

Rooted in Community

▶ June 10–12, 2022

www.herbconference.com

INNISFREE FARM MAP



HERBAL GAMES

Test your herbal knowledge, show off your herbal skills. Great prizes and great fun.

Bring your sense of smell to enter in the Sniffathon Aromatherapy challenge Bring your organoleptic skills to enter the Plant ID challenge (dried plant specimens) The Sniffathon and the Plant ID quiz are set up in tents 1 and 2 until the end of lunch on Sunday. Winners will be announced in the closing circle.

Winners receive gift baskets of assorted herbal goodies.

Sponsored by BCHA

Greetings Fellow Plant Lovers

We are honored to host you here at the 5th biennial Vancouver Island Herb Gathering, held in celebration of all things herbal.

Welcome to this land, located in the unceded territory of the K'omoks first nation. Their name for this place means 'the land of plenty' in reference to the abundance of food in the forest and ocean and rivers, and the medicine plants all around. This weekend we remember the ancestors who have harvested and hunted here for generations, and we honor all the learning they have given us. We hope you will learn a lot, make new friends, deepen your sacred connection with the plant world and have loads of fun!

ORGANIZING COMMITTEE

- · Yarrow Willard
- · Chanchal Cabrera
- Colleen Emery

SUPPORT TEAM

- · Elaine Codling Registrar
- Holly LaRochelle Work Trade Coordinator
- Ashley Emery & Cheryl Cook -First Aid Attendants
- · Thierry Vrain Site Manager
- · Joseph Forest Chef

To help your stay here be safe and comfortable we have a few 'ground rules' we need to draw to your attention.

ACCESSING INNISFREE

We strongly encourage carpooling to get here as parking is quite limited. See the FaceBook group for a ride share board.

The #20 bus from Courtenay also goes past the end of Trent Road (5 minutes walk)

PARKING

Parking and access to the campsite opens at 10.30 am on Friday, June 10th.

There will be parking attendants Friday all day and on Saturday morning to help you.

 $\label{eq:Absolutely no parking on the west side of Trent} Road.$

Day visitors on Saturday can park in front of the property on Trent Road.

Parking for weekend campers is across the road from Innisfree, where the RVs and camper vans will be going as well. This is reserved for people who will not be driving in and out over the weekend. Your car may get blocked in so do not park here if you may need to leave early or to come and go.

For campers who need to move their car over the weekend there is parking in the subdivision behind on Cameron Road and Baden Road and you can walk back to Innisfree through the forest trail (5 - 10 minutes walk).

SAFETY

Please be mindful that this is a working farm and watch where you camp and walk so you don't damage plants. Please do not step into beds and keep children on the paths. There are occasional uneven surfaces so watch your footing when you walk. Some of the plants in the apothecary garden are poisonous - please do not nibble.

Do **not** light fires anywhere. **No** camp stoves or open flames.

No food in your tents please. There is wildlife in the area that we do not want to attract to the camping zone, including bears, raccoons, and birds.

FIRST AID

Our First Aid tent is located near the registration desk at the front gate.

KIDS HERB CLUB

Children must be supervised at all times on

All children 4-12 years old must be enrolled in the Kids Herb Club.

Kids Herb Club runs at the following times:

- Friday 2:00-6:00pm
- Saturday 9:15-1pm, 2-5:45pm
- Sunday 9:00-12:45pm, 1:45-4:30pm

Please pick up & drop off your children at the Kids Tent during these times.

BATHROOMS & WATER

There will be 5 porta potties on site. The porta potties will have hand sanitizer dispensers. There will be a wash stand with hot water at the food line.

We have an adapted bathroom for people who cannot manage in porta potties.

There is a water station by the campground for washing hands and brushing teeth.

Water is potable and good for drinking in all faucets on the property.

Please **do not** touch any irrigation faucets (under white buckets) as they have timers on them and you will mess with the watering schedules.

WELCOME

THE POND

No swimming in the pond this year. Please do not allow children to climb in or around the pond in the front garden.

TEA AND ELIXIR BAR

There is free herbal tea available all day at the Elixir Bar.

There will be hot and cold elixirs and tonics, coffee and some healthy snack foods available for purchase each day.

SMOKING We are a smoke free facility.

PETS Please leave your furry friends at home.

VENDORS

There are many great vendors to explore, The vending area will be open for most of the gathering. Some vendors will be attending classes as well, so if there is no one at a booth, please come back later.

BLANKET MARKET: SELL, SWAP OR GIVE AWAY

All participants are invited to bring their herbal creations, skills, and offerings to the larger community in a casual style blanket sharing and vending space.

Be safe. Be well. Happy herbaling

INSTRUCTORS

Penelope Beaudrow

- Sustainability and Regenerative Herbalism
- Endangered Native
 Medicinal Plants

Angela Bewick

 Walking Meditation: Listening to Nature

Chanchal Cabrera

- Medicinal Trees of Innisfree Farm
- Topical Treatments for Cancer Care

Seraphina Capranos

 Vitex Agnus Castus - Focused Materia Medica Session

Michel Duhaime:

· Qi Gong

Colleen Emery

- Resourcing the Nervous System with Aromatic Botanicals
- Formulation Techniques for Client Specific Care
- Aromatic Plant Distillation: Creating Hydrosols and Essential Oils

Joanna Finch

- Midnight Labryinth Walk
- Primordial Oohs:
 Sound as Medicine

Gaia Fuenzalida

Yoga

Beverley Gray

- Sacred Spirit Plant Healing
 Vibrational Plant Essence
- · The Boreal Herbal

David Knox

- Treating the Heart and Anxiety with Chinese Herbal Medicine
- Integrating Local Herbs into Chinese Herbal Medicine

Kalyn Kodiak

- · Stories of a Metis Herbalist
- Following the Seasons 'Round: A Year in the Life of the Metis

Patrick Kooyman

- Dual Extraction Tincturing Methods
- Aromatic Plant Distillation: Creating Hydrosols and Essential Oils
- · Forest Herb Walk

Alexandra Luppold

Healing Herbs and Water - Ceremonial Circle

Dr. Glen Nagel

- Herbal Bitters
- Fifty Shades of Grey: The Drug & Herb Interaction Continuum
- The Decent Demulcents:
 The Herbal Magic of
 Foams, Fluffs and Whips

Tony Oakworth

The Medicinal Use of Alcohol

Krista Dawn Poulton

Medicinal Soap-making

Josh Sarvis & Kelly Dunn

- Psychoactive Master Plants are our Mentors
- · Transformative Master Plants

Malcolm Saunders

- · Herbal Mocktails
- Herbal Chocolate Alchemy

Della (Rice) Sylvester | Huyamise'

· Becoming One With Nature

Sarah West

• Ecological Grief & Anxiety Workshop

Angela Willard

 Thalassotherapy: Ocean Medicine for Opulent Health

Terry Willard ClH, PhD

- Herb Walk for Digestive Issues
- Mitochondrial Dysfunction

Yarrow Willard

- · Herbal Mocktails
- Awakening Health: Tools for Inner Alignment

Dane Wild & Störii Wild

 From Seed to Bottle: A Year on the Medicinal Herb Growing Calendar

ENTERTAINMENT

Alan Jossul

Friday, 6:00-7:00pm

Alan Jossul's passion is fingerstyle, acoustic guitar and he achieves a sound that is playful and descriptive - like a waking dream. His music is heartfelt and honest and will soon become your favourite tracks to listen to while working, relaxing or during your next get-together. Playful, meaningful and soulful fingerstyle acoustic guitar music from the West Coast of British Columbia, Canada, nothing dubbed or tweaked, just flying fingers and heartfelt moments, songs you will listen to over and over.

https://youtube.com/user/AlanJossul

Elise LeBlanc

Friday 8:30-9:15pm

Elise's songwriting speaks to strength in vulnerability and a deep connection to nature. Her sound is inspired by 70s folk rock, old time country, and soul. Elise's debut album Runaway Kites was funded by FACTOR Canada (The Foundation for Canadian Talent on Recordings).

https://www.facebook.com/eliseleblancmusic

Arcana Dea

Saturday 9:00-9:30pm

Arcana Dea, Latin for 'Mysteries of the Goddess', is a Comox Valley based dance company that perform contemporary fusion dance with ancient roots. Cathy Stoyko (director of Arcana Dea), Lisa Hamilton and Anne Marie Scott will be sharing a dance that they co-created inspired by the Norns from Norse mythology.

https://cathystoykodance.blogspot.com/p/blue-lotus-troupe.html



Doctor Nativo

Saturday, 9:30-11:30pm

Guatemala's Doctor Nativo is one of Central America's most exciting new talents. His music layers Mayan spirituality, social activism, and folk wisdom over a propulsive sound combining reggae, cumbia, hip hop, and pre-Columbian instruments. His debut album, Guatemaya is a call for social justice for his country's indigenous majority.

https://doctornativo.com/

Shane Phillip and Friends

Saturday 12:45-2:15pm

Shane Philip is a Vancouver Island Singer/ Songwriter, Father, Filmmaker, Trail Runner, Bidaily Perspiration Enthusiast, Vegan Pacifist, Reluctant Cold Water, Yogi, Immersion Executor & Promoter , Outdoor Enthusiast, Lover of all things Natural, and Daily Gratitude Practitioner. Shane will be performing a set of contemplative songs on guitar banjo and didgeridoo.

https://music.apple.com/ca/artist/shane-philip/300417878

String Fellows: Anela Kahiamoe & Luke Blu Guthrie

Sunday 12:30-2:00pm

Anela & Luke have been touring the west coast of Canada for nearly a decade as a duo. Combining a unique blend of blues and soulful folk music, this duo features lap steel, ukulele, foot percussion and uplifting harmonies that reflect a complex and rich musical history. A live album recording of original instrumentals written by Anela & Luke titled 'Stringfellows,' has received notable play on CBC and their live performances are known for a light hearted, fun atmosphere.

https://www.youtube.com/user/Kahiamoe www.youtube.com/lukebluguthrie www.lukebluguthrie.ca

2022 SCHEDULE-

Making Merry

FRIDAY		Moonlight Labyrinth		10:30-11:15pm			
Registration begins		11am-8pm		Ceremony			
Elixir & Tea Bar Opens		12-10pm		Lights Out, Quiet Time.		11:30pm	
Vendor Marketplace Opens		12-6pm SATURDAY					
Opening Circle & Orientation		2-2:30pm		Elixir & Tea Bar Opens		7am-11pm	
Yoga		4:15-4:45pm		Registration		7-9:30am	
FRIDAY SESSION 1				Morning Yoga		7-8am	
Treating the Heart	Tent 1	2:30-4pm		Qi Gong Practice	7-8am		
and Anxiety with Chinese Herbal Medicine w/David				Primordial Oohs: Wa the Voice - Sound as	7-8am		
Dual Extraction	Demo Area	2:30-4pm		Breakfast		7-8:30am	
Tincturing Methods				Vendor Marketplace	Opens	9am-6pm	
w/Patrick	Horb	2:20 4pm		Morning Welcome & Announcements	9-9:15am		
Resourcing the Nervous System with Aromatic Botanicals w/ Colleen	Herb Walk	2:30-4pm		SATURDAY SESSION	J 1		
				Sustainability	Tent 1	9:30-11am	
				and Regenerative	10111	7100 114111	
Healing Herbs and	Circle	2:30-4pm		Herbalism w/ Penelope			
Water - Ceremonial		•		Psychoactive	Tent 2	9:30-11am	
Circle w/Alexandra			_	Master Plants w/	10.11.2	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
FRIDAY SESSION 2				Josh & Kelly			
The Medicinal Use of Alcohol w/Tony	Tent 1	4:15-5:45pm		Aromatic Plant Distillation w/ Colleen & Patrick	Demo Area	9:30- 12:45pm	
Sacred Spirit Plant	Tent 2	4:15-5:45pm			Uorb	(2x session)	
Healing w/Beverley				Medicinal Trees of Innisfree Farm w/	Herb Walk	9:30-11am	
Medicinal Soap- making w/Krista	Demo Area	4:15-5:45pm		Chanchal			
Herb Walk for	Herb	4:15-4:45pm		SATURDAY SESSION 2			
Digestive Issues w/	Walk	4.15-4.45pm		Integrating Local	Tent 1	11:15- 12:45pm	
Terry				Herbs into Chinese Herbal Medicine w/			
Dinner		6-7pm		David			
Music by Alan Jossul		6-7pm		Ecological Grief &	Tent 2	11:15-	
Cumberland Community Forest Society		7:15-7:40pm		Anxiety Workshop w/Sarah		12:45pm	
Keynote Speaker - Della (Rice) Sylvester Huyamise		7:45-8:30pm		Aromatic Plant Demo Distillation w/ Area Colleen & Patrick		9:30am- 12:45pm (2x session)	
Music by Elise LeBlanc		8:30-9pm		Herbal Bitters w/	Herb	11:15-	
Bat Walk with Meaghan Cursons and Tim Ennnis		9-10pm		Glen	Walk	12:45pm	
Bonfire, Music, Stories &		9:15-10:30pm		Saturday Lunch		12:45-2:15pm	

2022 SCHEDULE

Music from Shane Philip &		12:45-2:15pm		SUNDAY SESSION 1		
Friends			Formulation Techniques for	Tent 1	9:15-10:45am	
SATURDAY SESSION		0.17.0.17		Client Specific Care		
Mitochondrial Dysfunction	Tent 1	nt 1 2:15-3:45pm		w/Colleen		
w/Terry				Endangered Native Medicinal Plants w/	Tent 2	9:15-10:45am
Stories of a Metis	Tent 2	2:15-3:45pm		Penelope		
Herbalist w/Kalyn	Demo	0.15 0.45		Herbal Chocolate	Demo	9:15-10:45am
The Decent Demulcents w/Glen	Area	2:15-3:45pm		Alchemy w/ Malcolm	Area	
SATURDAY			Walking Meditation:	Herb	9:15-10:45am	
SATURDAY SESSION		Ī	Listening to Nature w/Angela	Walk		
Vitex Agnus Castus	Tent 1	4-5:30pm		SUNDAY SESSION 2		
- Focused Materia Medica Session w/				Fifty Shades of	Tent 1	11am-
Seraphina				Grey: The Drug &	TOTAL T	12:30pm
The Boreal Herbal	Tent 2	4-5:30pm		Herb Interaction Continuum w/Glen		
w/Beverley	D	4.5.20		Transformative	Tent 2	11am-
Herbal Mocktails w/Yarrow &	Demo Area	4-5:30pm		Master Plants w/		12:30pm
Malcolm	Malcolm			Josh & Kelly Thalassotherapy w/	Demo	11am-
Forest Herb Walk w/Patrick	Herb Walk	4-5:30pm		Angela Willard	Area	12:30pm
,	Truik	5-20 7	J	Becoming One With	Herb	11am-
Blanket Market		5:30-7pm		Nature w/Della	Walk	12:30pm
Dinner Herbal World Cafe		6-7:30pm		Lunch		12:30-2pm
		7:30-9pm 9-9:30pm		Music by Anela Kahiamoe & Luke Blu Guthrie		12:30-2pm
The Mystery of the Goddess: Arcana Dea		9-9.30pm				
Music by Doctor Nativo		9:30-11:30pm		SUNDAY SESSION 3	T 1	0.000
Lights Out, Quiet Tim	Lights Out, Quiet Time.			Topical treatments for cancer care w/	Tent 1	2-3:30pm
SUNDAY				Chanchal		
Elixir & Tea Bar Opens		7am-3:30pm		Reishi Relations w/ Yarrow	Tent 2 Demo	2-3:30pm 2-3:30pm
Yoga		7-8am		From Seed to Bottle		
Qi Gong Practice		7-8am		w/Dane & Störii	Area	2-3.30pm
Primordial Oohs: Wakening the Voice - Sound as Medicine		7-8am		Following the Seasons 'Round w/	Herb Walk	2-3:30pm
Breakfast		7-8:30am		Kalyn		
Vendor Marketplace Opens		9am-5pm		Closing Circle		3:45-4:15pm
Morning Circle &		9-9:15am		Cacao Ceremony	Tent 2	6pm
Announcements				,		- I

Treating the Heart and Anxiety with Chinese Herbal Medicine

Friday - 2:30pm-4:00pm • Tent 1 David Knox

Psycho emotional illness is often at the root of most diseases. In Chinese Medicine we say this is a disease of the shen spirit which comes from the heart. It is common when people think of treating an organ in Chinese medicine to throw a common tonic formula at the problem. We often hear, "oh it's her liver give her dandelion and milk thistle", or "it's her heart give her hawthorn". With a little bit of nuance one can achieve way better results. For example most skin conditions are the result of emotions building up and causing heart fire which flushes to the skin and needs to be drained from the patient. Anxiety is usually the result of the patient's heart being closed and the brain running overtime to try and make sense of the world without the sensory input from the heart. But what is keeping the heart closed in the first place? Lack of nourishment, phlegm blocking perception of the world? overwhelmedness? Each cause requires a different approach.

I'll show in this workshop some basic differentiation and theory which will allow an herbalist to choose the correct approach to treating various presentations of distressed spirit using mostly Chinese herbs but also applicable to using western and local herbs.

Dual Extraction Tincturing Methods

Friday - 2:30pm-4:00pm • Demonstration Area Patrick Kooyman

Dual extraction tincturing is a method of medicine making that uses two different solvents, alcohol and water, to extract a medicinal herb, then combining the two extractions together to yield a final tincture with a broad spectrum of phytochemical constituents. This class will discuss the methods, benefits and challenges of making dual extraction tinctures. This includes understanding which herbs are most appropriate to make a dual extraction out of, variations on the dual extraction method to use based on the medicinal constituents of different plants, how to make both fresh plant and dry plant dual extractions, and how to properly combine the alcohol and water

extractions to yield a dual extraction tincture of consistent, known potency for use in clinical practice.

Resourcing the Nervous System with Aromatic Botanicals

Friday - 2:30pm—4:00pm • Herb Walk Colleen Emery

Our collective experience in the past 2 years has been dynamic, encouraging all of us to find diverse and meaningful ways to support and nourish ourselves through these times. Supporting, nourishing and steadying the nervous system provides foundational support to the entire body to find balance.

When we inhale the aroma of a fragrant botanical, the aromatic molecules travel up the nose where they are registered by the nerves of the olfactory membranes in the nose lining. Olfactory responses to odors induce the brain to stimulate the release of hormones and neurochemicals that in turn alter the body's physiology and behavior having a profound impact with the emotional, mental and spiritual bodies of wellness.

Utilizing the magical Botanical Gardens at Innisfree Farm participants will be guided through an interpretive herb walk with a focus on the aromatic compounds of certain herbs.

Using our senses we will immerse into the plant medicine of each herb

Potential Extraction method and aromatic profile of plant will be discussed

There will be an emphasis on an ethical approach and how to work with whole plant aromatherapy.

Healing Herbs and Water - Ceremonial Circle

Friday - 2:30pm—4:00pm • Tent 2 Alexandra Luppold

All life and healing herbs need water, everyone knows this importance.

The quality of water you utilize for growing your medicinal herbs and medicine making is crucial. Now there is so much more to water than the physical meaning of quality or water treatment.

During this sacred circle the group is presented with teachings and a guided journey to the different aspects of water and your relationship to it. With the intake of the water essence (Alex will provide)

the guided journey to the sacred water within we will address the energy levels of the physical, emotional, mental, and spiritual bodies.

The Medicinal Use of Alcohol: What is in the menstruum?

Friday - 4:15pm—5:45pm • Tent 1 Tony Oakworth

There was a time when all Al-kuhl (which means "BODY-EATING SPIRIT" and is the origin of the term "ghoul") contained within it, plant and mushroom medicines. That's right! Since their inception, spirits have carried the essences of medicinal herbs for the purpose of administration to those that require specific herbal actions in a concentrated manner. Alcohol is a technology that has allowed humans to capture the spirit of anything and everything, including themselves. In this exploration, we investigate the history, various uses, composition, and medicinal properties of what has now become a problematic substance for our species. Why we stopped infusing the menstruum with herbs and started drinking it, is a topic of conjecture but one we will enjoy exploring regardless.

Sacred Spirit Plant Healing - Vibrational Plant Essence

Friday - 4:15pm—5:45pm • Tent 2 Beverley Gray

Connect deeply with the sacred, life-force energy of plants. Plant spirit healing involves meeting plant energy to influence healing of the human mind, body, spirit, and heart. This energy can be engaged on many levels including through the chakra system.

We will delve into the spiritual anatomy of the heart, the centre of the chakra system, through guided meditation, and by co-creating a vibrational plant essence in sacred community. This is a handson and hearts-in workshop!



Medicinal Soap-making (Cold-Processed Soap)

Friday - 4:15pm–5:45pm • Demonstration Area Krista Dawn Poulton

This hands-on workshop will cover the history and theory of making cold-processed soap, a technique utilizing lye and oils creating a chemical reaction called saponification turning these ingredients into soap. In this workshop, Krista Dawn Poulton will demonstrate how to make cold-processed soap with raw ingredients — olive oil, coconut oil, lye and botanicals — to create stunning medicinal soaps.

Herb Walk for Digestive Issues

Friday - 4:15pm—5:45pm • Herb Walk Terry Willard CIH, PhD

In the backdrop of Innisfree's wonderful Botanical Garden, we will look at some of the most prominent medicines for the digestive tract and liver. This Herb walk/sit will be an open format discussion looking into the multi-facets of a Botanical Teaching Garden.

Keynote Address

The Vancouver Herb Gathering is very pleased to announce our keynote speaker this year is Della Rice-Sylvester.

Della (Rice) Sylvester / Huyamisé is a member of the Cowichan Tribes First Nations. As a young girl Della learned about plants as food and medicine from her Grandmother's Ellen Johnny and Sylvestra Modeste. Ellen was a midwife who helped birth over 300 babies in the Cowichan Valley; and Sylvestra was well known for her local cultural keeping. As her inspiration, these women challenged Della to a lifelong learning about medicines, culture, health, and well-being.

Della's work includes being involved in nature's advocacy throughout her lifetime; working for 4 years with the BC Wild's Leadership Initiative for Environment; with Nancy Turner; and with the Pacific Networking Association, which is a group of cultural and spiritual First Nations from around the Pacific Ocean.

Della's training through her Aunt - Ellen White of Snuneymuxw, taught her the cultural and spiritual aspects of Ethnobotany. Della's ongoing self-training included handling large crowds.

Bat Walk

Friday - 9:00-10:00pm Meaghan Cursons and Tim Ennnis

Almost 40% of BC bat species are in trouble, with some already listed as endangered or threatened.

Did you know Cumberland's surrounding wilderness is home to 10 different bat species? These include 2 at risk species – the Townsend's Big-eared Bat (Corynorhinus townsendii) and the Little Brown Bat Myotis lucifugus.

Join Meaghan Cursons and Tim Ennnis from Cumberland Forest for a bat walk to learn more.

Moonlight Labyrinth Ceremony

Friday - 10:30-11:15pm • Joanna Finch

Join with songstress Joanna Finch for a journey to the center of the labyrinth. With voice and song, with silence and deep listening, with movement and meditation and merriment, we will warm up with some chanting and we will walk our way, together and yet alone, to the center and back out, ending with a closing song to celebrate the night.

Qi Gong Practice

Saturday & Sunday - 7:00am-8:00am Michel Duhaime

Participants will be introduced to basic principles of medical Qigong which are part of all personal practice and treatment sessions. This includes a brief review of the importance of correct standing posture as well as the three therapeutic components of medical Qigong: purging, tonifying, and regulating. The exercises shared do not require any prior experience. They remain however an effective way to activate the circulation of Qi and blood in preparation for a day of learning.

Primordial Oohs: Wakening the Voice - Sound as Medicine

Saturday & Sunday - 7:00am-8:00am Joanna Finch

Wake up and shake off your sleepiness with a gentle welcoming to your day.

Join Primordial Ooohs authentic vocalmovement with Sensing Bliss Embodied Sound practitioner, Joanna Finch. Starting slowly and unfurling like a leaf, like a flower, we acknowledge the whole body. Some singing, some chanting and a lot of authentic voice and movement! This is a fun and enlivening way to begin your day.

Morning Yoga

Saturday & Sunday - 7:00-8:00 am Gaia Fuenzalida

Join Gaia for a morning yoga practice. Everyone is welcome, all levels of experience. Please dress in layers for warmth and that is supportive for ease of movement. Depending on temperatures, we may do a standing practice. Yoga mat is recommended but not necessary.

Sustainability and Regenerative Herbalism – through the lens of a Registered Herbalist and Contract Manufacturer

Saturday - 9:30am–11:00am • Tent 1 Penelope Beaudrow

A conversation that we all need to be part of, whether listening, initiating or partaking in. Come join Penelope as she shares about Sustainability and Regenerative Herbalism through the lens of an herbalist and contract manufacturer. Learn what we are doing and find out ways you too can be a regenerative herbalist and consumer of our beloved medicinal plants.

Psychoactive Master Plants are our Mentors: how to best hear their powerful messages

Saturday - 9:30am–11:00am • Tent 2 Josh Sarvis & Kelly Dunn

Josh and Kelly from Dragonfly Earth Medicine will explore the essence and power of what makes a plant a Master Plant. How to best understand, share and educate your clients/patients/spiritual circles about honouring Master Plants and the journey they have had with our own DNA evolution. When we recognize plants as Spiritual Mentors, we are able to deepen our relationship with nature and self. True health can only exist when we are aligned with self and nature.

Aromatic Plant Distillation: Creating Hydrosols and Essential Oils

Saturday - 9:30am–12:45 pm (double session) Demonstration Area Colleen Emery & Patrick Kooyman

Join Patrick Kooyman and Colleen Emery as they take us through the unique process of distilling aromatic botanicals.

Participants will be guided through the process of aromatic distillation of essential oils and hydrosols using a traditional copper alembic still as well as glass still.

Active participants of this demonstration will gain insight on how, why and where certain plants produce and store aromatic compounds, how these compounds are best extracted and the medicinal actions and benefits of certain aromatic compounds. Participants will conclude the workshop with a better understanding of the process of extraction and safe and ethical usage of essential oils and hydrosols.

Medicinal Trees of Innisfree Farm

Saturday - 9:30am–11:00am • Herb Walk Chanchal Cabrera

Explore some of the unique and unusual medicinal trees such as black walnut, willow, 3 kinds of cedar, eucalyptus, birch, garry oak and a collection of special pines.

Integrating Local Herbs into Chinese Herbal Medicine

Saturday - 11:15am–12:45pm • Tent 1 David Knox

Supply chain issues during the last 2 years have also affected herbalists. Not the least because Chinese herbal medicine was being used a lot, in China, to treat the recent pandemic and there was not always enough to export to Canada. Other reasons such as quality assurance should get you thinking about mixing up your own formulas using your own herbs. Some common herbs are directly substituted for their imported counterparts. Sometimes the synergy created when adding a certain local herb to a standard formula makes it much more potent. Sometimes one can invent new formulas with great results.

Applying Chinese herbal medicine theory which is a complete theory integrating materia medica diagnostics and therapeutics to the local herbs we all know can be very powerful. In this workshop I will talk about my experience hybridizing Chinese and Western herbs together in a clinical setting.

Ecological Grief & Anxiety Workshop: Resiliency & Hope in an Era of Climate Change

Saturday - 11:15am—12:45pm • Tent 2 Sarah West

Ever look at what's happening with our climate and just want to hide? Fight? Cry? Scream? Sleep? Help? If so, you're likely no stranger to experiencing eco grief. Yes, it's a real thing. The very world that we depend on for life is stressed beyond anything we've seen before, and it makes sense that we inevitably respond in-kind, whether consciously or unconsciously. The cycles of our earth as we know it are changing, and it's impacting every one of us.

Working with creative, land based, and mindful embodiment practices, this supportive workshop will creatively and theoretically explore eco grief and our place in its cycles.

Herbal Bitters

Saturday - 11:15am–12:45pm • Herb Walk Dr. Glen Nagel

Plants are remarkably bitter and have been used therapeutically for centuries. This is a classic herb walk in the forest and field to identify the bitter herbs. We will discuss bitter taste and how it affects human health, and new research about bitter receptors being found throughout the body. We will make an instant field bitter using old and new techniques, like NO2 extraction. We will toast the plants with a bitter tonic.

Mitochondrial Dysfunction - the Perennial Cause of Many Health Issues

Saturday - 2:15pm—3:45pm • Tent 1 Terry Willard CIH, PhD

The Mitochondria are the little engines that 'could' in most cells of our body. We inherit mitochondria from the female line. It drives most of the energy functions of the body. It is believed to have been a captured bacterial caught to create

eukaryotic organisms in the early days of evolution. Most human cells contain many mitochondria, nicknamed the 'powerhouse of the cell'. Yes, you 'own' over 1000 trillion of them. There has been quite a bit of scientific interest in their function over the last decade. Mitochondrial dysfunction (MD) might be a major contributing factor in a long list of health issues including Low Energy, Alzheimer's, Parkinson's, Diabetes, Long Term Covid, Cancer, Chronic Fatigue, Fibromyalgia, Cardiovascular issues, Brain fog, Digestive Issues, to mention a few conditions. In this discussion, we will review this material and suggest several dietary and natural medicines that can help reverse these problems. Spoiler alert: one of the cures is 'Star Dust'. We will also look at some of the pharmaceuticals that contribute to this problem. Current thought is that this will become one of the leading issues that Health Care Practitioners will deal with in the next decade. Most likely over 60% of the issues a Herbalist sees is rooted in MD. Get prepared for the next wave.

Stories of a Metis Herbalist - Marie Rose's 80 Years on the Plains

Saturday - 2:15pm—3:45pm • Tent 2 Kalyn Kodiak

Follow 80 years in the life of CCHA Herbal Elder Marie Rose Smith, a Metis herbalist & midwife who cared for the community of Pincher Creek in the early 1900's. Marie's great-great granddaughter shares the stories of her ancestor's life – from her childhood in the trade caravan, to post-buffalo era rancher, respected matriarch, business woman, historian & healer. One of few female indigenous authors of her time, Marie Rose documented the practices of Metis women -those who provided housing, food, and medicine to their families from land-based resources and traditional skills. Through story, Marie Rose brings the medicines of the Metis people to life.

The Decent Demulcents: The Herbal Magic of Foams, Fluffs and Whips

Saturday - 2:15pm—3:45pm • Demonstration Area Dr. Glen Nagel

Herbal demulcents are often overlooked or avoided in herbal medicine. Many people do not

enjoy the power of herbal slime. In this hands-on workshop, Dr. Glen Nagel will show the power of demulcents and demonstrate the creation of herbal infused foams and fluffs. We will discuss the therapeutic properties of Althea, Slippery Elm, Linden, Seaweeds and more. We will create real herbal marshmallows using simple ingredients.

Vitex Agnus Castus - Focused Materia Medica Session

Saturday - 4:00pm–5:30pm • Tent 1 Seraphina Capranos

This misunderstood herb has been used for thousands of years, and yet today is the topic of so much debate among herbalists. Many clinicians have used this herb with little to no success, reporting aggravations in their patients. In this 90 minute class, Seraphina will review case studies and stories from clinical practice for how she's come to use this herb, what she's gleaned from the times it hasn't worked, and why she has grown to love and value it's specific application in practice.

The Boreal Herbal: Wild Food & Medicine Plants of the North

Saturday - 4:00pm—5:30pm • Tent 2 Beverley Gray

Foraging north of 60: wild food and medicine plants of the northern boreal forest. Journey through the northern landscape connecting to the wild medicine plants of the boreal forest as teachers of the sacred. We will explore the use of wild medicinal and edible plants of the north for health and healing in everyday life, from how to soothe pain with willow, staunch bleeding with yarrow and to treat a urinary-tract infection with bearberry.

Herbal Mocktails

Saturday - 4:00pm–5:30pm • Demonstration Area Yarrow Willard & Malcolm Saunders

Double Double, Toil and Trouble, make me a Mocktail with herbs and bubbles!

In this interactive taste tantalizing workshop experience, you will learn a variety of recipe ideas, tips and tricks for crafting your own herb and superfood infused mocktail beverages. We will be making and sampling drinks with tinctures, syrups, sodas, kombuchas, fresh and dried herbs

and so much more...

Recipes can be loose, intuitive and natural, but the concepts are specific and methodical. Participants will walk away with many new flavours in their mouths and laughter in their bellies. Plus gain the knowhow to craft a variety of health enhancing social beverages for themselves.

Forest Herb Walk

Saturday - 4:00pm-5:30pm • Herb Walk Patrick Kooyman

Explore the forest trails adjacent to Innisfree Farm, discovering local wild plants and their uses for medicine, food and technological applications. We will start at the human-disturbed logging road edge, and continue along the trail to mature forest, observing how the plant communities change. We will learn some botany and plant identification along the way, discuss ethical and appropriate harvest practices, gain an appreciation for the relationships of plants within the larger ecosystem community, and how this relates to their medicinal actions in our bodies.

Formulation Techniques for Client Specific Care

Sunday - 9:15am-10:45am • Tent 1 Colleen Emery

Creating customized botanical formulations for clinical practice takes a keen awareness of many combined factors to create a synergy of herbal medicine that specifically addresses wellness concerns.

Herbal Medicine works best when focus is placed on the people working with the health condition instead of just the condition alone.

Creating effective formulas for client specific care requires an approach that acknowledges the herbal medicine, the person utilizing the herbal formula as well as the condition or barrier to balanced health they are experiencing.

Within this workshop we will discover:

- Constitutional Assessment & Quality of Condition
- Horizontal Synergy and Vertical Synergy in formulation
- · Specific Indications of Eclectic Herbalism
- The Quality / Energetics of Botanicals
- Herbal Medicine as Builders, Neutrals & Eliminators
- A Formulation Template for Clinical Practice

Join Colleen Emery as she shares a formulation technique that allows the intelligence and potential the plant medicine holds to capture the holistic goal of client specific formulation and healthcare.

Endangered Native Medicinal Plants

Sunday - 9:15am-10:45am • Tent 2 Penelope Beaudrow

Come join international lecturer, Penelope as she shares her heart's work with us! As the recipient of the 2021 United Plant Savers Conservation award, she will bring her unique perspective as a Regis-tered Herbalist and Land Steward of Kina Gegoo Botanical Sanctuary to this talk. A significant part of her work, which she will share, is to educate and protect native medicinal plants and their native habitat while helping to ensure an abundant renewable supply of medicinal plants for generations to come.

With herbs moving into mainstream, and the demand on wild medicinal plants increases, we are using up the supply of these herbs. This increased usage along with habitat destruction is causing an ever-increasing shortage of wild plant resources, including some of our most treasured medicinal spe-cies. This is a real concern for all HERBALISTS!

Learn some startling facts and how we are making a difference and you can too!

Herbal Chocolate Alchemy

Sunday - 9:15am-10:45am • Demonstration Area Malcolm Saunders

In herbalism when compliance is key – chocolate is the solution...

Chocolate is the Ultimate Delivery System!

And you will learn how to create the healthiest, tastiest, most enjoyable herbal chocolate you've ever had, anytime you want! Not just chocolate bars, but herbal chocolate sauce, fudge, milk and more.

Whether making it for yourself, family, friends, clients or colleagues you will be everyone's hero after only just one bite...

In this wonderful immersive chocolate experience, you will learn to not only become your own chocolate maker but become a herbal chocolate alchemist!

You will develop an understanding of the alchemy of cacao and the potential and synergy it has as a delivery system for herbal medicine.

Walking Meditation: Listening to Nature

Sunday - 9:15am–10:45am • Herb Walk Angela Bewick

In this walk, we will be engaging the principles of mindfulness to connect our internal and external experience. Mindful movement is often a gateway into the practical application of mindfulness for those who may find a sitting practice challenging or want to expand their current practice. When we consider how to strengthen our commitment to protecting our precious planet, dedicating our efforts to the act of walking in peace and presence in nature is a simple way to practice respect in action. Our ability to re-connect with nature invites our nervous systems to regulate with the wisdom of the earth. There are no prerequisites to this workshop and all are welcome.

Fifty Shades of Grey: The Drug & Herb Interaction Continuum

Sunday - 11:00am—12:30pm • Tent 1 Dr. Glen Nagel

Dr Glen Nagel in a talk on the potential of drug/ herb interactions. This talk will cover practical knowledge and common concerns for the working retail pharmacist in the grey area of potential interactions. Dr Nagel will talk about the most common herbs and the perceived potential for interactions and the reality of interactions. He will deliver a 5 question method for determining the potential for drug-herb interactions. There will also be an overview of resources for herbalists and naturopaths.

Transformative Master Plants: How to Honour them through Regenerative Cultivation and Education

Sunday - 11:00am-12:30pm • Tent 2 Josh Sarvis & Kelly Dunn

The role Plant Medicine has on Healthy Mind, Body and Soil in this time of great transition. Transformative Master Plants are coming out of oppression and stigma and making their grand entrance into worldwide popular culture. How can we learn from their karmic path and follow cannabis' lead of resilience and weaving collective consciousness of plant medicine in a time of uncertainty for humanity?

Thalassotherapy: Ocean Medicine for Opulent Health

Sunday - 11am—12:30pm • Demonstration Area Angela Willard

Thalassotherapy is an old world practice of using components from the sea in a spa ritual setting to calm the mind, soothe the soul, and nourish the body; literally from the outside-in.

Hot seaweed baths, out in the wild elements of nature, were a major component of this practice.

In this class we will focus our time on learning about the history and traditional use of topical seaweed bath and body care applications for use during health and cleansing routines, and create some simple and effective recipes. In addition, we'll explore some more innovative ways in which seaweeds can be added to other herbal topical care products, to enhance their beneficial properties, add texture, and even help in their preservation. There will be some fun hands on work we will do in this class, which will give you a "feel" for the ways in which seaweeds respond harmoniously with other nutritive ingredients- a distinctive quality that has seaweed showing up in all kinds of products, far beyond body care. You may be surprised to discover just how many times seaweed has already crossed into your world!

Becoming One With Nature

Sunday - 11:00am—12:30pm • Herb Walk Della (Rice) Sylvester | Huyamise'

During the walk, we'll do taste testing; on some of the things that can, and that'll be an introduction to edibles and pain medicine.

Topical Treatments For Cancer Care

Sunday - 2:00pm-3:30pm • Tent 1 Chanchal Cabrera

The skin is our largest organ and topical herbal applications provide a great opportunity to deliver remedies safely and effectively. From escharotics to healing poultices, from liniments to foot baths, herbs can be applied to the skin in many ways to induce healing. In treating cancer topical herbs can provide direct anti-cancer effects, or assist in

managing the consequences of other treatments e.g. radiation burns, hand and foot syndrome or post surgical scarring. This lecture will provide recipes and formulas, strategies and safe guarding. This is an intermediate to advanced class.

Awakening Health: Tools for Inner Alignment

Sunday - 2:00pm-3:30 pm • Tent 2 Yarrow Willard

Let's take a moment to explore our relationship with the vital force that connects us to all life. In this workshop we will unpack a variety of diagnostic tools and coded mapping systems from various wholistic health systems in an attempt to understand the nature of stagnation and flow. We will look at the connection between mind, body and heart, as well as how to best align our inner health needs with our outer purpose and vision for the more beautiful world we all know is possible.

From Seed to Bottle: A Year on the Medicinal Herb Growing Calendar

Sunday - 2:00pm-3:30pm • Demonstration Area Dane Wild & Störii Wild

In this demonstration Dane and Storii will share their experiences through a whole calendar year on their herb farm, Wild Folk Herbs, here in the Pacific Northwest. We will share our growing successes, failures & practical tips, tricks & resources to growing plant medicine.

Following biodynamic principles, we will demonstrate with a hands-on portion on the "why" & "how to" of plant propagation. Centered around cell-biology, plant tissues and hormone balance, we will share practical propagation skills that can be applied to any garden by any gardener

Following the cycles of the season, we will share our planting calendar, harvesting windows, seed saving & more. We will draw upon our experiences in an unpredictable climate, in a time of ever-changing weather patterns and ways to plan, prepare & be resourceful.

Following the Seasons 'Round: A Year in the Life of the Metis

Sunday - 2:00pm-3:30pm • Herb Walk Kalyn Kodiak

The life of Metis people is traditionally guided by the seasons, each moon providing another connection to nature, growth in ceremony, and celebrations of family & survival. From the harvesting of traditional foods, hunting & trading, to ceremony & lifeways practices, the Metis have a multitude of plant-related activities associated with every season. In this plant walk, we follow the cycle of one year, acknowledging healing, gathering & life-making practices that keep us healthy, hearty and on a Good Road.

Cacao Ceremony

Sunday - 6:00 -9:00pm • Tent 2 Doctor Nativo Register at the Elixir Bar - \$10 Suggested Donation

Ceremony participants will partake in an ancestral drink made from cacao, cardamom, chili, and clove. Followed by a traditional Mayan ceremony in which we tap into the Cosmic energies of the Nawales (Spirit Animals), helping us to awaken the spiritual light warrior, overcome our fears, find personal balance and healing. Throughout the ceremony there are songs and dances to connect the spirit. Our inner light warrior will help us overcome the obstacles generated in the human psyche that prevent us from spiritual transcendence; the way of the light warrior helps us to dissolve the ego to access higher levels of perception and recognize the belonging that we all have as human beings to Mother Earth and the universe.

Contraindications of any substances consumed during the ceremony: This ceremony is not suited for persons with any heart conditions, history of seizures or epilepsy. Cacao may raise the heartrate and cause dizziness.

Specific preparation required before the ceremony: No meat, no alcohol, or any other chemical drug at least 2 hours before the ceremony.

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2022 Vancouver Island Herb Gathering

FIRE







✓HARMONIC ARTS

AIR – LET US BE INSPIRED







WATER – LET IT FLOW









EARTH - FOUNDATION



Part of our mission at the Vancouver Island Herbal Gathering is to give back to the land we live on and the societies and groups that help make herbalism possible here in Canada. For that reason this herb gathering is a Not for Profit, where the proceeds go to support organizations we believe in.

This year we are proud to be sponsoring:

