

WORKSHOP DESCRIPTIONS 10:30 A.M.

Talk Back Session with Jacqui Patterson ~ *Jacqui Patterson*

Connecting with Local Struggles for Environmental and Climate Justice in the Birthplace of the Niagara Movement.

See Keynote Speakers for Ms. Patterson's background.

Good Food Purchasing for the Buffalo Public Schools ~ *Jessica Gilbert & Dennice Barr*

This interactive workshop will engage participants in learning about the numerous components of the school food system and how school food purchasing might be shifted to reflect public values. Specifically, this workshop will introduce participants to the Good Food Purchasing Program, the values that it promotes, and the use of procurement power as a lever for transforming the school food system. Finally, participants will learn how the school food system impacts a variety of actors both throughout and beyond our communities.

Jessica works as a research associate at the Partnership for the Public Good, where her research is supporting efforts to bring the Good Food Purchasing Program to the Buffalo Public School District. She is also a PhD candidate in the University at Buffalo's Geography Department, where she seeks to understand how food equity initiatives can be used as a conduit for achieving social and ecological justice for frontline communities in Buffalo. Through her research both at UB and at PPG, Jessica works to bridge the gap between academia and advocacy. Jessica has a BA in French & International Relations from SUNY Geneseo and spent time teaching English in France and Tanzania before moving to Buffalo to begin her PhD studies.

Dennice Barr has had a career in retail of more than 30 years and was an award-winning Parent Facilitator at Burgard High School from 2012-2014. Dennice is a mom to five sons but has "inherited children" as well. Dennice held a successful mentoring program at Urban Christian Ministries, and is President of the Deaconess ministry at First Centennial Church as well as Pastor's Aide. Dennice is President of The Fruit Belt Advisory Council, a founding member of The F.B. Community Land Trust, a Board member and active partner of Coalition of Economic Justice, a founding member of Community First Alliance, an active member of Buffalo Transit Riders United, partner with The Good Food Purchasing Program, former Board member and active partner with Buffalo Parent Teachers Organization, newly certified Community Health Worker, and active member of PUSH Buffalo. In addition Dennice is a grass-roots activist and organizer in The Fruit Belt neighborhood and part of the faith-based leadership in The Poor People's Campaign, a member of The High Road Table, and Crossroads Collective. Dennice is devoted to her faith in GOD and her work in the body of Christ.

B Corps and Social Enterprises: Positive Impact Through Business ~ *Jeffrey Goldfarb, Adam Goldfarb & Chintan Shukla*

When people think of philanthropy they think of the traditional means of pursuing it: private foundations, community foundations, bequests and trusts...just to name a few. However, with the rise of the millennial generation, new ways of giving back to the world are gaining momentum. One such way is the B Corp movement and all that it espouses. Adam Goldfarb and Jeffrey Goldfarb, from Goldfarb Financial, will discuss their recent findings around the drivers of for-profit philanthropy, the benefits of it, its drawbacks and its place in the future.

Jeffrey Goldfarb, Certified Financial Planner, is the founder of Goldfarb Financial. A native of Buffalo, NY, his passion for financial planning began at eight years old when he was captivated by stock market updates delivered in the lobby quotron at Bache & Company. The image stayed with him – even while attending Boston University’s School of Education and subsequently teaching hearing impaired and autistic children. Jeffrey later returned to Buffalo to follow a career in finance – founding Jeffrey M. Goldfarb & Associates (now Goldfarb Financial) in 1988. He is an active community member with roles including past president and cofounder of Sportsmen’s Americana Music Foundation and International Institute Board of Directors. Jeffrey has a BA degree in Political Science from the University at Buffalo and M.Ed. from Boston University. He has been practicing for 29 years and received his chartered advisor of Philanthropy from the American College in 2014.

Chintan Shukla is an investment executive and portfolio manager at Goldfarb Financial. He became a CFA charterholder in 2014. Chintan is constantly studying the market, preparing Morningstar stock reports and identifying investment strategies appropriate for his clients’ risk tolerance. Outside of the office, he is always available for a healthy debate about his favorite football club, Manchester United. Chintan has a degree in Accounting from Gujarat University in India and an MBA from SUNY at Buffalo.

Adam Goldfarb is a financial advisor and community liaison with Goldfarb Financial. He assists individuals, families, small businesses and not for profit organizations through important transitional periods in professional and personal development, beyond retirement, and beyond succession. In addition, he counsels clients on ways to achieve their personal and community goals. Adam is an active community member serving on the boards of the Salvation Army, the University at Buffalo’s Center for Entrepreneurial Leadership Alumni Association, the Rotary Club of the Buffalo Niagara Medical Campus and the WNY Planned Giving Consortium where he also sits on the Speakers Bureau. He has a BA degree in Classics and Philosophy from Colby College and a MS degree in Higher Education Administration from Buffalo State College.

Eat Well to Be Well ~ Sally Gower

Food is powerful, and we can create wellness, prevent disease and possibly reverse disease by making smart food choices.

As our parents always told us, “You are what you eat”.

Sally Gower, owner of Eat Well Buffalo, offers insight on how to live a simple and healthy life. Eat Well Buffalo offers a practical approach to healthy nutrition as well as offering lifestyle suggestions to live a healthier life.

Increase Your Life-Force Energy with Sprouts ~ Christine Henderson

This workshop offers the opportunity to take part in learning all the necessary steps to grow an indoor edible high vibrancy garden. Strainers, colanders or jars can be used to grow a variety of sprouts, including lentils, broccoli, quinoa, and more. A handout with detail instructions will be provided for all participants.

Christine Henderson has been growing wheatgrass, sprouts and micro-greens for over 15 years. She shares her passion for sprouting and teaches easy methods to sprout legumes, grains and small vegetables using every day household items. This high vibrancy lifestyle encourages optimal health and wellness for yourself and our planet.

Buffalo’s Outer Harbor and Watershed ~ Margaret Wooster

What if the Outer Harbor were to become the Cornucopia it once was? What if, along with the Lake Erie and Niagara River watershed it is part of, Buffalo's Emerald Coast could be returned to future generations with enough health and resilience to provide them with safe, clean drinking water, fish and native foods? Goal 7 (out of 10) of Buffalo's recently adopted **Local Waterfront Revitalization Plan** (recently adopted by the Common Council and NYS Department of State) is "Protect and Rebuild the Lake Erie/Niagara River Food Web." What if we could actually begin this work now?

Margaret was a founding member of the Friends of the Buffalo River, now Buffalo Niagara Waterkeeper, where she has also worked on fish and wildlife habitat research, conservation, and education. She served 8 years as the Executive Director of Great Lakes United, a bi-national coalition dedicated to conserving the Great Lakes-St. Lawrence River ecosystem, and before that as a Watershed Planner for the Erie and Niagara Counties Regional Planning Board, where she worked with local governments on stream and groundwater protection. She has received many local and regional conservation awards for planning, writing and leadership in the cause of protecting our waters. Margaret is the author of two books: Living Waters and Somewhere to Go on Sunday, and is working on a new book called Meander. She is currently involved in several local habitat conservation projects, including Buffalo's Outer Harbor and West Seneca's Buffalo Creek oxbow wetland. She is occasionally an adjunct professor on ecology-based land use planning at SUNY Buffalo's School of Architecture and Planning.

Using Native Plants in Your Garden ~ Lynn Chimera

This workshop covers a large variety of native plants that will grow successfully in our area including trees and shrubs, as well as background on what is a native plant and the importance of including them in your landscape.

Lyn Chimera is a retired Kindergarten teacher. After retiring she followed her lifelong love of nature and gardening and received her Master Gardener certification from Cornell and began a garden consulting business, Lessons from Nature.

Lessons from Nature provides on-site garden consulting, site assessment and gardening classes as well as selling organically grown perennials and native plants. She makes house calls to help solve your garden problems. Lyn is also an active volunteer for the Master Gardeners, teaching and manning the hot line phones.

She has self-published a book, 5 Keys to Better Gardening, writes a monthly gardening column for After 50 Magazine and contributes Garden Tips to Upstate Gardeners Journal as well as articles for The Master Gardener Newsletter and Figure 8, the Federated Garden Clubs publication.

WORKSHOP DESCRIPTIONS 11:45 A.M.

Food for Days: Developing Individual/Community-Based Sustainable Food Sources in the wake of Hurricane Maria ~ Kim Diana Connolly & UB Law Students

It has been over one year since Hurricane Maria devastated the island nation of Puerto Rico, but the impacts are lasting and can still be felt by residents. There are many factors that the average citizen does not have control over--including restoring water service, power service, and the like. However, one way to help build a stronger Puerto Rico for future generations is to explore, identify, and implement the average individual's ability to have a personally sustainable food supply.

Kim Connolly has focused her academic career on how best to educate future lawyers, as well as how best to use laws and policies to protect the planet and its inhabitants. Professor Connolly currently serves as the Vice Dean for Advocacy and Experiential Learning for the University at Buffalo School of Law and directs both the [Advocacy Institute](#) and the [Clinical Legal Education Program](#). Her administrative approach is to support excellent experiential instructors offering innovative and exciting opportunities for law students to work either with clients or in simulated settings to prepare for the practice of law. When she joined academia, Professor Connolly began exploring environmental and related policies, as well as best practices for law schools and instructors as part of law students' journey toward becoming practicing lawyers. She has written both traditional and non-traditional works and has presented at numerous conferences around the world. Professor Connolly's work has been used by policy-makers as well as cited by scholars. In addition to her practical research, Professor Connolly loves spending time with students. She teaches three clinics at the School of Law: the [Environmental Advocacy Clinic](#), the [Animal Law Pro Bono Clinic](#), and the [Puerto Rico Recovery Assistance Legal Clinic](#). She also teaches substantive courses in the area of environmental law and experiential classes in the area of ethics. She is active in student advisement and supporting engagement of future lawyers in law school and community experiences that will make them excellent practitioners.

A Craft Malster's Journey; Malting Local Grains...Sustainably ~ Robert Johnson & Brenda Young

This workshop provides an introduction to the process of malting and a brief history of this storied process. We will investigate the role of local ingredients and craft malt in the Farm-2-Pint craft-beer movement and its impact on local agriculture and Buffalo beer culture. Unfortunately malting is an energy intensive process, especially at small scales, so we will explore the methods we used to reduce our fossil-fuel footprint and reach our goal of carbon-neutral kilning. Information on Niagara Malt and its mission statement can be accessed at: www.niagaramalt.com

Robert and Brenda are partners in Niagara Malt, LLC, a small craft malthouse and organic hop-yard located near Lockport, NY. We provide artisanal malts to NY craft and farm breweries using local grains and sustainable practices. We are both ecology professors at local colleges (Robert at Medaille College, Brenda is chair of Global and Local Sustainability at Daemen College), thus have deep interests in agriculture, seed ecology, climate health and sustainable practices.

Climate Change ~ Jack Kanack

This presentation will be on Climate Change and how it will have an impact on people's way of life. Jack will stress the urgency throughout the talk for an immediate end to all fossil fuel use and give numerous examples of how Climate Change is impacting our planet. He will talk about the "Greenhouse Effect," the Greenhouse gasses, and how temperatures are responding to increases in these Greenhouse gasses. He will discuss how the Jet Stream is affected by Climate Change, and then the discussion will focus on the Northeast United States where

temperature and precipitation trends will be discussed. Jack will explain "Chilling Degree Hours" and wrap up the discussion with explaining why we are entering Earth's sixth great mass extinction and his worries for the future of this planet.

Jack Kanack is owner of Weathermedic, Inc (2010-Present). Weathermedic is a Weather Consulting/Applied Climatology Business. Education: BS Geosciences Buffalo State College, Buffalo, New York 1983. He is Vice President, Western New York Chapter of the American Meteorological Society. Radio Weather Show Monday's from Noon to 1 PM on 91.3 FM WBNY. His signature issue is Climate Change; he is very concerned about the direction the world is taking regarding our climate and environment.

Plant-Based Cooking: How to Use Whole Foods for Optimal Health ~Jessica Meyers Altman

Jessica will present the health benefits of plant-based nutrition as the prevention and reversal of many Western diseases. She will discuss foods that should be included in a healthy diet and how to transition to a plant-based way of life.

Jessica is a busy mom of 2 beautiful kids, ages 11 and 15, and grows much of what her family eats. She is a certified plant-based chef, holds a certification in plant-based nutrition, and is a certified Complete Health Improvement Plan facilitator (CHIP). She is a passionate educator and has taught science, community gardening, and food education since 1998. She holds a Master's in Science Education, is a certified NYS biology teacher, and is currently pursuing a Master's in Public Health with a goal of bringing food education into medical spaces. Jessica combines her passion for cooking & gardening with her passion for teaching. She writes recipes and photographs her food blog, www.gardenfreshfoodie.com, a blog devoted to plant-based, gluten-free, seasonal recipes. Jessica lectures about the health benefits of plant-based nutrition, and holds healthy, plant-based cooking classes in the Buffalo, NY area wherever there's a table and an outlet! Her recipes have been featured in Edible WNY, One Green Planet, Food Revolution Network, the American Heart Association, Forks Over Knives, www.tastepotting.com, www.foodgawker.com, and www.findingvegan.com.

Seeds: the new gold! ~ Brenda Snyder

Let's get together and talk about saving seeds from this year's bountiful harvest. Seeds are the new gold! Every seed you save offers you food security and the ability to feed your family that food item for generations. We will be covering the differences between heirloom seeds, hybrid and GMO seeds. Each has benefits and drawbacks. I will also demonstrate how I save seeds from year to year and my successes and my failures. Our ultimate goal is to offer food independence; once you learn how to save the seeds, you can grow that same crop year after year and your food is free and plentiful. Sharing and giving are natural in this type of environment. This is what we all need to be working towards to have real food independence. Saving seeds is easy and free and I'm honored to get the opportunity to help others gain food independence and to share some of my favorite seed saving tips! What the heck is a seed bank? And how can it help you? The answer may just surprise you.

Brenda is a licensed Veterinary Technician with 20 years' experience. She is a licensed wildlife rehabilitator of over 10 years and an avid gardener who loves showing others the joy of growing their own food. Brenda has written an e-book called "Grow it, Save it, Use it". Details about the book and Brenda can be found at <http://growitsaveituseit.com>. Over the years she has had small group meet-ups in her home and at local community colleges teaching seed-starting, permaculture techniques, growing sprouts and wheat grass, raising chickens, seed saving, making perennial herb planters, berry picking and jam making, houseplant

propagation and, most recently, fun farm tours to help local (especially struggling) farmers and raising awareness about the importance of eating local foods.

Beautiful Bitters: Reconnecting With a Lost Flavor ~ Sarah Sorci

Once upon a time, humans ate a diverse array of wild plants and mushrooms--many of which tasted mildly (or seriously) bitter. The human gastrointestinal tract developed a complex relationship with bitterness, and our bodies greatly benefit from this flavor for healthy functioning. In this class, Community Herbalist Sarah Sorci will briefly discuss the disappearance of bitterness from American agriculture and diet. We will explore the range of effects that bitterness has on the body, including stimulation of digestive secretions, improved absorption of nutrients and fats, support of healthy blood glucose levels and weight, and more. Sarah will describe the specific properties of some of her favorite bitter herbs, focusing on those that can be cultivated or sustainably wild-harvested in New York State. Samples will be shared.

Holistic herbalist Sarah Sorci is the owner of Sweet Flag Herbs in Hamburg, NY. She offers educational programming, wellness consultations, plant walks and garden consultations through her practice. Sarah is a 2014 graduate of the Holistic Herbalism program at the Blue Ridge School of Herbal Medicine, and is completing a clinical herbalism program through the Eclectic School of Herbal Medicine. For Sarah, the most exciting medicinal plants and fungi are those growing wild or cultivated in WNY. She believes that wellbeing can only be achieved through a sustainable, intimate relationship with the natural world. Sarah is Executive Board President of Greystone Nature Preserve in Fredonia, NY, where she manages a Medicinal Plant Trail and offers herbal education. She is co-coordinator of the WNY chapter of Herbalists Without Borders, and is thrilled to be part of this movement towards accessible, just, and sustainable health care. For more information about Sweet Flag Herbs, visit www.sweetflagherbs.com.

Food References in our Haudenosaunee Creation Story ~ Agnes Williams & Kevin White

We will be using an on-line video of Louise McDonald that has a 5-to-10-minute piece on her teaching young men about women and food we get from Mother Earth.

Agnes Williams is Seneca Wolf Clan from Cattaraugus Territory of Seneca Nation. She is a Grandmother of 7, mother of Three, and is a LMSW. She is a Coordinator of the Indigenous Womens' Initiatives in Buffalo NY and the President of Indigenous Women's Network in Austin, Texas.