

## Meeting Minutes

### N8V Good Life Indigenous Recovery Council

**Date:** Wednesday, November 19, 2025

**Time:** 4:00–5:00 PM (via Zoom and in-person)

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#### 1. Attendees

- Gabriel Ayala
- Krupa Patel
- Jane Roxas
- Gina Roxas
- Sherrine Peyton
- Joanna Cornelli-Windsley
- Jennifer Naddeo
- Kenneth Bell
- Lauren Schomber

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#### 2. Cultural Opening

- The meeting began with an **opening prayer** led by **Gabriel Ayala**.
- Participants shared personal introductions, cultural backgrounds, and roles within their communities.
- Emphasis was placed on:
  - The importance of beginning gatherings in a culturally respectful way.
  - Using introductions and heritage-sharing to stay grounded and connected.

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#### 3. Indigenous Cultural Practices & ROSC Discussion

- Gabriel emphasized incorporating Indigenous cultural elements such as:
  - Talking circles
  - Smudging
  - Traditional music
- **ROSC Project Updates (Gina & Sherrine):**
  - Resource guide: curated using AI tools and youth council support to compile accessible Indigenous-based organizations.
  - ROSC Survey:
    - Survey has been active since August and will continue through December.
    - 110 respondents so far; approximately 33% identified as Indigenous.
    - Data will be used to strengthen programming and upcoming events.
  - Successful feedback from Indigenous wellness events:
    - Indigenous Yoga with Loretta

- Talking Circles with Sarina

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#### 4. Indigenous Yoga Event Planning

- Jane provided updates on the Indigenous yoga session:
  - Instructor (**Lorena**) trained for a year in culturally grounded Indigenous yoga.
  - Practice incorporates the four directions, smudging, and seasonal elements.
  - Participants prepare personal medicine bundles as part of the class.
  - Lorena plans to launch full classes in **January 2026**.
- Suggestions & Input:
  - **Gabriel:** incorporate live music or Native soundscapes.
  - **Krupa:** explore including henna or teachings on South Asian wellness practices.
  - Gabriel expressed interest in viewing video footage of the yoga session.

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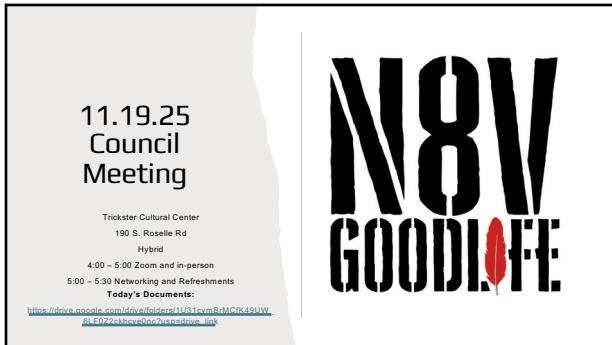
#### 5. Winter Events & Cultural Activities

- Upcoming winter programming:
  - **Holiday Art Market – December 20th**
    - Workshops featuring Indigenous art forms.
  - **Toys for Tots Event – December 22nd**
  - **Round Dance Gathering – Pending**
    - Gabriel provided cultural context and significance.
- General discussion on winter cultural traditions and songs.
- Birthday acknowledgments were shared for Gina and Gabriel.

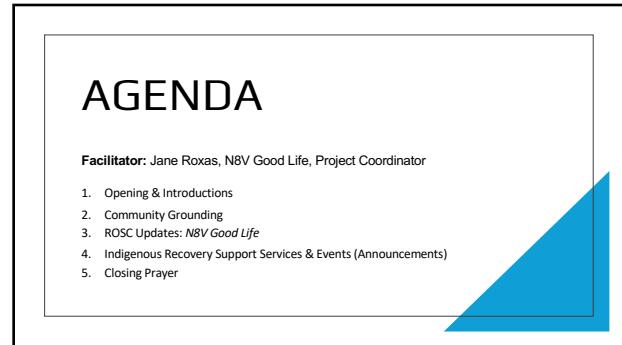
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#### 6. Closing

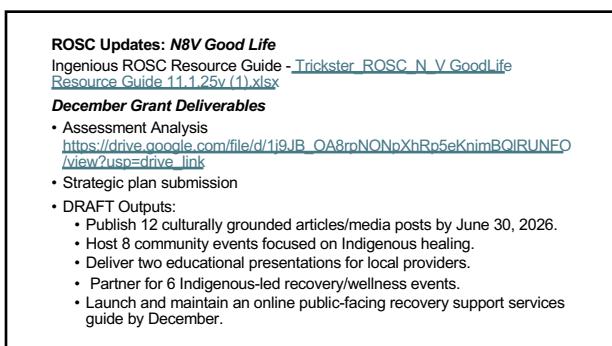
- Gabriel led the **closing prayer**.
- Meeting concluded with agreement to continue refining programming based on survey results and community cultural practices.



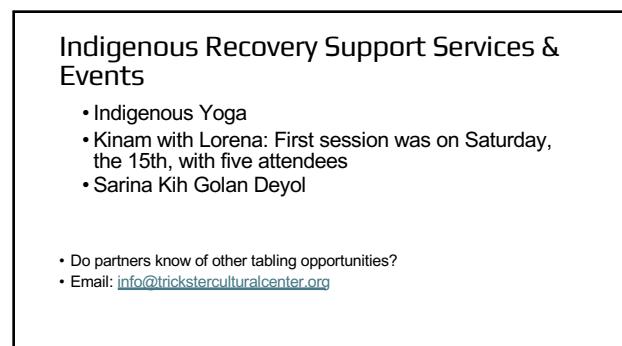
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