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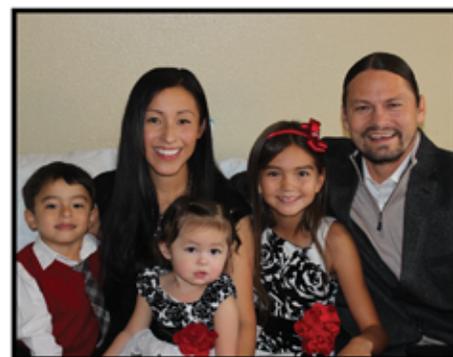
COUNCILMAN SPOTTED BEAR'S GREETINGS

“Hau numakaki aame.”

In the Mandan language I said, “Greetings to everyone.” I am excited to introduce the first edition of our very own Twin Buttes (South Segment) newsletter. One of my goals as a Tribal Business Council (TBC) segment leader is to keep our tribal membership well informed. What a wonderful feeling to feel a sense of belonging to a community of good-hearted people. Those of us living in Twin Buttes and surrounding communities are fortunate enough to see each other and greet each other often. We must remember we

also have tribal membership living many miles away from our reservation homelands as well. I am glad the information we will provide in this newsletter will keep both our on and off-reservation membership, informed and included with what’s going on “back home.” I hope this newsletter finds all our readers in good spirits and in abundant health.

We live in exciting times. There are many things going on within the exterior boundaries of the Fort Berthold Indian Reservation (FBIR), home of the Great MHA Nation! Some of it is good and some of it is not so good, but



today is Martin Luther King day so let us focus on what is right with the world instead of what is wrong. There is a cultural resurgence going on among some of the younger generations around Fort Berthold and neighboring tribes. Young people are becoming

(continued on pg 2-5)

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more involved in our cultural way of life and participation in traditional ceremonies is becoming more common. There is a strong push on our reservation to restore our ancestral languages. All three of our tribes have language programs that are active and showing promising results. In the Twin Buttes community we have established the "Nu'eta Language Initiative," a Mandan language revitalization program. The number one goal of this initiative is to save the Mandan language from the brink of extinction. As of now our very own Edwin Benson of the Twin Buttes Community is the last native speaker of the Mandan language. There once were several distinct dialects of the Mandan language. Edwin



comes from the Nu'eta dialect speaking Mandans so it is the Nu'eta dialect of the Mandan language family that we have the opportunity to revitalize. The Nu'eta Language Initiative is implementing it's first-ever Mandan language immersion school with ambitious plans to begin before this spring. The immersion school will start with a cohort of two-year-old children from the Twin Buttes community and grow each year with new cohorts of two year old children. Within four years the goal is to create an entirely new generation of Mandan speaking children. This is literally our last chance to save our sacred language. We are very thankful to have our beloved elder "Dr." Edwin Benson here teaching us.

Many exciting events have gone on since I have taken office in November. The work to be done seems never ending but "they say it isn't work if you love what you are doing." I am thankful for the opportunity to serve the people of the Three Affiliated Tribes. I don't call it politics, I am not a politician. Our great chief The Four Bears was not a politician, he was a leader. It is time we



reclaim our leadership, I am a leader. The responsibility of being a leader is pressing, but I recognize that no good thing was ever easy. We have several new council members, congratulations to re-elected Councilman Mervin Packineu from the Parshall (Northeast Segment), newly elected Councilman Frank Grady from the Four Bears Segment and newly elected Chairman Mark Fox, now the spokesman of our Tribal Business Council. Thank you Mark for taking on that responsibility on behalf of your people. We also have returning Councilman Fred Fox White Shield (East Segment), returning Councilman Ken Hall from the New Town / Little Shell (North Segment) and returning Councilman Randy Phelan from



the Mandaree (West Segment). I feel we have an active council that has a heart for the people and we are committed to working together to meet common goals for the benefit of our MHA Nation.

Our Tribal membership is growing and since my induction to the council I have witnessed our enrollment rapidly increase at a rate of approximately 40 newly enrolled members per month. Last month, December, our tribe enrolled 81 new members. Currently our tribal enrollment is hovering around 14,250 members. The current requirement for enrollment is 1/8 Indian blood of the Hidatsa, Mandan and/or Arikara Tribe, as stated in the enrollment resolution. TBC resolutions are like legislative bills, laws created by the TBC representing our tribal government. The information about enrollment can also be found on our MHA Nation website at: mhanation.com.

I would like to take this opportunity to publicly thank the staff of the Twin Buttes administration and segment offices. We have one segment office in New Town, one

segment office in Twin Buttes, and one employee at our Satellite office in Bismarck representing our off-reservation membership. I feel the South Segment staff members have all been going above and beyond in their day to day activities. I commend all our employees and am thankful to associate with such a productive group. I would like to thank you and encourage you to keep up the good work. The future of our South Segment is depending on you. This particular edition of the newsletter will act as a South Segment resource guide to our membership and will list all the employees, contact information, and their involvement within the service offices of the South Segment.

We have created a working strategic plan based off of community input, on and off-reservation membership surveys, and the vision of leadership I have shared openly with all and the majority of our voting segment membership who have elected me to represent us. A well developed strategic plan without a budget is simply a "pie-in-the-sky dream plan," with no practical purpose. There is a cost to

providing services, an effective strategic operating plan must have a budget. For example, if a community agrees they want to save their language then how much does it cost to save a language? What will you pay your teachers, what operating costs will you have, what is the cost of supplies? There is a price tag on services. An effective strategic plan is always accompanied by a budget. Some services are revenue-generating. We have created a five year strategic plan and estimated budget to execute our strategic plan, we are also working on a ten, twenty, and forty year plan to address long-term controlled responsible development within the South Segment of our reservation.

As the year goes on and the





FY2015 MHA budget is finalized I will openly share the projects and proposals of the Segment, and actions that the TBC takes. Some of the short-term goals that we are currently working to implement are: Headstart program, day care, renovation and re-open doors to our community gas station, we are currently without a gas station. We are planning on participating in a local food coop known as the "Bountiful Baskets" food coop program where we will be "participants" in the coop to bring fresh, organic fruits and vegetables to community members, as a free service to our elders, and our fight against diabetes. We are making improvements to our tribal building with a new addition to address the need for more operating space and some basic upgrades to an old out-of-date facility. We have plans to repair and re-open our Twin Buttes Custom Homes facility that has been out of operation for many years now, the building needs some immediate repairs. We are planning to convert old office space into living space to address workforce housing. On the topic of workforce, I would like to research the idea of a

"Regulatory Commission" that Councilman Phelan plans to implement in the West Segment to allow an avenue to register all workforce and service providers that are working in our segments so we have a better idea who is entering on our lands and living in our communities. The Regulatory Commission is an exercise of our tribal sovereignty. A Regulatory Commission can also be revenue generating and ran under our South Segment Community Development Corporation (SSCDC), a non-profit tribally chartered and state recognized corporation. The SSCDC will be utilized as a tool under the Segment office to manage revenue generating services and also to allow companies to make tax-deductible donations to our



community. Please understand that although our Twin Buttes Segment goes without many services we can only implement so many at a time, but rest assured that you have an administration that is working hard to see that all our needs are addressed, both immediate needs and long-term. Our community might need 50 services, but we can only implement a handful of services at a time. Each new program requires hours and hours of research and development, tremendous amounts of energy and commitment are required before opening the doors and launching a service our community has been without.

In closing I am asking our tribal membership to prepare for some challenging times ahead. With our involvement in the Bakken oil play, most of our revenue is generated from oil extraction and production tax as well as tribal oil royalty payments. Our tribal revenue is currently being adversely affected by a global market, actions taken on the other side of the world are affecting us here at home. Our tribal governments immediate concern is focused on two tax





triggers that will tremendously affect our revenue with plummeting oil prices. The question is how much will these tax triggers affect us and to what extent do they apply to us, a sovereign entity with a government to government relationship with other national governments. The fact is, in the old days our people could only harvest what grew during the short growing season and nothing more. We stored what we harvested in large underground cache pits with the understanding that winter would soon be on it's way and with the cold winter days came a challenging environment. So it is today that we can only harvest what we grow and nothing more. We must take our harvest from the oil extraction and put some away for future use. Our former TBC has established a "Peoples Fund," a trust fund that currently has \$285,000,000 and growing. We have other trust funds too and I will continue to share those numbers in this newsletter as they come across my desk. We do not ever want to touch the principal of these trust funds but instead only the interest will be utilized. I would



like to see our tribe contribute to an Education Trust Fund as well as a health-care fund to address the opportunity to have affordable health care for our membership. Our children will benefit greater than we will, but after all we are planting seeds that we may never see the fruit of our labor but our children will someday eat of that fruit. There is a saying that "we are only borrowing the Earth from our children," just as the generations before borrowed the earth from us. As adults it is our turn to give back to our future generations. Our old people say all of our answers are in nature. Nature provided the model for our ancestors to follow, nature is what I understand most and is where I get my model of leadership.

If we can follow these laws laid down by our wise people from long ago we can prosper and be self-supporting people once again. As the months go by I will write more and share some ideas about re-creating sustainable systems in our communities to promote the self-supporting, independent lifestyles we once knew. The days are getting longer now as the sun is traveling back towards us. May Creator God bless you and your families as we look forward to spending more time outside, enjoying the sunlight, and new seasons just ahead.

Hahoo, a'taro'sh.

Councilman Cory Spotted Bear
Twin Buttes Representative



News Staff News Staff News Staff News Staff

TWIN BUTTES OFFICE



*Cory Spotted Bear
Tribal Councilman*



*Gwen Hostler
Office Manager*



*Blanche Hunts Along
Events Coordinator*



*Alisha Brim
Administrative Assistant*



*Melissa Starr
Administrative Assistant*



*Ernest Stone
Water Distribution*



*Char Kazena
Twin Buttes Staff*

NEW TOWN OFFICE



*Allan Demaray
Chief of Staff*



*Luke Lee
Assistant Business Manager*



*Lovette Baker
Special Projects*

News Staff News Staff News Staff News Staff

MEMORIAL HALL OFFICE



Morley Spotted Bear
Fitness, Parks, & Rec Director



Geneva Starr
FPR Staff



Melvin Beaks
FPR Staff

BISMARCK SATELLITE OFFICE



Marie Baker
Outreach Coordinator

Memorial Hall Hours:

Mon - Fri - 5-7pm cst - open to kids

Mon 7-9pm cst - Teen Night

Tues 7-9pm cst - Family Night

Wed 7-9pm cst - Men's Night

Thur 7-9pm cst - Woman's Night

Fri 7-9pm cst - Open Gym

Twin Buttes Office

708 79 E. Ave NW
Halliday, ND 58636

701-938-4403 (o)
701-938-4340 (f)

New Town Office

Twin Buttes Segment
404 Frontage Road
New Town, ND 58763

701-627-8247 (o)
701-627-3258 (f)

Bismarck Office

107 West Main Street
Suite 225
Bismarck, ND 58501

701-751-2928 (o)
701-751-2933 (f)

TWIN BUTTES POLICE DEPARTMENT



L to R:
K-9 Officer Jerry Nelson, Sgt. Dustin Krueger, and Officer Ana Alveraz

TWIN BUTTES SECURITY



L to R:
James Beston, Supervisor Tom Sage, and Caleb Sage

The 2014 year was one busy time for the Three Affiliated Tribes Police Department. The call to officer ratio has increased significantly over this last year.

We have received a new budget for 2015 with five brand new units. More officer positions are being created, which means that the more officers on Fort Berthold - more officers in each segment.

The Twin Buttes Segment officers and I are looking forward to this year. More time in the community and more one-on-one time with the people.

Drive safe and stay warm.

Sgt. Dustin Krueger

Twin Buttes Field Clinic Staff



*Dr. Orlan Jackson, D.O.
Monday 9:00AM - 4:30PM
Friday 12:00PM - 4:30PM CST*



*Andrea Richter, FNP-C
Tue / Wed / Thur
9:00AM - 4:30PM*



*Darcy Medicine Stone
CHR*



*L to R:
Donna Bieri (Pharm-D), Diana Tomlin (Secretary), and
AnnaMae Fredericks-Batke (RN-BSN)*

Clinic Hours
8:00AM - 8:00PM CST
Monday - Friday

Main Phone Number
701-938-4540

Community Board



L to R:
*Marlon Bell (Treasurer), Travis Hallam (Member), Lori Fredericks (President),
Richard Gillette (Vice President), and Morley Spotted Bear (Secretary)*

School Board



L to R:
*Leon Little Owl (member), Josh Sage (Facilities Manager), Jeb Fredericks
(member), Lori Fredericks (Business Manager), Sierra Spotted Bear (member),
Merlein Sorenson (President), Jim Mossett (Vice President),
and Sandy Starr (Superintendent / Principal)*

Elder's Organization



*Evan Burr (President), Larry Burr (Vice President), Dennis Huber (Treasurer), Diana Tomlin (Secretary), Judy Fredericks (Member at Large), and Cynthia Perry (CNA)
Elder Volunteer: Margaret Pfeifer*

Twin Buttes Celebration Committee



Richard Gillette (President), Hank Starr (Vice President), Fawnah Muma (Secretary), Lori Little Swallow (Treasurer), Haley Bearstail (Princess), Taylor Morsette (Jr. Princess), Niibwin Davis (Drum Keeper), Aidyn Alcon (Arena Director), Charlette Kazena (Head Woman Dancer), and Jason Morsette (Head Man Dancer)

TWIN BUTTES ROAD DEPARTMENT



L to R:
Richard Gillette (Supervisor), Hank Starr (Operator), Marlon Bell (Operator), and Julian Krueger (Operator) - not pictured: Doyle Bell (TAT Roads Director)

TWIN BUTTES RURAL WATER DEPARTMENT



Leon Little Owl, Lyndon Fredericks, and Maynard Demaray

Lyndon B. Fredericks D.O.H. 1/1/98 , years of service 17 years, Currently Certified by the North Dakota State Dept. of Health, Class II Water Treatment\ Class II Water Distribution

Maynard R. Demaray, D.O.H. 7-1-2009, years of service 4.5 years ,currently certified by N.D.S.D.H. Class II Water Treatment/ Class II Water Distribution

Leon LittleOwl, D.O.H. 7/1/2007 to 8/1/2009, 7/1/2012 to current, years of service 4.0 years ,currently certified by N.D.S.D.H. Class 1A Water Treatment

doTERRA Wellness Advocate,



Happy New Year!

We are kicking off the New Year with "Winter Wellness Events". Come learn how to strengthen your immune system and support healthy living during this cold and flu season, visit with others about your essential oil experiences, and learn new uses for all your essential oils.

We will have the Zyto Compass scan available to get an updated scan as well as tools assisting in the use of your essential oils.

- Diffusers
- Roller bottles
- Spray bottles
- Remedy recipes and waterproof labels (bring your own oils)

This is also a great opportunity to bring a friend to learn more about the oils.

We are offering a FREE diffuser for anyone hosting a class in January. *Please call Wendie Fredericks at: 701-425-1645 to RSVP.*

DATE	TIME	LOCATION
Tuesday, Jan 13	4:00pm (MST)	51 Lincoln St., Killdeer
Wednesday, Jan 14	6:30pm (CST)	St. Joseph Church, Twin Buttes
Thursday, Jan 15	9:00am (CST)	625 Walter Way, Bismarck
Thursday, Jan 15	6:00pm (CST)	410 E Main St., Mandan
Friday, Jan 16	6:30pm (CST)	1111 Fayette Dr., Hazen

ATTENTION ALL INTERESTED GED STUDENTS

Our site is now equipped with the resources necessary for our GED program.

**Please stop by our office:
708 79 E Ave NW,
Halliday, ND 58636.
Our door is on the north side of the building.**

**For more information, please call
Sierra Spotted Bear
701-421-1342.**



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Nu'eta Language Initiative

Tashka'sha – (Greeting men), Tashka'na (Greeting women). Today we are in an effort to revitalize our Mandan language by creating the first ever Mandan language immersion school. The focus of the school will be to start with a group of 2-4 year old children and work with them only in Mandan. We currently have a linguist employed with the program who is collecting language and structuring it in a way that daily communication will teach the children the functionality of the language. It has been successful in other areas of the world where languages were nearly lost. Our goal is to start from these ages in the present to creating more speakers in a few years. With the help of our Twin Buttes community we will be the only community in the world who can speak and understand the Mandan language.

The important thing about our

language is that we have only one fluent speaker left amongst us. It has been Edwin himself who has spent years of his life translating and helping the program to keep the language alive today. Indrek Park our linguist has worked closely with the Arikara and Hidatsa languages in the past and has intricate details of how to spell and speak the language. He is very knowledgeable in documenting and learning languages whereas he has worked with many other languages through the Indiana University.

I myself have moderate knowledge in the language and am currently working with Edwin and Indrek to become a fluent speaker. I have received many hours of training from our past director, Cory Spotted Bear. He has given me recordings and shown me how to write the language phonetically, so that as the language is read it can be pronounced correctly. I have created a facebook page called, "Mandan



*Marty Young Bear
(Program Director) and
Indrek Park (Linguist)*

Language Initiative" where I continue to update the people on the page with at least one word or phrase daily. We are hopeful that those that are interested in the language will pick it up and put it to use. Please stop by and visit us anytime.

*Marty Young Bear
Program Director
Nu'eta Language Initiative*

*Brittany Benson
Administrative Assistant
Nu'eta Language Initiative*

Hi! My name is Brittany Benson. I am married to Zach Benson, and we have 2 boys Kellen (5) and TaKoda (1) I have lived in Twin Buttes with my family since 2010. The Nu'eta Language Initiative is a new adventure for me, and I couldn't be happier to be a part of the revitalization of the language.



*Richard Crows Heart Jr.
Administrative Assistant
Immersion School*

It's really shi'sh to return where I originated. The Red Path was laid out for me 57 years ago. I followed it and it lead me home 36 years later. I am truly grateful for many things, our current leadership rates high on the list. Much thanks to Cory, Marty, and our education system for contributing to the future success in our efforts to retain and enhance an important part of our sovereign tribal identity, the Mandan Nu'eta language.

Thank you for welcoming me back.
Richard Crows Heart Jr. "Tiny"

Nu'eta Language Initiative

Tashkanasho'sha?

Mirase Maahsi Kare're ehero'sh.

"Hello to everyone. My name is Indrek Park." Since last June I have been working as a linguist with the Nu'eta Language Initiative. I am originally from Estonia in Northern Europe where most people are fluent in at least three or four local languages. Because of my family and professional background I am also conversational in a number of other languages spoken elsewhere in the world. About twelve years ago I decided to pursue a doctoral degree in linguistics at Indiana University because I wanted to achieve a deeper understanding of how different languages affect the way we think and how linguistic structures are reflected in cultural patterns. Just like a good race car driver may not necessarily know what happens under the hood, a native speaker is typically unaware of the mechanics of his language in his brain. A linguist is a trained professional who compares to a native speaker just like a car mechanic compares to a casual driver who has never looked under the hood. In my case, I am both an experienced "driver" and a trained "mechanic:" I first became fluent in a number of languages and then learned how these

languages are put together. Some of the languages that I have intimate knowledge of include Hidatsa, Arikara, and Lakota. Now I am here to put my experience and training into practice in the effort to revitalize the Nu'eta language.

There are several concerned language activists in the Twin Buttes area who have set their minds on becoming fluent in Nu'eta. Unfortunately, their efforts have been hampered by the lack of resources—native speakers, teaching materials, and sound recordings—and the time is running out. My primary short-term role in the Nu'eta Language Initiative is to draw on my linguistic training and experience as a second language learner to become functionally fluent in the Nu'eta language, as fast as possible. I will then pass on what I have learned to the other members of the Initiative and interested community members with the ultimate goal of training a core group of second-language speakers who would then serve in the planned Nu'eta Immersion Program for children.

I am blessed to have the opportunity to learn Nu'eta first-hand from the sole remaining native speaker, Edwin Benson, who teaches me every

day new expressions and words, which I record, transcribe, and then organize into a user-friendly format for other learners. I am grateful to Edwin and his family who have opened their home and their hearts to me. My work is greatly facilitated by an earlier collaboration between Edwin and the previous director of the Nu'eta Language Initiative, Cory Spotted Bear, who has recorded and transcribed a large amount of Mandan language materials over the past twelve years. The same enthusiasm is also shared by the new director, Marty Young Bear, and the rest of the staff.

Although the Mandan identity will, no doubt, survive even if the primary carrier of the cultural information is English, without the ancestral languages an intimate connection with the past will be diminished. This language connection may have become reduced to a trickle, but the tide can still be turned, and I promise to help in any way I can.

Indrek Park
Linguist
Nu'eta Language Initiative



Indrek Park, Cory Spotted Bear and Edwin Benson

BASIC PHRASES

The sound recordings of the following phrases can be found on the "Mandan Language Initiative" Facebook page.

I Common Greetings

In Mandan, men and women are addressed differently. When you ask a question from a man, add –'sha to the question; when you ask a question from a women, add –'na.

A: Tashka'sha? How are you? (male addressee)

A: Tashka'na? How are you? (female addressee)

A statement ends with –'sh when the person talked to is male and with –'re when she is female.

B: Shi'sh. Good. (male addressee, in response to a greeting)

B: Shi're. Good. (female addressee, in response to a greeting)

II Common Farewells

A: Omnihe'sh. See you later. (male addressee)

A: Omnihe're. See you later. (female addressee)

B: Huu, omnihe'sh. Yes, see you later. (male addressee)

B: Huu, omnihe're. Yes, see you later. (female addressee)

Note that the word Huu yes is strongly nazalized; i.e., it is pronounced through the nose.

III Common Thanks

A: Waashirahere'sh. Thank you. (male addressee)

A: Waashirahere're. Thank you. (female addressee)

B: Waawatawo'nixo'sh. You are welcome. (male addressee)

B: Waawatawo'nixo're. You are welcome. (female addressee)

The word Waashirahere'sh / Waashirahere're means literally 'you have done a good thing.' It is used when someone has helped you or done you a favor. Don't use this expression in other situations, such as at the end of a speech, even if a "Thank you" would be entirely appropriate in English.

UPCOMING EVENTS

Jan 13	Jan 21
Dunn Co. Mobile Food Pantry 2:00pm - 2:30pm (Memorial Hall Parking Lot)	Elder Meeting 10:00am CST
School Board Meeting 4:00pm CST	Community Meeting 6:00pm CST
Twin Buttes Clinic	
Dr. Jackson	
Mondays and Fridays	9:00am - 4:30pm
NP / Andrea Richter	
Tuesdays, Wednesdays and Thursdays	9:00am - 4:30pm
<p><i>Martin Luther King Day - CLOSED Monday 19th</i> 701-938-4403 (Twin Buttes Office) 701-627-8247 (New Town Office)</p>	

Fort Berthold Community College Twin Buttes Mentor Site



Jessica White Plume, PhD and Sierra Spotted Bear

Spring Enrollment for the 2014-2015 academic year has increased by 34%.
 Let's have a great semester of learning together, and thank you students for choosing to learn with us! - FBCC

We provide rides home,
weather permitting.



701-938-3293

**BOYS & GIRLS CLUB
OF THE
THREE AFFILIATED TRIBES**

Mission: To inspire, guide & empower our youth, especially those that need us most, to realize and reach their full potential as productive, responsible & caring community members.

Twin Buttes January 2015



Office Hours: 10:00am-3:00pm

Club Hours: 3:00pm-7:00pm

All times are subject to change.

If Weathers Permitting, Rides will be provided Home.

Staff:

Sommer Cummings, Branch Manager

Alyssa Starr, Teen Coordinator

Jessica Starr & Raven Peltier, Jr Staff

Club Phone #: 701-938-3293



@BGCTAT



Boys & Girls Club
of the Three Affiliated Tribes

GREAT FUTURES START HERE.

Mon	Tue	Wed	Thu	Fri
5 3:00/4:00: Project Learn 4:00/5:00: Mentor Monday 5:00/7:00: Spirit Club	6 3:00/4:00: Project Learn 4:00/5:00: Arts & Crafts 5:00/7:00: Spirit Club	7 3:00/4:00: Project Learn 4:00/5:00: Career Launch 5:00/7:00: Triple Play: IM	8 3:00/4:00: Culture Club 4:00/5:00: Project Learn 5:00/7:00: Spirit Club	9 3:00/4:00: Project Learn 4:00/5:00: Arts & Crafts 5:00/7:00: Family Plus
12 3:00/4:00: Project Learn 4:00/5:00: Mentor Monday 5:00/7:00: Spirit Club	13 3:00/4:00: Project Learn 4:00/5:00: Arts & Crafts 5:00/7:00: Spirit Club	14 3:00/4:00: Project Learn 4:00/5:00: Arts & Crafts 5:00/7:00: Triple Play: WP	15 3:00/4:00: Culture Club 4:00/5:00: Project Learn 5:00/7:00: Spirit Club	16 No Club Due to Team Meeting in New Town
19 12:00/1:00: Project Learn 1:00/2:00: Mentor Monday 2:00/4:00: Triple Play: WP Where: TB Community Hall	20 3:00/4:00: Project Learn 4:00/5:00: Arts & Crafts 5:00/7:00: Spirit Club	21 3:00/4:00: Project Learn 4:00/5:00: Music Makers 5:00/7:00: Triple Play: IM	22 3:00/4:00: Culture Club 4:00/5:00: Project Learn 5:00/7:00: Spirit Club	23 3:00/4:00: Project Learn 4:00/5:00: Triple Play: WP 5:00/7:00: Family Plus
26 3:00/4:00: Project Learn 4:00/5:00: Mentor Monday 5:00/7:00: Triple Play: WP	27 3:00/4:00: Project Learn 4:00/5:00: Triple Play: WP 5:00/7:00: Spirit Club	28 3:00/4:00: Project Learn 4:00/5:00: Arts & Crafts 5:00/7:00: Triple Play: GT/ F	29 3:00/4:00: Culture Club 4:00/5:00: Project Learn 5:00/7:00: Spirit Club	30 3:00/4:00: Project Learn 4:00/5:00: Triple Play: WP 5:00/7:00: Spirit Club

Come See Us in the New Year 2015!!

Sommer Cummings
Branch Manager



Alyssa Starr
Activity Coordinator

The Flu: Frequently Asked Questions

What is the flu?

- Respiratory infection of the nose, throat and lungs caused by influenza virus.
- Highly contagious and can spread from person to person. When someone who has influenza sneezes, coughs or even talks, the influenza virus is released into the air and may be inhaled by anyone nearby.
- Influenza affects all age groups and causes moderate to severe illness, loss of school and work, and complications such as pneumonia, hospitalization and death.

How do I know if I have the flu?

- Chills & fever (usually high)
- Headache
- Body aches
- Cough
- Sore throat
- Fatigue
- Runny or stuffy nose
- Sometimes stomach problems, such as nausea, vomiting and diarrhea are present but more likely in children than adults

What should I do if I get sick?

- Stay at home and rest to recuperate and help decrease spread to others
- Drink lots of fluids
- Avoid cigarettes, caffeine & alcohol
- Your doctor may prescribe antiviral drugs that may prevent or decrease flu symptoms and must be started right after exposure or right after symptoms start
- Certain people are at greater risk of serious flu-related complications (including young children, elderly, pregnant women and people with certain long-term medical conditions) and its best for you to contact your doctor

How can I prevent the flu?

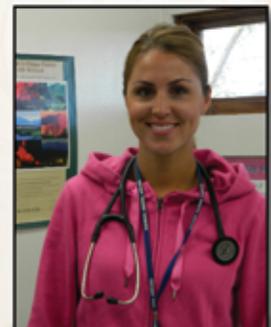
- The best way to avoid the flu is to get a flu shot
- Frequent hand washing
- Stay at home when you are sick
- Cover your mouth and nose with a tissue when coughing or sneezing
- Avoid close contact with others
- Avoid touching your mouth and nose
- Good health habits such as eating a healthy diet, exercise regularly and manage stress

When should I get vaccinated?

- It is never too late to get vaccinated!
- You can get vaccinated as soon as vaccine is available
- The flu season typically peaks after the New Year so you can still get vaccinated in December or later
- In North Dakota, the flu season can start in October and last as late as May

Where can I get flu vaccine?

- The influenza vaccine is available at the Elbowoods Memorial Hospital and all field clinics so stop in for your influenza vaccine today!

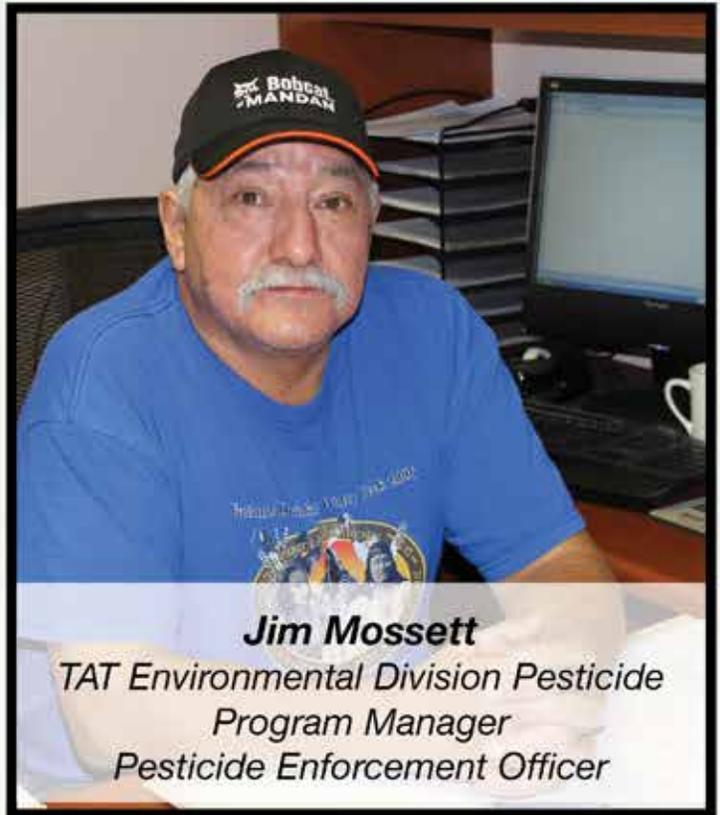


Submitted by: Anna Mae Batke, RN

TWIN BUTTES HOUSING AUTHORITY



*Marlene Gillette (Occupancy Specialist)
and John Mossett (Maintenance)*



Jim Mossett
*TAT Environmental Division Pesticide
Program Manager
Pesticide Enforcement Officer*

Twin Buttes Family Swap Shop



**Wednesday, Jan 28th, 2015
5pm-8pm cst**

Ready to do some early
Spring cleaning?

Bring clothes/toys to the
Twin Buttes Community Hall to either
give away or sell.

Twin Buttes segment will
provide a UHaul for remaining items
to go to good will.

***Please call Jessica White Plume or
Sierra Spotted Bear
for more information.***

***701-421-1890 (Jess) or
701-421-1342 (Sierra)***

PiYo

(pilates and yoga)

Twin Buttes Elementary School

Mondays

Meghan Wilkinson

For more information,

please call the

Twin Buttes School

701-938-4396



ZUMBA
FITNESS

Every Wednesday

12:30pm-1:30pm cst

Twin Buttes Community Hall

Come and Join Us!!

Way to kick off the New Year
by getting active

Amber Kirk

Fitness Technician

Fort Berthold Diabetes

Program

701-627-7925

WORD FIND "BREAKFAST MENU"

- | | |
|---------------|-----------|
| BACON | JAM |
| BAGELS | JELLY |
| BISCUITS | MARMALADE |
| BREAD | MILK |
| CEREAL | MUFFINS |
| COFFEE | OATMEAL |
| CROISSANTS | OMELETS |
| DOUGHNUTS | PANCAKES |
| EGGS | PORRIDGE |
| FRUIT | ROLLS |
| GRANOLA | SAUSAGES |
| HAM | TEA |
| HASH BROWNS | TOAST |
| HONEY | WAFFLES |
| HOT CHOCOLATE | YOGURT |

Y	O	G	U	R	T	O	M	E	L	E	T	S	E
O	S	E	G	A	S	U	A	S	Y	L	L	E	J
F	A	L	O	N	A	R	G	A	E	T	F	E	R
C	R	O	I	S	S	A	N	T	S	F	T	O	D
S	H	U	M	M	L	O	R	T	O	A	L	W	O
L	A	A	I	U	A	A	I	C	L	L	M	A	U
E	S	L	S	T	F	U	E	O	S	A	E	F	G
G	K	E	M	H	C	F	C	R	R	B	G	F	H
A	D	E	K	S	B	O	I	M	E	A	D	L	N
B	A	T	I	A	H	R	A	N	H	C	I	E	U
L	E	B	O	C	C	L	O	O	S	O	R	S	T
H	R	G	T	A	A	N	N	W	J	N	R	N	S
A	B	O	G	D	S	E	A	A	N	G	O	E	J
M	H	U	E	S	Y	T	M	P	I	S	P	C	E

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K-9 Officer Jerry Nelson		701-421-9320
Officer Ana Alveraz		701-421-1228
TAT Police Department		701-627-3610 or 911
TWIN BUTTES SECURITY		
Tom Sage		701-260-7076
TWIN BUTTES FIELD CLINIC		
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Fax Line		701-938-4541
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HOUSING AUTHORITY		
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John Mossett		701-938-3254
RURAL WATER		
Main Phone		701-938-3160

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Jessica White Plume		701-421-1890

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The South Segment administration will strive to serve members of the South Segment living both on and off the Fort Berthold Indian Reservation, to further their living standard, promote self-sufficiency, sustainable energy, and food sustainability within the tradition of the Mandan, Hidatsa, and Arikara Nation.



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