

# Caldera is frybread champion

Jasmine Caldera is one of the greatest frybread makers in all of Indian Country.

Jasmine this month won first place in the Best Overall Frybread category at the World Championship Frybread Cook-Off Contest.

The fourth-annual contest was sponsored by the Tulsa Indian Club, one of the oldest Native American cultural organizations.

The club hosted the frybread championship in the Rose Bowl Event Center in Tulsa, Okla.

Jasmine took first place in the Best Overall category, and also took first in the Largest Frybread category.

She won in the Largest category with a frybread measuring two feet in diameter.

In the Overall Best category, her frybread was judged for taste, texture, crispiness, color, appearance and fluffiness.

You can try Jasmine's frybread by visiting her purple frybread concession stand located across the street from the Warm Springs Market.

At the stand she also serves Indian tacos, Indian burgers, wrapped hot dogs (wrapped with frybread), salmon luckameen (salmon chowder), salmon pouches, burgers, freshly cut French fries, freshly squeezed lemonades, (huckleberry, pomegranate, strawberry), sodas. All items are made fresh. And she offers specials.

During summer months she also has milk shakes, sundaes, ice cream cones and fresh strawberry short cake with Oregon-grown strawberries.

Jasmine opened her frybread stand on a shoestring budget. Her grandfather George Sr. advised her to offer value, and to serve tasty, non-glitz foods, such as burgers with one-third pound of lean beef, crispy fresh vegetables and so forth.

The stand has built a devoted following, Jasmine said she appreciates all her customers.

### Longest frybread throw

At the Tulsa cook-off, there were the Best Overall and the Largest categories, plus these three other categories:

Frybread Eating, Frybread Diva, and the Frybread Throw. So far, no one has beaten the 220-foot throw of two years ago.

The event also included the Native Fall American Music Fest concert. Artists performing were Indian Soul Men,



Courtesy of George Aguilar Sr.

Jasmine Caldera with the Largest Frybread at the Tulsa cook-off.

Butch Powell and 50/50 Band, and Litefoot.

The Tulsa Indian Club was established in 1952 to preserve and promote the cultural heritage of the North American Indian through the organization of multi-tribal cultural events, patriotic and religious ceremonies, and sporting events.

### About frybread

Frybread is a Native American food found throughout the U.S. Frybread has a significant role in Native American culture. It is often served both at home and at gatherings like powwows.

Frybread may be served with fruit, honey, jam, meat, or pinto beans. It is a primary food on the powwow circuit.

The dough is flattened for the frybread and deep-fried in vegetable oil, shortening, or animal lard. Frybread was created in the 1800s.

Wascos of Warm Springs learned how to make it from the missionaries and Oregon Pioneers.

With the introduction of this grain-grown commodity the Wascos began growing wheat and harvesting it along the Columbia River.

When the Wascos were forced to migrate to the harsh high desert area of the Warm Springs, women and children crawled around on hands and knees with butcher knives, harvesting what little wheat the harsh desert land allowed.

During early reservation times Wascos were given small amounts of wheat flour and lard to eat.

### Grandmother's recipe

Jasmine's Grandmother Ella always made it a point to make her special fry bread and tortillas for birthday gatherings and the holidays. Family members often commented that she should sell her special-made Ute frybread during powwow activities.

At the age of 6, Jasmine observed how her grandmother lovingly handled the dough of her tribal recipe. Jasmine now possesses the recipe. When Jasmine was contemplating opening up a frybread stand, Jarold and Dorothy Ramsey encouraged her to establish a booth at the Sahalle Park.

Using the recipe, she opened a booth at the Farmers Saturday Market at Madras. The sales were overwhelming.

Once the frybread dough is fried, the texture is light on the inside while the outside is chewy-crisp.

Topped with red beans, chili, ground beef, shredded cheese, olives, lettuce, and chopped tomatoes, frybread is served as Indian tacos.

When sweetened, or served with sweet toppings such as honey, cinnamon or powdered sugar, frybread is very similar to an elephant ear, scones, or simply known as fried dough.

Her grandfather George Sr. jokingly encouraged Jasmine to smother the fried bread with a mixture of delicious Oregon grown strawberries and huckleberries. He labeled this odd mixture as "Wasco Short Cake."

What may very well have been a survival food during early times, born of poverty and hard times, frybread has now become a symbol of Native American pride 150 years later.

## Holiday, history movies at Culture and Heritage

In honor of National Native American Heritage Month, Warm Springs Culture and Heritage would like to invite the public to a viewing of *Christmas in the Clouds*.

The presentation will begin at noon on Monday, Nov. 30 in the Education Building.

*Christmas in the Clouds* is a classic comedy of mistaken identity and romance, set during the holiday season at a ski resort that is Indian owned and operated. Starring Graham Greene and Sheila Tousey, the running time is 93 minutes.

Also showing: On Monday, Nov. 23, at noon, part 3 of the

documentary *We Shall Remain* will be shown.

Learn the story of pivotal moments in United States history from the Native American perspective, upending two-dimensional stereotypes. Bring a lunch and enjoy the show.

For details, call 553-3290.

## Warm Springs Community Calendar

### Wednesday, Nov. 18

This is a **late start day** for all 509-J school. Buses will come two hours later than usual.

Warm Springs Fire and Safety offers **First Aid** classes open to all community members the third Wednesday of each month at 9 a.m. Fire and Safety has details, 553-1634.

Today at noon there will be **Yoga class** at the Community Center.

There's a **4-H "for fun"** after-school activity every Wednesday afternoon 4-5 p.m. downstairs at the Education Building with Merle Kirk.

### Thursday, Nov. 19

Today at noon there will be **Core Strength** class at the Community Center.

There's a **4-H after-school** activity Thursday 3:30-5 p.m. at the Education Building. It's "Dance For Fun" with Merle Kirk.

Deanie Johnson and Carol Sahme are holding **group dance practice** Thursdays from 5-6:30 p.m. in the aerobics room at the Warm Springs Community Center. Open to all ages.

Narcotics Anonymous will meet Thursday from 6-7:30 p.m. in the Family Resource Center conference room.

### Friday, Nov. 20

Today at noon there will be **Body Flex** class at the Community Center.

### Saturday, Nov. 21

The Eighth Annual Tiin-Ma Gathering **Powwow** is Saturday in Toppenish, Wash.

The Warm Springs Christian community will come together for a monthly **Christian community prayer gathering** and potluck at High Lookee Lodge in the Tribal Room the third Saturday of every month. People from Baptist, Presbyterian, Full Gospel, Simnasho, home churches and others are invited to attend.

### Monday, Nov. 23

Today at noon there will be **Cardio** class at the Community Center.

A combined **culture activity and language** class will be in Carol's Room at the Community Center with 4-H and the Language Program. Mondays, 4-5 p.m. is Ichishkin day; Wednesdays, 4-5 p.m. is Kiksht; and Thursdays 4-5 p.m. is Numu.

A woman's **support group** meets this evening from 6:30-8 p.m. at the Warm Springs Victims of Crime Services office.

### Tuesday, Nov. 24

There's a **Healthy Break-**

**fast** at the IHS Kitchen Conference Room from 9-10 a.m. The topic is Blood Pressure Monitoring.

There's a **HOPE Program Diabetes Class** from 10 a.m.-noon, classes are open access, stop in anytime for 30 minutes or less.

Today at noon there will be **Body Flex** class at the Community Center.

### Wednesday, Nov. 25

There is **no school** Wednesday, Thursday and Friday for 509-J students because of the Thanksgiving Holiday.

Podiatrist Dr. Jarrod Shapiro will be conducting **free foot screenings** Wednesday from 8:30 - 10:00 a.m., in the Community Room at Culver City Hall. City Hall is located on First Street in Culver. Monthly blood pressure and blood sugar testing will be conducted at the same time.

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## Survivors of Suicide Conference

Hope is everything... Your story honors...  
Your story teaches... A time for healing

**Saturday, November 21, 2009**

**9 a.m.- 3 p.m. Yellowhawk Tribal Health Center**

Confederated Tribes of the Umatilla Indian Reservation

Everyone  
is  
welcome!



Everyone  
is  
welcome!

For more information call Sarah Thompson at (541) 969-4784; or email SarahThompson@Yellowhawk.org; or call Wenona Scott at 278-7530, email WenonaScott@Yellowhawk.org

## Need Help with a Legal Problem?

Legal Aid Services of Oregon provides free assistance to low-income Oregonians in many civil cases. Speak with an attorney during drop-in hours 1 to 4 p.m. on the first Monday

of the month at the Family Resources Center in Warm Springs. Or call 385-6944 Monday through Wednesday between 10 a.m. and 2 p.m.

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**Maurice Langsev**