

Pi-Ume-Sha Powwow Queen Candidates, 1978



Pi-Ume-Sha Queen candidates are (left to right), Roaslie Polk, Eydie Switzler, Colleen Seelatsee, and Mona Jim. The Pi-Ume-Sha Powwow is set for June 23-25.

With the Pi-Ume-Sha Powwow just a few weeks away, four girls are selling raffle tickets in the hopes that they will be chosen as queen to reign over the powwow. The powwow is set to run June 23-25.

The four girls who are running are Mona Jim, Colleen Seelatsee, Rosalie Polk, and Eydie Switzler.

Rosalie Polk

Rosalie Polk is 14 years old and is a Warm Springs-Yakima. She has just completed eighth grade and said she has enjoyed school this year, and has been active in many school activities, Indian Club being one of them.

Rosalie said the reason she is running for queen is to get herself involved on behalf of her uncle Sammy Colwash and his family as they are in mourning and are unable to participate.

She likes swimming and doing beadwork for herself as well as others. She also likes dancing and has been competitive since she was four years old.

She has lived in Warm Springs most of her life and is currently staying with her aunt Anna Polk and grandmother Ada Walsey Polk.

Eydie Switzler

Fifteen year-old Eydie is the daughter of Delton and Maxine

Switzler. She enjoys riding horses, beadworking, and swimming.

Eydie has just finished her freshman year at Madras High School and she said she has no special reason for running for queen. "Just to be doing something," was her reply to the question of why she is running.

This summer Eydie plans on going to numerous powwows and she is hoping to work at Kah-Nee-Ta.

Colleen M. Seelatsee

Just completing eleventh grade, Colleen said that the main reason she is running for

queen is because she would like to meet people from different places. She also said she enjoys traveling and taking part in other powwows.

Seventeen year old Colleen is the grand-daughter of Ellen Heath and the daughter of Frank D. Seelatsee.

Her hobbies include beading, sewing, dancing, and almost all sports. She also plans on furthering her education, possibly at the University of Hawaii.

Colleen traveled to Japan last summer through the 4-H program for five weeks and said it was really interesting and fun learning about Japanese culture.

Mona Jim

Eighteen year old Mona Jim, a Madras High School graduate this year, has decided to run for Pi-Ume-Sha Queen because she wanted to do something different. This is the first time she has tried out for anything, according to her mother, Geraldine Jim. Mona is the daughter of Mr. and Mrs. Wilfred Jim.

She enjoys Indian dancing, volleyball, riding horses, and likes traveling to powwows. She plans to attend college this fall and will major in business-related courses.

Extension Notes:



Vegetable Planting Tips

Planting a vegetable garden is not a complicated and mysterious process, but success does involve following directions closely.

The vegetable seed packets have planting directions printed on them and these should be followed closely.

Duane Hatch, Oregon State University Extension home gardening coordinator, reminds this year's gardeners of three important practices when planting vegetables.

Plant vegetables at the right time. Planting seeds at the time recommended on the seed packet or in OSU Extension publications will reduce the risk of frost or hot weather damage to the young plants.

Plant vegetables at the right depth. Vegetables planted too

deep take longer to come up, if they come up at all. There is also a chance that weeds may grow first around the area and crowd out the vegetables.

Vegetables with small seeds, such as cabbage, carrots, radishes, and lettuce, should be planted 1/2 inch deep. Those with medium-sized seeds, such as beets and chard, should be planted 3/4 inch deep. Large-seeded vegetables, such as beans, corn and squash, can be planted from 1 to 1-1/2 inches deep.

Finally, plant vegetables the right distance apart. Correct spacing allows each plant to get its share of sunshine, water and nutrients from the soil. If seedlings are planted too close, the vegetables will not grow as big.

Roots, Roots, And More Roots

What a difference a little rain makes!

The smaller Pe ah ke pictured here was typical of last year's yield from the earth, due to the drought. The results of increased rains this past year are shown by a larger and more plentiful crop of roots.

Both Pe-ah-ke and Cum-see are good sources of vitamin C, one cup of fresh roots providing about the daily Recommended Dietary Allowance (RDA) for this nutrient. Dried or frozen over several months, these roots supply about one third of the vitamin C value of fresh roots. This makes dried or frozen Pe-ah-ke and Cum-see still good vitamin C foods.

Fresh and (short term) frozen Luksh is also high in vitamin C. A one-cup serving provides about one half of the daily RDA for vitamin C. Dried Luksh, however, has zero vitamin C value.

A one-cup serving of Cough will give you one-third of your daily vitamin C needs. Cough that is dried or frozen over a long period of time loses nearly all vitamin C value. Cough is a good source of iron for men and women.

Although barbecued Camas root has no vitamin C value, it

will supply you with iron and protein. One cup of Camas root provides over half the daily RDA for a man, and one-third

the RDA for women. The protein content in Camas root is comparable to that in potatoes, peas, beans and cereals.



Guess which ones are last year's roots and which ones are this year's? On the left are this year's Pe-ah-ke and Luksh, and on the right are last year's puny Pe-ah-ke. (Roots and bag courtesy Prunice Williams)