

Frey-Mondin prepares for 2017 World Cup debut on mountain bike tour

BOISE, Idaho – Siletz Tribal member Fairlee Frey-Mondin recently finished her first season competing on the U.S. Cup Professional Mountain Bike Tour.

After racing her mountain bike in California, Oregon, Montana, Idaho, Massachusetts and New Mexico, she finished the season in 26th place (out of 70 professional athletes) in the overall series standings.

With support from Chinook Winds Casino Resort, Frey-Mondin has competed against athletes from throughout the U.S., Canada, Mexico, Germany, Australia, China, Czech Republic, Ecuador and Argentina.

Other athletes on the U.S. Cup Tour include current and former U.S. Olympic

Mountain Bike Team members Chloe Woodruff (Boulder, Colo.) Georgia Gould (Boulder, Colo.) and Lea Davison (Williston, Vt.).

2016 has truly been a fairytale season for Frey-Mondin. After several top 15 finishes on the tour, she is only three UCI finish points shy of qualifying to start her first World Cup race. Having only begun to race mountain bikes three years ago, she is beyond excited to see where her cycling talent will take her next.

When she isn't racing her bike, Frey-Mondin works as a post-surgical registered nurse and lives in Boise with her husband, Greg, and their dogs Ruby,

Sadie and Petula.

To learn more about her, visit forthe-loveofriding.com, where Frey-Mondin

writes a regular blog about mountain bike racing, healthy lifestyle choices and being a Native professional athlete.



Fairlee Frey-Mondin

Courtesy photo by Philip Beckman

Brown's bead shop helps continue cultural sharing in community

By Lisa Brown

What a blessing there is in the knowing and sharing of culture and recognizing the healing properties of sharing the ways of our ancestors.

That is one of the major components I have held fast to in my process to be of service to my community, young and old, and the public in general. I have shared about creating regalia and traditional multi-ethnic cultural strengths since my oldest son was born in 1977.

My sister, Bonnie Petersen, taught me to make my first cradle board and then how to do loom work. It was in 1986 that I came to live in Lincoln County and I spent time going to college and helping my "Aunt" Jeanne Boardman Bard at her bead shop in Newport.

Jeanne shared her skills, which she perfected, in the precision technique of two-needle bead embroidery. It is difficult to put a number on how many people she fostered to create so much of our regalia that we see on our pow-wow grounds to this day.

It was not until 2006 that I rented a small shop space in Aquarium Village (in Newport, Ore.), which led to planning and coordinating Native art shows at Chinook Winds Casino in 2007. In April 2008, a dear friend volunteered to help me construct a space behind my home.

A number of Tribal members, local community members as well as dedicated artists stepped up to help. Many meals were prepared for workers; stories exchanged of artistic and spiritual endeavors; times shared about hardships we endured; and smiles on youth, adults and elders when they learned to create regalia that was admired by many.

I've had a pow-wow booth for almost 30 years now and it has always been my goal to teach others so I can retire. But that day never seems to arrive and I find myself honored that we have such a network of talented staff, community members and youth who have become interconnected and to whom I can refer others to seek instruction.

The capacity to heal by connecting with my cultural heritage, combined with Native and multi-ethnic healing practices, has led me to make my shop a space filled with numerous reference materials and items created by friends and family. Most items are available for purchase and most

artists are willing to share about the techniques and materials used.

Many people stand tall in my memory who have encouraged cultural artistic expression and the teaching of these ways/practices and skills. Since 1986, our Behavioral Health Department supported community gatherings, Run to the Rogue, rafting trips, community speakers, Culture Camps and ceremonies.

This spider web grew out into communities and families, and the strength of these people and actions is impressive when we view our local school and pow-wow grand entries. The dedication of these people has created a space for artistic expression.

I want to continue to be a part of that process in a bigger and more-frequent manner. It is this intention that leads me to open my shop several days a week on a regular basis. I will do my best to share tips and ideas for materials and supplies for your projects.

- The shop is located at 126 Molalla St. in Siletz, Ore., on the corner of Buford and Molalla.
- Shop days/hours: Fridays and Sundays, 11 a.m. to 6 p.m.
- Or by special appointment: 541-444-1290

I am pleased to have a dear friend and bead artist, Shannon Garza, who will assist me with this endeavor. Shannon has extensive skills and teaches numerous beading techniques in addition to having been professionally trained as a Reiki master.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement, treating the whole person (body/emotions/mind/spirit). Shannon is available for classes (beadwork, regalia) in addition to Reiki energy balancing sessions.

In addition, a very dear friend and Siletz community member, Tracy Whitlow (daughter-in-law of Lynn Whitlow), will open the shop by special appointment to meet your many bead needs.

I am so appreciative that these women and others, who have such kind and generous hearts, are willing to help me teach and connect with others in this way.

Please feel free to contact me – PO. Box 586, Siletz, OR 97380; nadosh2@gmail.com; 541-444-1290; or visit the bead shop.



Siletz Tribal Youth Council Meeting

Date: Friday-Saturday, Oct. 14-15
Siletz Tribal Youth Conference
Time: TBA
Location: TBA

**Lunch/dinner will be provided.
Parents/Guardians are welcome to attend with youth.**

Transportation:
Youth carpool from the area offices. Contact us as soon as possible if you would like to join.

Area Office Contact Numbers:
Portland: Katy Holland, 503-238-1512
Salem: Sonya Moody-Jurado, 503-390-9494
Eugene: Nora Williams-Wood, 541-484-4234
Siletz: Sharla Robinson, 541-270-3212

2016 Siletz Tribal Youth Council Calendar

Meeting Date	Location	Activity Description
Saturday, Dec. 3	TBA	Meeting and fun activity TBD

Youth Council Objective:
The objectives of this group shall be to provide a collective voice and represent the Tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future Tribal leaders; to help solve problems facing Tribal youth; to coordinate school and community service projects and provide opportunities for the youth to interact for fun and fellowship.