

**Participant Evaluation Summary**

**Pre-Colonization Dinner & Dialogue ~ October 22, 2015**

**140 Participants (32 Responses)**

Houghton Community.	Baraga Community	LSSI	KBOCC	KBIC Natural Resources Dept.	KBIC	MTU	KBOCC STEM Academy (Gr.4-12)	Cedar Tree Institute	Total
3	13	15	5	11	16	3	14	3	76

**Please rate this event:**

	Great	Good	Fair	Poor
<b>Content was worthwhile</b>	28	4		
<b>Discussion was worthwhile</b>	24	6		
<b>Your overall satisfaction</b>	28	3		
<b>Refreshments</b>	27	3	1	

**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](mailto: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.