



MEETING INFORMATION

Date:	May 6, 2024	Location:	Laxsimwit
Time:	6:00 AM – 7:30 AM	Meeting type:	Community Sweat Forum
Called by:	Jay Stanley	Facilitator:	Jay Stanley
Timekeeper:	Chelsea Hallam	Note Taker:	Chelsea Hallam

Attendees: Jay Stanley, Chelsea Hallam, Lindsey Watchman, Katherine Minthorn, Sally Farrow, Robin Bitrick,

Topic	Discussion/Minutes
1. Introduction to Forum	Jay: Forum is to go over the results of the survey and expand on the ideas expressed. Copies of the survey responses provided to community members. Would like to hear large and small ideas of what additional funding could accomplish for the Community Sweat.
2. Community Feedback	<p>Discussion among community members and facilitator. Key takeaways:</p> <ul style="list-style-type: none"> • Additional funding could help with improving the stairs to the creek, supplies/setup for accessible area to rinse off, handrail to the side of the sweathouse to help individuals get in and out, lighting. Community expresses that some improvements and adjustments would be helpful, but they don't want to lose the heart of it being a community effort and space. The individuals who use the community sweathouse currently are the ones who gather supplies when necessary and who make improvements as they are needed. • Discussion of integrating some Yellowhawk programs into the community sweathouse. Considerations: community sweathouse is a sober space, individuals struggling with addiction may sweat out a certain energy, may be better to have Yellowhawk sweathouse separate from community sweat. Discussion of creating a sweathouse at the July Grounds with keypads and security. Community members express that it could be a good idea, some might use it, but community sweathouse should remain and community members interested in going can give their numbers to Nick Eastwood or Robin Bitrick.
3. Closing	Other forums to be held at the Senior Center, NCS, and NGC. Invite community members to attend other forums or encourage other community members to attend.



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Meeting: Community Sweat Forum
 Facilitator: Jay Stanley
 # Present: 5

Date: May 20, 2024

AGENDA

Item/Speaker	Discussion	Notes
Jay Stanley	Introduction. Shares previous meeting survey notes.	
Lindsey Watchman	Speaks about history of current SAS Sweat Lodge. Last improvements were in 2017.	
Vickey Starr	Glad to hear they are working on this; she would like to see a space for people to sit nearby and participate in prayers/songs. She is not able to get down and into a sweat lodge due to knees.	
Victor Bates	Shares experience with elders at his family sweat lodge. Would like to see a place where staff could assist elders in need of help getting to the lodge, getting in and out of the lodge, getting dressed. Maybe consider a scheduled "Elder Night" where caregivers will be present to assist.	
Fred Hill	Shared that he used sweat at one time but got burned and has not returned. He is glad to hear the talk today.	
Lindsey W	Shares that there was discussion about designing a separate unit for elders that would be ADA accessible with benches to sit on. This would be separate from the traditional lodge but in the vicinity.	
Jay S	Mentions that there was an idea to host classes to teach people that use the sweat lodge the history, protocols, and training for the young people.	
Mary Halfmoon	Has not participated in sweat lodge. Unsure if she would use but is interested in learning more and supporting the efforts.	
CTUIR Employee	Presents discussion questions for the group to consider as they prepare plans for Wellness Center.	

Next Meeting:



MEETING INFORMATION

Date: May 28, 2024 **Location:** Nixyaawii Community School
Time: 11:45am-12:30pm **Meeting type:** Community Sweat Forum
Called by: Jay Stanley **Facilitator:** Jay Stanley

Attendees: Jay Stanley and Lindsey Watchman and 16 students from NCS

Topic	Discussion/Minutes
1. Introduction to Forum	Jay: Gives the students a brief history about the Community Sweat location at St. Andrews and asks the students to give their comments about what they know about sweat or what they would like to happen with the community sweat space.
2.	<p>Our forum started later and was moved to the cafeteria of NCS due to a fundraiser for the Senior class and upcoming summer trips for students. We were able to get 16 students to give us comments about what they think of the community sweat at St. Andrews.</p> <ul style="list-style-type: none"> -Sweat is when a person crawls backwards into a small hut to clean yourself of bad energy. -I don't know yet -Would be a good opportunity to try something in the community. Transportation where would it be? -Apply for grants, maybe help out for the community. -I haven't been to the ledge but we can try to apply for grants. -Apply for grants or ask the community for help to get this more up and running. -I have heard great things about this but I just moved here so I do not know a lot or where it is at. You could maybe try to make it more accessible. -Transportation for people who don't have a ride. -I think that going and contributing to community sweat and not just sit there and gossip. -Heat the rocks, put them in the pit and dig more roots up so you smell good. -Make it more popular also easier to access. -I think that giving out more info, making a better driveway and inviting all would help. -I didn't know they had community sweat. -Improve roads to and from. Advertise so it is more known. -Have the roads graded. -Sweating is a healthy way to detox and get rid of stres



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Other Business/Any Follow-Up Needed:	
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MEETING INFORMATION

Date:	June 6, 2024	Location:	Nixyaawii Governance Center
Time:	3-4pm	Meeting type:	Community Sweat Forum
Called by:	Jay Stanley	Facilitator:	Jay Stanley
Timekeeper:		Note Taker:	

Attendees: Jay Stanley and Marissa Baumgartner

Topic	Discussion/Minutes
1. Introduction to Forum	Jay: Gave an updated about the Community Sweat survey and the forums completed. Copies of the survey response provided and opened the discussion.
2.	Discussion: <ul style="list-style-type: none"> - Happy with the survey results and the interest to learn more about sweat and participation in sweat. - One of the challenges is communication for when sweat is ready. - Sweat is a highlight for youth at annual Culture Camp at Indian Lake for tribal youth hosted by the CTUIR Afterschool program - All renovations to be done are very appreciated and looking forward to see it all happen.
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Other Business/Any Follow-Up Needed:	
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