



**Nebraska Urban Indian Health Coalition**

Rachael Brockway, from the Nebraska Urban Indian Health Coalition, spoke at the Treynor Optimist Club on June 7. They operate a drug or alcohol rehabilitation center with a primary focus on substance abuse treatment, and are based at 2240 Landon Court in Omaha, Nebraska.

Rachael said that the center focuses on drug, meth, and suicide prevention. They treat Native Americans and others. They operate on a Region 6 grant. They recently had a visit from Milton Creagh, a Native American motivational speaker. He also spoke at Lewis Central School.

The Nebraska Urban Indian Health Coalition also has programs on bullying, cutting, and teaches tribal crafts, languages, and cultures to help youth find motivation for learning.

Rachael recently had training in historical trauma, which is cumulative emotional and psychological wounding, exceeding over an individual lifespan and across generations, caused by significant group traumatic experiences. This can result from killing someone to simple things like loneliness. She said "everyone should learn about historical trauma" so they can move on in their life.

Rachael spent a year at the Fort Peak Reservation in North-East Montana. She left there because she wanted a better education for her children. She observed that Indian school systems are behind other schools. They need more Native American teachers. Most teachers spend a year or two there, so students never develop a relationship with their teachers. Only about 3% finish college and many do not finish High School. Where she was they had huge sports programs. Basketball was so big that the school buys everyone basketball shoes. However, attendance rules are rather lax, so you only have to attend the last period of the day to play basketball.

**Calendar**

- June 11 – Can kennel sorting for High School Baseball
- June 14 – Put up flags for Flag Day
- June 16 – Take down flags
- June 25 – Can kennel sorting for High School Baseball

**Birthdays**

- Jun 16 – Dale Willenborg
- Jun 20 – Jeff Jorgensen
- Jun 22 – Kevin Elwood

**Anniversaries**

- Jun 1 – Kevin & Shana Elwood
- Jun 3 – Arlyn & Wanda Norris
- Jun 5 – Steve & Debra Irvin

Rachael said that there are two basic groupings of Indians, Northern and Southern. Northern speak in a higher pitch and Southern in a lower pitch and slower.

Rachael was born into the Blackfoot tribe in Canada. She was adopted into a white family. Her original name was Yellow Old Woman.

Additional information about the Nebraska Urban Indian Health Coalition can be found at: <http://nuihc.com/>

**Meeting Minutes**

Bill Vorthmann opened the meeting on June 7. Dee Gutttau provided jokes. Bill led the Pledge of Allegiance and Gary Gutttau gave the opening prayer.

Judy Gutttau contributed to the Youth Fund because Mick is celebrating his 50 year graduation from the class of 1964. Richard Vorthmann is celebrating his 75 year graduation. He has only missed one graduation banquet. Mick Gutttau recognized that TS Bank had purchased two banks in North Dakota.

Mick and Judy will celebrate their wedding anniversary this month. They met at ISU as juniors.



Auction items included Walnut Grove popcorn (no longer made), Borax hand i-wipes, a 2 GB memory card and 2 rib eye steaks. The steaks brought \$20 and the other items brought \$1 each.

Dale Willenborg won the 50/50 drawing this week. Kevin Ellwood won the attendance drawing, but did not collect. There were 15 members and 3 guests at the meeting.

The club held a Board Meeting after the club meeting. A recommendation was made to advertize the flag project in the water bill and in the newspaper next year.

The Silver Keg Feeders 4-H was assigned the can kennel in August and the Boy Scouts were assigned September. The Freedom Rock project submitted an application, but it has been deferred.

The July Zone meeting will be hosted by Treynor. The club has found volunteers for all softball games. The federal form 990 for 2012 and 2013 are in the process of being submitted.

- Jun 15 – Steve & Jeanie Chambers
- Jun 28 – Mick & Judy Gutttau (recognized)

**Speakers**

- June 7 – Rachael Brockway – Indian Relations
- June 14 –
- June 21 – Candice Gregory – Open Door Mission
- June 28 – No meeting – Treynor Days
- July 5 –
- July 12 – Brad Silvey – Girl's Soccer Coach at IWCC

**Prayers**