

**Maylinda:** doing great !!! thank you !

**Linnéa:** Pretty well, thank you! :)

**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.

**Tammy (she/her):** Hi! I am doing well. How are you?

**Linnéa:** -23 C in Whitehorse

**Tammy (she/her):** Not here 🙄

**Meriya Gmeiner-McPherson (she/they):** unsettled with the full moon energy lately

**Donna Shiu:** Doing well thank you.

**Kristy Todd:** Hi all, Saskatoon is chilly but the Braided Knowledges Canada conference is underway. Day 1 went well and some great learning and discussions.

**heide clelland:** sparkling sunshine and gentle warmth, birds singing, an exquisite spring day after temps and windchills of -18 to -30s last few weeks, but not too warm here....Feels like tenderness and the care of Medicine

**Kristy Todd:** will do

**Wren Nicolardi (any pronouns) Rivers to Ridges:** If you are facilitating the LPR Model process on your own, please cite Copper Joe Jack, but do not include his 2-pager (to avoid any confusion for participants).

**Wren Nicolardi (any pronouns) Rivers to Ridges:** A key thing to remember: This LPR Model requires the messages shared in the Elder's Circle to be interpreted by someone who understands Indigenous Traditional Knowledge.

**Wren Nicolardi (any pronouns) Rivers to Ridges:** Mahsi Megan!

**Wren Nicolardi (any pronouns) Rivers to Ridges:** As we go through these questions, please feel free to add additional questions into the chat for Open Q & A.

Questions about Indigenous Spirituality and the Ceremonial aspects of the LPR Model are welcome.

Also questions about the Tetlin Potlatch story, and its connection to the LPRM, are welcome.

**Meriya Gmeiner-McPherson (she/they):** I really appreciate you about sharing how kids were involved in the process as well. I was wondering about how children and kids were involved in the model. Like there was an elders circle and also wondered if there was ever like a youth circle?

- **Meriya Gmeiner-McPherson (she/they):** Just seeing that it on the slide! Thanks

**Meriya Gmeiner-McPherson (she/they):** Thank you you so much for illuminating that! That is what I was curious to know.

**Raphaëlle Dancette:** If new questions are allowed, I was curious about the links that you draw between spirituality and indigenous law (as it was planned on the same session)? Can you give examples please?

- **Sydney Kuppenbender:** We will almost certainly have time for open Q&A so we will make sure this is asked!!

**Raelina:** I would say it is like anything else you need to make a compelling case for No Voice, and explain with specifics... the interconnectedness of what happens to one happens to all, and the chain reaction an action carries against No Voice...

**heide clelland:** yes lol

**Melanie Harding:** Thanks so much for all the insights this evening. My daughter came down with hand foot and mouth today and she's super distraught and uncomfortable, so I am going to step away now. I am looking forward to watching the second hour once it's posted. Mahsi and Take care!

- **Sydney Kuppenbender:** hugs to your daughter!!!

**Linnéa:** Sorry to hear this. I've heard of two other little people who have contracted hand, foot, and mouth disease in Whitehorse in the last two days. :(

**Cindy Allen:** Hearing No Voice might take a while for a person to clear their mind, energy field of negativity before being ready to hear No Voice since self doubt can block the feeling of No Voice.

**Linnéa:** Thank you, everyone. I seem to be suffering some kind of allergic reaction to something I ate just before class, and I need to go and lie down. I'll watch the second hour on the recording.

**heide clelland:** So true what Cindy Allen has written here. These colonized parts of us need mentoring so that Elders can reflect and strengthen our insight that the NoVoice ways of being with us are legit and that we are being invited to actively follow and go deeper and deeper

**Sydney Kuppenbender:** Copper just stepped away for a minute so we will stay on break for a few more minutes. Does anyone else have any questions for him?

**heide clelland:** alike kindling fires that have burned down and cooled without realizing that they are meant to burn warmly and be our everyday way

**Meriya Gmeiner-McPherson (she/they):** My auntie and my horse both told me that they wanted me to talk to them more out loud, they said they liked it too!

**Raphaëlle Dancette:** Thanks a lot for this sharing. It connects to something deep inside and universal laws :)

**Donna Shiu:** [Liberatedvibrations@gmail.com](mailto:Liberatedvibrations@gmail.com)

**Meriya Gmeiner-McPherson (she/they):** I have had some for sure, very exciting to hear everyone's stories! Thank you Donna, Cindy and Sarah

**heide clelland:** i have long worked with the novoice to know how the land desires to be supported or fulfil its purposes and care, what struggling individuals or plant communities need in order to be healed and strengthened from competition or pathogens,

so that learning a site or the land, practicing inventory and analysis and design and planning potentialities are really a living dialogue with the NoVoice and Ancestors, a kind of prayer. I can integrate what i am shown and present it as science and drawings and plans and strategies, and the answers always align with good science but are much, much faster, complete, coherent and powerful.

Powerful not only in supporting the Land and a site or region's life but every time, the solutions are so win-win that previously divided parties, councils and siloed groups, even persons with power who once fought against or resisted, come together and get excited and give unanimous support.

**heide clelland:** i also ask rivers, ancient sites, watersheds and Places to show me what they wish me to know about the histories, the peoples, the spirits and grief and longings and possibilities of these places, and show me how to show up and how i can care, be in Relations and collaborate with them to serve. What is asked for is always deeply given.

**Joanna Jack (she/her):** I found my own way into being able to connect through Vipassana meditation. I suspect it played a critical role in clearing some of that negativity and disconnection Cindy spoke of. Because it's body based, and involves clearing tension and resistance, I found it really helped me access other ways of knowing than thinking.

**heide clelland:** [heide@breathinglandscape.earth](mailto:heide@breathinglandscape.earth)

**heide clelland:** This book is a gathering of the Old Peoples Ways in the world of natural and Indigenous law as it expressed in the Great Lakes Basin territories, and bringing relationships and peace across the continent. Taught very carefully over a long time the way Copper was mentored before he was allowed to tell the stories on his own.

Kayaneehkò:wa: The Great Law of Peace is published by University of Manitoba Press.

Happy to share other teachings and resources i have been shown by being called by NoVoice to this place and learn these ways for a while now

**Ashley:** thank you Maylinda