



MHA Women's History Month 2019

Delores Sand



Delores was born and raised in Elbowoods. She was the youngest child of 13. Her parents are George Parshall and Ruby White Bear Parshall. Her Mandan name is "Coming out Plain" pertaining to the sacred turtle rippling and surfacing in the water. She is a member of the Prairie Chicken Clan.

Delores married Melvin Sand and together they raised 6 children: Shavonne, Shawn, Carla, Sina, Tanya, and Lionel. She is the proud grandmother of ten. She was a stay-at-home mom for some time until she decided to enter the workforce.

Delores was a remarkable community worker that worked for the NDSU extension office for 34 years as a nutrition educator. She was the pioneer of teaching nutrition, health, and exercise in the Ft. Berthold Community. She taught many of our people about healthy living, gardening, how to cook with commodities

and home living. She also worked closely with the 4-H youth and livestock. She worked until she was 74 years old. When looking back at her service to her community, she said, "I enjoyed working with the people." She still continues to maintain a healthy fit lifestyle through nutrition and wellness. Delores was born into a home where both Mandan and Hidatsa were spoken. She's a fluent Mandan/Hidatsa speaker. At one time she worked with the Boys and Girls club, teaching the language. She's a very dedicated church member that attends Catholic Church regularly. She is also an active member of the Fort Berthold Tekawitha Chapter. She attends conferences yearly. She has traveled all over the United States and even Rome, Italy attending the Annual Cross and Feathers Tekawitha Conferences.

Delores joined the Little Shell Ladies Auxiliary in the late 60s when her brother Charles Parshall joined the service and has been active for some 50 years plus. She says "That's what keeps me going and I enjoy serving all our Veterans! I wouldn't want to be doing anything else." She is a true supporter of the Veterans 24/7. She was given the nickname "Sarge" because of her commitment and dedication to all the Veterans.

Delores enjoys attending powwows and community functions. She states her greatest accomplishments were working with the people of Ft. Berthold, the families and the Veterans. She said she loves to dance it keeps her going! She attends Zumba classes regularly. She also is an avid Dallas Cowboys football fan. Last year she got to attend a football game in Dallas and toured the locker room and stadium.