



## Old Man Coyote And The Wild Potato

Told by Annie Eagle Earth Lodge Tales From the Upper Missouri



Old Man Coyote was traveling along the river bank. "There's always a lot to eat along the river bank," he thought, and that's why he always traveled there. While he was traveling he got hungry. He came to a bunch of wild potatoes and pulled one out, but didn't eat it. "Potato, what's your name?" he said. "My name is what you called me. I don't have a different name," said Potato. Coyote said, "If you're a chief you have two names." "It's so," said the potato, "I have two names. My other name is

"Passes a High Wind." "That's the way," Coyote said, "That's what I thought." And he was there eating, and he ate a lot of them.

When he had gone just a little way, he already had gas pains, and when he passed wind his heels lifted up in the air. "My goodness, that's pretty," he said. "If my girlfriend saw that, it would be nice." The next time he passed wind his leg went up high and he hit the ground hard. "That hurt!" he thought and he went and took hold of a big tree. This time when he passed wind, he pulled out the tree and went up high with it. When he dropped, he thought, "if this continues it might kill me." He came to the village and children were there playing. "Children", he said, "come and pile on top of me!" When he said that the children piled on. This time when he passed wind they all went up. They were yelling, and when they hit the ground, hitting it hard, they all got hurt.

Coyote got up, filled his pipe, and took his ceremonial cornball and went from side to side to all the holy beings. They refused him. "No", they kept saying, "We're afraid!" Finally he came to a buck brush. That one said, "Bring it", and he took the cornball. Then Coyote lit the pipe for him and he took it. "Hold on tight to my stalk", he said. Coyote held on with both hands. His hind end bounced up and down the ground and hitting the ground over and over. At last when it was all gone, his back was blue all over from where it had hit the ground.

### Quotes For The Heart & Mind

- \* "A positive attitude causes a chain reaction of positive thoughts, event and outcomes. It is catalyst and it sparks extraordinary results".  
~Wade Boggs~
- \* "Life is very interesting..in the end, some of your greatest pains, become your greatest strengths."  
~Drew Barrymore~
- \* "Our strength grows out of our weaknesses."  
~Ralph Waldo Emerson~

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## West Segment Tribal Representative Update



Hello Community members and relatives. Before I begin this month's update I would like to send my condolences and sympathy to the family and relatives of Mabel Charging, the Jill Young Bird, and the Allen John White family and relatives. May Our Creator God be with each of you during your time of loss.

Now that winter is upon us so is the Holiday Season! As most of you are aware that live here in Mandaree during the month of October we had a lot of activities here in our community. We had our Halloween Carnival we had a lot of participation from our community members. We had a lot of games and booths, our Mandaree pow wow committee had booths and we made over 1,200 dollars, and we had a fundraiser for Jesse Chase to help him with expenses to go to the INFR. Our Spook house was a great success again this year. Also for the month of November we kicked off our Veterans Pow wow we helped out the North Segment community as well as they helped us out last year. This is the third pow wow that we helped sponsor; the first one was in New Town, and last November was here and back to New Town now, but next year the pow wow will be here in Mandaree. During the Veterans pow wow in New Town we had a great turn out, we had Battle River as the host drum, just to name a few I remember there were a few visiting drums there, so this pow wow went very well.

As for this month now we have Thanksgiving coming up, the West Segment staff will be feeding our community on Tuesday, November 25th at 6:00 pm here at the Water Chief Hall. Also the West Segment office will be giving turkeys out to each household during the community Thanksgiving dinner, so come and eat and pick your turkey up on Tuesday, November 25th.

Other events during this month we will be having our Hidatsa story telling by our elders on November 21st which will start at 6:00 p.m. at the Mandaree elders building. Arvella White from our Hidatsa Language Department will be handling this, we want to archives these stories like our creation stories and so with these big opportunities with our upcoming events, I just want to say a big thank you and a pat on the back to my staff here and everybody that helps make these all possible. It takes a good team of people to make things happen in our community and everybody takes their part and carries their load and do what they need to do. I am really glad to have a team like we do that gets things done for our community members to enjoy. Other important events that took place this month which was very exciting and West Segment is very proud of is that we finally got state certified for our EMS and our ambulance services which are now up and running 24/7. They are now licensed through the state of North Dakota to transport so now that we are up in running in the Mandaree Community, we are

very proud because this was a long time coming we really needed this in our community. I just want to thank my staff and everybody that worked so hard to get this ambulance off the ground. On another note, we now have hot stuff pizza in our One Stop C Store new expansion. Which has been a hot item since we expanded our C store and opened it up. Now that we are selling pizza there and sub sandwiches it's been non stop busy for our employees over there. And this has been a big positive for our community having completed this expansion and selling pizza and other goodies as well. I am pretty proud of Harriet and her staff over there for bringing hot stuff pizza to our community of Mandaree.

Upcoming events for the month of December that you as community members can look forward too is of course our Community Christmas Party and dinner which will be on Thursday, December 18th and at that time we will pass out Christmas presents, Santa will be here, we will coordinate with the school and have the little kids perform a Christmas program. For the adults we will have door prizes we will be giving away a lot of good items, like flat screen televisions, computers, or I pads. We will have a parade of lights, all community members are encouraged to participate in the parade prizes will be offered for the parade. We want everyone to get into the Christmas Spirit! Also the elders will get their Christmas monies at the Christmas party which is usually held in New Town at the Four Bears Events Center.

Just to keep you all informed I am advocating for another 500.00 disbursement for December and I am sure we will get that for all tribal members so you will all have some extra monies for Christmas.

I also would like to mention route 14 is now paved it has seven inches of asphalt on it so it will be able to with stand the heavy truck traffic and it's our new highway in our community and it's really done nice for our community members so 13 miles of it is paved. At the New Town Tribal office, I recently moved my office to the east end of the chambers where Dennis Fox and Bonnie Red Fox used to be that is where my new office is now located. Just to let you know my office is moved.

In a recent meeting the tribal business council selected new committee members I am proud to let you people know that I was selected the Vice-Chairman of the Three Affiliated Tribes and I am also the Chairman of the Natural Resource Committee. Secretary is Ken Hall and Treasurer is Mervin Packineau. Chairman of Judicial is Fred Fox and the Chairman of Health and Human is Frank Grady and Economic Development is Cory Spotted Bear. We are looking at two other items which is the Cultural Committee which I proposed and a Transportation Committee. So these are the things we are trying to do for our people. Under my leadership I was able to get each community 500,000 for housing improvements. Which is at the desecration of our local representatives, so I turned this over to our Hidatsa Housing Director, Will Reeves. So those of you that need home improvements go see Will. We did a ceiling of 25,000 per home, you can get up to 25,000 in home improvements, can only be windows, doors, roofs, chimney siding, furnace these are the only things. Not furniture or carpet, and everybody is eligible as long as it goes for improvement of your home. I was also instrumental and advocated in getting homes for our elders so we are looking at six homes for elders in each community. Continue reading on next page.

## For Your Information

So I am just letting everyone know in our community that we will do this every year, for our elders so we can get our elders new homes. I

It's not clarified but my recommendation at that time it would be a grant not a loan so we don't hold our elders in debt and have their family members pay if something happens to our elders. So this would be a grant. In conclusion, I would like everyone to know that I do have some support on our 55 and older so I just want you to know that I am still pushing for that.

In closing, I would like to wish everyone a very Happy Thanksgiving!

Thank you for being a good reader.

### Free Certified Nurse Assistant Training Available

On the Fort Berthold there is a tremendous need for people in the Health careers, more specifically for elders, disabled and people who are living at home.

The Next Steps Program will provide **Certified Nurse Assistant (CAN) Training, free of charge, with training located in New Town.** The Next Steps Program supports training as a CAN, then promotes and assists employment in this health career area. Employment can be found at various locations such as; the local nursing home; home health care through the tribe such as the CHR office, or Northern Lights Aging Services, or as an individual providing care to a family member in the home.

The criterion for eligibility for this program is: documentation of tribal enrollment; verification of low income with preference given to TANF participants; and verification of acceptance into the training program. The Next Steps also requires a background check of all participants.

The Next Steps program is a federal grant program funded through the U.S. Department of Health and Human Services to the Candeska Cikana Community College in Fort Totten, North Dakota. Next Steps has subcontracted with the UND RAIN program to hire mentors at each reservation site to implement the training and to provide follow-up support services. The Next Steps program provides mentoring, tuition and fee assistance, books, and equipment support, childcare assistance, transportation assistance and counseling and academic advisement.

**Training is being planned for January and March of 2015. If you are considering this training, please remember you will need to be in classes for 2 weeks, 8 AM—5 PM. We are planning to conduct the training in New Town.**

If you have any questions, please feel free to call Lizz Yellowbird, the Fort Berthold Mentor at (701) 317-6524, or you may visit the Next Steps office located at the old Minnetohe Clinic, now the tribal administrative office areas.

THERE IS  
always, always,  
ALWAYS  
something  
to be thankful for

Falling Leaves  
hayrides  
Pumpkin  
HARVEST  
scarecrow  
FAMILY  
apple cider autumn  
give thanks

BLES  
SING

West Segment Presents

2014 MANDAREE COMMUNITY  
THANKSGIVING DINNER

Our community Thanksgiving Dinner will take place  
on Tuesday, November 25th 2014 precisely at 6pm  
@ Waterchief Hall.

We will be giving each community home (1) turkey per  
house hold that same evening.

Also, Councilman Randy Phelan will provide a  
community update during the evening, in which he will  
discuss recent events and share some of the exciting news  
taking place currently and in the future! We look  
forward to sharing this meal together, as well as giving  
thanks for all the blessings we receive  
individually and as a community in whole. Feel  
free to contact us with any questions, or if you would  
like to help in any way!

HAPPY  
THANKS  
GIVING

Give  
Thanks

contact Martha Phelan (events coordinator) office 701-759-3377

# Around West Segment



Pictured above are two members of the Ambulance crew who were outside of the community center picking up trash. Carry the trash bag is Tyler Charging who was helping pick up trash around the Water Chief Hall. A real nice gesture from the ambulance crew to pick up trash the wind blows around the community center.



Pictured above is Dana Newman who was recently hired at the West Segment office as part of the maintenance crew. Dana has worked hard trying to keep the front of the community center clean.



The ambulance crew has been very busy and by busy they cleaned up all the trash and junk that was stored in the back of the Water Chief Hall. As you can see now there is no more trash behind the hall. This area had to be cleaned up in order to store the ambulance vehicles inside. This picture shows the side of the building where both ambulances will be parked inside the garages.



A front view of the garages where the ambulances will be parked. All the trash was moved completely out of the way. Again a thank you to those who worked hard in picking up all the trash that blocked the entrances of these garages. You can see how nice it looks now with all the junk and trash out of the way. The ambulances will be kept inside the garages and will be used only for emergencies.

## West Segment Hosts Horse Sale at Four Bears Events Center



We can look forward to another horse and tack sale in the near future. During these horse and tack sales, we had a lot of people come and buy horses and those who came to buy horse tack found it here at the Four Bears Events center in New Town.

We would like to say thank you to all those who helped make this day a successful one. All the West Segment staff members who worked during the two day stay at the Four Bears Casino.

This was our second Annual Horse Sale. Members of the West Segment Development Board and Councilman Phelan and staff of the West Segment hosted the Horse Sale held in New Town at the Four Bears Events Center.

There were many who showed up at the Horse sale and some who just came to buy horse tack. In the picture to your right is our Council Representative Randy Phelan who took bids from the crowd on the horse sale.

The horse sale was a one day event. The other event was a youth rodeo which started on Saturday. The youth rodeo was handled by Maranda Johnson, from the West Segment office.

The West Segment Development Board and The West Segment Representative and staff did an outstanding job in preparing and hauling equipment to the event center so this horse sale could be a success.



# West Segment Hosts Zombie Run!



All participants had to sign in for the Zombie run.



Grandma Jessica on hand to paint her zombies!



Pictured above is Skye Manikateri painting some new zombies. In the back is Dillon Irwin and Jessilyn Sam. Pictured below is all the participants in the zombie run. Councilman Phelan was on hand at the zombie run.

# ZOMBIES!

**BIOHAZARD**



**WARNING:  
!!! ACTIVE ZOMBIE PARTS !!!**



Another zombie waiting for the run.



Maranda Johnson painting her daughter Cherish. As her dad looks on as they get ready for the zombie run.

# Winners of the Zombie Run



Elza gets her award for the Zombie run.

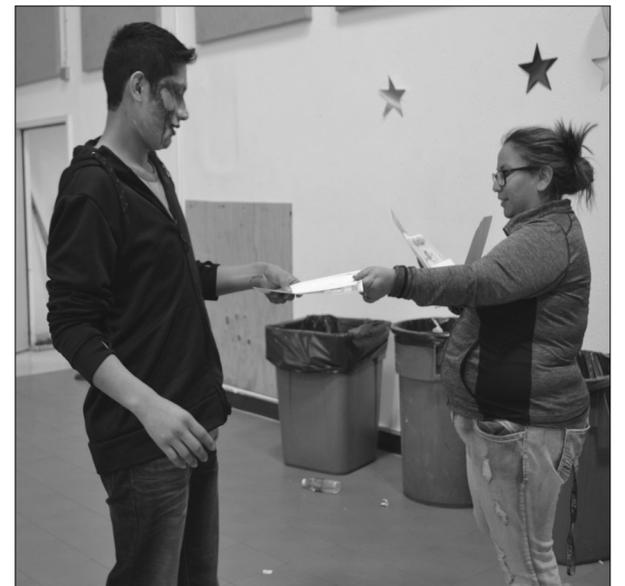
Fahtima Finley-Hood from New Town accepts her award.



Skye Manikateri gets her award.



Jessilyn Sam gets her award.



Dylan Irwin getting his award.



Didn't get his name. His mother is Fahtima Hood.



Pictured to your left holding her award is Cherish Johnson.

If we didn't name you under your picture it's because we missed your name. Overall, all the participants enjoyed themselves and had a great meal afterwards thanks to Adam Fredericks who grilled zombie hamburgers.



Austin Lone Bear get his award.

Pictured to your left is Aiyona Johnson poses with her award.

# Black Eagle Estates Opens to Community Members



Community member Norma Baker Flying Horse stands proudly with Councilman Phelan in front of her new home.

History was made today with the opening of new homes at the Black Eagle Estates. These homes were brought into our community with the help of our council representative who created the West

Segment Development Board. Under the board comes the Mandaree Hidatsa Housing Program.

This is a first for our West Segment community, these homes have nothing to do with the Fort Berthold Housing Authority (FBHA). Our Mandaree Hidatsa Housing Program functions under the West Segment Development Board. Below we have tenants who were available to



Helen Reeves accepting her keys from Councilman Phelan.

receive their keys. The wait on these homes has been long but the wait will well worth it when these community members can now move into their new homes. Not pictured is Jade Robertson who also received her keys to her new home.



Ethel Reeves and her husband Bill received their keys to their new home from Councilman Phelan.



Will Reeves is all smiles as he receives his keys from Councilman Phelan to his new home at Black Eagle Estates.



West Segment Development Board President Delvin Reeves is pictured handing Adele's keys for her new home.



Councilman Phelan hands keys to Jarin Robertson and his companion for their new home at Black Eagle Estates.

Continue on next page.

## Continue Black Eagle Estates



Brandy Little Nest receives her keys from Delvin Reeves, President of West Segment Development Board.



Pictured above is Jake and Martha receiving their house keys from Jimmy Johnson, Vice President of the West Segment Development Board. Below Councilman Phelan hands keys to Clement Baker for his new home at Black Eagle Estates.



## For Your Information

### Mandaree Elders Bus Will Begin Taking Elders To The 4-Bears Casino



### The Mandaree Hidatsa Elders Program

Would like all our Elders know that Every Tuesday the Hidatsa

Elders will be taken to the 4 Bears Casino for an afternoon of fun!

The bus will leave for the 4 Bears Casino from the Mandaree Meal site at 10:00 A.M. So all Elders who want to go to the Casino can meet at the Mandaree Meal site.

To enjoy a Fun filled afternoon at our Casino!

Remember to Mark your Calendars for Every Tuesday!



### Mark Your Calendars Elders!

The Hidatsa Elders Program will be taking elders to Cash Wise in Watford City so you can do

your shopping!

The bus will take elders every 1st Thursday of every month! As long as weather permits and the roads are good. If you have any questions please call 759-3099



# West Segment 3rd Annual Halloween Carnival!



The evening was full fun and games for young and old to enjoy door prizes were given out throughout the evening.

Doors opened at 6pm for the Halloween carnival both young and old could join in on the fun. Games like the football throw, free throw, fish pond, cake walks, pumpkin carving contest, jail house, ring toss and dart throw.

Pictured below are some of the door prizes that were given away throughout the night.

Most of the cakes for the cake walk had faces on them and some of them were in the shape of a witch or pumpkin head or a ghost. A lot of participants left with a cake in their hands. It was a fun night for everyone. There was a lot taking place during this night, the masquerade dance and the haunted house. As soon as it was dark outside than that's when the doors opened for the haunted house. Many came from other segments and some from out of state to take in the haunted house & masquerade.



Skye Manikateri as Maleficent was on hand taking photos for those in their costumes or some who just wanted a family picture.



This awesome food basket was donated by Renae Phelan as a fundraiser for the 2015 Mandaree Celebration Committee. The basket sold for 300.00



# West Segment Halloween Masquerade



Grand entry for all the ghouls who participated in the masquerade dance.



Ghouls, witches and monsters all dancing intertribals at the masquerade dance.



Pictured here are two of the winners. To your right is Bradfield Sage, the first dancer is unknown.



Ashley and her sister Joni take a moment to pose for this nice picture.



Jessica Spotted Horse, unknown, Marie Spotted Horse all won in the women's category at the masquerade.



Winners in the teen category.



One dancer really getting down at the masquerade dance. She was one of the winners selected.



Drum group called the three Amigo's didn't get his name the middle is Tristen Baker and Jonathan Manikateri.

# Tour of The Haunted House!



Line up of those who dared to step into the haunted house. Adam Fredericks gave me a tour before everyone was allowed inside so I could take pictures. Organizers for this successful haunted house were; Adam, Martha, Jake, Tyler, Tony, Tonz, Allen, just to name a few there were many who volunteered their time. Here are some of the pictures of the haunted house so maybe next year you may want to be here.



# Tour of The Haunted House!



# West Segment Ambulance Service



Pictured above is the ambulance crew along with our West Segment Representative Councilman Phelan was on hand to cut the ribbon with the crew.



Lawrence Bejarano

As you know the West Segment community has moved forward in many ways and have made a lot of positive changes in our community. Changes that our people can see. This very event would be a day in history for us here at the West Segment community. Mandaree now has our very own ambulance, our EMT ( Emergency Medical Technician and EMS ( Emergency Medical Services).

After months of hard work, we had our official ribbon cutting ceremony at the Water Chief Hall gym. The last opening of an ambulance service in North Dakota was in 1972. According to Lawrence he explains the different levels of EMS, as he states;

“The basic is the entry level the starting level, than there’s a middle level than there’s the Paramedic level, and the people we have coming here to Mandaree are all at the Paramedic level which is the top level.” Lawrence also informs us that he works with fourteen people right now and they are still recruiting more. As of this interview Lawrence states; “There are three of us here now. An EMS crew can consist of an EMT and a Paramedic and possibly one driver if we can do that so in back of the ambulance when somebody is sick or hurt we have to have at least one Paramedic and we like to have an EMT too but that doesn’t always happen, so we have to have drivers too. We try to keep two people in the back but sometimes there’s only one. So everyday there’s at least two people here in Mandaree on call. Lawrence also explains to us his main responsibilities; as he goes on to say, “My main responsibility is to make sure the station runs smoothly, I take care of any the problems that may arise, I take care of the billing the insurances, and on top of that I have to be a travel agent because there are paramedics coming up here to work from Colorado so we have to fly them in and out so I have to coincide with their schedules, to get them here so that we always have Paramedic coverage here. We switch out every four days, so we fly in an work for four days then we fly out and when we leave a new paramedic

will be here with an EMT. Right now we have a two community members working with us; Jade Robertson and Jessica Spotted Horse we are hoping to recruit more.

I have been in EMS for ten years, and a paramedic two years, I started at the bottom and worked my way to the top. I have a full time job in Delta, Colorado as a Paramedic. So everyone that comes here is pretty well experienced, I would say they all have about ten years of experience too in emergency medicine. As a paramedic I am able to offer the patient the same treatment they would receive in the first hour of being in the hospital. We can do the same procedures as the physician would do in the emergency room. When we get a call from this area we will then transport the patient to the St. Joseph’s hospital in Dickinson. As soon as we gather the data up and they get it than we will be able to transport to Minot or Bismarck but not until that data is clarified. The state of North Dakota assigned us a response area which is down to Bears Den to the Lost Bridge, than just east of Johnson’s corner to the lake. People must call 911 and 911 will page us so we will respond.

Our main goal here is to take care of the community here, there are oil field paramedics here but we are in no way attached with them. We are here strictly for this community. If something happened on the oil field and they called 911 than we would have to respond. Our mission is to take care of this community first and offer 24/7 ambulance services. Our ultimate goal is to get more community members involved. All our workers that come here from Colorado are instructors so we would like to train locals at the basic level and hopefully they can move forward. We hope to offer classes right here in Mandaree. Right now I have been here for six days and we responded to car accidents and a medical call. Antonette and Dr. Kitagawa started this project, he is our Physician Advisor which means we are all working under him his license. Dr. Kitagawa brought me here in April he asked me if I would help him with this project and I came up here and I fell in love with the community and the culture. I went back to Colorado and bragged how nice it was up here. Dr. Kitagawa brought I and my wife and my family for the Mandaree pow wow and we just fell in love with the culture, my kids loved it and my wife, she’s an EMT too. We all want to become a part of this community even though we are outsiders but we want to gain the trust of local people and let them know we are here for them. Before they did this need assessment it would take an hour and a half for an ambulance to respond and now it takes only ten minutes. Everyone here is trained carefully about people’s confidentiality so we ask each of you to respect that. So if you ask us about a patient just know that we can’t tell you because of confidentiality its’ the same as it would be if you were in the hospital. Again we are here for your community. Thank you.

## Mandaree One Stop Expands & Now Offers Hot Stuff Pizza



Employees of the One Stop getting ready for a busy day serving pizza or fresh hot cinnabuns and sandwiches. You can see all the nice room the expansion did for the One Stop C Store.



You can see in this picture all the space the customers have now when they stop by the One Stop store in Mandaree.



Pictured above is Renea making food preparations the way she was trained to do. According to One Stop Manager, Harriet Goodiron she states; "My brother Louis Jay drove from New Town for a pizza. Kudos to all those of you who had a hand in making this possible, way too many to mention. Thanks to the store employees for giving your time to make it a success!"

Changes and facelifts are happening in our community, thanks to our Council Representative Randy for giving us the reigns to do this.

The next time your in our community stop by and see our new expansion and take a moment to order a pizza or have a sandwich. Or if you driving to work stop by and have a sandwich on your way to work.



Employees all went through training in preparing and cooking the food for the customers at the Mandaree One Stop Hot Pizza.



# TAT Newly Elected Chairman & New Council Members



From left to right: Newly Elected Twin Buttes Councilman Cory Spotted Bear, White Shield Councilman Fred Fox, Parshall Councilman Mervin Packineau, North Segment Councilman Ken Hall, Seated is our newly elected Tribal Chairman Mark Fox, West Segment Councilman Randy Phelan, Newly elected Four Bears Councilman Frank Grady.



# For Your Information

## Jessilynn Comes Through Again!



This fine young lady is making a name for herself running in Cross Country. She is becoming a well known runner here she is pictured here with a number of trophies she won throughout her travels.

Jessilynn is the daughter of Dana Sam and Adele Phelan. According to her mother she states; "I am so proud of her and her determination & discipline is paying off.

On one of her runs she dedicated it to her family, elders, babies, youth and Mr. Billy Mills & Patricia Mills. It was dedicated to his 50th Anniversary of winning the Olympics in Japan. Jessilynn placed 1st in her age category. She is very humbled and a blessed young lady to have the talent of running.

Jessilynn recently won this trophy pictured to your left. It was from 2014 New Town Elementary Cross Country she won an award for Co-

Most Valuable Runner, as you can see in the bottom of the Trophy.

Jessilynn will be heading to Nationals in South Carolina on December 13th she qualified for USATF XC Nationals.

On behalf of the West Segment we are very proud of her and her accomplishments! We wish her the best of luck as she participates and represents the MHA Nation and our West Segment Community!



## Attention Parents/Guardians Of Children

Due to the high volume of phone calls from concerned elders in our community who see kids outside all hours of the night riding ATV's four wheelers or dirt bikes. This is very disturbing to our elders who want to get rest during the night. The West Segment Community Security will be enforcing the Three Affiliated Tribes Section 1000.13 CURFEW on page 9 of this newspaper.

We have also received complaints and concern of drivers of vehicles who do not abide by the speed limits. A reminder to parents, guardians, and grandparents remind your loved ones not to be out after 10:00pm.

We want our children and our teenagers to be safe and sound. Thank you for your cooperation.

## Mandaree School Dates To Remember:

**November 18, 2014: Parent/Teacher Conferences 4pm-7pm.**

**November 26, 27, 28: No School Thanksgiving**

**December 23, 2014: Last Day of School Before Winter Break.**

**December 24-January 2: No School-Winter Break**

**January 5, 2015: School Resumes.**

## Panther Development Investments

Alex Moreno/Managing Partner

6401 Congress Ave. Suite 250

Boca Raton, FL 33487. USA

[alex@pantherdi.com](mailto:alex@pantherdi.com)

# Election Season Over, Time To Heal



Election Season is now over and our people need to begin the healing process because of all the negative emotions and destructive slander that has been released in the atmosphere, these toxic emotions are still in our system creating an imbalance mind, body and spirit. When it occurs it generates sickness and diseases. **Matthew 12:33** *Either make the tree sound (healthy and good), and its fruit sound (healthy and good), or make the tree rotten (diseased and bad), and its fruit rotten (diseased and bad); for the tree is known and recognized and judged by its fruit.*

I would like to share an article by world acclaimed minister, "Joyce Meyer" who speaks on this subject of detoxifying and healing from negative emotions. I pray that as you read this article you will do the necessary steps to bring the healing process to fight off the sickness and disease and help make our reservation a better life.

### **Three Steps to Emotional Healing That Lasts by Joyce Meyer**

Today, people everywhere are struggling through life with damaged emotions. They've endured a lot of negative things, causing untold damage that needs to be dealt with. But all too often, these hurts are simply swept under the rug in an attempt to make them go away.

Through my own life experiences and from many years of helping others through this process, I've discovered that although God wants to help those who really want emotional healing, there are some very important steps these individuals must take for themselves. If you want to receive emotional healing, one of the **First Step** you must take is to **Face the Truth**. You can't be set free while living in denial. You can't pretend that certain negative things didn't happen to you. I've come to realize that we're experts at building walls and stuffing things into dark corners, pretending they never happened. I spent the first eighteen years of my life in an abusive environment, but as soon as I got away from that situation, I acted as though nothing was wrong. I never told anyone what had gone on in my private life. Why don't we want to bring things like that into the open? We're afraid of what people will think. We're afraid of being rejected, misunderstood, or unloved by those we care about or that they might have a different opinion of us if they really knew all about us.

The **Next Step** toward emotional healing is **Confessing your Faults**. I think there's a place for eventually sharing with someone

else the things that have occurred in our lives. There's something about verbalizing it to another person that does wonders for us but use wisdom. Choose someone you know you can trust. Be sure that by sharing your story with someone else, you don't simply put your burden on that individual's shoulders. Also, don't go on a digging expedition, trying to dig up old hurts and offenses that have been buried and forgotten.

When I finally worked up the courage to share with someone what had happened early in my life, I actually began shaking violently in fear. It was an emotional reaction to the things I kept buried within me for so long. Now when I talk about my past, it's as though I'm talking about somebody else's problems. Because I've been healed and restored, my past doesn't bother me anymore.

**Finally**, you must **assume some personal responsibility**. Some people are trapped in denial, afraid of what might happen if others find out the truth. But as long as they deny the past, they're never going to be free from it.

Nobody can be set free from a problem until they're willing to admit they have one. An alcoholic, drug addict, or anyone whose lost control of their life is doomed to suffer until they're able to say, "I've got a problem, and I need help with it."

Even though our problems may have been brought upon us because of something done against our will, we have no excuse for allowing the problem to persist, grow and even take control over our entire life. Our past experiences may have made us the way we are, but we don't have to stay that way. We can take the initiative by taking positive steps to change things. We can ask for God's help. Whatever your problem may be, face it, consider confessing it to a trusted friend, and then admit to yourself.

**Face the truth-it can be the beginning of a happier life!**

"Happy Thanksgiving!"

Amen & God Bless

Pastor Elise Packineau

Mandaree Hidatsa Church



**He who eats My flesh and drinks My blood abides in Me, and I in Him.** (John 6:56)

# Updated Numbers for Mandaree

**Boys & Girls Club Branch Manager:** Jade Standish: 759-3049 or Cell: 421-5987 or Donovan Abbey

**Catholic Church** Father Roger Synnek: 759-3412

**Clinic in Mandaree:** 759-3422 or Fax: 759-3209

**Circle of Life** Youth Counselor Cheryle Fox: cell 421-7549

**Elders Meal Site:** 759-3092

Head Cook:

Assistant Cook:

**Hidatsa Elders Program:** Bernadine Fredericks, Elders Coordinator: 759-3099, Cell: 421-3249: Elders Assistant: Marty Fredericks. Ted White : Elders Delivery Assistant: 759-3099, Cell: 421-3248

**Hidatsa Elders Fax:** 759-3093

**FBCC Mentor's Office** Buff White: 759-3545 or Fax: 759-3528

**FBHA Compliance Office:**759-3177 or Fax: 759-3182

**FBHA Maintenance Office** Raymond Yellow Wolf: 759-3577 or cell 421-0672 and Victor Three Irons cell: 421-0675

**Fire Management** Marle Baker: 759-3124 or cell: 421-1423

**Little Plume Teacher 1:** Leroy White Singer: 759-3369

**Native Printing** Jody Brieck: 759-3228 or Fax: 759-3227

**Pharmacy in Mandaree:** 759-3151 or Fax: 759-3181

**Post Office:** 759-3370 M-F 12:00 -4:00pm, Sat. 11am-1:15pm

**Road Department:** 759-3420

## School Numbers:

Bus Garage: 759-3395

Business Office: 759-3120

Main Office: 759-3311

Mandaree School Fax: 759-3112

**TERO Compliance Office:** Lana Turner Office Manager: 759-3255 or Cell: 421-6052

**Tribal Ranch & Lodge:** 759-3176

Tribal Ranch Fax: 759-3133

Tribal Ranch Director: Ted Siers: 421-8672

**Mandaree Water Treatment Plant:** 759-3160 or Fax: 759-3199

**In Case of Emergency** call these cell numbers for water treatment: Bruce Fox: 421-7512, Chris Fox: 421-5952, Maynard Demaray Jr.: 421-7859 .

**Water Chief Hall Program Manager:** Maranda Johnson: 759-3377

**Water Chief Hall Office Receptionist:** Tasha Shane: 759-3377

**Water Chief Hall Fax:** 759-3232

**Mandaree Public Relations:** Lovina Fox

**Public Relations Fax:** 759-3375

**Mandaree Events Coordinator/Language Program:** Martha Phelan: 759-3377 & Adam Fredericks.

**Hidatsa Health Coordinator:** Vida Craig: 759-3377

**Water Chief Hall Maintenance:** Dan Hunts Along: 421-2992

## Mandaree Hidatsa Housing Program:

Mandaree Hidatsa Housing Director: Will Reeves: 759-3399

Mandaree Hidatsa Housing Specialist. Assist: Shanna Fox: 759-3399

**Hidatsa Language Department:** Arvella White & Carol Newman: 759-3276

## Out of Mandaree Area Office Numbers:

Emergency or Ambulance: 911

McKenzie County Sheriff: 444-3654

Poison Control: 1-800-222-1222

TAT CHR Main Office: 627-4240

TAT Commodities Program: 627-4292

TAT Game & Fish: 627-4760

**Animal Control Warden Bruce Crows Heart:** 627-2654 or cell: 421.1882

**Local Game Wardens Cell Phone Numbers:** Bradfield Sage: 421.6977 or Office: 627-4760

## Local Police Cell Phone Numbers:

**TAT Chief Of Police:** Chad Johnson: 421-8976

**TAT Acting Lieutenant:** Dan Hudspeth: 421-9166

**TAT Police Officer:** Jerry Nelson: Twin Buttes/Mandaree Area: 421-9320

**TAT Police Dept.** 627-3617 **Records:** 627-3308 or Fax: 627-3113

**Tribal Court:** 627-4803 or Fax: 627-4602

**TAT Utilities:** 627-2580

**Gerald T. Fox Justice Center:** 627-3500

\* Please read. This is only for your convenience. Keep in mind some numbers were removed and some were added and corrected. Some of the names changed of the workers in some of the programs. Please post this so you can find what numbers you are looking for when you need them.

Thank you for reading.

# Obituary



Remembering The Life  
of..Dustin Jay Irwin, Sacred  
Tobacco” “Obi Xu’ ba’ sh”

Dustin Jay Irwin was born on July  
24, 1989 at Watford City, North  
Dakota to Yazzie Touchine Jr.,  
and Stephanie Irwin.

His traditional name is “Obi Xu’ ba’ sh” (Sacred Tobacco) and a child  
of the Knife Clan and a Prairie Chicken Clan member.

Dustin was an enrolled member of the Three Affiliated Tribes and is  
also of the Navajo Nation. He left this world unexpectedly from heart  
complications while being airlifted from Bismarck, North Dakota to  
Fargo, North Dakota.

Dustin lived most of his young life in Mandaree and when he  
reached adulthood he lived in Grand Forks, North Dakota and  
Bismarck, North Dakota and was currently residing in New Town,  
North Dakota with the “love of his life” Megan Hale. Dustin worked  
for various companies as a roustabout, laborer, ranch hand and was  
recently working at the TDH in New Town as a cook.

Dustin enjoyed spending time with his friends and relatives and  
always had a smile and greeted everyone with a hug or a hand  
shake.

Dustin loved riding horseback with his friends, going to movies,  
visiting with friends and family as well as spending the holidays with  
relatives.

Holidays meant a lot to him and he looked forward to them, especially  
Christmas, he always enjoyed hanging up Christmas lights.

As a horseback rider, Dustin entered horse races and participated in the  
Ultimate Warrior. Dustin was an active member of the Regulators and  
took part in many horse events with his friends.

Dustin cared very much for his younger siblings and would call them to  
make sure they were doing okay and call his relatives just to say hello  
and let them know he was just “checking in”.

One of Dustin’s proudest moments was the birth of his daughter,  
Kennedy. He always held her close to his heart.

Dustin will be greatly missed by everyone who knew him and will always  
be remembered as a thoughtful and caring young man. He was very  
respectful and had a great smile when greeting people.

Dustin was always willing to lend a helping hand to those who asked for  
his help and he would never turn anyone down.

Dustin is survived by his companion, Megan Hale, New Town, ND;  
sisters; Tessa Irwin, Lawton, Oklahoma, Gabriella Touchine, Riverton,  
Wy; brothers; Sam Irwin, New Town, ND; Dylan Touchine, Mandaree,  
ND, Travis Finley, Mandaree, ND; daughter, Kennedy Rose Craig Irwin,  
Mt; Grandfather, Yazzie Touchine Sr., Torreon, New Mexico.

Dustin is preceded in death by his mother Stepanie and father Yazzie Jr.;  
maternal grandpa Derek & grandma Phyllis Irwin, paternal grandma  
Savannah Touchine, brother Peter Martin Touchine, cousins; Terrell and  
Miles Howe, Dwight Irwin and Jason Guimont.

# Obituary

In Loving Memory Of

Dustin Jay Irwin

**Date of Birth:**

July 24, 1989

**Left This World:**

October 6, 2014

**Wake:**

October 12, 2014

Water Chief Hall

Mandaree, North Dakota

**Funeral Services:**

October 13, 2014– 10:00 AM

Water Chief Hall

Mandaree, North Dakota

**Officiating:**

Fr. Roger Synek

**Senior Pallbearer:**

Elton Spotted Horse

**Pallbearers:**

Michael DeVille	Aaron Howe
Thomas DeVille	Bradley Howe
Blaine Flynn	Dakota Reimer
Levi Grinnell	CJ Siers

**Honorary Pallbearers:**

Lyman Young Bird	Patrick Crow	JC Young Bird	Jeff McNutt
Nicholas Young Bird	Kalolo lu	Kolvin Fox	Casey Bolman
Harvey Smith	Jordan Hunts Along	Raven Hale	Zack Sitting Crow
Phillip Young Bear	Jason DeVille	Cameron Hale	Tom & Jodi Hale
Michaela Howe	Amber Howe	Sonny Flynn	Audrey Irwin
Derrick Irwin	Mariama Touchine	Justice & Destiny Siers	Dancing Echo Irwin
Red Feather Raven Heart	Eagle Scout Irwin. All aunts, uncles, cousins, relatives too numerous to name.		

# Obituary



Remembering The Life Of..long Mable Charging (Owl Woman- Eꞓdahꞓubꞓꞓ wia-sh) Was born on October 4, 1945 in Elbowoods, ND to Susie Charging and Leo Standish and left this world on October 13, 2014.

As a child of the Water Buster Clan and a member of the Prairie

Chicken Clan, Mable was a proud enrolled member of the Three Affiliated Tribes.

At a young age her paternal grandparents, Douglas and Ollie Standish, would raise her into the woman we came to love today and shared their stories and knowledge with her about her ancestor's ways that she would later share with her children and grandchildren. While growing up Mable attended school in Mandaree, ND until her sophomore year. She would later receive her GED in Mandan, ND. She would often talk fondly of her high school shenanigans with her friend Arvella White.

Mabel had three wonderful children, her son Neil, and during her marriage to Grayden Bear Sr., she had her only daughter Leah and her youngest son Grayden Jr. (J.R). Mabel was also married to Parker Nichols for many years before that marriage ended. Mabel enjoyed and loved being a grandma and great grandma. She loved it so much that she would raise her grandchildren, Dean and Stacey, who also called her mom and had a very special place in her heart.

One of her many hobbies was traveling to casinos near and far and gambling with those closest to her. When she would get into the bonus or hit big you could often hear her say, "All right!" in such a way that made you so excited for her. She enjoyed cooking big meals for her family, especially during the holidays, and collecting knick knacks for her home in which she took great pride in. In the last years of her life she was able to travel with her family and

Mable was a caring, funny, generous and kind-hearted mother, sister, grandmother and friend. Her smile could light up a room and her laugh was contagious. She was not a fan of pictures but when you did capture a Kodak moment it was priceless.

She had such a big heart that she would help anyone in anyway she could without expecting anything in return. She will be greatly missed by those whose lives she has touched, especially her children and grandchildren, and their memories of her will last a lifetime.

Throughout her life Mable resided in various places such as San Jose, California, Cleveland, Ohio, White Shield, ND, Bismarck, ND, but her home and heart were always in Mandaree, ND. At the time of her unfortunate passing Mable was a long term resident of Watford City, ND.

Grateful and honored to have shared Mable's journey in life are her children; Neil (Cheryl) Standish, Mandan, ND and Leah (Calvin) Black Hawk, Bismarck, ND. Her grandchildren; Dean (Jemma) Bear, Mandaree, ND, Deborah (Andrew) Black Hawk, Bismarck, ND. Stacey Bear, Watford City, ND, Amera (Mitchell) Black Hawk, Watford City, ND, Colter (Heather) Crows Heart, Mandaree, ND and Eric Fox. Her great grandchildren; Oray, Joseph, Brody, Kambree, and Heath. Her stepmother Joyce Standish, Mandaree, ND. Her sisters; Donna Standish, Mandaree, ND., Josephine White Owl, Bismarck, ND., Lois (Leonard) Hale, Mandaree, ND. JoAnn (Daryl) Cummings, Bismarck, ND and Merle (Tom) Nelson, New Town, ND. Special sisters; Evangeline Mongram, Minot, ND., Catherine Smith, Mandaree, ND., Fayette Young Bear, New Town, ND., and Jan Charlo and her many nieces and nephews and other relatives.

Mabel is being reunited with her beloved son, Grayden Bear Jr, her mother Susie Charging, her father Leo Standish, her paternal grandparents, Douglas and Ollie Standish, her maternal grandparents, Francis and Carrie Charging, her brothers William Standish and Leon Charging, her nieces, Shelia White Owl, her nephews, Collin and Bruce Cummings and Leonard Charging, her aunts, Julie White Eagle and Polly Mongram and her uncle Oliver Standish.

# Obituary

In Loving Memory Of  
Long Mable Charging  
“Owl Woman”- “Ezdahxubze wia-sh”

**Date Of Birth:**

October 4, 1945

**Date of Death:**

October 13, 2014

**Services:**

Saturday, October 18, 2014  
11:00 A.M. Water Chief Hall  
Mandaree, North Dakota

**Senior Pallbearers:**

Wilbur Hunts Along  
Karen Rabbit Head

**Active Pallbearers:**

Fred Hale	Elmer White Bear
Roger Standish	Jay Standish
A.J. Young Bear	Maynard Young Bear
Dale Charging	Tyler Charging

**Honorary Pallbearers:**

Shelly Rogness	Denise Heiser	Melissa Schroeder
Geline Pittsley-Miles	Troy & Marie White Owl	Dougie Kummer
Kathy Kummer	Betty Kummer	Cathy Skarda
Arvella White	Paul & Romona Rosario	LouAnn Phelan
Bob Perry	Ron Rankin	Stephanie Storey
Michelle Schepp	Aaron Pavelka	Tanya Bonner

**Burial:**

Independence Cemetery  
Mandaree, North Dakota



Our Deepest Sympathy & Prayers to the family & relatives of; Dustin Irwin, Mable Bear, Jill Young Bird, and the Allen John White family and relatives on the loss of your beloved ones. May Our Creator God be with each and every one of you and grant you comfort during your time of sorrow.

From The West Segment Representative & Staff



On behalf of the West Segment Tribal Office and the New Town West Segment Office we would like to wish each and everyone of you a Very Happy Thanksgiving! Enjoy your time with your

loved ones.

From the West Segment Councilman Phelan and Staff.



West Segment's Nidatsa Language Program Presents

*"Strictly Storytelling"*

Summit

Friday, November 21st 2014

Join us at 6:00pm in Mandaree at the Waterchief Hall, for an evening dedicated to sharing our Oral Traditions with each other. All ages are encouraged to attend as this is a very important step, for the preservation of our culture and history. We will provide a meal and door prizes!! If you have any questions, feel free to call Jake Chappell or Nina Fox at the WS tribal office-701-759-3377 or Arvella White at the Language office-701-759-3276

November Birthday Wishes to Our Elders!



happy birthday  
may your wish  
come true

- Rita Hawk
- Helen Baker
- Arvella White
- Emma Finley
- Mabel Fredericks
- Leonard Hale

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