

## 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

11.19.25 minutes

- 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.

11.19.25  
Council  
Meeting

Trickster Cultural Center  
190 S. Roselle Rd  
Hybrid

4:00 – 5:00 Zoom and in-person  
5:00 – 5:30 Networking and Refreshments

Today's Documents:

<https://drive.google.com/drive/folders/1Vz1cymBIMCR49JW-gU-EF72x3bcvnc3m2n0vng-3ag>

# AGENDA

**Facilitator:** Jane Roxas, N8V Good Life, Project Coordinator

1. Opening & Introductions
2. Community Grounding
3. ROSC Updates: *N8V Good Life*
4. Indigenous Recovery Support Services & Events (Announcements)
5. Closing Prayer

**ROSC Updates: *N8V Good Life***  
 Indigenous ROSC Resource Guide - [Trickster ROSC N\\_V GoodLife Resource Guide 11.1.25v \(1\).xlsx](#)

***December Grant Deliverables***

- Assessment Analysis  
[https://drive.google.com/file/d/1t9JB\\_OA8rpNQNPxhRp5eKNmBQIRUNfO/view?usp=drive\\_link](https://drive.google.com/file/d/1t9JB_OA8rpNQNPxhRp5eKNmBQIRUNfO/view?usp=drive_link)
- Strategic plan submission
- DRAFT Outputs:
  - Publish 12 culturally grounded articles/media posts by June 30, 2026.
  - Host 8 community events focused on Indigenous healing.
  - Deliver two educational presentations for local providers.
  - Partner for 6 Indigenous-led recovery/wellness events.
  - Launch and maintain an online public-facing recovery support services guide by December.

# Indigenous Recovery Support Services & Events

- Indigenous Yoga
- Kinam with Lorena: First session was on Saturday, the 15th, with five attendees
- Sarina Kih Golan Deyol

  

- Do partners know of other tabling opportunities?
- Email: [info@tricksterculturalcenter.org](mailto:info@tricksterculturalcenter.org)