

Sewing classes offered

Beginning sewing classes for Tribal girls and boys are being offered by Tribal Elder Betty Bly.

Participants will learn the basics of hand sewing and also use of a sewing machine. Class size is limited to eight children. All materials will be provided and the class is free.

The project is made possible by a grant from the Tribal Cultural Trust Board. Classes will begin on Thursday, July 7, and will continue through July and August on Tuesdays and Thursdays.

For more information and to register, contact Bly at 503-879-6336. ■

Zumba held Monday, Wednesday in gym

Zumba, an easy-to-follow, Latin-inspired and calorie-burning dance fitness party, is held from 5:30 to 6:30 p.m. Monday and Wednesday in the Tribal gymnasium.

The first class is free and \$6 thereafter for drop-ins, or \$5 if participants purchase a punch card.

For more information, contact Tribal Recreation Coordinator Alton Butler at 503-879-1369. ■



Chinook Tribal member Ferrill Johnson, 5, left, watches as Chinook Tribal member Devon Abing, also a Chinook Culture Committee member, prepares the first salmon for baking during the Chinook Indian Nation's annual First Salmon Ceremony at Fort Columbia State Park in Chinook, Wash., on Friday, June 17.

Salmon ceremony

Photos by Michelle Alaimo



Grand Ronde Tribal member Greg Archuleta helps dish out pieces of the first salmon during the Chinook Indian Nation's annual First Salmon Ceremony at Fort Columbia State Park in Chinook, Wash., on Friday, June 17.



Attendees take a bowl of salmon and a cup of water in preparation to eat the first salmon of the season. All at the same time, participants in the ceremony drink the water to cleanse their body and then eat the salmon.