What would the Water say?

- **Linnéa Rowlett (she/her):** Through flow, that is, dynamic change
- **Kianna Bear:** I hold memory - I want to heal
- **Raelina:** Can you hear me or is it dead silence?
- **Céline Godard Aron (she/her/elle), Kwänlin (YT):** I am you and you are me
- **Katherine Lawless:** I'm moving. I'm clear.
- **Raphaëlle Dancette:** feeling life
- **Kristin Walsh (she/her) - Sturgeon County:** When I am clean and give life to all the beings within my reach.
- **Humaira Waqar:** am I able to sustain life
- **heide clelland:** "Begin with drinking me" ("And how i'm touching the life of you") I saw-felt hurt water gently inviting a scientist or engineer to drink, and felt the scientist recoil and understand.
- **Sarah Abbott:** Move in unison

- **Kyanna Dolphus - Lennie - SRRB:** Kyanna (Elder Circle): Understanding the health of the land comes from observing relationships and changes over time. Elder teach us to watch the animals, notice plant growth, pay attention to water levels and ice conditions and recognize shifts in the seasons. These are the signs that tell us whether the land is in balance or under stress. Health is not measured only by numbers but by how everything works together, Wildlife, water, plants and people.
 - **Kyanna Dolphus - Lennie - SRRB:** when we harvest safely, when medicines grow strong and when animals return as they should.
 - **Kyanna Dolphus - Lennie - SRRB:** It shows the land is well. If those patterns change, we know something needs attention
- **Cindy Allen:** How clean is the water? Is the water clean and clear.
- **Michelle Leona (She/They):** When I am healthy I am life.
- **Jo-Mary Crowchild:** Relative, why are you hurting yourself?
- **SRRB - Jonathan Yakeleya:** I am changing watch me
- **Kristy Todd:** we are one
- **Kianna Bear:** I am your living relative
- **Donna Shiu:** I carry life
- **Mike:** I hear, I'm tired of carrying everyone's problems, absorbing your spills/mess, being overworked and underappreciated!

Wren Nicolardi (any pronouns) Rivers to Ridges: Summary: Through flow and change, I hold memory and want to heal. Can you hear me? We are the same, and I am clear and moving, feeling life and giving life. Sustaining you all, drink me, let me touch your life. We move together, and a clear flow brings life. Happiness brings life, relative, there is no need to hurt yourself. Watch me change, we are connected.

- **Céline Godard Aron (she/her/elle), Kwänlin (YT):** Impressive, Wren!

Sydney Kuppenbender: Thank you, Raelina and Kyanna, for sharing your reflections for the Elder's circle!!!

Katie McPherson: In practice would you work to hear from many no-voice relations?

- **Sydney Kuppenbender:** There can be more than one, yes. But Copper aims to have just one, if possible
- **Wren Nicolardi (any pronouns) Rivers to Ridges:** I haven't seen more than one representative at a time used at the Elders Circle or Planning Table. But we will pass this onto Copper if we don't have time to discuss this today.

heide clelland: I love this story sooooo much. To remember living this way..... Vivid. Gratitude.

Meriya Gmeiner-McPherson (she/they): Who would the planning group be?

- **Sydney Kuppenbender:** Did Copper answer your question, Riya? Yours overlapped with mine

- **Meriya Gmeiner-McPherson (she/they):** I think so, I guess for different projects the planning group might be totally different people with different roles so it can be hard to imagine without specifics

Mike: Elders would smile at your question, as it touches on all of our relations who don't speak with a human voice but is constantly communicating through signs, which interpretation is for you to translate its meaning....

- **Donna Shiu:** Mike are you saying the signs are how the patterns are observed
 - **Mike:** Yes, as I was told that its how you observe and spend time listening, observe and building your relationships, as the land and animals speaks in signs, kinda hard to explain....
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SRRB - Jonathan Yakeleya: sorry i have to go will follow up mashi cho (thank you)

heide clelland: Are there processes when all members of the groups sense into NoVoice? Or only the Elder Circle?

How do you work with persons who might not be familiar with Feeling and Trusting the NoVoice and the process without Thinking or Imagining

- **Mike:** Its a invitation for teaching
 - **heide clelland:** ah....like a tributary for a different stream of processes. New questions and requests. Gunalcheesh, Mike.

Katherine Lawless: The Magpie river in Quebec!

Meriya Gmeiner-McPherson (she/they): Are there processes that include children in the process as well?

Katie McPherson: I am wondering about the planning team - in my project there will be many organizations that feel they have a mandate - and they represent very different perspectives and values. So is the planning group only scientists? Does the planning team include regulators for example?

Donna Shiu: I would like to know more about the planning and science advisory group at the table

Wren Nicolardi (any pronouns) Rivers to Ridges: If there are any other questions, please leave them in the chat and we will forward them onto Copper.

Also, if there is a question you've asked before and want a more in-depth answer/if we've missed it, please send it again!

Sydney Kuppenbender: HOUSEKEEPING: next week, we are having our first bonus session, which will be dedicated to answering outstanding questions that haven't been answered yet. Please also take some time to work on week 4 in your workbooks, and to watch the video for our bonus session, "Tetlin Potlatch story"!

Katie McPherson: Thank you for your guidance and feedback everyone. Much to consider.

Michelle Leona (She/They): Thank you so much everyone, I'm going to have to pop out before closing to get ready for language bingo. Will see you next week.

Jacob Vickery: Maarsii everyone, Bon swear!

Donna Shiu: Mesè

Melanie Harding (she/her): Thanks everyone - I have to head out to do bedtime with my kids. See you next time!

Tammy (she/her): Thank you

Donna Shiu: Sorry have to go

heide clelland: Love and Gunalcheesh, Copper, Sydney, Wren.

Linnéa Rowlatt (she/her): Thank you <3

Meriya Gmeiner-McPherson (she/they): Still some learning to get more understanding of the process, but the take away is that the process is more important than the outcome. Thank you!