

WORKSHOP DESCRIPTIONS

SESSION 1 10:30 A.M.

A Nourishing Harvest: Toxin-Aware Gardening and Foraging in WNY ~Sarah Sorci

Community Herbalist Sarah Sorci has received many questions about safe harvest in a contaminated culture. "My lawn hasn't been sprayed in 3 years; is it safe to harvest there?" "Which compost brands are safe to buy?" "Does this park spray herbicides on medicinal/edible invasives, like garlic mustard and Japanese knotweed?" These questions inspired *A Nourishing Harvest*, a Patreon project offering monthly articles exploring these questions. In this talk, Sarah will share insights and stories that have impacted her the most thus far.

Holistic herbalist Sarah Sorci of Sweet Flag Herbs offers wellness consultations, educational workshops, writing, therapeutic horticulture sessions and garden consults in the WNY Community. She is a 2014 graduate of the Blue Ridge School of Herbal Medicine, and is completing a clinical herbalism program through the Eclectic School of Herbal Medicine. She completed a Horticultural Therapy certificate in 2014. She is co-coordinator of the WNY chapter of Herbalists Without Borders, and is thrilled to be part of the movement towards accessible, just, and sustainable health care. www.sweetflagherbs.com A Nourishing Harvest: writing for toxin-informed gardening and foraging in WNY: patreon.com/sweetflagherbs

Eating more plants can prevent and reverse chronic disease. ~Jessica Meyers Altman

Join Jessica Altman, plant-based chef, as she prepares a few healthy snacks for you to sample and discusses why eating more plants can prevent and reverse chronic disease.

Jessica Meyers Altman is a passionate educator, and has taught science, community gardening, and food education since 1998. Jessica holds a Master in Public Health, Master's in Science Education, with a goal of addressing social determinants of health, disparities, and Western disease through public education and food access. Jessica teaches science for the Niagara Falls City School District. She is a certified plant-based chef, holds a certification in plant-based nutrition, and is a certified Complete Health Improvement Plan facilitator (CHIP). To combine her passion for public health, food systems, with her passion for teaching, Jessica founded www.garden-freshfoodie.com, a blog & company devoted to plant-based, seasonal recipes for decreasing inflammation and Western Disease. 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.

Biodiversity, One-ness, and the 99% ~ Victoria Ross and Valerie Juang

Come learn about the need for biodiversity for healthy life on the planet. Find out about the triple dangers of synthetic biology, gene editing, and gene drives, all leading to the threat of biopiracy (under the "sheep's clothing" of global health initiatives). Explore the theory, ethics and applications – so that we don't perpetuate the current biological perils and injustices of seed oligarchy and food systems.

Victoria Ross is the Executive Director of the WNY Peace Center, and a consultant for the Interfaith Peace Network. A social worker, economist, and peace activist, she has studied the subject from Dr. Vandana Shiva, including at the Women's Biodiversity Conference in India last year. Vicky connects the topic with the principles and the spirit. WNY Peace Center (wnypeace.org), which has been working on Peace Through Justice at home and abroad since 1967, serves the community through its nine task forces; extensive organizing (e.g., all the Women's Marches and most national days of action); numerous workshops; and collaborations at the local, regional, national, and international levels. The Interfaith Peace Network fosters a culture of peace through various campaigns, collaborations, and workshops.

Valerie Juang is a leader at the WNY Youth Climate Council and the Buffalo Youth Climate Strike, as well as being a senior at City Honors. In addition, she is the founder and president of the City Honors Interact Club, a service organization under Rotary International. Her interest in science is matched by her interest in ethics and justice.

Insects, Native plants and the Decline of Biodiversity ~ Jay Burney

Jay will discuss insects & native plants adding a local perspective regarding the decline of biodiversity, the decline of native insects and pollinators, and the impacts of this on local issues and places, especially in the Niagara Greenway

Jay Burney is Special Projects Director, Pollinator Conservation Association www.pollinatorconservationassociation.org; Co-chair, Niagara River Greenway Pollinator Partnership; Founder and Chair, The Friends of Times Beach Nature Preserve. Jay Burney is also an Our Outer Harbor Coalition co-founder and Advocacy Chair for the Western New York Environmental Alliance. He recently had this piece published in the Buffalo News: "The Niagara River Greenway may be key to our regions resilient future" which will be discussed in the workshop.

Why we need "Nature Based Climate Solutions" ~ Lynda Schneekloth

We live at the intersection of a climate crisis and an extinction crisis. These two are related and greatly impact each other, and both stem from the way we have organized our economy and set priorities in our culture. It also happens that some of the solutions that address both of these crises are based in our interactions with the natural world – Nature Based Climate Solutions. We will briefly discuss these crises but will focus on how we individually, locally and as a nation can move to heal the earth and protect life.

Lynda Schneekloth is Professor Emerita of the School of Architecture and Planning at UB. She is Acting Director of the WNY Environmental Alliance, serves on the Ex Com of the Sierra Club Niagara Group and works intersectionally with the Native Plants Group and Crossroads Coalition toward a just transition for people and planet.

The Green New Deal ~ Roger Cook

A discussion and informational workshop on the Green New Deal.

Roger Cook was the 2017 recipient of "Making Democracy Work" Award from the League of Women Voters of Buffalo/Niagara. Cook's activism evolved from his early years in college in

Michigan to Western New York, where he pursued a doctorate at the University at Buffalo. As director of the WNY Council on Occupational Safety and Health for 29 years, he was instrumental in forming coalitions like the OSHA-Environmental Network, the Ecumenical Task Force of the Niagara Frontier, the New York State Labor-Environmental Network and the New York State Coalition for Economic Justice. More recently, Cook has been political chair of the Sierra Club, a member of the WNY Working Families Party executive board, and a co-facilitator of the Climate Justice Campaign of Western New York. On Grand Island, he's been an active member of Quality Quest and presently serves on the Grand Island Economic Development Advisory Board. (<https://www.wnypapers.com>)

Talk Back Session with John DeGraaf ~ *John DeGraaf*

Follow up discussion of John's presentation in the morning & Friday's documentary.

See Keynote Speakers for Mr. DeGraaf's background.

SESSION 2 11:45 A.M.

Natural Dyes ~ *Heather Hartz*

In this class we will go over different natural dyes that you can either buy or forage for. We will also discuss different mordents to use for fabrics. We live in a world of "fast fashion" where it's easy to get lost in the consumer side of clothing, but if we can take some steps back and work on making our own fabrics again in an ecologically sustainable way, it can help not only ourselves but the world around us as well.

Heather Hartz is a Buffalo native, who after several years away returned and is finishing up her senior year at Buffalo State College. She will graduate with a B.F.A. in Ceramics in the spring. When she's not doing that, her other love is for the fiber arts and weaving. She learned about using various methods and dyes while attending Buffalo State and has kept an interest in it.

How are youth organizing to tackle climate change ~ *WNY Youth Climate Council*

Ilyas Khan and other members of the Youth Council would lead a workshop on youth involvement in Climate Justice and their efforts to get local officials to declare a climate emergency.

Ilyas Khan is a 15 year-old City Honors School junior, director of the WNY Youth Climate Council, who organized the 9/20/19 Buffalo Climate strike.

Vertical Farming and Hydroponic Basics. ~ *Michael Zak sponsored by Lexington Co-op Markets*

What is Vertical Farming? Learn the tools you need to start growing indoors and how to make the most of your food compost.

How does hydroponics work? What is Aquaponics? Learn how Gro-op grows fresh food year-round in a controlled environment using organic food practices that have a low impact on our environment.

Avoid common problems of urban farming! PLUS a sample of LOCAL Gro-op basil, provided by Lexington Co-op Markets.

Michael Zak is the Co-Founder and Worker Owner at Gro-op, and teaches occupational skills to at-risk youth at WNY YouthBuild. He is the Board Chair at Buffalo Cooperative Federal Credit Union, a Community Development Financial Institution (CDFI) credit union whose mission is to serve those who need it most in Buffalo, N.Y. He has a bachelor's degree in Philosophy from the University at Buffalo and an associate's degree in Humanities from Erie Community College. Zak is a Buffalo native who grew up on the South East side in a single parent Union household. His passion is making Buffalo a more just and equitable place for our people and our environment.

Find Gro-op basil at Lexington Co-op Markets, Buffalo's community owned natural foods grocery store since 1971. With two stores, Elmwood Village and the Hertel Avenue location, the co-op loves to bring the community local fresh, seasonal and organic produce, sustainable meats, tasty hot foods and sweet house-made baked goods. Everyone is welcome to shop at the co-op, and 55 cents of every dollar is returned to the local community. Learn more at lexington.coop

Climate Change 2019 ~ Jack Kanack

This presentation will be on Climate Change and how it will have an impact on peoples 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 explaining "Chilling Degree Hours" and wrap up the discussion with explaining why we are entering Earth's sixth great mass extinction and my 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.

An Agricultural Response to Mitigating Greenhouse Gas Emissions ~ Tomasz Falkowski

The most recent Intergovernmental Panel on Climate Change report describes the extensive negative impacts of climate change on agriculture, as well as the role agriculture could play in mitigating greenhouse gas emissions. One of the ways in which agriculture can respond to climate change is the use of charcoal as a soil amendment. Known as biochar, this charcoal provides long-term carbon sequestration, augments nutrient levels, and improves water holding capacity in agricultural soils. This workshop will detail how indigenous farmers have used biochar in their agro-ecosystems for centuries, along with potential ways to apply these lessons in agro-ecosystems in the Northeastern United States.

Tomasz Falkowski is an Atkinson postdoctoral fellow in the School of Integrative Plant Science at Cornell University. He completed his doctorate in Environmental & Forest Biology at the State University of New York College of Environmental Science and Forestry. For the past eight

years, he has collaborated with Maya farmers to research how traditional agro-ecological knowledge could be applied to help restore degraded tropical ecosystems in Chiapas, Mexico.

A didactic kinesthetic explanation of the different scale of incomes in the present American society ~ Santiago Masferrer

Santiago Masferrer has been Janitor, bookkeeper, salesperson, accounting, counselor, legal advisor, CEO, brother of everyone, maintenance, architect, re-construction, expert demolition, basic electrician, masonry, carpentry, quiet listener, recognized by a few but not by his wife, rat killer, an expert in compost, soil screener, some roofing, wide brush painter, a father and a husband for 54 years, part-time gentleman, 98% regular folk. Mr. Masferrer looks for National Geographics to send to Chilean schools as well educational English books, he seeks promotion for the Mural about human rights abuses and the decimation of the natural resources perpetrated for corporations. he is one of former political prisoners under Nixon-Kissinger-Pinochet regimes, has obtained a few awards, has been expelled from the church, called a worthless employee according to the supervisor of D.C.S., he promotes inclusiveness, and is a Citizen of the Planet who tries to be a Christian. Sincerely Me.

Heirloom Vegetables ~ Remy Rotella

Remy will talk about history, why you should grow heirlooms, varieties good for WNY, how to grow them, etc.

Remy Rotella is owner of The Sample Seed Shop since 2009. She is a nationally known expert on heirloom vegetables with a strong love of beans and tomatoes. Remy travels each year to the Sustainable Mountain Agriculture Center in Kentucky for an heirloom bean aficionado gathering to gain more knowledge and beans! She speaks around the country on Heirlooms, and was recently a guest speaker at the National Heirloom Expo.



Angela Warren, UUCA Faith Development Director with Patrick Walker in the background at the Youth Organized Climate Strike, Saturday 9/20/19 in Niagara Square. The strike was organized by workshop presenter Ilyas Khan, director of the WNY Youth Climate Council. His workshop title: *How are youth organizing to tackle climate change.*