

# ENAEP

# Language Camp

ENAEP Language Camp

Wednesday 6/22/22

9 AM-2 PM

Welcome: (hand out tee-shirts when students arrive) Joy Ross

**9:00** Gathering Exercise, Traditional Greeting (Name, Tribe and grade) use language as much as possible.

**9:25**: Painting with TJ: Go over color words, replace with your language. TJ will lead us in a paint project.

**10:45-10:50**: Snack Break

**10:50-11:25**: Medicinal Plant Walk with Jennifer Quillin

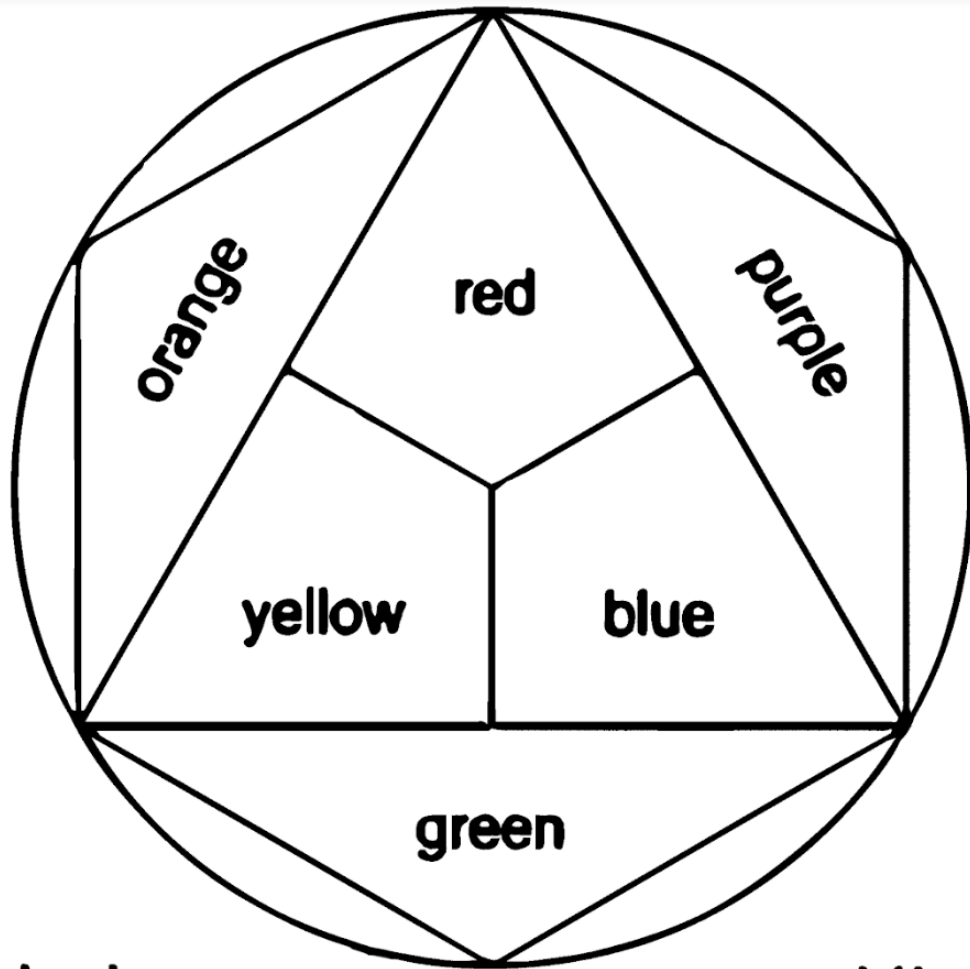
**11:30-12:30**: Participants will eat lunch, then cook with Nancy

**12:30 to 12:45**: Break

**12:45 to 2 PM**: Medicinal Plants Salves with Katie and Nancy

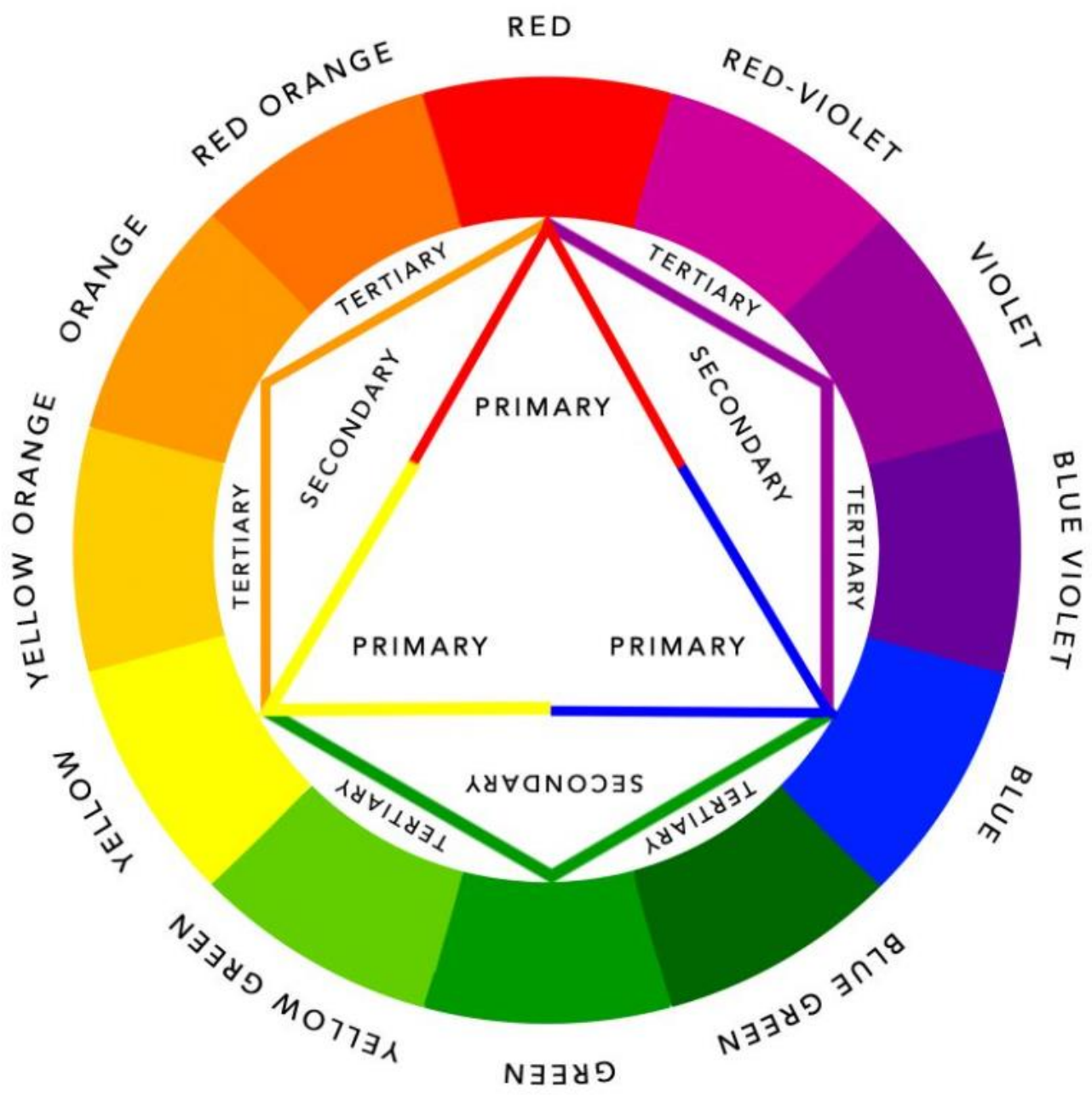
Thank you for coming!

**Color Wheel:** Write the words for each color in your language below each color; color it in if you have time



**black**

**white**



# ENAEF Language Camp Lunch Menu

## Main Course

Venison Chili

Wild Rice Corn Chowder

## Sides

Corn bread

Honey Butter

## Drinks

Iced Tea or Water

## Dessert

Blue Corn Cakes "Hoe" topped with  
berries

# Recipe-Venison Chili

## Ingredients

2 tbsp canola oil

½ lb spicy Italian turkey sausage

2 cups chopped onion

5 cloves garlic

1 ½ boneless venison, trimmed and cut into ½ inch pieces

¼ cup tomato paste

6 cups reduced sodium vegetable broth

2 cups chopped roma tomatoes

3 tbsp ancho chile powder

1 tsp kosher salt

1 ½ tsp ground cumin

1 tsp ground coriander

2 15oz cans no salt added black beans

1. Heat oil in a dutch oven over medium-high heat. Add sausage, onion and garlic and cook, stirring occasionally, for 6 minutes until onion is tender
2. Add venison and cook, stirring often, for 4 minutes or until venison is browned. Stir in tomato paste and cook for 3 minutes, stirring occasionally.
3. Add vegetable broth, tomatoes, chile powder, salt, cumin and coriander scraping bottom of pan for any brown bits. Bring to a boil, cover and reduce heat to medium-low and simmer 1 hour until venison is tender. Stir in black beans and cook for 10 more minutes. Remove from heat and cool.

# Recipe-Wild Rice Corn Chowder

## INGREDIENTS

4 large ears fresh sweet corn, kernels removed (about 4 cups), cobs reserved and halved  
6 oz. thick-cut bacon (about 6 slices), diced  
1 sweet potato, peeled and diced (about 1 1/2 cups)  
1 large vidalia onion, dice (about 1 1/2 cups)  
3 tbsp.  
butter  
1 1/2 tsp.  
salt  
4 garlic cloves, minced  
2 tsp. minced fresh rosemary  
1/4 tsp. freshly ground pepper  
3 c. cooked wild rice

## DIRECTIONS

1. In a stockpot over medium heat, combine cobs and 7 cups water, and simmer for 30 minutes. Remove cobs with tongs and discard; reserve stock.
2. In a stockpot over medium heat, cook bacon, stirring often, until cooked through but not crisp. Transfer to a paper-towel-lined plate. Add sweet potato, onion, and butter to pot. Season with 1/2 teaspoon salt and cook until potato and onion soften, about 15 minutes. Add garlic and rosemary, and cook for 1 minute. Add corn kernels, 5 cups of reserved corn stock, pepper, and remaining salt, and bring to a simmer.
3. Transfer half of soup to a blender and puree until smooth. Using a fine-mesh sieve, transfer pureed soup back into stockpot. Stir wild rice and reserved bacon into soup. Serve immediately.

# Recipe-Corn Bread

## Ingredients

- Deselect All
  - 2 cups yellow cornmeal
  - 1 teaspoon kosher salt
  - 1 tablespoon sugar
  - 2 teaspoons baking powder
  - 1/2 teaspoon baking soda
  - 1 cup buttermilk
  - 2 eggs
  - 1 cup creamed corn
- 
- 2 tablespoons canola oil
    1. Preheat oven to 425 degrees.
    2. Place a 10-inch cast iron skillet into the oven.
    3. In a bowl, combine the cornmeal, salt, sugar, baking powder, and baking soda. Whisk together to combine well.
    4. In a large bowl, combine the buttermilk, eggs, and creamed corn, whisking together to combine thoroughly. Add the dry ingredients to the buttermilk mixture and stir to combine. If the batter will not pour, add more buttermilk to the batter.
- 
5. Swirl the canola oil in the hot cast iron skillet. Pour the batter into the skillet. Bake until the cornbread is golden brown and springs back upon the touch, about 20 minutes.

## Recipe-Hoe Cakes (numbers)

### INGREDIENTS

- 1 cup self-rising flour
- 1 cup all-purpose cornmeal
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon sugar, optional
- 3/4 cup buttermilk
- 1/3 cup water
- 2 large eggs, beaten
- 1/4 cup cooking oil or bacon drippings
- 1 tablespoon butter

### INSTRUCTIONS (WRITE THE WORD FOR EACH NUMBER IN YOUR LANGUAGE)

1. \_\_\_\_\_

Line a rimmed baking sheet with paper towels and place a rack on top; set aside.

2. \_\_\_\_\_

In a medium bowl, whisk together the flour, cornmeal, baking powder, salt and sugar.

3. \_\_\_\_\_

Add buttermilk, water and eggs; mix well.

4. \_\_\_\_\_

Heat oil and butter in a cast iron skillet over medium-to-medium high heat and drop batter by 1/8 cup measure into the hot skillet to form small medallions.

5. Fry until brown and crisp, turn and brown the other side. Remove and let drain on rack.

6. Serve immediately with warm syrup or honey butter for breakfast, as a snack, or as a savory bread.



Look up these words in your language: (See how many you can find! It's ok if you don't find them all)



Deer meat: \_\_\_\_\_



Corn/blue corn: \_\_\_\_\_



Squash: \_\_\_\_\_



Berries: \_\_\_\_\_



Potato: \_\_\_\_\_



Wild rice/rice: \_\_\_\_\_



Beans: \_\_\_\_\_

Numbers:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_



Devil's Club: \_\_\_\_\_



Medicine: \_\_\_\_\_



Comfrey: \_\_\_\_\_

# Traditional Medicine Recipes

## Infused Oil

Dry herbs

Olive oil

Glass Jar

Cheese cloth

- 1) Fill jar 2/3 with herbs
- 2) Pour olive oil into jar making sure to cover the herbs by at least one inch of oil so they have room to expand
- 3) Stir well and cap the jar tightly
- 4) Place in a warm place shaking the jar one or two times daily
- 5) After 4-6 weeks, strain the herbs using cheese cloth
- 6) Pour infused oil into a glass jar and store in a cool, dark place.

## Salve

1 oz beeswax

4 oz herbal infused oil (your choice)

Glass jar or tins

- 1) Place wax and oil in a double boiler. Stir while wax melts.
- 2) Pour into small jars or tins
- 3) Let cool before covering. Label your salve.

## **Cherry Lip Balm**

1 Tb Coconut oil

½ tsp Beeswax

Food safe cherry flavor

2 ½ oz size jars

- 1) Melt together in a double boiler
- 2) Add a few drops of food safe cherry flavoring
- 3) Pour into 2- ½ oz jars
- 4) Let cool 1-2 hours before using

# Notes Page for Recipes or Medicines

Listen for the uses of these important plants:

Devils Club:

Salve:

Comfrey:

Plantain: (Nickname: White man's footsteps)

# Notes for Gathering

## Plant Names

For each plant, there are two words written in Lushootseed, the native language spoken within the vicinity of the Puget Sound. These words represent the Northern (dx<sup>w</sup>ləšucid) and Southern (tx<sup>w</sup>əlšucid) dialects. The first word you will see is Southern and the second is Northern. The Snoqualmie dialect is tx<sup>w</sup>əlšucid, but we know and speak both. In some cases there will be two distinct words, while others it is just the ending changed from “əc” to “ac”, altering its pronunciation, forming two individual words. Words like ʔulal, or cattail, do not change at all.

## Plant Use

The information provided on plant uses is not meant as a gathering or harvesting guide.

Medicinal uses mentioned are not to replace advice, diagnosis or treatment from a qualified medical professional.

Please only gather with someone who is experienced and always use responsible harvesting practices.

Do not overharvest.

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# Plant Names in Lushootseed Snoqualmie Indian Tribe



English Name	Lushootseed Name	
Oregon Grape	sḥ <sup>w</sup> i	
Douglas Fir	čəbidac	
Indian Plum Bush	čəḥ <sup>w</sup> ədac	
Hazelnut	qapux <sup>w</sup>	
Ocean Spray (Ironwood)	qcag <sup>w</sup> əc	
Black Cottonwood	q <sup>w</sup> əd <sup>i</sup> ?q <sup>w</sup>	
Wild Rose Bush	cḵapaʔac	
Plantain	tətiʔcšad	
Western Red Cedar Tree	ḥpayac	



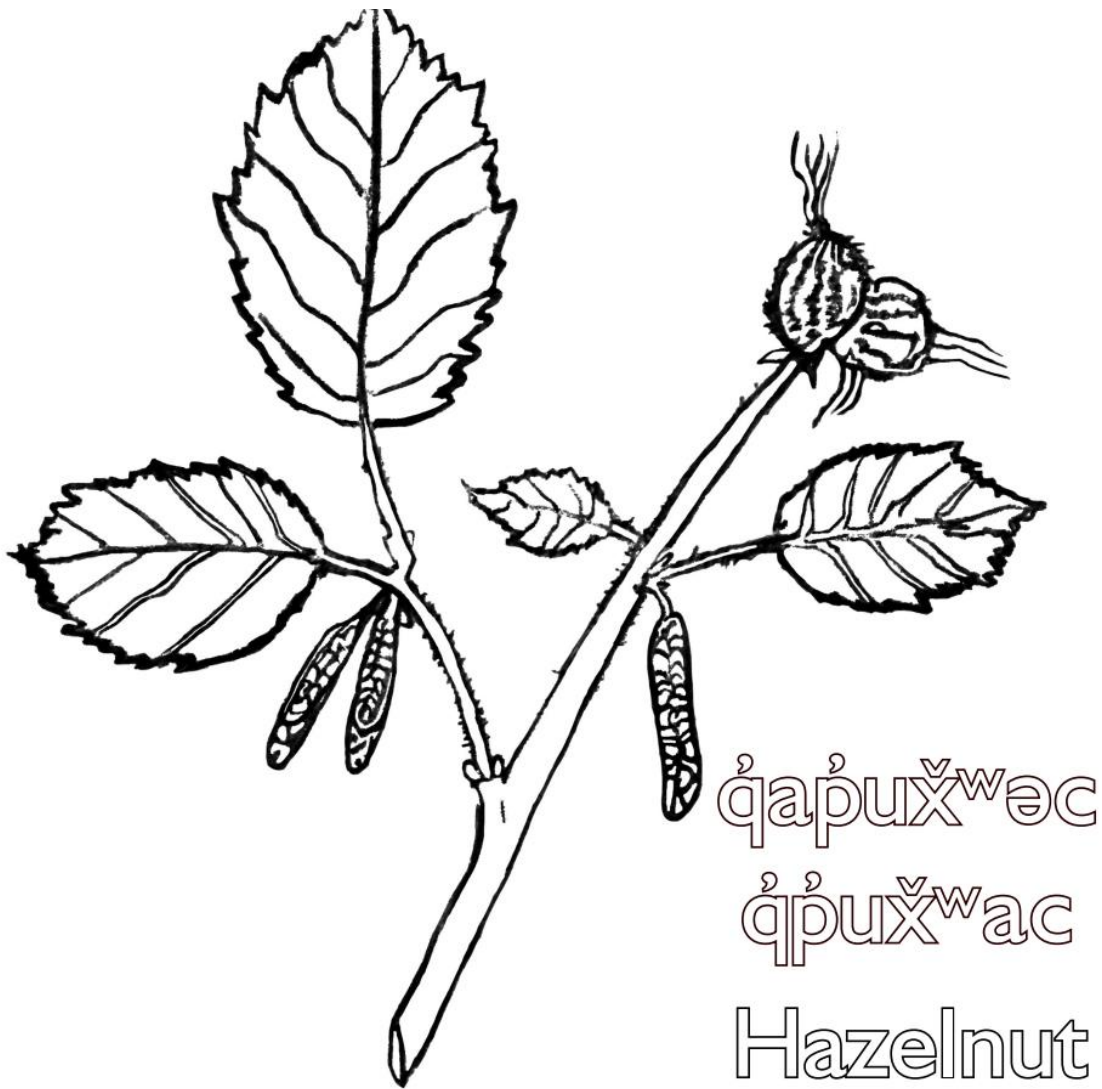


q̣wədiq̣wac

q̣wədiʔq̣wac

## Black Cottonwood

The branches of q̣wədiq̣wac grow quickly, which makes them ideal to bend for navigation, like a sign post, and can also mark harvest and hunting areas. Trees with these features are called culturally modified trees.



q̇apux̃<sup>w</sup>əc

q̇pux̃<sup>w</sup>ac

Hazelnut

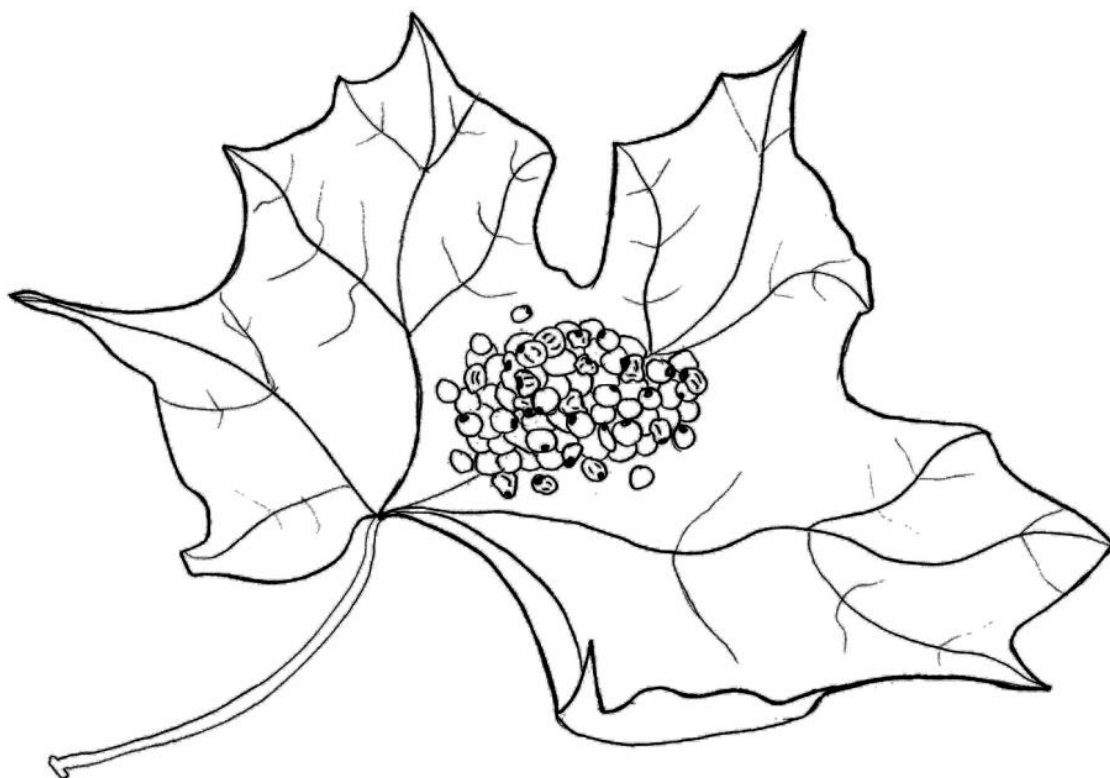
The q̇apux̃<sup>w</sup>əc is an important winter food due to its rich fat and protein content. The prickly husks can be rotted off by storing them in mud or underwater until the harsh winter months.

sčũʔtʔəc

čũʔtəc

## Bigleaf Maple

The hardwood of sčũʔtʔəc is used for canoe paddles and various tools. The large leaves are used to dry berries and the seeds are sprouted.





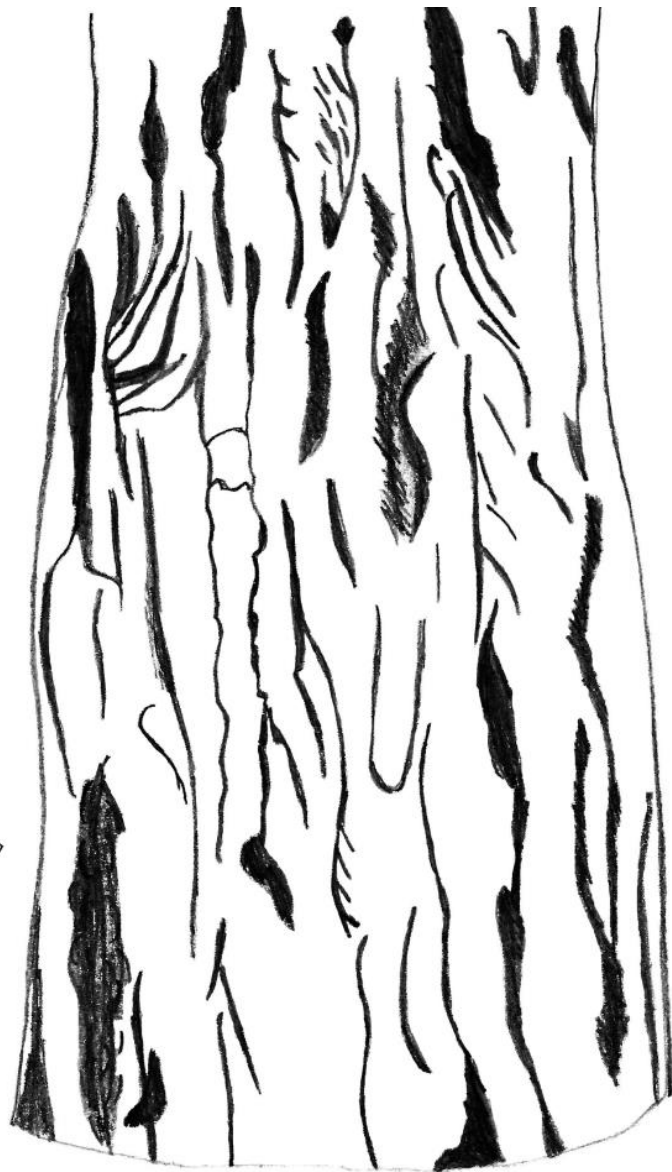
ćəx<sup>w</sup>ədəc

ćəx<sup>w</sup>adac

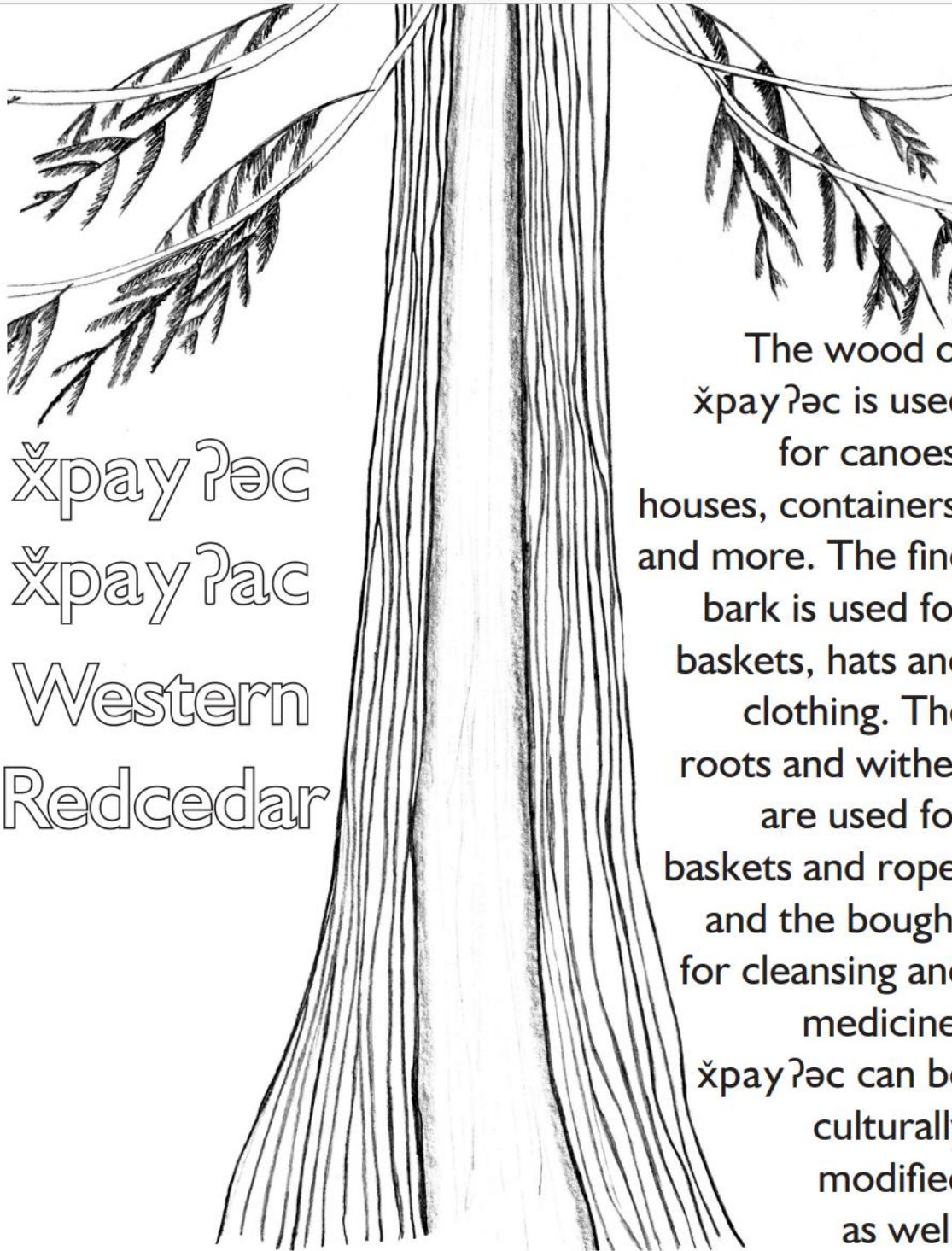
## Indian Plum

The berries of ćəx<sup>w</sup>ədəc can be eaten dried, cooked, or fresh, though the fresh berries can be bitter. The bark can be used to treat tuberculosis and can serve as a mild laxative.

sčəbidəc  
sčəbidac  
Douglas-fir



The thick bark of sčəbidəc is used for hot burning firewood as well as torches. The wood is an important material for making poles to construct houses, fishing dipnets, spear handles, and tripods for fish traps.



ᖃᕈᕐᕐᕐ  
ᖃᕈᕐᕐᕐ  
Western  
Redcedar

The wood of ᖃᕈᕐᕐᕐ is used for canoes, houses, containers, and more. The fine bark is used for baskets, hats and clothing. The roots and withes are used for baskets and rope; and the boughs for cleansing and medicine. ᖃᕈᕐᕐᕐ can be culturally modified as well.

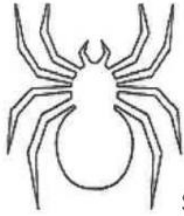
# 2021-2022 ENAEP Language Program

## Worksheets

1. Halloween worksheet
2. Frybread words
3. Recipe worksheet, Family recipe
4. Sweat words Worksheet
5. Restorying worksheet & Walk the Red Carpet
6. Bead worksheet
7. Drum worksheet
8. Introduction Worksheet
9. 3 Sisters Garden
10. Eagle words for feather blessing
11. Give away words

"Happy Halloween ENAEP Students"

Language Exploration Sheet



Spider \_\_\_\_\_

Color Black \_\_\_\_\_



Moon \_\_\_\_\_



Color the pumpkin Orange \_\_\_\_\_



Bat \_\_\_\_\_



Have a safe Halloween ENAEP Students



# Frybread Night

Look up how to say:



Frybread: \_\_\_\_\_



Salt : \_\_\_\_\_



Story: \_\_\_\_\_

# Family Recipe

Language Exploration: November Lesson

Objective: Explore your indigenous language and share some of your family history with each other by writing a family recipe or traditional recipe from your tribe.

Word goals:

-explore numbers and counting by writing the steps out for your recipe

-replace one or more words in your recipe with a word from your language (for example, since we just researched salt in our languages, you can replace that word throughout your recipe.)

Once completed, share out your recipe with the ENAEP group! (write the word for each number in your language in the parenthesis. Feel free to add or take away steps in your recipe!

Ingredients:	Step 4 (_____)
Step 1 (_____)	Step 5 (_____)
Step 2 (_____)	Step 6 (_____)
Step 3 (_____)	Step 7 (_____)

# Words of the Sweat

Objective: ENAEP students will be able to find the words of the sweat that are used across tribes in their language. Students will know the importance and value of these words as they relate to the sweat.

Using resources you have from your tribe, find the words in your language for

**Name**

**Age/Grade**

**Tribal Language**



Fire \_\_\_\_\_

- Phonetic \_\_\_\_\_

Rocks \_\_\_\_\_

- Phonetic \_\_\_\_\_

Water \_\_\_\_\_

- Phonetic \_\_\_\_\_

Willows \_\_\_\_\_

- Phonetic \_\_\_\_\_

- Sweatlodge \_\_\_\_\_

- Phonetic \_\_\_\_\_



# Restorying

Objective: ENAEP students will be able to continue the exploration of their indigenous language by **researching, interpreting and replacing** words in the story with indigenous words.

Steps to success:1) Research a story from your tribe or people. Most of the story will be in English, but replace 2-3 (or more!) words from your language. For example if your story was about Coyote, you may replace that word throughout the story.

2) write the story down with your words replaced and practice an oral telling of the story.

3) sign up to be videotaped or (due to covid protocols) have a member of your family tape you reciting your story

4) Create an original art piece that goes with the story

BONUS: Come up with a physical movement for 1 or more of your replaced words and use that movement whenever you say that word in your story. This connects the action, to the word, and commits it to memory!

5) ATTEND the Walk the Red Carpet event (details to come) for your movie premier. All the taped stories will be watched and the artwork admired.

# Bead worksheet

## Beaded Mask Lanyard

Objective: Students will be able to attempt to find one or more of the following words and share out at the next ENAEP meeting as a warm up activity.

This week we are making beaded lanyards for our masks that we all have gotten so used to wearing for protection. Our peoples have a long history of resiliency in the face of disease and pandemics and we continue to thrive!

Try to find these words:

Mask \_\_\_\_\_

Pronunciation: \_\_\_\_\_

Protect or care for \_\_\_\_\_

Pronunciation: \_\_\_\_\_

Bead \_\_\_\_\_

Pronunciation: \_\_\_\_\_



# Drum worksheet

Drum \_\_\_\_\_

Pronunciation \_\_\_\_\_



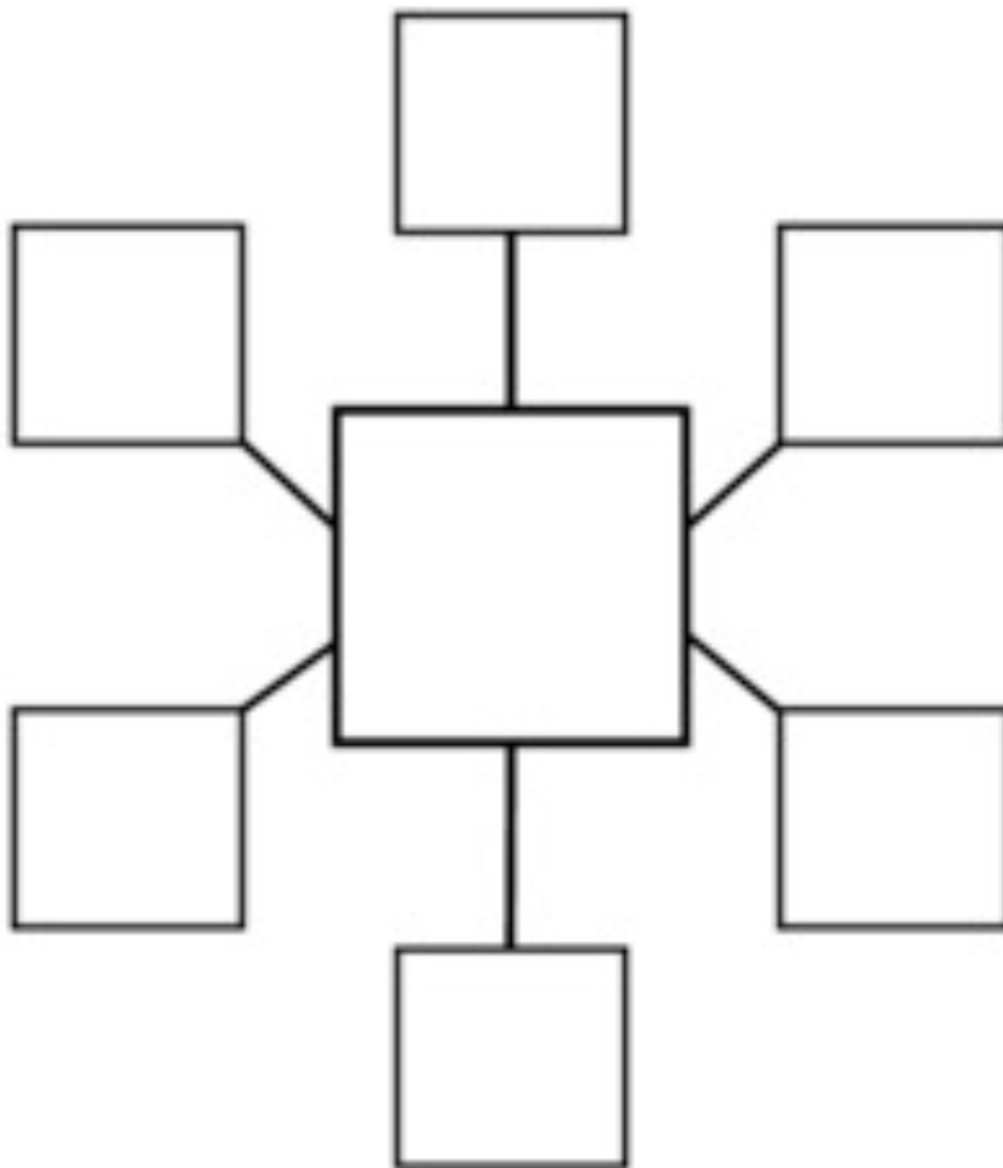
Drum stick \_\_\_\_\_

Pronunciation \_\_\_\_\_

Song \_\_\_\_\_

Pronunciation \_\_\_\_\_

Using “draw” or a stylus (or print this out-or even replicate on another sheet of paper) put your word for drum in the middle of the map. Connect as many words as you can to drum and see how many words you already know in your language. See how many boxes or connections you can make. These are just a start. You can always add more. See the example on the next page.



# Introduction Worksheet

Objective: Students will be able to introduce themselves in their Indigenous language. Introductions are a powerful way to practice your culture. When you introduce yourself in the language of your ancestors, you are honoring them. It takes time to learn your introduction, but it becomes second nature the more you practice!

Internal/External Assets: Positive Identity and Empowerment

Standards/Language Proficiency: Collaborative Language: Share their words orally to the group, Language standards (Communication, Community)

Steps to success:

- 1) Research how to say the following things in your language:

Hello \_\_\_\_\_

My name is \_\_\_\_\_ (not everyone has a native name and that's ok just learn the "my name is" part!)

OR

I am \_\_\_\_\_

My tribe is \_\_\_\_\_

OR

I am \_\_\_\_\_

My mother is \_\_\_\_\_

My father is \_\_\_\_\_

My Grandmother is \_\_\_\_\_

My Grandfather is \_\_\_\_\_

Measurable Outcome:

Students will introduce themselves at ENAEP, we will practice our introductions. It would look like this (In your language)

Hello. My name is \_\_\_\_\_. My tribe is (or I am) \_\_\_\_\_. I am in \_\_\_\_ grade and go to \_\_\_\_\_

School. You may also add My Mother is \_\_\_\_\_. My father is \_\_\_\_\_. My Grandmother is \_\_\_\_\_. My Grandfather is \_\_\_\_\_.



# 3 Sisters Garden

Find these words in your language (find as many as you can!)



Corn \_\_\_\_\_



Beans \_\_\_\_\_



Squash \_\_\_\_\_



Sun \_\_\_\_\_

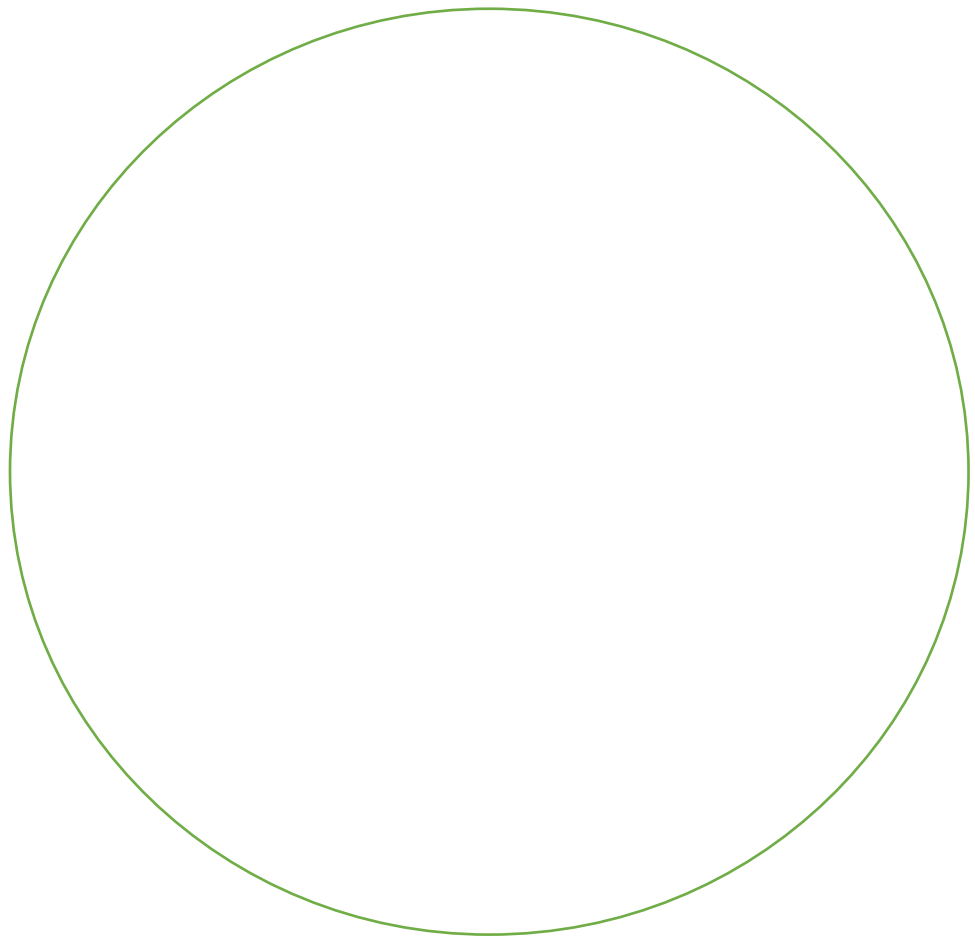


Water \_\_\_\_\_



Dirt/Soil \_\_\_\_\_

After the lesson and learning how the plants need to be arranged, draw your plan below:



# Eagle words for feather blessing

Find the words in your language:



Bald Eagle \_\_\_\_\_

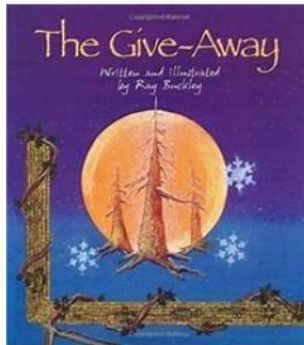


Golden Eagle \_\_\_\_\_

# Give Away

## Student Giveaway Worksheet

Please try to find these words in your language to share during the language exploration.



Giveaway \_\_\_\_\_

Pronunciation \_\_\_\_\_



Gift \_\_\_\_\_

Pronunciation \_\_\_\_\_



Elder (Or Grandma/Grandpa) \_\_\_\_\_

Pronunciation \_\_\_\_\_