



Kalamazoo VALLEY Museum

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www.kalamazoomuseum.org  
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@kalamazoomuseum

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Kalamazoo, MI



The Kalamazoo Foodways Symposium inspires and empowers Greater Kalamazoo communities to honor our agricultural history and heritage cuisines, celebrate good food, and work together to build a just and healthy future for all.

Foodways are the cultural, social, and economic practices relating to the continued production and consumption of food. Foodways often refers to the intersection of food in culture, traditions, and history. New foodways are being created and revived all the time in response to shifts in how we live.

This annual event, usually taking place in April, had to be cancelled in 2020. But just like our foodways, our event will adapt!

The 2021 Kalamazoo Foodways Symposium: Plant Forward Foodways will be a fully virtual event, but it will still focus on the future of foodways and will provide a platform for discussions not only about the intersection of food and culture, but health and environment as well.

The keynote session, scheduled for the evening of Monday, April 5, will feature a beautifully produced cooking demonstration by author and chef Abra Berens, with live discussion to follow. Berens is a chef, former farmer, and writer who believes that the meals we eat should change with the seasons and that their ingredients should come from nearby. She strives to make simple, delicious meals that champion the region.

Chef Abra Berens, keynote speaker



Her first cookbook, *Ruffage: A Practical Guide to Vegetables*, is a teaching cookbook that aims to help build readers' confidence in preparing vegetables by providing easy-to-follow recipes, detailed explanations of cooking techniques, and a myriad of variations for each recipe to inspire future dishes. Berens will focus on how plant-forward cooking can be exciting, healthy, sustainable, and delicious, and she will provide recipes and tips to follow.

Then, throughout the rest of the week, educators, chefs, home cooks, activists, and neighbors from the Kalamazoo community will present live sessions via Zoom. Topics will range from making your own soda syrups and vegan cheeses to at-home sustainability practices like composting and building habitat for native bees, and demonstrations and talks that share personal stories and traditional recipes—all with a focus on a love of plants and vegetables.

Sessions are scheduled at various times throughout the day from Monday, April 5, through Saturday, April 10. A full schedule and registration information will be available at [kalamazoomuseum.org/kalamazoofoodways](http://kalamazoomuseum.org/kalamazoofoodways). The event is free and open to the public.



### Spend spring break online and at home with the Kalamazoo Valley Museum!

Let's live in a world where there is a place for each of our unique talents and characteristics to be appreciated. No Missing Pieces uses children's picture books and related art to explore what a beautiful world it could be. Ten free crafts each day will support one of five books, including *The Invisible Boy* by Trudy Ludwig, *Beautiful Hands* by Kathryn Otoshi, *The Proudest Blue* by Ibtihaj Muhammad, *I Am Enough* by Grace Byers, and *The Big Umbrella* by June and Juniper Bates. Register for craft bags, available for curbside pickup, \$10 for 50 different crafts. Explore the books and create the art! Visit us at [kalamazoomuseum.org](http://kalamazoomuseum.org).

Spring Break Hands-On:  
**No Missing Pieces**  
March 29 – April 2, 2021

# KALAMAZOO VALLEY MUSEUM CREATES VIRTUAL COMMUNITY

museON  
EXPRESS  
A Publication from the  
Kalamazoo Valley Museum

While the COVID-19 (Coronavirus) pandemic has changed the world for everyone, the Kalamazoo Valley Museum remains a vibrant, virtual meeting place for all ages. Since last spring when the Museum was temporarily closed and many of us grew accustomed to working from home, Zoom meetings, and FaceTime visits, Museum staff have been busy finding ways to offer innovative online programs, including Star Talks, a museum interpretation podcast, a 360-degree virtual tour, and exploration of the online collections database.

In preparation for the reopening of the of the Museum in January, a new "read and see" experience has visitors following one-way pathways exploring first-floor exhibits, including *Filling in the Gaps: The Art of Murphy Darden* and *Science on a Sphere*. The second-floor exhibit *Kalamazoo Direct to You* has been modified with looping video content, touchless buttons, and "I Spy Challenge" activities. A sound sculpture by artist Beth Bradfish offers a one-of-a-kind auditory experience.

**Special events are also being hosted online, including the 16th Annual Fretboard Festival on March 6, the Storytelling Festival on February 6, and the Foodways Symposium, set for April 5 to 10, 2021.**

The Storytelling Festival theme is based on author Susan Verde's children's book series, showing that, "being human means we are full of possibilities." It will bring professional storytellers from around Michigan and beyond.

The Foodways Symposium will be held virtually April 5 to 10. Abra Berens, chef, farmer, and author of the cookbook "Ruffage," will be the keynote presenter. The Symposium's partners include Kalamazoo Valley Community College's Culinary Arts program and Food Innovation Center, along with other campus and community partners. Its "Plant Forward" theme explores how our plant food culture is changing, from our shared past to our shared future.

**Please visit Museum website at [kalamazoomuseum.org](http://kalamazoomuseum.org) for current public hours and preregistration details.**

The Kalamazoo Valley Museum is operated by Kalamazoo Valley Community College and is governed by its Board of Trustees



# The Kalamazoo Valley Museum offers many ways to connect virtually this winter.

## Following the Water

For the last few months, Museum staff have invited patrons to Follow the Water through gardening with fish, Native American connections, maritime history, the ecology of dams, Great Lakes Haunts and Shipwrecks, and Digging Deep into Stories. Access water-related stories using videos, crafts, a performance, and family activities at [kalamazoomuseum.org/education/index.html](http://kalamazoomuseum.org/education/index.html).

## Beatrice Menase Kwe Jackson, Water Walker: Native American Connections to the Water



Anishinaabe elder and water walker Beatrice Menase Kwe Jackson shares her experiences walking the Great Lakes and praying for the water at Standing Rock

and other locations throughout the United States. She is a Grandmother of the Three Fires Midewewin Lodge and serves to share the traditional teachings from past generations. Listen to her story at [youtube.com/watch?v=F5Y7qCnmrVU&feature=youtu.be](https://www.youtube.com/watch?v=F5Y7qCnmrVU&feature=youtu.be).

## Live Night Sky Tours

Planetarium staff will demonstrate how to find constellations, spot planets, and even see distant galaxies at [kalamazoomuseum.org/planetarium/](http://kalamazoomuseum.org/planetarium/).

## Kalamazoo Valley Museum Interpretive Hour Podcast

The Kalamazoo Valley Museum Interpretive Hour explores the field of interpretation and its many different facets. The hosts review vignette case studies and connect them to bigger themes. Listen to the podcasts [kalamazoomuseum.org/podcast/](http://kalamazoomuseum.org/podcast/).

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## Chemistry Day

Chemistry Day is celebrated each year in October, but the program remains available online. The story is an investigative mystery with the Museum falling victim of the notorious notorious Sticky Bandit, who leaves behind a mess of gooey substances that distract investigators and contaminate the crime scene. Help solve the mystery by studying the clues and figuring out the story at [kalamazoomuseum.org/education/chemistry-day.html](http://kalamazoomuseum.org/education/chemistry-day.html).

## A Job for Everyone: Explore Work Life a Hundred Years Ago

The men and women featured lived in Kalamazoo, but their stories have been fabricated to help guests imagine a variety of circumstances that working-class people may have encountered in the decades between 1890 and 1930. Listen to their stories at [youraudiotour.com/tours/950/](http://youraudiotour.com/tours/950/).



## The Walker Brothers

Brothers Ryan and Keith Walker, born in 1975 and 1977, were diagnosed with enzyme-confirmed Mycopolysaccharidosis Type II (Hunter syndrome). Hunter syndrome is a progressive genetic disorder, causing neurological and physical problems, including speech delay, hearing problems, and joint deformities, among others.

There is no cure for Hunter Syndrome, and both Ryan and Keith ultimately passed away from the disease in 1992. Despite this diagnosis, their parents Dewey and Sally worked to give their sons as many typical



childhood experiences as possible, fighting for them the whole way. This led them to be the first students enrolled in the Inclusive Education program in the city of Kalamazoo. Hear more about the brothers at [kvmexhibits.org/2020/walkerbrothers](http://kvmexhibits.org/2020/walkerbrothers).



For 16 years, the Kalamazoo Valley Museum has hosted a Fretboard Festival, celebrating Kalamazoo's unique music history with live performances, demonstrations and workshops.

The 2021 Fretboard Festival, set for March 6, is going to be different. Instead of welcoming thousands of patrons into the Museum, staff will be welcoming thousands to the Virtual Fretboard Festival on the event website.



A quick peek behind the stage curtain of this year's event will give hints about what participants can look forward to. Bob Rowe and the Green Valley Boys, Megan Dooley, The Go Rounds, Mark & Darcy Sahlgren and Brian Koenigsknecht are among the musicians who are slated to perform.

Workshops for musicians of all skill levels are also planned, along with opportunities to explore the work of talented luthiers and admire exquisitely crafted instruments.

Whatever you enjoy most about the Festival, register in advance at [kvcc.edu/fretboard](http://kvcc.edu/fretboard) to get insider information, early content, and first access to free workshop signups for the 2021 Fretboard Festival.



The Museum's 9th Annual Storytelling Festival for families—now completely virtual on February 6—will include stories focused on Raising a Generation That Changes the World.

Author Susan Verde and illustrator Peter H. Reynolds have created a series of picture books that fit this theme perfectly. The latest, *I Am One: A Book of Action*, focuses on how each of us can act purposefully to help change the world. *I Am Peace: A Book of Mindfulness* encourages us to be fully engaged in the present moment and to make a difference in how we treat others. *I Am Love: A Book of Compassion* defines love as showing kindness, living with gratitude, and taking care of our minds and bodies. *I Am Human: A Book of Empathy* explains that we are all unique individuals, constantly learning and making choices that show others compassion. *I Am Yoga* helps us discover and reflect on our lives and world.



La'Ron Williams



Adam Mellema

Each book will be the kickoff point for a series of stories provided by tellers from around the world. This all-digital program will be recorded and posted to the event website. Storytellers from past Festivals, including Donna Marie Todd, Noa Baum, Tim Cusack, Jenifer Strauss, La'Ron Williams, Adam Mellema, Mama Edie Armstrong, and Gemini, will be featured. Tune in for five storytelling sessions, a total of 15 stories, music, pre-festival stories, and character-building blogs.

- Session 1: *Stories of Mindfulness*
- Session 2: *Stories of Compassion*
- Session 3: *Stories of Empathy*
- Session 4: *Stories of Action*
- Session 5: *Stories of Reflection*