

# NORTH SEGMENT

OFFICE OF COUNCILWOMAN MONICA MAYER, M.D

**"WE ALL COME FROM THE SAME ROOT"**

*-Councilwoman Monica Mayer, M.D*



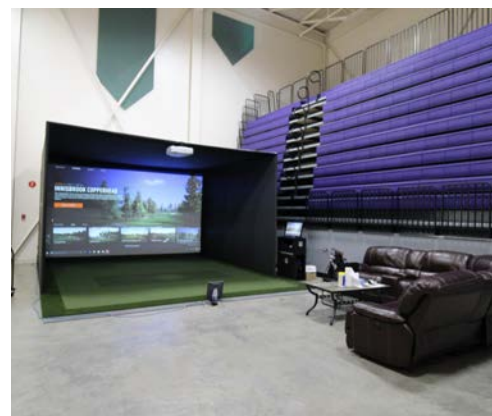
**NORTH SEGMENT HOSTS 2019 ELDERS' FALL DINNER**



**3RD ANNUAL NORTH SEGMENT & FORT BERTHOLD NATIVE AMERICAN CHURCH "HALLOWEEN SPOOKTACULAR"**



# NORTHERN LIGHTS WELLNESS CENTER



It's Time To Take Your Progress Tracking To The Next Level!

Northern Lights Wellness Center offers InBody Scan services **FREE** for all members.

# InBody

See What You're Made Of

An InBody scan will give you an accurate look at body fat, lean muscle mass, basal metabolic weight, water retention and muscle mass in your arms, legs and trunk. Once you know your biometrics, you are able to formulate a plan based on what YOU need to help you achieve the results you are looking for!

Stop in today!

# NEW TOWN EAGLES CELEBRATE HOMECOMING



North Segment showed off their Eagle spirit by participating in New Town High School's Annual Homecoming Parade last Friday. A special congratulations to the 2019 Homecoming King Shooter Stewart and Homecoming Queen Jonna Brady



# NORTH SEGMENT ARTS & CRAFTS SHARES YOUTH CREATIVITY

North Segment Arts & Crafts program has been getting festive with Fall and Halloween projects with the youth. The past two Wednesdays youth enjoyed making fall wreaths and painting pumpkins. Youth Arts & Crafts projects are held on Wednesdays at 3pm if any youth would like to attend.



# NORTH SEGMENT ELDERS: SUNDAY BINGO ON THE YACHT

October 20, 2019 Nearly 40 Elders boarded Island Girl, the MHA Nation Yacht and attended Sunday Bingo provided by the 4 Bears Casino & Lodge. The event was hosted specifically for Tribal elders by the North Segment Elder's Program and Councilwoman Dr. Monica Mayer. The 4 Bears Casino will soon be hosting regular bingo sessions again, and the Yacht bingo on Sunday was organized to begin promotions for the regular bingo sessions that will be operational this winter in the 4 Bears Casino, just 4 miles west of New Town.



# NORTH SEGMENT WELCOMES KATHRYN BURGUM

First Lady of North Dakota



**Councilwoman Monica Mayer, M.D warmly welcomed First Lady Kathryn Burgum to the North Segment Community. Dr. Mayer shared with Burgum the new and upcoming developments in the community and gave a North Segment Tour. Burgum's tour of North Segment began at THE DOOR - Resource and Recovery Lodge. Following the view of THE DOOR, Kathryn Burgum and Monica Mayer went onto the Northern Lights Wellness Center, New Town School, MHA Earth Lodge Villages, Crows Flies High Site.**



Awaiting for the First Lady's Arrival - pictured: Cheyenne Brady, Gabriel Wilkinson, Teila Baker, Dr. Monica Mayer, Nathaniel Mayer, Spencer Wilkinson



Dr. Mayer spoke on the importance of education and encouraged students to stay in school. MHA Drug Task Force was also invited to speak to the students. All Agents including K9 Units were all in attendance.



Dr. Mayer shared hospitality not only in her community, but in her home as well. Pictured above is First Lady Kathryn Burgum inside the Mayer Home.



# 2019 ELDERS' FALL DINNER & COMMUNITY UPDATE





# 2019 ELDERS' FALL DINNER & COMMUNITY UPDATE



3rd Annual North Segment &

# HALLOWEEN



Fort Berthold Native American Church Chapter

# SPOOKTACULAR



# NORTH SEGMENT ROADS/RURAL WATER DISCUSSION WITH SHELL CREEK & SANISH RESIDENTS

Councilwoman Monica Mayer, M.D invited Shell Creek and Sanish residents to Northern Lights to discuss Rural Water and Road concerns. Residents were served dinner as they openly discussed issues, voiced opinions and offered resolutions. Rural Water Director, Pem Hall as well as Transportation Director, Scott Satermo were both in attendance to provide information and hear residents' concerns.



# "TRUNK OR TREAT"

THREE AFFILIATED TRIBES HEAD START



# UPCOMING EVENTS

NORTH SEGMENT INVITES

**MHA WOMEN VETERANS & WOMEN ELDERS**

A WELLNESS DAY FOR YOU



**HEALTHY EATING/YOGA  
FACIALS/MANICURES  
HAIR STYLING  
LIVING WILL  
FLU SHOTS & MORE**

Breakfast & Lunch included

**NOVEMBER 20, 2019**  
**9 AM TO 3 PM**  
Northern Lights Wellness Center

For more information contact  
Lavetta Sissy Fox  
701-421-4032  
Trista Marsette  
701-580-2332

**North Segment**

**Arts & Crafts**

November



**Monday**  
Open to Community 9am-6pm

**Tuesday**  
Open to Community 9am-6pm  
November 12th - Girl Scouts 5:30pm  
November 26th - Girl Scouts 5:30pm

**Wednesday**  
Youth Arts & Crafts 3pm

**Thursday**  
November 7th - Pie & Painting 5pm  
November 21st - Potpourri 5pm

**Friday**  
Women's Talking Circle - 5pm

**Contact**  
Northern Lights Wellness Center Room 161  
(701) 627-3456



**HAPPY Thanksgiving DAY**

**NORTH SEGMENT**

PRESENTS

**2019 TURKEY DINNER DISTRIBUTION**

With ALL the fixings!!!

NORTHERN LIGHTS WELLNESS CENTER | NOV • 26 • 2019 | 10 AM UNTIL GONE  
New Town, ND

ENROLLED MHA NORTH SEGMENT RESIDENTS & 1 PER HOUSEHOLD  
FOR MORE INFORMATION CALL 701-627-3456



Come join us as we learn to recover with our Native American ways and Teachings.  
Facilitator: Morgan Tveter

MONDAYS: 3pm-4pm Wellbriety Book Study  
4pm-5pm Wellbriety Talking Circle  
WEDNESDAYS: 12pm-1pm Wellbriety Talking Circle  
THURSDAYS: 3pm-4pm Wellbriety Book Study



THE DOOR RESOURCE AND RECOVERY LODGE  
329 MAIN STREET  
(UNDER THE POST OFFICE)  
NEW TOWN, ND 58763  
701-627-4358  
THEDOOR@MHANATION.COM



THE DOOR  
Resource & Recovery Lodge

**Noon NA Meetings**

MONDAY-SATURDAY  
12PM  
SANDWICHES, CHIPS AND FELLOWSHIP PROVIDED

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THE DOOR RESOURCE AND RECOVERY LODGE

**YOUTH NIGHT**  
EVERY WEDNESDAY NIGHT  
4-7PM  
DIFFERENT ACTIVITIES EVERY WEEK FOR GRADES 7TH-12TH

MENU:  
OCTOBER 9TH: BLT & CHIPS  
OCTOBER 16TH: SLOPPY JOE'S & FRUIT  
OCTOBER 23RD: SPAGHETTI & GARLIC BREAD  
OCTOBER 30TH: PIZZA  
NOVEMBER 6TH: BURGERS & WEDGES  
NOVEMBER 13TH: NACHOS & VEGGIES  
NOVEMBER 20TH: CHIX STRIPS & FRUIT W/ SALAD  
NOVEMBER 27TH: PIZZA

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329 MAIN STREET  
NEW TOWN, ND 58763  
701-627-4358

**Hours of Operation**  
Monday – Friday 9:00 AM to 8:00 PM  
Saturday: 10am-6pm

**Contacts:**  
The Door: 701-627-4358 Tellea B: 701-421-1615  
Ethel B: 701-421-0497 Mark S: 701-421-0380  
Morgan T: 701-421-3025 Shy L: 701-421-7698

# NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				NA: Noon Women's Talking Circle: 5:00pm @NL Singles Pool Tourney: 6PM	NA: Noon Open/Big Book Study: 3:00pm
AA: Noon Wellbriety Book Study: 3PM Talking Circle: 4pm	NA: Noon Reflections & Meditations: 3pm	Talking Circle: Noon Youth Night: 3-8pm	AA: Noon Wellbriety Book Study: 3:00 PM Speaker Meeting: 6:00	NA: Noon Women's Talking Circle: 5:00pm @NL Singles Pool Tourney: 6PM	NA: Noon Open/Big Book Study: 3:00pm
VETERANS DAY CLOSED	NA: Noon Reflections & Meditations: 3pm	Talking Circle: Noon Youth Night: 3-8pm	AA: Noon Wellbriety Book Study: 3:00 PM	NA: Noon Women's Talking Circle: 5:00pm @NL Singles Pool Tourney: 6pm	NA: Noon Open/Big Book Study: 3:00pm
AA: Noon Wellbriety Book Study: 3 PM Talking Circle: 4pm	NA: Noon Reflections & Meditations: 3pm Veterans Night: 6pm	Talking Circle: Noon Youth Night: 3-8pm	AA: Noon Wellbriety Book Study: 3:00 PM Speaker Meeting: 6:00	NA: Noon Women's Talking Circle: 5:00pm @NL Sobriety Dinner@6PM	NA: Noon Open/Big Book Study: 3:00pm
AA: Noon Wellbriety Book Study: 3 PM Talking Circle: 4pm	NA: Noon Ref. & Meditations: 3pm	Talking Circle: Noon Youth Night: 3-8pm	Thanksgiving Holiday/Closed	Thanksgiving Holiday/Closed	HOLIDAY CLOSED

## DETAILS

**Speaker Meeting Hosts:**  
The 7<sup>th</sup>: Connie A  
The 21<sup>st</sup>: Scott B

**Singles Pool Tournament:**  
Bracket Closes at 6:30 PM  
Prizes and Refreshments

**The Door**  
The Door is open to everyone. All are welcome! We want to create an encouraging safe environment for all. We do not favor one recovery road over another. Our overall goal is to promote healthy, structured and responsible living through peer support, community support, and our culture. We have many events scheduled, but at any time you may come in and receive peer support, journal, search the web, play pool or air hockey, or simply relax.



THE DOOR

Resource & Recovery Lodge

