



MARIMNHEALTH



h n q h e s n e t  
KEY FINDINGS

Coeur d'Alene Reservation community members' and partner organizations' perceptions on the impacts and benefits of the Marimn Health and Wellness Center qhest life program





## EXPANDING OPPORTUNITIES

### TRADITIONAL AND LOCAL FOOD

- Traditional food classes increase skills in food preparation and preservation.
- The growing One Sky One Earth Farmer's Market increases food access.

***"I found out about the Farmer's Market in Plummer, and so I went there quite a few times last year. And you know, I finally realized that I just have better get some cash because there's so much... the food was great..."***

- The new fish processing center enables fish distribution, processing, and preserving.
- A meat processing center is under development to provide a space for hunters to clean and processes big game which increases access to local lean meat.



***"There's more involvement with the gathering of natural food around here, the roots and the berries, it seems like there's much more of that, community involvement in that, than there used to be... And people talk about it more."***

*"He taught pressure canning salmon and we went home with little jars of salmon and huckleberry jam. They kept some of the other salmon, they kept it to give away as gifts for all to thank community members."*

- Traditional food gathering activities teach important skills for all in the reservation community and provide food for community events.

***"When we have Water Potato Day now, we also serve pine needle tea, we didn't have that before."***

*"I went on two camas digs... I was able to do that and it's made me more aware of my job of keeping an eye out for traditional foods, which I bring that back to culture program."*

- Community and school gardens, gardening and beekeeping classes, and the Farmer's Market increase access to fresh local food. All ages learn to prepare fresh garden food.
- The seasonal traditional food calendar supports traditional food knowledge, skills, and access.

- Regular and consistent program activities help create understanding of how to eat healthier, grow food, and be more sustainable.

***"People thought it was great and we had a competition, like Iron Chef. And a week after one of the girls who's in the high school came up and said, 'It was awesome, my boyfriend came over and instead of going out, we made steak and quinoa.'"***

- The qhest life food coolers in the stores increase access and awareness of healthier food selections.

***"They've put up a little thing at the market, the healthy eating thing, and I buy from that. And it's great that they have that there for us to choose healthy eating stuff already packaged up."***

## TRADITIONAL PHYSICAL ACTIVITY

- Family canoe building increases skills, physical activity, and strengthens family, tribal, and community bonds.
- Pow Wow Sweat increases traditional physical activity for all ages and has received honors and awards.
- Gathering traditional food, growing gardens, processing food, hunting, and canoe material gathering and construction all increase physical health in a holistic and culturally appropriate way.
- Increased participation in traditional ways increases physical activity year-round.



***“We were trying to develop an exercise. We worked with the weight machine trying to figure out which muscles we use and which muscles you need to use [to canoe].”***

***“I just feel like that the process of working on this food sovereignty together has built relationships that weren’t there before.”***

***“I thought the most exciting part for me was going out in the woods and getting all of the different supplies... and having like, our kids and grandkids, and we had our great-granddaughter, she was there, so it was actually the four generations helping.”***

## BUILDING ECONOMIC AND COMMUNITY STRENGTH

- Farmer’s Market continues to grow and contributes to the economic vitality and strength of the community.

- More food dollars remain in the community and community members have greater access to healthy foods.
- Workshops, lectures, and classes build economic and community capacity.
- Partnerships with other communities and groups increase food access and build skills.

***“I just, I love doing the Farmer’s Market and selling my produce and eggs. I liked it so much that last year I started another***

***farmers market in St. Maries and go to one in Harrison. So, I do three days of farmers market, and my husband complains that there’s nothing in the garden for him to eat.”***

- Economic benefits include saving money on buying supplies and bees, saving money from growing their own food, selling their own products at the Farmer’s Market, and buying more affordable organic produce.

***“...it [Farmer’s Market] has an impacted me tremendously...and these programs... it has opened up a lot of doors for me.”***

***“It’s [qhest life] just, it’s done a lot for the community...In our... program, when people come walking in, there’s a lot more smiles.”***

***“I sold twenty-two dozen eggs today [at the Farmer’s Market].”***

- qhest life activities to promote and raise awareness of food sovereignty unites the community.



- Collaborations with agencies to recycle equipment and materials help to sustain and promote activities.

*“You know, they (Marimn Health) asked us, how did we get our shipping containers here - I said the Tribal Roads delivered them for us. We’re always there, there to provide a good word for another program.”*

*“I used to go to Moscow every week to the farmers market and now starting in June I don’t need to. I get most my eggs from [community member]. I’m able to buy a lot more food [here]. One of our goals with One Earth One Sky was local food sovereignty and security, so it’s kind of fun to buy it here.”*

*ing in their spirits and, it helps you to be a better person. And just, because it gives you a connection to the water and to the - who you are.”*

- People of all ages engage in new health enhancing activities.

*“I love it when I see little kids come up and be able to pick a strawberry or a carrot or peas...what that equates to is community health.”*

## ENHANCING HEALTH

- qhest life activities provide opportunities to improve physical, mental, and spiritual health and new outreach opportunities.
- There is a growing expectation to live healthier lives and enjoy a sense of well-being.

*“I guess the biggest [partner] would be Marimn Health coming down here giving one-on-one [health education] with potential clients.”*

*“I know for a fact that because of the gardening project, Marimn Health and Community Health has been down here and has talked to two people and worked on a meal plan with them. One of the clients has lost 80 pounds in five months. Without the help of Community Health, he wouldn’t have been in contact with that dietitian. They probably wouldn’t be here if we didn’t have the garden.”*



*“...now I can do the garden, now I can be self-sufficient, this is my goal of being self-sufficient, and doing what I wanted to do fifty years ago.”*

## CONNECTING FAMILY AND COMMUNITY

- The value of traditional physical and healthy food activities extend far beyond physical health.

*“Wow... this [canoeing] is like, what’s going to save our people from drugs and alcohol.’ You know, and I think it has, and for some people, like they’ve been able to take these teachings and that awaken-*

- Beekeeping, gardening, food gathering, and canoe building are multi-generational activities enjoyed by community members of all ages and across many organizations.

- qhest life activities create new connections between Tribal and community agencies and community members.

*“To my organization, we’ve gotten a lot more community involvement, and you would see people working together that are not necessarily social outside of here.”*



## ENGAGING TRADITIONAL AND SPIRITUAL PRACTICES

*“I think more people know me in the last three years through this than the first ten years when I lived in Plummer...”*

- The Farmer’s Market provides an important space for community gathering and increases social interaction across all ages and peoples.

*“I think it’s really helped bring people together to participate in other community activities. For example, the Mennonite group, they’re always there at the Farmer’s Market now and I’ve seen them come to a gathering here, so that’s pretty awesome... that they felt comfortable enough with the Farmer’s Market.”*

- Cultural traditions of gathering roots, processing salmon and wild meat, and gathering berries are more available and reach people across all ages.

*“We’re releasing trout in the classroom fish down on the Hangman [Creek] and we’re going to have a traditional salmon cook-off with...the older tribal school kids that won’t be participating in the Water Awareness Week...and maybe some elders talking and stuff like that, so kind of a traditional salmon bake.”*



- Activities have increased communication and shared educational experiences across the community.

*“The canoe journeys have awakened our spirits.”*

- Traditional skills (food gathering, canoeing, gardening, etc.) increase self-confidence, self-sufficiency, and cultural identity.

*“I’ve never lived anywhere that there’s a native tribe... I’m interested and curious and this provides me with access to information...without this program I would not have any idea about any of this and would not have had the ability to participate... it’s given me a level of accessibility that I wouldn’t have otherwise had and that is incredibly valuable to me.”*

*“As we were coming around the bend, I was singing Auntie Anne’s song and I finished singing and [child’s name] turned around and she just said, ‘Mom this is going to be the best memory with you.’ It made me feel really good as a mom, like I was passing down the tradition... that we learned as a family, and that I can see that we were going to pass this on to our children and to their grandchildren.”*

- The canoe blessing and canoe journey is a return to essential valued traditions, a connection with Coeur d’Alene ancestors, and provides opportunities to link the past with the future.

***“We’ve just basically just made a larger family, a bonding that I just can’t explain that has to do with water.”***

***“I think just that whole process of building the sturgeon nose canoe, we had three generations that participated, my mom and my dad, all of us kids, and then our kids, and so it was just really cool to see the different generations. And just understanding we had tools, like, modern-day tools, but to think that back then our ancestors didn’t have... those electric things to make the canoe. I mean, it would’ve took a long time to make those canoes, and it was just fascinating to go through that process – it made me want to see a traditional canoe made.”***

- qhest life offers vital support for the passing on traditional, spiritual, and cultural knowledge of skills, understanding, and identity.

- People desire more learning opportunities from hunters, fishermen, and gatherers and to increase access to traditional foods.

***“As more and more of our people go out to gather the materials for these canoes, those songs will come to them, they’ll find them.”***

***“It was like that saying that you’ve made your ancestors proud today, and it was like our ancestors were just right there, just happy and glad that we finally had brought this back.”***

- Traditional activities provided opportunities connecting the Coeur d’Alene Reservation to other Indian nations.

***“One of the neatest things that’s going to stick with me forever was on the land, they thanked us. They were like, ‘We want to thank the canoe people for coming and help fighting the battle of the horse people.’ And that right there, was one of the neatest things I’ve ever heard. Probably one of the better life experiences I’ve ever had, and probably will ever have, so, it was great.”***



- The canoe experiences provided a reawakening of the tribe’s cultural connection to water.

***“It’s been at least over a hundred years since they created the reservation and moved us away from the lake.”***

***“That first landing in Coeur d’Alene we were all there dressed in our regalia, and we had on our buckskin dresses. It felt like we were (laughing) invading. We were taking over our land again...”***

***“You know, to be able to land in our homeland, it’s like these were our home lands... the Coeur d’Alene, that belonged to us and our ancestors at one time. And so, I think just that alone makes such a huge statement for our future and for our tribe and for the lake case...”***

***“My spouse is non-native and she doesn’t swim, but she’ll get in a canoe with me and I’ve had tears and so has she.”***



## SUSTAINING A qhest life FUTURE

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- Continue supporting qhest life funding to sustain and expand traditional approaches to healthy eating and physical activity.
- Continue and expand positions for people who can promote and teach food production, processing, preserving, and marketing.
- Food sovereignty rests on the production and preservation of a variety of plant and animal products, and skills and access to traditional food ways.

***“It’s just been a great experience for me and then the gardening and me learning from [a qhest life gardener]... it’s been an education for me and she’s such a wonderful person to work with, and she never makes fun of me when I ask the stupid questions or do something stupid - accidentally trod on a plant or something you know, she’s always very, very nice...”***

***“So when we first had the community garden ...we had a lot of problems and we had to take everything that we had built there and remove ... we were struggling, and that did lead us to some other things... we put all those beds at senior housing and some other places around, and we got more beds at individual’s but, once we got the qhest life brand, then we just had that place where people could come and garden and with having a consistent person there daily, and also with AC’s care, and him building a fence with his guys.”***

***“Have facilities ... teach how to can the meat...I only live like seven miles out of town, but, there’s a lot of times I don’t have electricity. And if I have freezers, I’m going hungry for the rest of the year.”***

- Raise a variety food on the reservation for local consumption rather than exporting it.
- Greater incorporation of gardening and food preservation in health center and community programs.

***“I’d like to see... some hard-smoked meat lessons, and root cellaring... Because that long-term storage is important for security.”***

***“I would love to see a quarter-acre community garden in each town. I would love to see our garden expand, you know, potentially out to like three acres, that’s huge... and it may have to expand to four, and then we just designate that section. One section of the garden for revenue to become self-sustaining...”***

***“I’d love to see fresh fruits and vegetables just all over the community... it would kind of reverse us back to the old days where my grandpa canned green beans and down the road their pear tree, they got more than they know what to do with, so let’s load of box of green beans up and go trade them a box for a box.”***

- Continue to expand qhest life activities for children and youth, more commitment from schools for qhest life activities is desired.

***“I would love to see the schools all have their own little section, little gardens.”***

- Dedicated space is needed to accommodate traditional food processing and preparation, canoe building, and other culturally-based activities.

***“I think the big thing is getting the youth into it [canoe building] and getting them involved. ... I really believe that it is the students and getting them back into the water and appreciating what the lake is to us, and understanding that connection... I just hope it’s something that carries on, and get bigger and bigger buildings for [canoe] storage.”***

- Continue to revive canoe culture and build relationships with other tribal nations.

***“We’re going to try to actually start an annual canoe racing weekend.”***

***“I think the revival of the canoes on the coast has brought so much healing, like you can see that that’s going to happen here, just by what we’ve already done, and... maybe one day we can bridge those gaps and we can participate with the coastal journey and they can come and participate with us.”***



The qhest life is the best life,  
because it's a life based on our long-held traditions of  
health and wellness.



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