

Twice As Nice Store Opens In Minot



Quotes For The Heart & Mind:

* "Optimism is one quality more associated with success and happiness than any other."~Brian Tracy~

• "All our dreams can come true if we have the courage to pursue them."~Walt Disney~

• "Success is not final, failure is not fatal: it is the courage to continue that counts."~Winston Churchill~

From left to right: Regina Yeahguo-CEO West Segment, Dusty Jackson, Manager, Councilwoman Gladys Sherry Turner Lone Fight, Vivian Lone Fight and Bernadine Fredericks Mendez, Co-CEO for West Segment. (photos by LeeAnna Nation)

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The doors to Twice as Nice Thrift Store recently opened up their doors. It's the place to stop whenever you drive to Minot. This is where you can find Twice as Nice Thrift Store located at 1933 S. Broadway Suite # 3 in Minot and the store hours are 11:00am to 6pm. Photos to your left are some of the items the store has inside for sale.

Speakers for the day were Councilwoman Gladys Sherry Turner-Lone Fight, Regina Yeahquo-CEO West Segment, Bernadine Fredericks Mendez-Co-CEO for West Segment and Dusty Jackson-Manager and Vivian Lone Fight.

On behalf of the Twice as Nice Store they would like to thank their sponsors who were as follows:

Councilwoman Gladys Sherry Turner-Lone Fight

West Segment and Staff

Four Bears Casino and Lodge

Continue on page 13.

Councilwoman Turner-Long Fight Update



I would like to say Greetings, to all relatives and everyone far and near.

Before I begin this update, I would like to extend my condolences to the family and relatives of Constance "Connie" White Bear on the loss of their beloved one. An to the family and relatives of Theola Fox on the loss of loved one. Also to other segments who have lost their loved ones.

Now that winter is upon us, I would like to remind our elders to keep warm and if you need anything please feel free to call the office at 759-3377 and they will help you with your needs. The Beautification Program offers winter services, they have been out putting plastic over windows. If you would like your windows covered please call Hope Baker at 421-5474 and she will see that it's taken care of.

As I begin this month's update, I am very grateful for all the positive happenings in our West Segment community. We finished our ground blessings last month so we are all aware of the buildings coming up. You seen some of the pictures in last month edition of the West Segment News. I would like to remind everyone that we are making progress but it all takes time and patience for things to get done and I thank each of you for your patience.

West Segment hosted the Halloween Bash and I would like to say thank you to the West Segment Development Authority and the Mandaree Celebration Committee and our West Segment employees. Our announcer for the evening was Elton Spotted Horse, and all the participants in the Truck or Treat. The haunted house which stayed open the following day so all the West Segment community members who attended made an awesome effort to raise funds for the Emergency Closet and the 2023 Mandaree Hidatsa Committee. I must say it was a great turn out. Again thank you to all who helped us make this a successful event for our community members.

Our Holiday Season is here. First of all, I would like to give thanks to all our Veterans thank you for your service.



This month's holiday is Thanksgiving, so I would like to wish all families and relatives

far and near a "Happy Thanksgiving" we have so much to be thankful for. I know I am very thankful of how things have been moving along. We opened up our new store and I love the name "Twice as Nice." I invite each of you whenever you're in Minot, to stop by go inside and see what we have to offer. Its an awesome store we have and I am very proud of those who helped and worked hard to see this store a reality. You can see pictures on page 13.

West Segment will be distributing Thanksgiving baskets to our community members on November 22nd there will be a prize bingo with early birds at 5:30 and the regular session will begin at 6pm. Also to our elders who would like their Thanksgiving baskets delivered to their homes, please call 759-3377 or Bernadine Fredericks Mendez at 421-5687 and she will schedule your delivery. You are asked to call by November 22nd so she can have your baskets delivered to your homes.

On behalf of West Segment we would like to congratulate the re-elected candidate for Chairman. Also to the newly elected candidate for the Four Bears representative.

Congratulations to Lisa Deville our District 4A Representative we are all so very proud of you!

We now have a winter storm here in our community. Please stay home if you don't have to drive anywhere. Also our elders please stay home and keep warm. If you need anything or need help please call our office at 759-3377 and they will help you.

Remember if you are traveling this Thanksgiving please drive safe and travel with a survival kit. If you are an elder please continue to wear your mask. Flu and cold season is among us now so we must look out for one another and continue to keep ourselves safe and healthy.

This is all I have for now. Again Happy Thanksgiving!

Thank you to all Veterans for your service.

Gowids.



Information For West Segment Elders



November is here and so our winter months will begin. Please elders if you are going outdoors, be sure to keep yourself warm. Another reminder, Covid is still among us and there have been some cases in our community, so please take precautions wear your masks.

Once again, the Elders Program can assist you with your medical

needs such as:

Dentures

Hearing Aids

Glasses

Doctor appointments and elder ramps.

Another service West Segment provides is light housekeeping, such as; vacuuming, sweeping, mopping and errand runs. To qualify for these benefits, you must be of age 60 and enrolled with the tribe. Please provide all your documents to me at least 7-12 days prior for scheduling. Please be advised all checks will be mailed out to the vendor, I will pick up the appointment travel checks and deliver them to you.

Another reminder every Wednesday is Super Senior's Casino Day. The bus will leave from Water Chief Hall at 10:00am and leave the casino at 1:00pm so you will be home by 2:00pm. All elders can go to the Water Chief Hall to sign up or call 759-3377 the Tuesday before to reserve your seat on the bus, you can call Michaela Bacon at 421-1365.

Feel free to stop by and visit or if you have any questions, or just to share a cup of coffee. My office is located in the Water Chief Hall and my numbers are listed on here for your convenience.

Happy Thanksgiving to all the elders. Be safe, enjoy your families.



Happy Birthday Wishes to our Elders for November:

Arvella White

Diane Johnson

Dora Gwin

Josephine White Owl

Sharon Lone Fight

Annette Peck

Curtis Hall Sr.

Daryl Finley

Katherine Holding Eagle

Happy Birthday with many blessings to you all!



This is a month for Thanksgiving and to remember our Veterans. On behalf of the Elders I would like to wish all our elders a very "Happy Thanksgiving"! Enjoy your time with your families, if you are traveling anywhere please travel safe and continue to wear your mask. Happy Veterans Day to all our Veterans in our West Segment community we thank you for your service.

Have a safe and happy holiday!

Sincerely,

Rosie Johnson, Elders Advocate Work Number: 759-3377 ext. 226 Cell: 701-421-8519.

Hallowœen Bash Parade



Here are some of the Halloween parade participants. It was a good day for the parade a little cool but it went good. We had a great turn out. All participants met up by the hall where the truck and treaters were set up. Everyone had a fun full day.



Monte Fredericks and Bernadine Fredericks Mendez are all set for the parade to start.

Around West Segment



Beautiful LeeAnna Nation and the glamorous Ursula Stiffarm are all set to go!



Two of my favorite Monster Inc. characters; Lindsey Fox Sepeta and Megan Danks.



Ms., Shanna Fox is all smiles and beautiful with her truck & Treat. Below is another truck and treat waiting for ghouls.



Two pretties Hailey Abbey and Jerilene getting it together.



Jerilene Lincoln with her truck and treat looks welcoming.

Halloween Bash!



Ms. Bernadine Fredericks Mendez parks with her truck & Treat!



Bernadine is all set and ready to go!



Still preparing to get ready for Truck & treaters.



Missy Finley Newman is all set with her ghouls.



This scary car is all set for the parade



Monsters talking it over Megan Danks and Lindsey Fox Sepeta.

Halloween Bash Masquerade!



Great turn out for the Masquerade.



Kids having fun!



1st- Kairece Birdinground, 2nd -Wyatt Baker 3rd-unknown



Teen Youth Winners.



Frank White Owl handling the cake walk



Jailhouse is busy



These two always have smiles, Megan and Lindsey.



Kids at the fish pond.



Losa IU smiling at Halloween bash.

We have Magnanimous Veterans



Magnanimous means noble or generous, I couldn't select a better word to describe these fine men and women who served our country. This is a great word in describing our own Veterans here are in our West Segment community. We are so fortunate to have those living and deceased who honored us by protecting and serving our country. As we acknowledge each of them on this Veterans Day to let them know they are not forgotten and will always be remembered. Our Native American Warriors have played an important role in the military. U.S. statistics show that our Warriors have volunteered and served in higher

percentages than any other ethnicity, and their special skills and Warrior culture have resulted in pivotal benefits and victories for the US Armed forces, along with a long list of honors and medals. According to www.veteransaid.org During WW1, 14 Native American women served in the Army Nurse Corps, with two of them serving overseas. Throughout WWII, nearly 800 hundred Native American women served units like the Army Corp, the Army Nurse Corps, and the WAVES. Today 11.5% of living Native American veterans are female, compared to 8% of other ethnicities. Here in our West Segment community we have two honorable women; Ethel Marie Baker Reeves also known as "Everybody Looks at Her" who served as Military Occupational Specialty. The other honorable woman is Katherine Young Bear also known as "Owl Woman" and "Iron Woman" who served in the United States Air Force. James Garman Johnson, also known as "Swift Eagle" United State Army who served on Standby Alert during the Viet Nam era. I wish I could write about every Veteran we have here in West Segment, I was only able to get the ones you see below. I am grateful to all our veterans living and deceased.



This prominent elder is James Garman Johnson "Swift Eagle" in his Army photo. On the side is James G. Johnson today. Johnson resides in the West Segment community with his wife and five children. Jimmy still serves his community, and works at the Water Chief Hall as Director for our security.

This strong woman is Katherine Young Bear "Owl Woman" and "Iron Woman" who served in the United States Air Force. Who is the mother of two sons. She lives in our West Segment community. She is indeed a unique woman she comes from a very traditional and knowledgeable family.

This beautiful lady is Ethel Marie Baker Reeves also known as "Everybody Looks at Her". She currently resides in our West Segment community. Now retired from the government for the past thirty-five years. She enjoys her family, her grandchildren and her husband of 61 years.

Music Offers A Positive Healing Journey For this Young Man



This fine young man is a very soft-spoken man, he's very humble and kind when one speaks to him and is very respectful. Even though he does like to joke around if he knows you well enough and shows his shining personality. His name is Neal Sanford Hale. He was born September 29, 1957 to Millard William

Hale Sr., and the late Irene (Bluestone) Hale. His parents had nine children with three of them deceased. Neal belongs to the Low Cap Clan and he's a child of the Chicken Clan. He currently resides in Parshall but was raised in the Mandaree area. Neal grandparents on his father's side are Pete Hale and Maggie (Baker) Hale. On his mother's side, Tom Bluestone and Margaret (Young Bird) Bluestone. Throughout his life, he goes on to say; I live everywhere else as a child because I lived with my grandparents on both sides of my family.

As I visited with Neal, he said, "I don't even know why you wanted to interview me. Of course, I laughed and told him he was a good role model for our younger generation, even though he didn't look at it like that. Neal didn't really realize how much of an impact he had on our people. Today he lives a different lifestyle than he used too, as he goes on to explain. "When I was growing up in my life, instead of taking care of what I needed too I pouted, I became an alcoholic, I drank and did things I didn't need to do. Being an alcoholic, was devastating to my children, to myself, my parents and my grandparents. It was a horrible deal. I had to quit drinking when I was forty-two years old because of health issues, I would go to AA to try to help myself. I drank so long in my lifetime that there's parts of me that haven't grown up yet. In part of my own recovery, they would ask me to speak at the resource center or the jail. So, I would talk to them and tell them not to drink or do drugs. You know as well as I do, if we could touch those kids, and help them and tell them to stop doing what they're doing we would and

tell them stop doing what they're doing we would. But we know it doesn't come that easy, even though we don't want them to live that kind of life. It's not a good life. Today I realize I am a blessed man; I have always been blessed but I didn't do the right things in my life."

Some of the things Neal enjoys doing during his free time. As he tells us; "I love riding horses and gardening or going for long walks. Mostly, I enjoy gardening. As we visited, I asked Neal what were some of the changes that he seen among our people. As he replies; "I don't see our own people working for our people, we have people working from other places. I find it this very disturbing, one day in the afternoon I seen a young man with trucks on and walking around, you know good and well he's not working. I just don't like that. Our society has changed a lot it seems like if we don't like something we end up pouting. When things don't go our way, some of us go to alcohol or drugs, or we end up going to something that isn't right for us in our lives".

He also mentions what he wished didn't change. "One of the things I wished we didn't lose is our language. I wish I could speak our language and hold a conversation with our people. I know it's my own fault, but at the time, when I was growing up it was due to changes. We were taught to speak English for the betterment of ourselves but the way I see it that didn't do us any good". We talked about people in our lives who influenced us in one way or another, as Neal goes on to say; "I had a couple of uncles; one was a champion athlete from South Dakota. I spent a lot of time with him when I was young. I looked up to him, he was fearless when it came to breaking horses. My other uncle was a bull rider, he was really a good cowboy, he worked in the oil fields. When he passed away, I remember he owned everything he had. He didn't owe anybody anything not even a bank. Unfortunately, he passed away from prostate cancer, it was hard for me to see him windle away to nothing. One uncle was on my dad's side and the other uncle was on my mother's side.

Continue on page 14.

For Your Information

Submitted by Mrs. Carolyn Bluestone Mandaree School Superintendent

Letter To Editor:



A Busy Fall Already Underway

The 2022-2023 School Year brought new beginnings. We have settled into the new building after a very busy summer moving essential material from the old school. Every single employee did their part to make the move happen.

Students have enjoyed getting to know the new building!

Winter is Here!

The transportation Director would like to remind Parents/Guardians that students that are not dressed adequately for the weather will not be permitted to ride the bus.

Also, if Parents/Guardians bring students to school not dressed for the weather, they will be sent home to change.

ATTENDANCE REMINDER:

A reminder that for the fall semester a student is ineligible for sports if they have 5 or more absences in a class. They must pass 5 of 7 classes to participate.

SATURDAY ACADEMY

1ST AND 3RD SATURDAY OF THE MONTH

Must be here by 9am

Hi my name is Tina L Finley I enjoy the West Segment News where my home town is where I had grown up on off and on though I still say this I am still from Mandaree, North Dakota and I still do miss all my pre ccs I grew up all around Manadaree, out at the Lake most of my friends well I can't say most of my friends ALL of my friends where from grade school all up to High School. I was the biggest tomboy way back then. I look up at all those stars up in the sky on a clear blue starry night and see all those stars. I thank the Creator for loving me the way he did and to help me with all that I needed and still need help with God is my father. Send me all the exciting news of my hometown of Mandaree even from our little ones who will call Mandaree there hometown one day. I use to be the big Bomb there as a child. I see some of the photos of Mandaree and say to myself, I have come a long way from the three chiefs would say the three affiliated tribes Mandan Arikara Hidatsa tribe. Oh, hey and we are some of us are a little bit of Canadian also and I say (we) we the people of our Native American Indian Cowboy Country. I still watch pow wows on the internet now since I can't make it in person and use to be a big-time contest eventer of most of away from home. If I can make it now, I can't cause of my injury I can't dance anymore so I watch other's. I adore the creator for what he has done for most of us and still is I always say this Praise him praise God our Creator because I know deep inside, he really loves us and still adores us so keep the faith he is Real.

Love,

Tina L Finley of Mandaree, North Dakota

For Your Information

“The-e-e “Gift”



It seems surreal to think that we are just about to enter the all-encompassing, totally massive, pressure filled time of year. What might that be, you ask?? Well...it's the time of gift giving...aka the Holidays...aka Christmas. The search begins for that “nothing less than” perfect gift to give to that special someone...or not so special someone. The ads have been out for quite some time now with a reminder to “shop early and often” to be sure you get what you are looking for. “You surely do not want to disappoint anyone” on your gift list. Okay, okay... that’s enough of that. It is a fact that we as human beings put a lot of undue pressure on ourselves. Finding that perfect gift that we just know will be treasured forever. We put ourselves through these same predicaments every holiday season...why?? Do we even know what a gift is?? Yes, I am being serious here. Webster’s College Dictionary gives the following definition of “gift” ...” something bestowed or acquired without being sought or earned by the receiver” (of said gift). The definition does not state that the “something” bestowed or acquired has to be a “perfect” gift. Because, as the definition states, the receiver of the gift neither seeks the gift nor has earned it. With that statement then, we as givers of gifts are off the hook. We no longer must give in to the pressures of searching for that perfect gift to give to someone who has not even sought or earned that gift... (by definition of course). Do you realize what this means?? A lot of gift receivers will be receiving socks and underwear this year. Oh, happy days!!!

All kidding aside, there is only one special gift that very few people have sought, and even fewer people have earned. What then is this “gift”?... Jesus the Christ. Yes, you read that correctly. The-e-e Gift, Jesus the Christ, given to all of humanity; past, present, and future, by God the Father for the redemption of our sins. Jesus the Christ is literally the-e-e gift that keeps on giving... that fits all sizes... that never needs batteries... that is not affected by direct sunlight... and on and on and on... Open your heart and receive this special gift from God the Father and

become a participant of the extraordinary journey that is being presented to you via the-e-e gift of Jesus the Christ. You may or may not be accepting of this gift at first, but at least, give the-e-e gift a chance. The advantages are out of this world!

Deacon Dan Barone
St. Anthony Catholic Church
New Town/Mandaree



Submitted by Brandee Brugh

Congratulations to all the MHA Rodeo winners they had this past year. Taysia Hall won year end with the most monies and both days at the finals. Below are a list of the MHA Incentive Winners.

MHA INCENTIVE WINNERS

- | | |
|---------------------------|-------------------------|
| Ladies Breakaway: | Bailey Chase |
| Jr. Barrel Racing: | Taysia Hall |
| Jr. Team Roping: | Bailey Chase |
| Sr. Team Roping: | Frank WhiteCalfe |
| Sr. Team Roping: | Dale Hall |
| Team Roping: | Jesse Chase |
| Team Roping: | Jess Hall |
| Jr. Breakaway: | Shannoah Danks |
| Calf Roping: | Daylon Danks |
| Sr. Breakaway: | Mervin Packineau |



For Your Information



West Segment Covid-19 Testing

When: Monday-Friday

10am to 3pm daily

Where: East Entrance of

Water Chief Hall in Mandaree,
North Dakota

Everyone is welcome to come in
and get tested!

Open to Everyone!

For any questions, please call Shelby at
701.421.3461 Or Valerie 701.421.3462

Native Printing LLC IN Mandaree Is Open For All Your Printing Needs

Native Enrolled Member in the Mandaree Area:

We offer the following:

Embroidery

Sublimation

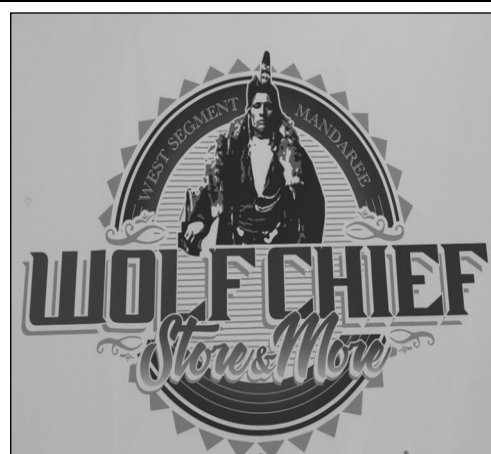
Vinyl Heat Press

DTG

Silk Screen Services

Phone: (701) 421-1027

Email: nativeprinting_nt@yahoo.com



Wolf Chief Store hours are as
follows:

Monday through Friday: 8:00
a.m. to 8:00 p.m.

On Saturday and Sundays the
Wolf Chief Store will open at
10:00 a.m. to 6:00p.m. 759-
3140

If you have any questions, or need some assistance
concerning the Wolf Chief Store, you may call the Wolf
Chief Store Manager/Michaela Bacon at 421-1365. She will
assist you in any way she can.

Mandaree Field Clinic Hours

Clinic is open Monday-Friday: 8:00am-
4:30pm: Closed for Lunch 12pm-1pm

FNP Lori Jepson: is in the Mandaree Clinic
on Monday, Tuesday, Thursday & Fridays

Every Wednesday: a Nurse will be at the
Clinic for immunizations only by
appointment.

Mandaree Clinic Pharmacy: is open
everyday during the week Monday-Friday
8:00am to 4:30pm

Mandaree Post Office Hours:

Monday-Friday: 12:00-4:00pm

Saturday: 11:00am- 1:00pm

St. Anthony's Catholic Church Schedule:

Saturday: 7:30 pm New Town

Sunday: 8:30am New Town

Sunday: 11:00am Mandaree



Breakfast daily: Monday
thru Friday from 8:00am-
2:00pm

Lunch daily: Monday thru
Friday: 11:00am-2:00pm.

Brunch: on Saturday and
Sunday from 11:00 to
2:00pm

Times and dates may change.

Café Manager: Lindsey Fox-Sepeta at 759-3140

For Your Information

Twice as Nice Store Opens up in Minot

All Photos of the store and captions by LeeAnna Nation

Spencer Wilkinson.

If you would like more information, please feel free to contact Vivian Lone Fight or Dusty Jackson at 701-839-3645.

There are many items in the store. Pictured to your right you can see picture frames, planters odds and ends you can have in your home.



In the photo below that you can see a glass case full of jewelry, bracelets, necklaces, hair pins all nice things you can buy.

At the bottom you can see some happy customers who were buying items in the store.



Dusty Jackson Manager for the store gave gifts to the speakers

they had lined up. Dusty presented a gift to Councilwoman Gladys Sherry Turner-Lone Fight for her appreciation in getting this store open. Councilwoman also stated to the crowd that all proceeds from the store will go to the outreach programs in Fargo, Bismarck and a lot of needs are for our children and elders for our holidays so we can purchase whatever they need. So all the monies will go back to the people. She thanked everyone who came. She also acknowledged those who worked hard. Vivian Lone Fight, Regina Yeahquo, Bernadine Fredericks Mendez and Dusty Jackson.



Here is the awesome sign for the thrift store in Minot.

Mandaree One Stop Fall/Winter Hours

Fall/Winter hours which started in October:

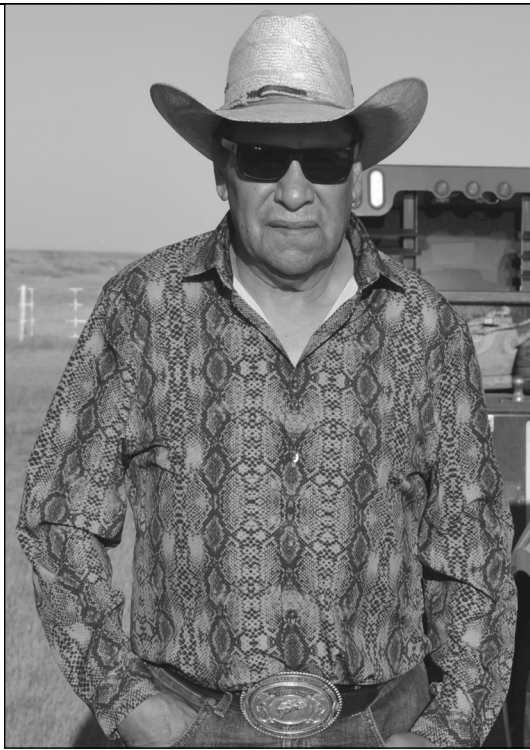
Monday through Friday: 6:00am to 8:00pm.

Mandaree One Stop are hopeful to reopen on weekends for this month of November.

If you have any questions, please don't hesitate to call Mandaree One Stop at 759-3609.



Music Offers A Positive Healing Journey For this Young Man



These two guys had a lot of influence on me when I was growing up. They became very important to me because they were my blood. I take a lot of pride in where I come from and who I am.”

Our people throughout all our segments here on Fort Berthold remember who Neal Hale is. Many of them have requested his presence because of

the impact he’s made on our people. Neal takes it upon himself to travel throughout Fort Berthold as he takes his guitar and sings at wakes and funerals. Neal has an amazing soothing voice that brings comfort to our people who are in mourning. When he plays his guitar and sings songs, it’s very consoling to the hearts of our people. He is sometimes joined by another person who wants to share his instrument such as; a harmonica which adds more to his music.

For those of us who heard him play his guitar and sing know how calming his voice is to each of us. As he renders songs from his heart and sings from his soul gently to those in mourning.

I asked Neal to tell us about his guitar and the songs and how long he’s been doing this for our people. “I try very hard to be the best that I can be, I’ve been singing now for the past twenty-five years or longer. I picked up the guitar when I was in my twenties and I taught myself how to play. I knew I had something when I picked up the guitar and played what I wanted to play and I would sing the way I wanted to sing. This all took time and practice and for me it all worked out. I try to do the best I really can, I want to comfort the people. I asked the good Lord to help me get sober and to be a tool so I can help the people in my life and take care of them. This is one of those ways I am able to do that. I always wanted to sing. I remember the first funeral I sang at was for Collette Mason, she was my neighbor at the village which is now Four Bears

village. . From there I sang once then after that people started asking me to come and sing. I try not to ever turn anybody down but I can’t always make it. In all these years, I haven’t turned anyone down very many people. If I’m tired or sick I won’t go.

This year has been a tough year for a lot of my relatives and people. We had many deaths in our segments throughout our reservation. For a while there I was going to funeral after funeral, wake after wake. For me, it was very draining, you don’t know how many times I cried myself to sleep at night because it really hurts me, a lot of these people who pass on I’m related to them or I had some type of association with them or maybe one of their family. There was one incident when I came home from a wake, the boy I sang for died from alcoholism. This really hurt me because I know it hurt his parents and his relatives. There have been times where I would say to myself, I don’t want to go, but I already told them I was going to be there so I would go. Sometimes when I would get ready to leave, I would go pick up my amp and it would be so heavy it felt like it weighed 500 pounds and my guitar would get so heavy. It would be so unreal to put my amp and guitar in the car. Sometimes, I would grumble and be moody but I would always make it.

This is not an easy thing for anybody to do, it’s tough, but this is what I asked the Lord to be sober and helpful. A lot of times even if I don’t have the right words, I try to sing the best that I can because the Lord gave me a voice and I’m just a messenger of that voice. So, I try my best to do it right. In some songs if I can hear the words to a song, I try to sing it the way my voice can carry it out so our people would be comforted by that song. For me, it’s a way of prayer too and that’s what I try to do. I want the people to feel better, I know when someone passes on that’s very painful. We do need people to come along and sing, like the Bearstail girls, and people like Larry Lockwood and June Lockwood used to do. I remember June singing she sang so beautiful I could listen to her all day long. It was awesome when they all sang.

When I go to these wakes, everything is changing it’s hard to be a senior pallbearer or an active pallbearer. Some of them have no knowledge of their responsibility of what it means to our people. The one that passes on we want to send them on in the best way we can. The younger ones don’t get it the only thing that’s important to them is themselves.

Continue on next page.

Music Offers A Positive Healing Journey For this Young Man



It's hard when I go to a wake and see only one active pallbearer sitting there that's not the way it's supposed to be. Our traditional ways are very important to us and for some that don't know are asked to be a senior pallbearer they tell the family no and that's not how it's supposed to be. There missing being an Indian really if we lose our traditions and our ways of life than we are satisfying the white man because that's what they want. We as a people have to take care of one another, our jobs need to go back to our people because not every body gets oil money or has land. We need to reach out to one another. Even starting at the basics, if one person doesn't have a drivers license than help that person get one. Or if one needs a GED then we should help them get one. But we are letting them get by and when we let them get by, we end up burying them. There are so many younger ones that have passed on some barley in their forties and a lot of them younger than that. Life is tough as it is and we all need to help one another. When I asked the good Lord to help me sober up, and in doing so, my own part is being an instrument for him. I do this by going out and do what I do. Like I said, it's not an easy thing to do but I do it because I look at it as a way of prayer. to help my people, I can't take away their pain but I hope I can

help ease their pain.

Little does Neal know he has helped a lot of us through our grief, we are all aware that nothing ever comes easy. It's always hard on family and relatives who lose a loved one. We don't think about a singer carrying this burden its hard on him because he allows his energy to flow through his songs. It's good to know that he goes on and does what he does knowing that he's an instrument, a tool fulfilling his work because our Lord heard his prayer.

We are very fortunate to have Neal around us when we need him. He is definitely a person who believes in helping his people and being there for them. I know when I lost my dad, he didn't hesitate at all, he brought his guitar and sang the most beautiful songs, that truly gave us the comfort we needed at that time. I know there are many of us who feel the same way about him.

I know for sure that Neal is depended upon by many of us who seek him out. He is approached by family or relatives who request his songs at wakes. Neal is certainly a faithfully tool for our Creator our Lord, as he shares his gift through his wonderful voice and songs, in helping console those in mourning.

While in the days to come; Neal continues his positive healing journey one day at a time in the best way he knows how through his music and songs.

Rising Buffalo An Amazing Photographer

Reprinted by permission from Zig Jackson



My name is Zig Jackson. Rising Buffalo is my Indian name. I am of Mandan, Hidatsa, and Arikara descent and was raised on the Fort Berthold Indian Reservation in North Dakota. For as long as I can remember, art has been my passion. An integral part of my culture, art to me is innate. As a child, I remember playfully fighting with my brothers over government commodity boxes which we used to sketch on; commodities were U.S.-subsidized

foods given to us by the government.

My primary education comes from the government Indian boarding school systems. It was at St. Joseph's Indian School in Chamberlain, South Dakota that I initially received formal training in sketching and painting. For my secondary education, I went to the Intermountain Indian School in Brigham City, Utah—where I first picked up a camera. There I gained an awareness of all Native American needs and problems—such as poverty, alcoholism, and suicide, realizing that all Indian people are confronted with the same obstacles. Until then, I had believed this to be true only of my own tribe.

Continuing on to college at Northeastern Oklahoma State, NSU Tahlequah, I earned a Bachelor's Degree in education. There I proceeded to build a solid foundation in art, studying from a Kiowa-Comanche painter—David Williams—and from Johnson Bobb, a Choctaw painter and jeweler. As well, under the tutelage of two Sauk and Fox Indians—Grace and Gail Thorpe, I learned sculpture and pottery.

Pursuing my interest in photography, I then went on to the University of New Mexico to study with Tom Barrow, Betty Hahn, Rod Lazorick, and Patrick Nagatani. During this time, I also taught photography at the Institute of American Indian Arts in Santa Fe, with Meridal Rubenstein—a nationally known photographer. In 1992, seeking an advanced degree in photography, I entered the San Francisco Art Institute, I studied with Jack Fulton, Linda Connor, Rebecca Solnit, Sandra Phillips, I was a TA to Pirkle Jones and also a TA for Jerry Bruchard, and Hank Wessel was on my graduating committee. I was the first Native American to get a MFA in photography out of the San Francisco Art Institute.

The following year (January 1995-December 1995) I was awarded a Residency Fellowship at the Headlands Center for the Arts in Sausalito, California—where I continued exploring several recurrent themes in my work, including cultural identity, representation, and appropriation.

In January 1997, I received a Wallace Alexander Gerbode Foundation Grant for excellence in the photographic arts, and a culminating exhibition, "Entering Zig's Indian Reservation," ran from October to mid-November at the American Indian Contemporary Arts center in San Francisco. In 1999, I was awarded a National Millennium Survey Grant to participate in a group exhibition in the year 2000. I was both honored and gratified to learn, in early 2005, that I was the first Native American photographer collected by the Library of Congress, when 12 of my images were accessioned by its Prints and Photographs Division. Later that year, along with the Jonson Gallery of the University of New Mexico in Albuquerque, I received the first Beaumont Newhall Award for Photographic Excellence from the New Mexico Humanities Council. Currently, I am teaching photography at the Savannah College of Art and Design in Georgia and exhibiting my work at various venues throughout the country.

In the photo on the next page is one of his photo's that he took at the Little Shell Celebration grounds in 1995. As you can see in the photo it has Xxoshgah-1995. I asked Ziggy if I could put this wonderful photograph that he took in our West Segment News in which he gladly granted me permission. I wanted to put his credential's in our paper as well. For those who don't know him. He has done extensive work in photography, Ziggy is an enrolled member here on Fort Berthold. He is one prominent role model we have here on our Fort Berthold Reservation.

He has a lot of relatives and family who reside here on Fort Berthold. I just wanted to let people know that since it was Veterans Day I wanted to put this photograph which is one of his most powerful pictures in our West Segment News.

I would also like to thank Ziggy for allowing me to put his photograph in our paper and for sharing with us.

War Mothers

Reprinted by permission from Zig Jackson



The Title that was given to this photograph is called "War Mothers" These are women that have relatives, siblings or parents that fought in our Wars! In this photograph They're supporting Leroy and Howard Crow Flies High. Very powerful photograph. From Left to right: Goldie Dragswolf Fox, Howard Crows Flies High, Mary Louise Defender, Agnes Yellow Wolf and Leroy Crows Flies High.

Greenside Training Certifies 19 Man Trackers for MHA Nation & FBIR

Submitted by Emmalene Sitting Bear



Front Row L-R: Instructor-Freddy Osuna (USMC), Emily Sitting Bear, Lissa Yellow Bird-Chase, Josie Bingen, Jacob Dyer mills, Beaufort Joe, Loren Fox, Britney Larvie.

Back Row L-R: Zac Corbin, Joe Larvie, Nate Miller, Marvel Heart, Quincy Crow, Catlin Sitting Bear, Marle Baker, Duane Young Bird, Mike Ficken, Coby Janis. Not Pictured: Keith White Owl, Joseph Pastir, K-9 Broder, K-9 Metin.

These individuals have taken this inaugural tracking course have acknowledged that they will be called upon in the future to provide tracking assistance for ground teams in the event of a missing person emergency. This training can also be used by our Law Enforcement attendees to track fugitives as well. The EOC would like to acknowledge and congratulate these individuals who have taken the initiative on their own time this past weekend to advance their knowledge and skillset for search and rescue incident responses. They will be encouraged to maintain their skillsets with continual team training exercises. The feedback from attendees of this course was very positive, so we intend to include Man Tracking in our Emergency Services Yearly Training Plan moving forward. We plan to schedule another Man Tracking Course in the late spring, and a Advanced Training Course this summer. I encourage other MHA Nation First Responders to consider attending to learn this essential skillset.

Mandaree EMS Update

Submitted by Antoinette Kitagawa



The ambulance service in Mandaree has been operating since November 7th, 2014. In fact, it would be their 8th birthday as of November 7th!

We are so happy to have served this community for eight years. Jessica Spotted Horse has been working for the ambulance crew for the entire eight years. Josie Bingen started just a few months into the 2015 year and Abel Feltes has also been with the service since the beginning. Without these three dedicated care providers the ambulance service would not have survived. At of now, Jessica is the Squad leader, she oversees the operations of the service and makes sure our staff and ambulances are prepared for emergencies and general operations. Josie is an RN/EMT and has worn many hats here through the years, she's also worked in many other areas of healthcare that have benefited the community as well as the whole MHA Nation. Josie has worked on the Covid crisis with the North Dakota Department of Health and with tribal health. She also teaches CPR and First Aid to other departments. Abel is a paramedic and is certified through the state to train EMR and EMT classes. Abel also works at the White Shield EMS and has trained three EMT's in White Shield.

We have been very fortunate to gain dedicated staff over the last few years. Katerina Nyberg is an EMT that started with our crew this summer and has ties to the community. Shantel Fettig is very close to completing her EMT licensure and has worked with Mandaree EMS since May 2022. We are so glad to have her on our team. Janine Perkins is back from maternity leave and learning to juggle EMS life and motherhood. Jazmyn Gibson joined our staff on 11/21 as a CPR certified driver and is taking classes to finish her EMT training. We have two paramedics that come to Mandaree once a month from Wyoming. JoAnn Nakano and Jason Perry have been paramedics for many years and have a lot of experience. We also have a few employees that work in White Shield and Mandaree. Jonathan Roy lives in White Shield and works at both stations. Zev Rush is a paramedic that works at both stations.

The staff participated in the Mandaree School Health Fair and enjoyed the day. We are planning on participating in Career Day to show the teens who will soon be figuring out their futures as option for a satisfying career in healthcare.

On another note, The EMS ambulance service also participated in the Halloween bash parade that began at the new school parking lot. It is always an honor to have the Mandaree Ambulance service and the Mandaree Fire Department bring their vehicles to lead in our parades for our community to see.

We as community members are very fortunate to have these dedicated hard working people here with us. Here are numbers incase of emergency: **Jessica: 701-312-0727, Josie: 701-421-1732, Abel: 303-319-3451.**

Please be mindful, these numbers are listed for **EMERGENCY ONLY!**

Nueta Hidatsa Sahnish College News

Submitted by Frances (Buffy) White. NHSC Mandaree Liaison

- 1) We are now accepting applications for our Spring 2023 semester. Applications are due by November 15th and documents are due by December 10th. Apply now at www.nhsc.edu
- 2) NHSC officially offers a B.A. in Business Administration and Management now. We received approval from the Higher Learning Commission and we will begin to offer courses for the bachelor's program this coming Spring semester. Registration is now open for students that want to enroll in this program.
- 3) NHSC has been selected to host the 2023 AIHEC Basketball tournament. The tournament is for Tribal Colleges and Universities and will be held March 30-April 2. Check out our website to learn more information about the tournament - [Basketball Tournament - NHS College](#)
- 4) NHSC will be celebrating 50 years of impact in May 2023. We will be holding campus town hall events soon for community members, NHSC Alumni and others to attend to help with our planning process. Please watch the NHSC Facebook page and our website for updates on the community planning events.
- 5) Fall 2022 graduation will be held on December 16th at 10:00am in the 4 Bears Casino Grand Ballroom.
- 6) What's happening at NHSC? Check out a few of our upcoming events happening during November and December—
 - a. November 1st – NHSC College Talk on Facebook live – 11:00am-12:00pm
 - b. November 1st - NHSC Men's and Women's away basketball game vs UTTC
 - c. November 2nd – Salsa Verde making class – Diabetes Center Kitchen – 5:30pm-8:30pm
 - d. November 3rd – NHSC will be at New Town high school over lunchtime
 - e. November 3rd – NHSC advisors and students to attend UND Career Exploration Day in Grand Forks
 - f. November 4th – Community Stakeholder Event for UND Geothermal Collegiate Competition – Northern Lights – 3:30pm-7:30pm
 - g. November 5th – NHSC Men's and Women's home basketball game vs Jamestown
 - h. November 8th – NHSC Men's and Women's home basketball game vs Alumni
 - i. November 8th – Lunch and Learn – Lunch with the President -
 - j. November 9th – NHSC Men's and Women's home basketball game vs Dickinson St
 - k. November 11th – No School – Veteran's Day
 - l. November 15th – NHSC College Talk Facebook live – 11:00am-12:00pm
 - m. November 15th – 2023 Spring application due date
 - n. November 15th – NHSC Alumni gathering – 12:00pm-1:00pm
 - o. November 17th – NDSU Indigenous Student Day – NHSC taking students to the event
 - p. November 18th – Financial Aid Friday – 1:00pm-4:00pm
 - q. November 18th – NHSC Men's and Women's basketball game away vs Red Lake Tribal College
 - r. November 19th – NHSC Men's and Women's basketball game away vs Red Lake Tribal College
 - s. November 20th – NHSC Men's and Women's basketball game away vs TMCC
 - t. November 21st – STEM Symposium at New Town high school – 4:00pm-7:00pm
 - u. November 22nd – NHSC Men's and Women's basketball game away vs Dickinson State
 - v. November 23rd – 25th – No School – Thanksgiving Break
 - w. November 28th – NHSC Men's and Women's basketball game home vs Bottineau
 - x. November 29th – NHSC College Talk Facebook live – 11:00am-12:00pm
 - y. December 2nd - NHSC Men's and Women's basketball game away vs Sisseton
 - z. December 2nd – Don't forget about your Financial Aid day – 9:00am-12:00pm
 - aa. December 3rd - NHSC Men's and Women's basketball game away vs Sisseton
 - bb. December 5th-9th – Fall Finals Week
 - cc. December 7th - NHSC Men's and Women's basketball game away vs Bottineau
 - dd. December 9th - NHSC Men's and Women's basketball game away vs FLBC
 - ee. December 10th - NHSC Men's and Women's basketball game away vs FLBC
 - ff. December 10th – NHSC Holiday Arts and Crafts fair
 - gg. December 12th – Early Spring Registration – 9:00am-6:00pm
 - hh. December 13th – Early Spring Registration – 9:00am-6:00pm

Nueta Hidatsa Sahnish College News

Submitted by Frances (Buffy) White, NHSC Mandaree Liaison

- ii. December 13th – NHSC College Talk Facebook live – 11:00am-12:00pm
- jj. December 16th – NHSC Fall Graduation – 10:00am – 4 Bears Casino Grand Ballroom
- kk. December 19th- January 3rd – Holiday Break - Campus closed

7) All Chiefs Society, sponsored by our Native American Studies department, is an organization that is not only open to NHSC students, but it's opened to all community members as well. All Chiefs Society holds meeting every Wednesday at the NHSC Cultural Center at 12:00pm. For additional information, you can contact our Director of Native American Studies, Shannon Gillis at sgillis@nhsc.edu.

8) We have openings for our NAS and NACTEP cohorts for our upcoming Spring semester. Both cohorts are available for students that are registered for the Spring semester. For additional information on each cohort contact Iman Moore for NACTEP or Shannon Gillis for NAS, or you can also go to www.nhsc.edu/students/student-cohorts.

9) Did you know that recent Fort Berthold High School graduates can qualify to receive a tuition waiver if they attend NHSC during the first year after they've graduated High School? For more information, you can talk with our Students Accounts Coordinator, Sasha Sillitti at ssillitti@nhsc.edu

10) Are you interested in obtaining your GED? NHSC can help! Check out our website at www.nhsc.edu/degrees-certificates/ged/ for additional information. Or you can contact the following individuals:

- a. NHSC Main Campus – Betty Lockwood at 701-421-0034 blockw@nhsc.edu
- b. White Shield Liaison – Elissa “Elise” Argent at 701-743-4552 eargent@nhsc.edu
- c. Mandaree Liaison – Frances “Buffy” White at 701-759-3528 fwhite@nhsc.edu
- d. Parshall Liaison – Delrene “Susie” Simpson at 701-862-2106 dsimps@nhsc.edu

11) Are you a former NHSC or FBCC student and want to join our Alumni group? Reach out to our Alumni team at alumni@nhsc.edu for additional information.

12) Want to join the NHSC team? We have a number of jobs currently open and would love for you to join our team. Check out our www.nhsc.edu/jobs to apply.

- a. Computer Science Instructor
- b. Engineering Instructor
- c. Director of Sponsored Programs
- d. Library Assistant
- e. Tutor (English, Math, Science, Psychology and/or Computers)
- f. National Endowment for Humanities Rescue Intern

13) Interested in playing for the Storm Athletics program? Contact our Athletic Director Kyle DeCoteau @ kdecoteau@nhsc.edu . We have Athletic tuition waivers available on a first come, first serve basis. Contact Kyle early to sign with us and apply for your tuition waiver! We are accepting applications for our Spring 2023 semester.

- a. Basketball
- b. Golf
- c. Cross Country



NHS NUETA
HIDATSA
SAHNISH
COLLEGE

November Elders Meal Site Menu

NOVEMBER MENU

2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	CHICKEN CORDON BLEU MASHED POTATO BROCCOLI JELLO	CHILI & CORNBREAD COTTAGE CHEESE BUTTERSCOTCH PUDDING	Polish sausage tots Chips, Ice Cream ██████████ ██████████	SAUSAGE PATTIES BOILED EGGS BAGEL YOGURT
7	8	9	10	11
GOLASH MIXED VEGGIES BREAD AND SHERBET	NO DELIVERY BINGO AT ELDERS BUILDING TURKEY DINNER SERVED	HAM & BEAN SOUP BUTTER BISCUITS COOKIE	SUBS TOMATO LETTUCE CHIPS GRAPES	NO MEALS VETERANS DAY
14	15	16	17	18
TUNA CASSEROLE MIXED VEGGIES BREAD ICE CREAM	MEATLOAF SCALLOPED POTATO CARROTS AND JELLO	BEEF & BARLEY SOUP BISCUIT CRACKER COOKIE	LASAGNA SIDE SALAD GARLIC TOAST AND ORANGE	BISCUITS & GRAVY SAUSAGE LINKS BOILED EGG BANANA
21	22	23	24	25
HAMBURGER GRAVY OVER POTATOS CORN BREAD AND SHERBET	SOFT SHELL TACOS LETTUCE TOMATO CHEESE FRUIT	BREAKFAST WAFFLES BACON SCRAMBLED EGGS STRAWBERRIES	NO MEALS THANKSGIVING	NO MEALS THANKSGIVING
28	29	30		
RIBS BAKED BEANS COLESLAW APPLESAUCE	TATOR TOT HOTDISH BREAD ICE CREAM	NO MEALS STAFF TRAINING		

Update from the Mandaree Meal Site:

On November 30th there will be no meals or delivery due to staff training. Also menu may be subject to change.

For the month of December:

We will be having 12 days of Christmas for the elders! Starting on December 7th Monday -Friday there will be a small gift for each elder on our delivery list and who stops by the elders building leading up to December 22nd which will be the last gift.

For Your Information



MANDAREE HUNTERS!!!

THIS MILES CHALLENGE IS FOR YOU!!

-STARTS NOV 4TH ENDS NOV 27TH!

-PRIZES FOR TOP 5 CHALLENGERS!

(BINOCULARS, HUNTING BOOTS SPOTTING SCOPE,
HEAT GEAR, GIFT CARD)

**-INCENTIVES FOR YOUTH PARTICIPANTS
(17&UNDER)**

-MILES MUST BE LOGGED IN MAPMYRUN

ADD TIA MANDAN

for assistance with the app call

421-0239



**MUST HAVE
MHA HUNTING
LICENSE**



North Dakota Transportation

Winter Driving

How to drive in hazardous winter conditions



Winter driving can create hazardous driving conditions. Both the vehicle and driver must be prepared for bad weather, road conditions and vehicle or equipment failure.

The information on these pages is to prepare both your car and yourself for hazardous winter conditions. Please take the time to review and make sure you and your occupants are safe on every trip.

General Information:

- Carry a cell phone.
- Let someone know when you depart, your route, and expected arrival time.
- Dress according to weather conditions. Keep dry and wear clothing in layers.

Do not leave without a full fuel tank.

Winter Driving

Safe Winter Driving Practices

“Know Before You Go” by checking road conditions BEFORE you travel. Check the [Travel Information Map](#) or call 511. Let someone know when you depart, your route, and expected arrival time. Do not leave without a full fuel tank.

- Turn on your lights. This will increase your visibility to other motorists and snowplow operators. Brush snow from your vehicle that could cover your tail lights.
- Never use cruise control on wet or ice roadways.



- Get the feel of the roadway. Try your brakes while driving slowly and adjust your speed to how much traction you have. Slow down. Snow tires or tire chains are helpful, but you should still double your distance for following other vehicles. Studded snow tires may be used from October 15 to April 15.

- Passing trucks may create snow fog. This greatly reduces your visibility. Look ahead for curves in the road, look behind for vehicles following, and slow down. Remember that on bridges and shaded spots, frost and ice form quicker and are retained longer than on the rest of the roadway.

- To stop on ice, you should pump the brakes when driving vehicles equipped with drum-type brakes on all four wheels. Vehicles equipped with disc brakes require a slow, intermittent braking action - fully on and then fully off - long enough to let the disc brakes release so that all wheels are rolling again. If you slam on your brakes, your wheels will lock and your tires will skid.

North Dakota Transportation

• Keep firm and continuous pressure on anti-lock brakes (ABS). Manually pumping anti-lock brakes, or letting up on them, decreases their effectiveness because it turns the system off and on. Carry a winter survival kit in your vehicle: warm clothing, footwear, shovel, energy food, etc.

If your vehicle becomes stuck in a snowstorm, stay with the vehicle! Most deaths occur when people leave their vehicles and get lost. Open your windows slightly and run the vehicle and heater for only short periods of time to avoid carbon monoxide poisoning. Stay active and do not panic.

Winter Survival Kit

Maintain a vehicle emergency kit:

- with jumper cables
 - a small shovel, some sand or cat litter for traction
 - a flashlight and extra batteries
 - flares or reflective triangles, something red or orange and a whistle to signal help
 - a cell phone
 - Coffee can furnace (the candle generates heat) - and matches to light the candle
 - Carpet strips (for traction under drive wheels)
 - Boots
 - Ice scraper and brush
 - Newspapers (great insulation when placed between skin and clothing)
 - Tools
 - First aid kit
 - Food and blanket
- Tire chains (for use on secondary roads only)

If Stranded:

- Stay with your vehicle.
- Run the engine sparingly. Start with 15 minutes every hour and adjust if needed.
- Keep the exhaust pipe clear of snow.
- If the cold is extreme, it may be necessary to keep the engine running continuously. It may not restart if shut off.
- Keep your feet off the floor if the heater is not on.
- Never go to sleep with the engine running.
- Read to pass the time.

Position car so it faces into the wind.

- Tie a colorful banner on the car antenna. If you need to leave the car for any distance during the storm, tie a nylon rope to the car and yourself so you will be able to find your way back to the car.
- Move all your emergency supplies from the trunk to the interior of the car as soon as you realize you will be staying for a while. Put on warm clothing now, before you get cold. It is easier to stay warm than it is to regain lost warmth. Loosen tight clothing so body heat can circulate. Remove metal jewelry as it can chill you.
- Check your supplies to see what you have to work with and arrange them in order for their use. This will help you ration them in case you are stranded for a long period of time.

Here's a tip from cold weather campers: eat a snack of high calorie food just before sleeping to stimulate your metabolism (heat production). If you awaken due to the cold, eat some more high energy food and add another layer of insulation such as more clothing or a blanket.

Remember, if you are stranded because of winter weather, it is best to stay in your vehicle so you can be found. Source: AAA North Dakota

For Your Information

2022-23 Mandaree Celebration Bingo



Attention Bingo

Players:

The Committee's Bingo fundraisers will be held every Sunday at 3:00pm at the Water Chief Hall. Bingo, lunch sale, door prizes and baskets. This coming Sunday will be a Cash Bingo

with the following Sunday a prize bingo. Please keep in mind our bingo fundraisers will automatically be cancelled due to wakes. Thank you for your supporting you local celebration committee and have fun playing bingo!

We did it ND District 4A (Fort Berthold Reservation)!

Thank you to all who voted for me for the ND District 4A House. I am grateful and appreciate all who voted for me. I'm very excited and honored to be your District 4A representative.

It has been quite a journey to get a seat at the ND State Legislature table. With the push to redistrict District 4 it is reality.

Fort Berthold Reservation made history. You made this possible with your vote and with your support anything is possible.

WATER CHIEF HALL TENTATIVE SCHEDULE.

Nov. 9th and 10th—White Bear family services

Nov. 13th Mandaree Pow-Wow Bingo @ 3pm

Nov. 16th Child Support Outreach @ 1pm to 4:30pm

Nov. 19th Keith McKenzie memorial @ 11am to 9pm

Nov. 20th Mandaree Pow-Wow Bingo @ 3pm

Nov. 22nd Thanksgiving Dinner distribution @ 11am

Nov. 22nd Prize Bingo. Early birds @ 5:30pm

Nov. 24th Loretta Lone Bear @ 12pm

Nov. 27th Mandaree Pow-Wow Bingo @ 3pm

Nov. 28th Leanna Nation @ 4pm to 8pm

Wakes and funerals take precedence over all events.

For Your Information



Take steps to ensure your pets' health during cold weather.

BE PREPARED:

- Talk to your veterinarian about your pet's risks in cold weather
- Have an emergency kit that includes your pet's needs in case of severe weather or prolonged power outage
- If your dog has a short coat or seems bothered by cold, consider a sweater or dog coat
- Consider booties for your dog's feet; make sure they fit!
- Ensure outdoor pets have insulated shelter and unfrozen drinking water. In extreme cold, even outdoor pets should stay inside

KNOW YOUR PET'S LIMITS:

- Know your pet's tolerance for the cold; adjust accordingly
- Shorten walks in very cold weather
- Contact your veterinarian if your pet is shivering or extremely lethargic after being out in the cold

AVOID INJURY/POISONING:

- Check under your car, bang the hood, and honk the horn before starting the engine
- Use pet-safe de-icing products
- Clean up any antifreeze spills quickly
- Stay away from frozen ponds, lakes and streams
- Only take your pet in the car when absolutely necessary. Never leave your pet unattended in a vehicle
- Check your dog's paws frequently for signs of irritation or injury
- Wipe down or wash your pet's feet, legs and belly to remove packed snow, ice, salt and de-icing chemicals after walks

Questions or Concerns?

Ask us; we are always happy to help!



[AVMA.org/PetHealth](https://www.avma.org/PetHealth)

Official Results of MHA General Election

MHA NATION FORT BERTHOLD RESERVATION CERTIFICATION OF RESULTS OF THE NOVEMBER 8, 2022 GENERAL ELECTION

Pursuant to Part VII, Section 5 of the Election Ordinance and Article IV, Section 3(c) of the Constitution of the Three Affiliated Tribes, the Tribal Election Board hereby formally certifies the Official results of the November 8, 2022 General Election of the Three Affiliated Tribes as follows:

<u>CANDIDATE</u>	<u>VOTES</u>
<u>FOUR BEARS SEGMENT REPRESENTATIVE*</u>	
EDWARD "TYKE" DANKS JR.	179
ROBERT WHITE	208
<u>TRIBAL CHAIRMAN**</u>	
MARK N. FOX	1,522
TEX HALL	1,084

Robert White (is declared the winner in the November 8, 2022 General Election and shall be the Four Bears Segment Representative of the Tribal Business Council.)

****Mark N. Fox** (is declared the winner in the November 8, 2022 General Election and shall be the Tribal Chairman of the Tribal Business Council.)

Dated this 9th day of November, 2022

TRIBAL ELECTION BOARD

/s/ Cheryl Good Bird
Cheryl Good Bird, Chairperson

/s/ Noreen Two Crow
Noreen Two Crow, Member

/s/ Marc Bluestone Sr.
Marc Bluestone Sr., Member

/s/ Yvonne White Bear
Yvonne White Bear, Member

/s/ Veronica Serdahl
Veronica Serdahl, Member

/s/ Kevin Finley
Kevin Finley, Member

/s/ Holly Felix
Holly Felix, Member

Notice To Voters Procedure to Contest the General Election

NOTICE TO VOTERS

PROCEDURE TO CONTEST THE NOVEMBER 8, 2022 GENERAL ELECTION

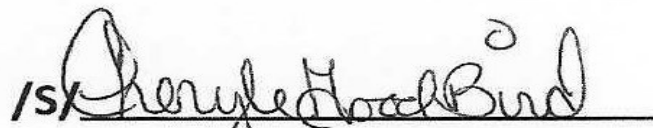
Pursuant to Part IX Section 1 of the Election Ordinance of the Three Affiliated Tribes, a defeated candidate or ten (10) qualified Tribal voters may contest the November 8, 2022 General Election within a period of three (3) days from the date on which the election results were certified by the Tribal Election Board.

Within the prescribed time period, by delivering a duly verified written election contest complaint, whether by mail or by hand, to the office of the Tribal Election Board located in the TERO building South Conference Room.

The filing of the written complaint must be accompanied by a nonrefundable filing fee in the amount of \$500.00 (money order only).

Dated this 9th day of November, 2022

TRIBAL ELECTION BOARD


Cheryle Good Bird, Chairperson

Obituary

Constance “Connie” Agnes White Bear, Midee Gaadi wia “Buffalo Woman.” was called home early Saturday morning, November 5th in Bismarck, North Dakota.

Connie was born on September 14, 1962 in Watford City, North Dakota to Garcia (Young Bird, Lone Fight, Hale) and Alton White Bear. She was the oldest of four siblings. Connie was the oldest grandchild of Anthony Hale Sr., and Martha Hale.

She grew up in Independence then moved to the Mandaree community in 1972; where she attended k-12.

Connie was a passionate advocate for education during high school and headed many academic activities and organizations like; the Indian Club, 4H, Student council, annual yearbooks, and prom committee. Connie graduated high school her junior year with honors.

Her success in school was not only measured by academic means, but also by her athletic participation. Connie made it to State in discuss and shot-put.

Connie went to Fort Berthold Community College through UND to pursue a Master’s degree.

She graduated in the early 2000’s and obtained her Master’s degree in Special Education.

While attending college, Connie worked in the Mandaree Public School system as Special Education teacher/Director of Special Education. After her time at the school, she became the Chief Educational Officer of the Three Affiliated Tribes Education Department. After her career with the tribe, she started work as a permit agent in the oil fields. After her time in the oil field, she semi-retired in Bismarck. She was CEO of her land management company, called “White Bear Land Management”.

Connie was preceded in death by; Anthony Hale Sr. (papa) and Martha Lone Fight Hale (mama), Alton White Bear (father) and Garcia Hale White Bear (mother), Anthony Joseph White Bear Sr., (baby brother), Julie Ortiz White Bear (younger sister), Michael Anthony Ofor (nephew son).

She is survived by Lewis Elwood Lone Eagle-White Bear (grandson/son), Kyle Elwood White Bear (son) of Bismarck, Claudette Renae Fox-White Bear (baby sister) of Bismarck, Philip Allen (Ashley) Alyssa and Stormy Rain Fox of Michigan. Manuel Leigh (Tamira) Ava and Julie and Emiliano Ortiz-White Bear of Bismarck (nephew/son), Arianna Constance Marie White Bear (niece/god-daughter), Anthony Joseph White Bear Jr., (nephew) of Mandan.

Obituary

In Loving Memory of Constance "Connie" Agnes White Bear

Midge Gaadi Wia~ Buffalo Woman

September 14, 1962~ November 5, 2022



Wake:

Wednesday, November 9, 2022 at 5:00pm
Water Chief Hall, Mandaree, ND

Funeral Services:

Thursday, November 10, 2022 at 10:00am
Water Chief Hall, Mandaree, ND

Officiating:
Kevin Finley

Senior Pallbearer:
Harriet Goodiron

Active Pallbearers:

Anthony Joseph White Bear Jr., Drew Johnson, Delmer White Bear, Ernest Grant, Joe Asurz, Cody White Bear, TJ Hale, Covey Hale, Hason Young Bird, Alex Twiss, Nathan Hale, Garrett Vigen

Honorary Pallbearers:

Quincy Baker, Sister Violet, Verlin Ireland, Neddie Ireland, Sandra Bizceir, Margie White Owl, Verna Long Bear, Caroline Bluzstone, Ana Rubia, Lisa Young Bear, Mandaree Public School staff and colleagues, the High Stakes employees and friends at Four Bears Casino and Lodge, as well as the staff and friends at Prairie Knights, all VFW Ladies Auxiliaries and Posts and her many family and friends.

Final Resting Place:

St. Anthony's Catholic Cemetery
Mandaree, North Dakota

*With Heartfelt
Sympathy*



On behalf of West Segment we extend our wishes of sympathy to the family and relatives of Constance Agnes White Bear and Thola Fox family and relatives. Thola's obituary will be in our next issue. Our prayers are with each and every one of you as you go through this time of sorrow. We extend our condolences to other families and relatives who lost loved ones from our other segments.

From Councilwoman Gladys Sherry Turner-Long Fight & Personnel.



The Holiday Season is upon us! Councilwoman Gladys Sherry Turner-Lone Fight would like to wish our relatives and families far and near a "Happy Thanksgiving!"
From Councilwoman & Personnel

Attention Elders: If you would like your Thanksgiving Basket delivered to your home call 759-3377 by Nov, 22nd or Bernadine Fredericks Mendez at 421-5687 so your basket can be delivered. Call by Nov. 22nd.



Thanksgiving Dinner Basket Distribution

WATER CHIEF HALL

DATE ~	Nov. 22, 2022	CONCESSIONS WILL BE AVAILABLE
DINNER BASKET DISTRIBUTION ~	11am until gone.	
PRIZE BINGO ~	5:30 early birds	
	6pm regular games begin.	

B I N G O

	23		53	
2	27	33	59	66
12				73
10	18	35	54	
	29	40	48	72

421-4641 Events Dept. Renay Brown



Happy Birthday Wishes to Our Elders!!



Arvella White
Diane Johnson
Dora Gwin
Josephine White Owl
Sharon Long Fight
Annette Peck
Curtis Hall Sr.
Daryl Finley
Kathrine Holding Eagle

* Please forgive us if we forgot to mention your name, it was not done intentionally.