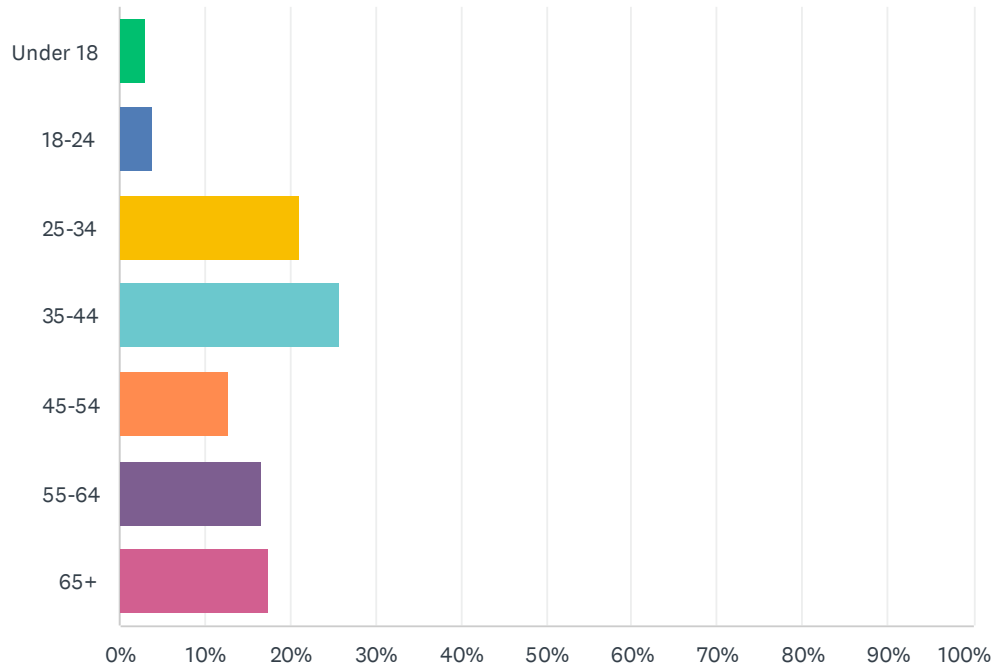


Q1 Age

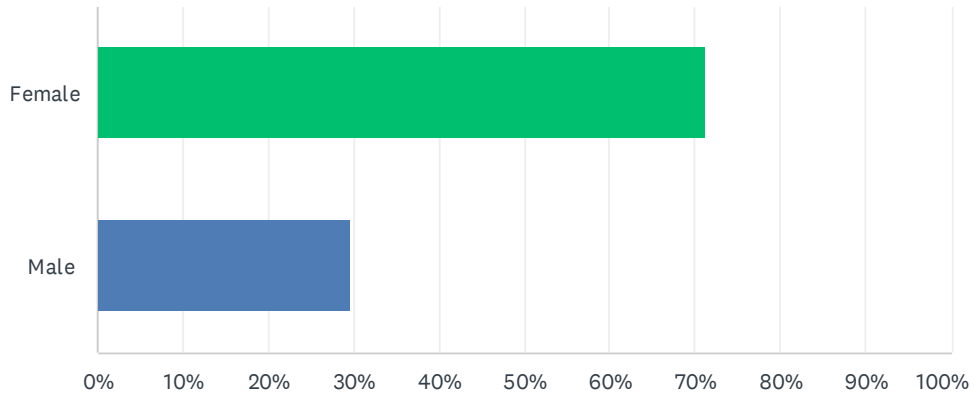
Answered: 132 Skipped: 0



ANSWER CHOICES	RESPONSES	
Under 18	3.03%	4
18-24	3.79%	5
25-34	21.21%	28
35-44	25.76%	34
45-54	12.88%	17
55-64	16.67%	22
65+	17.42%	23
Total Respondents: 132		

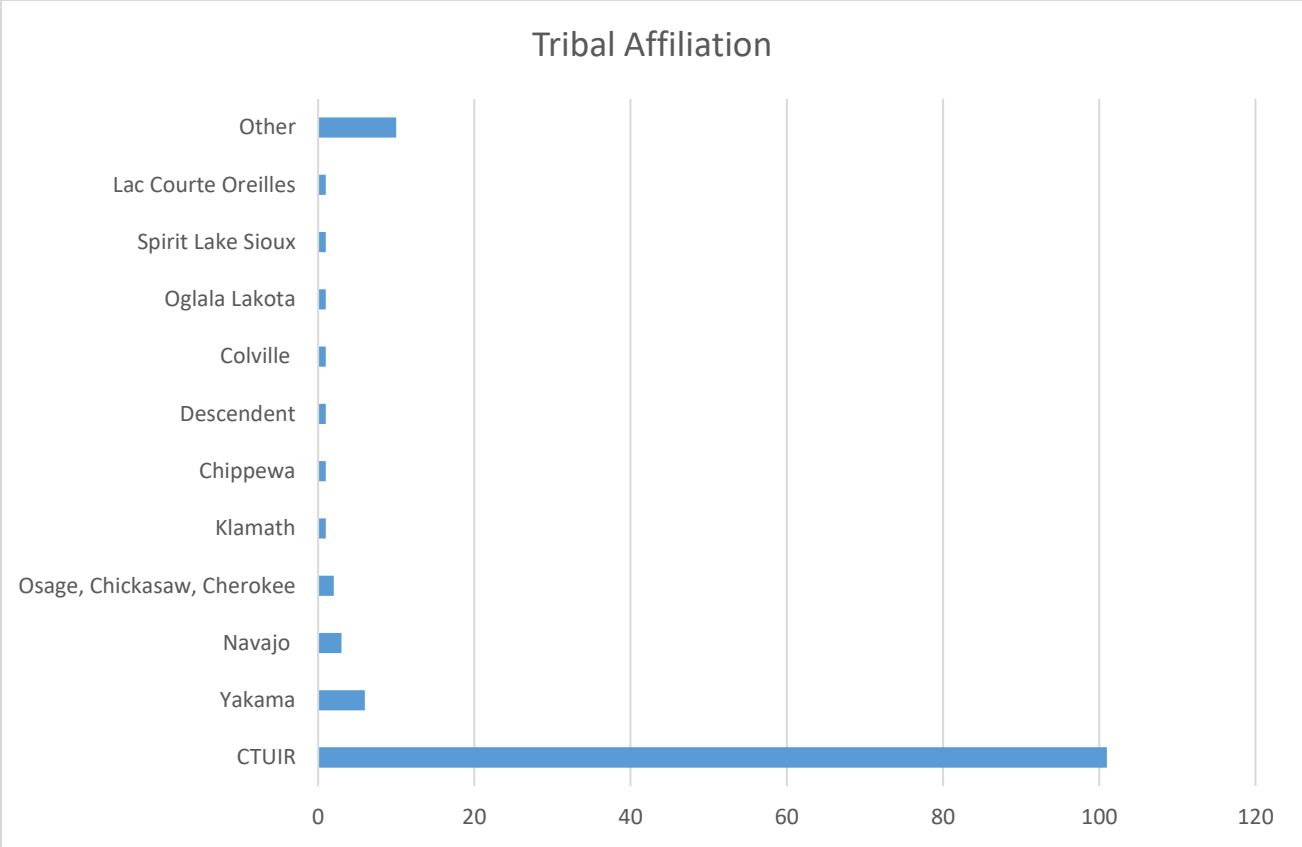
Q2 Gender

Answered: 132 Skipped: 0



ANSWER CHOICES	RESPONSES
Female	71.21% 94
Male	29.55% 39
Total Respondents: 132	

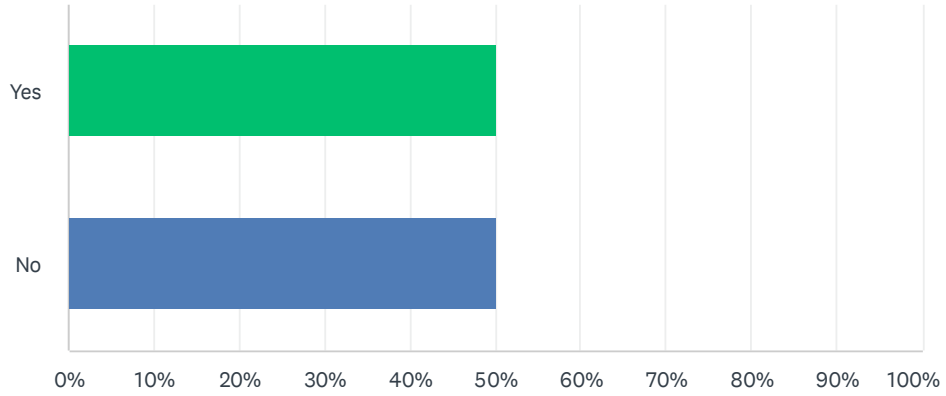
#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	



CTUIR	101
Yakama	6
Navajo	3
Osage, Chickasaw, Cherokee	2
Klamath	1
Chippewa	1
Descendent	1
Colville	1
Oglala Lakota	1
Spirit Lake Sioux	1
Lac Courte Oreilles	1
Other	10

Q4 Do you sweat at the Community Sweathouse located near St. Andrews?

Answered: 132 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	50.00%	66
No	50.00%	66
TOTAL		132

Q5 Why or why not?

Answered: 132 Skipped: 0

#	RESPONSES	DATE
1	Unsafe for women	5/6/2024 3:47 PM
2	No thank you.	4/1/2024 8:13 AM
3	Nobody is going to walk 2 miles to sweat and it should be by the river traditionally and who's going to drive around to pick up elders?	4/1/2024 8:12 AM
4	Haven't for years, didn't feel like good sanitary conditions, clean water availability.	4/1/2024 8:11 AM
5	I am grateful for the community sweat and the people who build it.	3/29/2024 2:51 PM
6	I don't make time or know the times.	3/29/2024 2:31 PM
7	Live in town.	3/29/2024 2:31 PM
8	My son usually builds it.	3/29/2024 2:29 PM
9	No ride and I don't have any info on when and time. I would like to sweat.	3/29/2024 2:28 PM
10	Longtime ago with my mom A. Jackie, good stories were told.	3/29/2024 2:26 PM
11	No invitation - I'd like to though.	3/29/2024 2:23 PM
12	N/A	3/29/2024 2:22 PM
13	No, because I don't know where that is.	3/29/2024 2:21 PM
14	Been to busy at work.	3/29/2024 2:20 PM
15	I'm looking for a place to sweat. I just moved to the community in August (late) from Arizona. I am a tribal member without transportation.	3/29/2024 2:19 PM
16	Got one at my aunties house, so my family goes there.	3/29/2024 2:14 PM
17	I am unsure when sweat is made. Also the path to the water is slick and dangerous. I almost feel once.	3/28/2024 4:07 PM
18	I'm not a tribal member/indian	3/28/2024 1:17 PM
19	Helps me physically, mentally & emotionally	3/26/2024 12:22 PM
20	It's good for me	3/26/2024 12:19 PM
21	Spiritual	3/22/2024 1:08 PM
22	Been awhile	3/21/2024 1:53 PM
23	dont know who to talk to when sessions are held.	3/20/2024 10:42 AM
24	I didn't know about it	3/16/2024 4:06 PM
25	It's the only one available, but I never know when it's lit.	3/13/2024 1:37 PM
26	Born and raised on ctuir and st Andrews	3/10/2024 12:31 PM
27	I dont because i dont ever really have time to like if im busy with school or sports	3/7/2024 3:51 PM
28	Been a while but don't know the times they offer.	3/6/2024 7:14 PM
29	Uncomfortable with some of the people that go there	3/6/2024 5:11 PM
30	Health benefits and to release bad toxins.	3/5/2024 4:03 PM
31	Wheelchair bound.	3/5/2024 10:42 AM

Yellowhawk Community Sweat Survey

32	Don't have very good balance.	3/2/2024 2:30 PM
33	I feel comfortable there	3/2/2024 2:15 PM
34	Because we should be able to have sweathouse that is available	3/2/2024 2:12 PM
35	I have in the past but not recently	3/1/2024 8:13 AM
36	Been going up there since I was in middle school. Great location with a nice running creek.	2/28/2024 3:57 PM
37	Spiritual Ceremony	2/28/2024 10:13 AM
38	Have bad knees and cannot sit on ground.	2/26/2024 3:14 PM
39	Wellness	2/26/2024 7:43 AM
40	I never know when there's sweat available	2/23/2024 1:22 PM
41	Because I never know when sweat is being held. I feel there should be better communication about when sweat is.	2/23/2024 10:34 AM
42	No transportation	2/23/2024 10:33 AM
43	NOT ENUF TIME	2/23/2024 10:04 AM
44	My family has our own sweathouse	2/21/2024 1:56 PM
45	I would really like to	2/20/2024 2:18 PM
46	I go because I dont have access to my own sweat house.	2/20/2024 11:36 AM
47	I do not have a sweathouse of my own and have grown up at that sweat house.	2/20/2024 7:52 AM
48	We have our own sweathouse at home	2/20/2024 7:24 AM
49	We built or own sweathouse at our home.	2/20/2024 7:19 AM
50	I was invited	2/20/2024 6:06 AM
51	Too far away.	2/19/2024 8:15 PM
52	Never been invited	2/19/2024 5:26 PM
53	We just moved home and I have not had the opportunity to even look into it yet but pan to do so	2/19/2024 3:17 PM
54	I have a family one I go to	2/19/2024 1:56 PM
55	Yes because a community sweat lodge is something that brings us all together in practice of tradition.	2/19/2024 12:31 PM
56	Don't know when it is ready	2/19/2024 10:05 AM
57	Invited	2/19/2024 6:16 AM
58	Because it is available and consistent with timing.	2/18/2024 9:39 PM
59	We tore ours down to rebuild but never have.	2/18/2024 9:10 PM
60	I'd rather sweat at a family household sweat house.	2/18/2024 11:46 AM
61	I don't know	2/18/2024 10:19 AM
62	I sweat alone and I never know who is there so I don't want to be a bother. It is a decent set up but it could be better.	2/18/2024 9:31 AM
63	Can't go in and out or sit down inside.	2/17/2024 6:26 PM
64	Didnt know we had a community sweathouse.	2/17/2024 4:56 PM
65	Have one next door	2/17/2024 4:00 PM
66	I haven't sweat there for a while	2/17/2024 2:37 PM
67	Never know when it is happening	2/17/2024 12:37 PM

Yellowhawk Community Sweat Survey

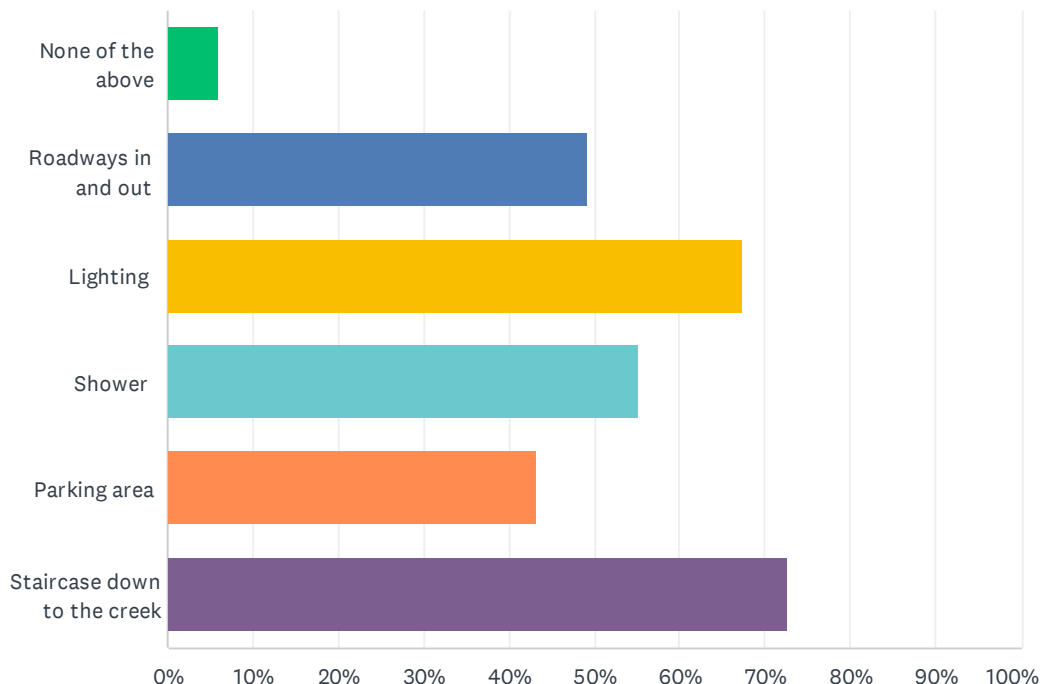
68	Once, I was invited	2/17/2024 11:25 AM
69	It's very good place to go to pray and always leaves me feeling rejuvenated	2/17/2024 10:54 AM
70	Been sweating for years for spiritual reasons	2/17/2024 10:26 AM
71	Because I like to sweat.	2/17/2024 10:18 AM
72	It's the closest sweat to where I live.	2/17/2024 9:46 AM
73	I have been sweating here since I moved back here in the summer of 2014. It feels like home to me.	2/17/2024 9:40 AM
74	Sweat sisters invite me	2/17/2024 9:34 AM
75	Sweat sisters invite me	2/17/2024 9:34 AM
76	Sweat sisters invite me	2/17/2024 9:34 AM
77	The bond we make and sisterhood we form	2/17/2024 9:32 AM
78	Because it keeps me strong, mentally, physically, emotionally, spiritually as a woman and mother in the community. It also provides a space for healing outside the western medical model which offers nothing of the equivalent in terms of a space for deep spiritual connection, deep connection to the elements in nature, and deep connection to other indigenous women of all ages coming together to pray, reflect, release, and find solace and strength.	2/17/2024 9:32 AM
79	I sweat at SAS because it is accessible and available in the community in a regular basis. My family sweat house was washed out by the flood a few years ago and hasn't been rebuilt. It has been a saving Grace for me as a new mom needing to be around other women to sing, pray and be with Mother Earth.	2/17/2024 9:24 AM
80	Location	2/17/2024 9:20 AM
81	Interaction with others	2/17/2024 9:17 AM
82	I go to pray and sweat and listen to traditional music	2/17/2024 9:12 AM
83	Accepted with all denominations. Created safe environment With teachings of old ways.	2/17/2024 8:36 AM
84	INDISCRIMINATE-not judged and open to all songs.	2/17/2024 8:34 AM
85	Because it gets the hottest and the water is the coldest and I love women community and it close to home. AND NO BODY JUDGES ME!!!	2/17/2024 8:31 AM
86	The water is far away when it is dark and cold.	2/17/2024 8:24 AM
87	I enjoy it but the water is far away when it is dark and cold	2/17/2024 8:22 AM
88	Cause it a constant always being built 7 days a week if wood is available all are welcome. And able to pray and sing how they want to or know how	2/17/2024 8:16 AM
89	I do, it is a safe and effective place for my physical, mental and spiritual well being. I love having access to cultural resources and knowledge	2/17/2024 8:02 AM
90	Occasionally, when my dad builds sweat.	2/17/2024 7:53 AM
91	To help me pray and stay sober	2/17/2024 7:43 AM
92	Never know when sweat is.	2/16/2024 10:28 PM
93	Because I never know when sweat is going	2/16/2024 10:28 PM
94	Family brought me there a couple times	2/16/2024 8:03 PM
95	time is and issue	2/16/2024 11:07 AM
96	good	2/16/2024 11:02 AM
97	I have not ever gone.	2/16/2024 10:34 AM
98	Unsure when available	2/16/2024 10:13 AM
99	I dont know the people who run the sweat and the schedule is not shared or there is no invite.	2/16/2024 8:56 AM

Yellowhawk Community Sweat Survey

100	I do not normally participate in sweat.	2/16/2024 8:54 AM
101	Because i needed to or was requested to go with someone or i had to assist with a dressing of a body	2/16/2024 8:36 AM
102	DID NOT KNOW IT EXISTED	2/16/2024 8:32 AM
103	Sometimes there is not enough room	2/16/2024 8:28 AM
104	N/A	2/16/2024 8:27 AM
105	I sweat at the community sweat, because it's healing and medicine for me.	2/16/2024 8:27 AM
106	Lack of childcare outside of work hours.	2/15/2024 3:15 PM
107	Have my own	2/15/2024 3:14 PM
108	It's public	2/15/2024 3:10 PM
109	It is my tradition way of prayer.	2/15/2024 3:00 PM
110	Haven't hard access for elders	2/15/2024 2:48 PM
111	Personal family sweat	2/15/2024 2:46 PM
112	I have my own sweat	2/15/2024 2:46 PM
113	Didn't know they had one	2/15/2024 2:44 PM
114	Have my own family sweathouse.	2/15/2024 2:41 PM
115	They allow Sunday sweats...our family says it's a taboo to sweat on Sundays	2/15/2024 2:39 PM
116	Because some of my family and one of my girlfriends go to that sweat house.	2/15/2024 2:35 PM
117	Easy access, accommodating.	2/15/2024 2:34 PM
118	Too many bad vibes, used to sweat	2/15/2024 2:23 PM
119	Unable to get in n out	2/15/2024 2:21 PM
120	I didn't know it was there!	2/15/2024 2:18 PM
121	I didn't know about it	2/15/2024 2:17 PM
122	Just haven't gone here yet. Only in Lapwaii	2/15/2024 2:16 PM
123	Beliefs	2/15/2024 2:14 PM
124	Idk	2/15/2024 2:09 PM
125	I have used sweat at personal homes	2/15/2024 2:08 PM
126	Live out of town	2/15/2024 2:07 PM
127	B The reason is I have own sweat	2/15/2024 2:05 PM
128	N/A	2/15/2024 2:02 PM
129	I have my own	2/15/2024 1:51 PM
130	I'm sporadically notified which keeps me from sweat often	2/15/2024 1:49 PM
131	A beautiful, serene location...🙄away from the road and train tracks	2/15/2024 12:28 PM
132	Not sure how	2/15/2024 11:45 AM

Q6 Please select the areas you feel need improved for better access and safety at the Community Sweathouse near St. Andrews:

Answered: 132 Skipped: 0



ANSWER CHOICES	RESPONSES
None of the above	6.06% 8
Roadways in and out	49.24% 65
Lighting	67.42% 89
Shower	55.30% 73
Parking area	43.18% 57
Staircase down to the creek	72.73% 96
Total Respondents: 132	

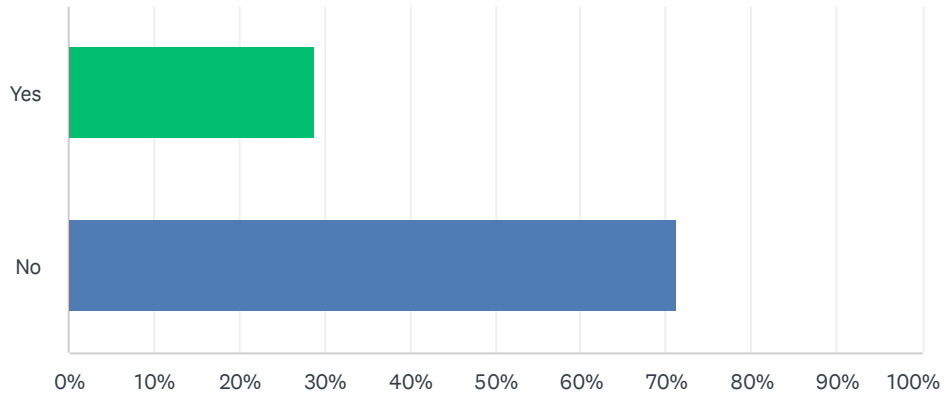
#	OTHER (PLEASE SPECIFY)	DATE
1	All the above	5/6/2024 3:47 PM
2	More safe and accessible area to rinse off for elders and others who need it. Even if the stairs to the creek are made more safe, the boards may not be accessible/safe for some.	3/29/2024 2:51 PM
3	Need a water tank.	3/29/2024 2:29 PM
4	Unsure	3/29/2024 2:28 PM
5	and hand railing	3/29/2024 2:26 PM
6	Rides to sweat	3/29/2024 2:19 PM

Yellowhawk Community Sweat Survey

7	The boughs on the indoor of the lodge hurt my knees. Perhaps gunny sacks to soften the impact would be helpful.	3/28/2024 4:07 PM
8	Needs cleaned regularly	3/22/2024 1:08 PM
9	Better seating in changing area and cleaner flooring inside sweathouse, it gets muddy	3/6/2024 7:14 PM
10	Restrooms	3/1/2024 8:13 AM
11	Repair the fire pit.	2/28/2024 3:57 PM
12	Good footing and easy access to water is a must. I would also like to see some kind of woodshed as well.	2/20/2024 11:36 AM
13	Hard time frames for the different sexes that sweat as well as days or times for transgender or non-binary sweaters.	2/20/2024 7:52 AM
14	All good but answer was required above	2/20/2024 6:06 AM
15	Not sure	2/18/2024 10:19 AM
16	Maybe you could even employ someone to chop wood, build the sweat fires, and load the rocks for those unable to do it themselves. Maybe people could reserve certain times to use it. An on-site person would obviously be off-site for the actual ceremonies.	2/18/2024 9:31 AM
17	Need to make more handicap for elders	2/17/2024 2:37 PM
18	Making a swear elder/disabled people friendly	2/17/2024 10:18 AM
19	Extremely muddy and pothole filled vehicle driveways.	2/17/2024 9:46 AM
20	The sweat itself needs to be rebuilt soon. Water access to rinse when the creek is low during the summer months	2/17/2024 9:32 AM
21	Carpets slick in winter	2/17/2024 9:20 AM
22	Solar lighting is fine - woman run later - wider door	2/17/2024 8:34 AM
23	New pitch forks	2/17/2024 7:43 AM
24	not able to answer	2/16/2024 11:07 AM
25	definetly the stairwell and the roadway in and out. also a shed for the wood and lights.	2/16/2024 11:02 AM
26	PROMOTION	2/16/2024 8:32 AM
27	Private area to undress and dress	2/16/2024 8:28 AM
28	Not familiar with area	2/15/2024 2:18 PM
29	Advertisement	2/15/2024 2:17 PM
30	Been told it's all the above	2/15/2024 2:16 PM
31	Places for bags, personal items, towels. As well as to hang.	2/15/2024 2:08 PM

Q7 Is it physically hard for you to get in/out of a traditional sweathouse today?

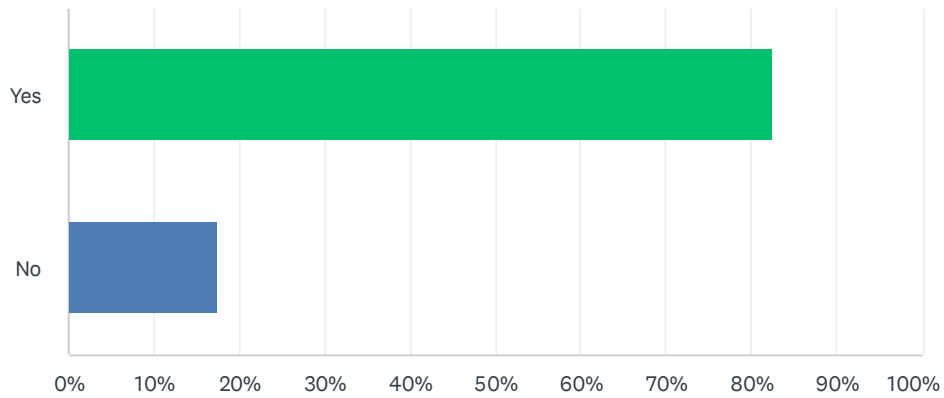
Answered: 132 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	28.79%	38
No	71.21%	94
TOTAL		132

Q8 Would a community walk-in sweat/sauna be something you would use?

Answered: 132 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	82.58%	109
No	17.42%	23
TOTAL		132

Q9 Are there any other suggestions or comments you would like to share with us?

Answered: 80 Skipped: 52

#	RESPONSES	DATE
1	Nope - unless asked personally.	5/6/2024 3:47 PM
2	Can not answer right now.	4/1/2024 8:13 AM
3	Although I am physically able to get in and out of the sweathouse and I wouldn't need a walk-in sweat/sauna, I know many people who come to sweat would, and many who don't come because they aren't able to get in and out of the sweathouse comfortably and safely.	3/29/2024 2:51 PM
4	Walkway light and there is no running water.	3/29/2024 2:29 PM
5	I'm disabled, but I just need help with getting up.	3/29/2024 2:28 PM
6	A good schedule for community, family and working together for cleanup.	3/29/2024 2:26 PM
7	Attendees in sweat should be mindful that sweat is NOT is a gossip session but something much more profound!	3/29/2024 2:23 PM
8	Helpful to know.	3/29/2024 2:22 PM
9	No	3/29/2024 2:21 PM
10	None	3/29/2024 2:20 PM
11	Rides for elders who have no transportation.	3/29/2024 2:19 PM
12	Thank you for offering sweat at St. Andrews.	3/29/2024 2:14 PM
13	Let the general public know if it's available to anyone other than tribal members	3/28/2024 1:17 PM
14	Changing curtains.	3/26/2024 12:22 PM
15	Nice to have a community sweat why not within community area w privacy fencing	3/22/2024 1:08 PM
16	None	3/21/2024 1:53 PM
17	How do I found out when they have sweat at the community sweat house	3/13/2024 1:37 PM
18	Have a public access to know when sweat is because a few sweat members do not let everyone know.	3/10/2024 12:31 PM
19	Would like to learn where they get medicine and rocks for sweat. Learn songs.	3/6/2024 7:14 PM
20	Need rules or code of conduct or behavior for those that attend to ensure a safe space for all.	3/6/2024 5:11 PM
21	Maybe there can be a way that community members can be regularly notified.	3/2/2024 2:15 PM
22	Being notified regularly when the seeshouse	3/2/2024 2:12 PM
23	My Grandparents made sure to include us in their nightly home based sweat. Sweat has been an important part of my upbringing & then the raising up of my now adult children. My grandchildren are continuing sweat as a regular part of their young lives. I support aiding our families to carry on this tradition & the Tribe supporting this effort in well thought out plans.	3/1/2024 8:13 AM
24	The stairway to the creek is the biggest concern. That should be up top. Maybe have a weekly deal done by the clinic to show how sweat is made and how to sweat for those who haven't done it before. Thanks for bringing the survey to light!	2/28/2024 3:57 PM
25	Information when sweet times are available.	2/26/2024 3:14 PM
26	N/A	2/26/2024 7:43 AM

Yellowhawk Community Sweat Survey

27	Ideally it would be great if our community sweat was closer to the community. Behind the Longhouse or over behind the old Fisheries Bull Pen Parking.	2/23/2024 1:22 PM
28	Better communication about when sweat is held.	2/23/2024 10:34 AM
29	Transportation availability	2/23/2024 10:33 AM
30	NONE	2/23/2024 10:04 AM
31	Grateful the community has a sweathouse accessible. Any improvements are greatly appreciated.	2/21/2024 1:56 PM
32	Can there adequate seating for users. Something that can be cleaned regularly.	2/20/2024 11:36 AM
33	I have a transgender son who is not fully transitioned, he no longer sweats with the women and is not comfortable sweating with the men. Either in between the men and women or one particular day a week would be amazing for him to be able to go sweat and not worry about if someone is going to walk in on him. thanks for listening.	2/20/2024 7:52 AM
34	We have our own sweathouse, so I dont think this survey is relevant to me.	2/20/2024 7:24 AM
35	Is there any funding available for residential private sweathouses? I built our sweathouse for my mom who is in mid 70s and also for my family.	2/20/2024 7:19 AM
36	Keep up the good work.	2/20/2024 6:06 AM
37	Invite those who'd love to participate but feel as if they've been pushed away from their traditions.	2/19/2024 5:26 PM
38	I did not even know we had one until my uncle told me a few weeks ago, I wonder how many other community member do not or did not know about it too	2/19/2024 3:17 PM
39	Improvements for safety for use by elders is something we would all benefit from	2/19/2024 12:31 PM
40	None at this time	2/19/2024 10:05 AM
41	Nice to fix this up several use this facility	2/18/2024 9:10 PM
42	#6 not sure if improvements that are needed, but survey required a selection.	2/18/2024 10:19 AM
43	Sweating ceremonies are so important to mental, physical, and spiritual health. Id love to see it become more common and accessible to the community	2/18/2024 9:31 AM
44	Rails along steps and path way to walk in sauna. Places to sit/stand while rinsing off.	2/17/2024 6:26 PM
45	Stuff like this need to be accessible for all & should be more advertised. This tribe has tons of resources that are people aren't even aware of..	2/17/2024 4:56 PM
46	Much needed for the community but transportation could be an issue due to location for someone who does have a car	2/17/2024 4:00 PM
47	My grandfather sweats there consistently. He has told me how many other elders want to sweat but can't because it's harder for them to enter the sweat.	2/17/2024 2:37 PM
48	N/A	2/17/2024 10:54 AM
49	I hope we can get the improvements it needs to help the community. It's important to the cultural and the people.	2/17/2024 10:18 AM
50	A ramp for the elderly to get down to creek would be nice. We have had two people slip down the stairs already.	2/17/2024 9:40 AM
51	Thank you	2/17/2024 9:32 AM
52	This space is a place I rely on and access multiple times a week, all year long. It has been vital to my postpartum healing as a mother of 3 children under the age of 5. The space and opportunity to sweat is very cherished and not taken for granted by myself and other community members. Thank you for the opportunity to give feedback.	2/17/2024 9:32 AM
53	Figuring out how to contribute more to the space as a woman.	2/17/2024 9:24 AM
54	Much needed, also wood supply	2/17/2024 9:20 AM

Yellowhawk Community Sweat Survey

55	Please help upgrade the sweat house	2/17/2024 9:17 AM
56	Build a bench by door so people can get in and out- how can we be inclusive to those who are transgender eventually? Sometime this will be an issue it is coming. In this generation.	2/17/2024 8:34 AM
57	Possibly get help like a bench for those who crawl out DONT WANT TO CHANGE HOW WE SWEAT- though there are elderly - keep our ways OLD WAYS- not too modern KEEP IT TRADITIONAL NOT TOO FANCY OOOH HIYAW!	2/17/2024 8:31 AM
58	I think not taking one out but making an additional one so there are two if needed.	2/17/2024 8:22 AM
59	Walk in type I would be able to get relative that has had stroke in ans sweat him off be really helpfull	2/17/2024 8:16 AM
60	Question 7 and 8 don't apply to me but I still think it's a good idea	2/17/2024 7:43 AM
61	Just the idea of a more communal sweat that doesn't feel like you have to "be invited", in my opinion is awesome.	2/16/2024 8:03 PM
62	#8 is a great idea for the elders and the disabled to be able to come and join. the sweat needs to be elder and disabled orientated or what good is it really?	2/16/2024 11:02 AM
63	Why St. Andrews could there be a sweathouse closer maybe to the Longhouse, our community still has transportation problems.	2/16/2024 8:56 AM
64	n/a	2/16/2024 8:36 AM
65	NO	2/16/2024 8:32 AM
66	A reach out to active participants I feel will give better insight to what is needed most urgently.	2/15/2024 3:00 PM
67	Freedom of religion act allows sweat lodge fires on any given day.... However we should encourage fire safety no matter what	2/15/2024 2:39 PM
68	Improving any community sweat is worth our time and efforts, I hope this survey supports that.	2/15/2024 2:35 PM
69	It would be great to have a traditional crawl in and a walk in sauna. Please consider the time and accommodation to gather the necessary materials including but not limited to lava rocks, medicine, willows, proper upkeep and fire safety.	2/15/2024 2:34 PM
70	Put a community sweat closer to the projects, kids need access, sweating has changed over time.	2/15/2024 2:23 PM
71	Overdue. Let it happen	2/15/2024 2:21 PM
72	Thanks for the interactions	2/15/2024 2:18 PM
73	Not really, make available to none natives.	2/15/2024 2:17 PM
74	Comfortable seating for those with back issues.	2/15/2024 2:16 PM
75	Appreciate cleanliness for a community sweat. And a question if it will be done traditionally or new ways? Thank you	2/15/2024 2:08 PM
76	Nope	2/15/2024 2:07 PM
77	N/a	2/15/2024 2:05 PM
78	Good luck	2/15/2024 1:51 PM
79	Notification in regards to when sweat is available should be updated so that more community members are welcomed. I gave David Wolf my number but after missing a few sweats I was then removed from the list.	2/15/2024 1:49 PM
80	Very worthy cause...many community members need access to this holistic, culture-based health activity	2/15/2024 12:28 PM