

Indigenous ChefWins] ames Beard Award

By Maria Lynders

Sherry Pocknett made history in June as the first Indigenous woman to win a James Beard Award for culinary excellence—an honor considered "the Oscars of the food world."

Pocknett is a member of the Mashpee Wampanoag Tribe and grew up practicing Indigenous ways to hunt, fish, and forage for food. Now she is the owner of Sly Fox Den Too, a restaurant in Rhode Island that specializes in Indigenous cuisine.

The menu features the food her family grew up with, using seasonal ingredients and local fish and game. "It's all about the bounty of the season and what we can do with it and how we treat it and how it's gonna treat us," she said.

Pocknett's father was a fisherman and would often bring back blue fish and mackerel for her mother to cook for dinner. Despite having six children to feed, her mother would always cook extra. "She said somebody might stop by so you always want to have a little extra on hand so you

can offer someone food if they happen to drop in," Pocknett said. "That's a native thing, feeding people."

If there were any leftovers in the fridge, her mother would cook them into fish hash the next morning, paired with poached eggs on top-one of Pocknett's favorite meals to this day. "I thought it was poor people's food, but it was rich people's food-rich in love, rich in health, and rich in tradition," she said.

Pocknett now serves food inspired by her family and her tribe. She serves daily caught fish, venison, Indian fry bread, and quahog (hard clam) chowder-a Mashpee Wampanoag original dish. She also serves dishes of her own invention such as corn cakes and rice made with the "three sisters," an Indigenous name for corn, beans, and squash because when planted together they nurture each other to grow.

Amid the celebrations, Pocknett recognizes this award came at the lowest time in her life. She is currently battling breast cancer and recently finished chemotherapy. "And I'm trying to be strong, that's for sure. This award has helped and it



makes me just want to keep going. Keep fighting, and keep creating," she said.

While on the road to recovery, her two daughters have taken over responsibilities at the restaurant. She said her daughters learned how to

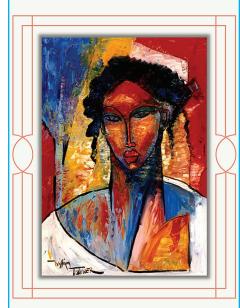
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Selling to the Federal Government Webinar Thursday, July 27, 2023, 1:00 pm-4:00 pm Online

Main Sponsor(s): US Small Business Administration Contact: George Tapia, 610-382-3086, george.tapia@sba.gov Fee: Free; registration required

Did you know that the federal government is the largest purchaser of goods and services in the world? Interested in learning how your business can market your services or goods to the federal government? Register on line at https://www. eventbrite.com/e/how-to-sell-to-the-federalgovernment-tickets-21790713611 SBA helps to ensure small businesses get fair opportunities to share federal government prime contracts. Topics will include: How to Register, Small Business Certifications, Finding Opportunities, Marketing Your Firm, Federal Supply Schedules, Getting Paid, Tips to Prepare Your Offer, How to Seek Additional Assistance. All training sessions are held via Microsoft Teams Meeting. Participants must ensure Microsoft Teams is functioning.

SBA and SOS Monthly Webinar

Thursday, August 3, 2023, 9:00 am-11:00 am Online

Main Sponsor(s): US Small Business Administration, New Hampshire Secretary of State Corporation Division

Contact: Miguel Moralez, 603-225-1601, miguel.moralez@sba.gov

8(a) Orientation and SAM Registration Webinar Wednesday, August 16, 2023, 10:30 am-11:30 am Online

Main Sponsor(s): US Small Business Administration Contact: SBA Illinois District Office, 312-353-4528, illinois.do@sba.gov

Fee: Free; registration required

Join the Small Business Administration (SBA) Illinois District Office for a virtual workshop providing an overview of the 8(a) Business Development program, eligibility requirements, and program benefits. Also learn how to increase your potential for federal contract opportunities through System for Award Management (SAM) registration, including information that you need for the registration process. SBA presenters will offer addional tips, address FAQs, give directions on where to get further assistance, and answer your other questions. To register for this free webinar, visit https://www.eventbrite. com/e/8a-orientation-sam-registration-tickets-518989961947

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