



A Sustenance Sharing Circle

Understanding the connection between Food, Art, Culture and Ecology
Sunday, October 12, 1 - 4 pm

Canuck Family Education Building (north side Grandview Park)

Registration is required. by phone: 604.718.5800, In person at Britannia Community Centre, or
 online at: www.britanniacentre.org Registration code: 62813.400BR



As part of the 6th. Annual Sustenance Festival, this Sharing Circle is an opportunity to understand a holistic approach to sustenance. Sustenance is more than dignified access to food. It is about sustaining the whole person, their culture, food and the environment. Join in the discussion with Cease Wyss, Ian Marcuse, Sharon Kallis and Sonja Hébert, sharing in food for thought, food for the palate.



Cease Wyss T'Uy'Tanat's family is predominately Coast Salish, with Hawaiian roots going back over 150 years. She is from the village of Sla7an in North Vancouver. By fusing her studies in ethnobotany with her practice in media arts, she is able to connect her own sense of spirit to those of other people. Cease was the subject of the film *Indigenous Plant Diva*. Through her work with foods and medicines, she continues her journey of understanding the relationship between arts and culture and how it relates to community holistic health.

Cease was a recipient of the Vancouver Mayor's Arts Awards for Studio Arts for Film & New Media. In 2014 she was nominated in Vancouver's Remarkable Women program, the year of reconciliation: Honouring women who build understanding and empathy between people.



Ian Marcuse is the community food developer for the Grandview-Woodland Food Connection and an advisory member to the Fruit Tree Project. Programs that integrate two key food system issues – food waste recovery and food equity. As someone who has struggled with chronic pain for much of his life, he understands the importance of healthy food to a healthy body. For him health is everything. Ian is particularly interested in the role that food plays in building more inclusive communities and through his work, focuses on projects that connect with harder-to-reach community members through engaging food projects.

Ian studied urban planning and is a cob builder by hobby. His small cob structure built in his backyard became a community building project involving the help of 70 people, It was the first cob structure built in Vancouver.



Sharon Kallis, collaborates with environmentalists, ecologists, and community members to forge a human/landscape relationship of stewardship. With a "one mile diet" approach to sourcing art materials, she works to discover the inherent material potential in a local landscape. Sharon was the initiating artist of the Ivy Project partnering with the Stanley Park Ecology Society to removed hectares of invasive material that was then used for environmental remediation as well as repurposed textile fibres and dyes.

Sharon was the recipient of the 2010 Brandford/Elliott Award for Excellence in Fiber Art and Vancouver Mayor's Arts Award for Studio Design: emerging artist. This year marks the publication of her first book, 'Common Threads: Weaving Community through Collaborative Eco-Art'



Sonja Hébert is of Acadian heritage. Her art work often speaks to themes of dislocation, hybridization, the cycles of life and adaptation. The materials she compose with in 3D are varied and can include natural as well as human-made. Her drawings combine charcoal, graphite, oil sticks and decoupage. She draws to get back to basics, to the initial mark making process with carbon, the fundamental molecule of all life. Sonja enjoy manipulating materials and discovering what each material has to say about this place we share.

Sonja is also an herbalist, and budding wild crafter. She has been involved in community building through cooperative living for the past 10 years. In 2012 completing an 8 month course through the Urban Herb School Sonja has been foraging the city for edibles ever since.

The Sustenance Sharing Circle is sponsored by the Britannia Branch of the Vancouver Public Library, Vancouver Board of Parks and Recreation, Britannia Art Gallery and the Grandview-Woodland Food Connection

