Participant Evaluation Summary
Pre-Colonization Dinner & Dialogue ~ October 22, 2015

140 Participants (32 Responses)

<table>
<thead>
<tr>
<th>Community</th>
<th>Houghton</th>
<th>Baraga</th>
<th>LSSI</th>
<th>KBOCC</th>
<th>KBIC Natural Resources Dept.</th>
<th>KBIC</th>
<th>MTU</th>
<th>KBOCC STEM Academy (Gr.4-12)</th>
<th>Cedar Tree Institute</th>
<th>Total</th>
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<tr>
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<td>3</td>
<td>13</td>
<td>15</td>
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Please rate this event:

<table>
<thead>
<tr>
<th>Content was worthwhile</th>
<th>Great</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>28</td>
<td>4</td>
<td></td>
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<table>
<thead>
<tr>
<th>Discussion was worthwhile</th>
<th>Great</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
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<tbody>
<tr>
<td>24</td>
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<table>
<thead>
<tr>
<th>Your overall satisfaction</th>
<th>Great</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
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<tbody>
<tr>
<td>28</td>
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<table>
<thead>
<tr>
<th>Refreshments</th>
<th>Great</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
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<tbody>
<tr>
<td>27</td>
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<td>1</td>
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1. What did you like most about the Pre-Colonization Dinner & Dialogue event tonight?
   - Cooking it.
   - Everything. Great event! (3)
   - Cooking demos – dinner – research project. Very well tied together.
   - Variety of food – didn’t expect such diversity.
   - Hearing lessons learned and enthusiasm for continuation of project.
   - Outcome.
   - The food! (4)
   - Seeing and trying new food from the area.
   - That all parts were very social – from cooking stations through Marty’s talk.
   - Cooking stations, great mingling.
   - The whole idea of indigenous food direct from the land. I loved the setting and the outdoors activities.
   - Variety of foods – really liked the demos outside.
   - Food; presentation.
   - Learned a lot.
   - History of food pre-colonization.
   - Herbal tea station, presentation, AMAZING dinner.
   - The food, as well as Marty’s lecture.
   - The food, and four fires.
   - Marty’s presentation.
   - The presentation, food, recipes.
   - The food and information.
   - Working together, watching it all come together.
   - Educational.
   - Exploring different foods.

2. How will you be able to incorporate the information and perspectives gained tonight into your work or daily life? Explain.
   - Food is medicine. Incorporate knowledge into forest management.
   - Maybe cultivate some of the vegetables.
   - Found many good recipes containing maple. Good connections made. Dr. Reinhardt’s presentation is always informative.
   - Probably not due to availability of food items, seasonally.
• I may try a year-long DDP for myself.
• Incorporate more healthy food.
• Will incorporate some of the food recipes.
• I’m going to look into plants around my home to see what I can use in my daily diet, I will be telling my students more about sunflowers and their seeds – which we harvested just today – my hope is to be able to make a food that we could all eat and like.
• Would like to eat more local.
• I will have an indigenous Thanksgiving, and I am more aware of and want to eat a more pre-colonized diet.
• Try to cook and eat better.
• Eat more indigenous foods.
• I can use some of the information in the classroom.
• New tea ideas, recipes, Shane & Nick – students. Interested to look at websites.
• Knowledge on gathering and preparing.
• I teach cooking at KBOCC. I plan to work in recipes and DDP cultural & indigenous foods into classes.
• Learn to cook more food.
• I will try to eat more foods like these.
• Try to incorporate some of the dishes at our community feast.
• Would make some of the recipes.
• Starting a little at a time.
• Healthy eating.
• I learned a lot of everything.
• Use more of the natural ingredients.

3. How could tonight’s event be improved?
• Better media/advertisement.
• Acoustics were not good.
• Better visual, less lecture-like viewed towards public.
• An annual (or more) event.
• Music.
• It was fabulous! The best ever.
• More hands-on information available.
• This was great. (2)
• Shane and students.
• Loved it.
• End earlier.
• I think it was very good already.
• Presentation prior to food being served.
• I don’t know at this time.
• Earlier in the day.
• More options for beverages. Sea salt available for seasoning.

4. Suggest thoughtful, informative, and/or provocative presenters for future lectures.
• Scott Herron.
• Possibly Nancy Turner from Vancouver, BC.
• Improved health with indigenous food: Raw food guru – Hiawatha Cromer – hiawatha@yahoo.com; wild edible walks, etc. – Betty Stromberg; Raw Food Basics and What it can do for you – Linda Kinnunen.
• This was a great presentation. Megwetch
• LaPoran LaDuke on her reseeding operation.

5. Suggest movie topics or titles for future Green Films and Lectures.
• “Food Matters”, “Food Time”.
• The Indigenous Way.