

Country Road Chronicles Of West Segment

Published by Mandaree West Segment

Editor: Lovina Fox

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MANDAREE ND

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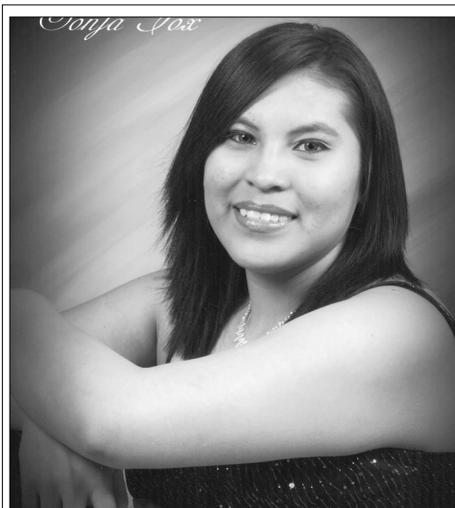
Volume 2 Issue 1

February 2015



Sonja Fox Boxing Career Takes The Next Step

By Jerry W. Kram



Quotes For The Heart & Mind

- * "Three things cannot be long hidden: the sun, the moon and the truth." ~Buddha~
- * "If we have no peace, it is because we have forgotten that we belong to each other." ~Mother Teresa~
- * "Anticipate the difficult by managing the easy." ~Lao Tzu~
- * "There is a woman at the beginning of all great things." ~Alphonse de Lamartine~

Sonja Fox is thinking big. The Mandaree resident is training for her next fight in Santa Clarita, Calif., with former light heavyweight and cruiser weight world champion Virgil Hill. Fox will be fighting on the undercard of Hill's farewell fight in Bismarck on February 28 against Settle boxer Roger Cantrell. Fox doesn't know who her opponent will be yet, but she is looking forward to what will be her first six round match after going undefeated in four four-round contests. "I'm a little nervous," Fox said. "A lot of big names are going to be there so I will have to be in tip top shape and on my game. It will be my first six rounder and I am pretty ready for it."

Fox was recently in the area before heading back to Hill's training facility in Santa Clarita, Calif., where she will prepare for the next six weeks for the bout. Fox trains with Hill and his Dinean Howard-Hill who is also an Olympic medal winner. Working with world class athletes ensures that Fox gets very high quality coaching and training. "I start at six in the morning and go till nine at night," Fox said. "It's a daily grind. The only day we get off is Sunday. We are up and at it every morning. My whole life revolves around boxing while I am in California. I really don't have down time for myself. We just keep training." Fox said her time is tightly scheduled with running in the morning and working in the gym for three or four hours in the afternoon then another cardio workout in the evening. She is also the only female boxer in Hill's group of fighters.

"My teammates are my sparing partners", Fox said. "I even get to spar with Virgil Sr., sometimes. There is no such thing as taking it easy on each other, especially being the only girl. Virgil pushes me more than guys,

So I get twice as much work as everybody else." "Training is going to be crazy," Fox continued. "Because the match is only six weeks out I don't think I am going to get a day off."

She added that one of the hardest parts of training will be being separated from her two children for six weeks. Having the former world champion and Boxing Hall of Fame member giving his farewell performance makes this a event showcase for Fox's talents. She said Hill believes she could challenge for a women's world title belt in as few as another half dozen fights.

"It's been pretty amazing to get this opportunity to represent Fort Berthold," Fox said. "It's very exciting. Virgil and Denean and the whole gym seem like family. Everybody here is standing behind me, too. I appreciate and humbled by everything. It feels good to represent my people. My friends and family are very proud of me." Fox has been working with Hill for about 15 months. She thinks boxing has transformed her life.

"I went through some hard times through the year and learned a lot," Fox said. "I've improved a lot. I've learned a lot about a little bit of everything. Sometimes it's hard to get out of bed at six when you're exhausted, but it has been worth it."

For said there are many people on Fort Berthold she would like to thank for their support as she pursues her dream of winning a world title.

Remember Feb. 28th Sonja will be in Bismarck along with Virgil Hill's farewell fight. Sonja is the daughter of Larry and Jolene Fox who currently live in the Mandaree community.

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West Segment Tribal Representative Update



Hello Community members and relatives. During the month of January our tribal representative was busy attending meetings in Bismarck. In this update he will give a rundown of those meetings. " First of all I will explain why those meetings took place and the reason why we went. I recently attended quite a number of meetings in Bismarck. I was

concerned for our people about this price of oil and how it's going to affect our allottee's and our tribal members and our tribal budget overall. Our Chairman was talking about budget cuts so we wanted to find out first hand for ourselves to make sure that we were getting the actual numbers. So we had set up a number of meetings with N.D.I.C. which is North Dakota Industrial Council. We asked many questions about what they called the big trigger and the little trigger. The little trigger will take place February 1st and the big trigger takes affect July 1st., they will have an effect on our tribal members as much as our allottee's as far as oil is concerned. If the oil goes below a certain amount of dollars, than these triggers take an effect and it's actually protecting the oil producers. Which gives them tax breaks, by being in that trigger their exempt from taxes during those months where we won't get any tax dollars from their oil. The little trigger kicks in after it reaches a certain amount of dollars and the only way out of it is if it goes higher and stay higher for one month than it can come out and the little trigger kicks out. A lot of the oil companies are going to drill but they won't finish the well until February 1st because they get in this tax break than the well costs them a lot less. Since it's passed February 1st they're in that tax break now. Now they will start drilling and start producing and fracking these wells, because now they're getting a big tax break before they would have to pay taxes and now they don't have to pay taxes, and when they pay taxes than that comes back to us. Well let me back up a bit, the part that we were also concerned about was the little trigger is not so much of an impact on us as the big trigger and the big trigger is exempt for two years so that's twenty four months. The little trigger will last till June 30th but the big trigger will last for twenty four months so that's a big concern. In our tax agreement the language says that the little trigger doesn't apply to us here on the Fort Berthold Reservation which we call FBIR doesn't apply. It's a concern that we all have on the council, we asked the questions and we wanted to know so we met with Lynn Helms, who is the leader for the Industrial Commission at the State office in Bismarck. So now there's a couple of things we are considering; one of them is we want to be exempt on the big trigger in which we had a number of meeting with the Industrial commission then we met with the petroleum council their leader is Ron Ness. On the 17 of this month we will be meeting with Ron Ness in Mandan. Which is on the petroleum energy side so now we are trying to figure out how much of an

impact this will have on us. I don't really see a big impact as much as has been said. My biggest concern is to see that our allottee's get treated fair. Because whatever we argue for we are doing it for our allottees as well. So I always keep this in mind when I am testifying or lobbying for Fort Berthold, I not only lobby for the tribe end but for the allottee's end I will always be a voice and advocate for our allottee's to see that we get the best dollar amount for them. There's more to this it is a complicated issue. As long as the oil stays low these triggers will effect us and the big trigger is the scary one because once the big trigger hits July 1st and if it does continue those oils well pads and I will just say the well pads that are under the big trigger will be exempt for the life of the well. Which won't be good for us as a tribe because we get taxed from the well so if any of the wells but not the ones existing right now, but any new wells after July 1st they are the ones that will be in the big trigger. If a well pad was registered under the big trigger the life of that well will never be taxed. The big trigger can only go on for twenty four months anything in that time spam for the twenty four months any wells registered in that twenty four months period will become exempt for life of that well. As a council we are doing a couple of things, we got our lobbyist Al Nygard and Al Stenehjem at the capital and we are looking at introducing a new bill that will make Fort Berthold exempt. The best way they have told us is that we still have the option to pull out of this agreement if it isn't in favor of us. We as a nation we have that sovereign right to pull out and if we pull out then we will have duel tax. Where we will put our own tax on so these oil companies they want to agree, they agreed to support us on this legislation simply because they don't want duel tax. Duel tax means the state will tax and we will tax. All we're saying is everything on FBIR that's our tax and we are entitled to it and if we are in this trigger that takes our taxes away from us. They're not allowing us to receive our monies so as a governing body we will say no. If they don't exempt us from this trigger than we are going to tax. A majority of these oil companies they hedge their oil. Hedging is when the price of oil is at a reasonably high price and they agree at a lesser rate but they use that as a baseline for one year, so a lot of these oil companies did that they hedged their oil. So a lot of them are getting 70 to 90 dollars a barrel right now so these guys aren't really hurting, they're really smart but there is a couple of companies that didn't hedge they just rode it out. There up there when the prices are high and there down there when the prices are low. But the hedgers when the price is high and receiving less dollars and now that the price is low they're receiving higher dollars. I recently met with the Governor on two occasions and lobbied for our EMS ambulance for funding our ambulance services so they can continue. So now the Governor just has to get the appropriate money for our Mandaree EMS. So our ambulance will continue here in Mandaree. I'm glad to say that I do have a good relationship with our Governor I invited him to our Mandaree pow wow so he has agreed to come, so he will be here. I am glad that I am able to provide for my community, to get our community out there in the government aspect. Our people in Mandaree are friendly people and it's a good relationship for our community. I am really glad in one of my meetings in Bismarck I was fortunate to hear about this health insurance and as you know I have been an advocate for not only Mandaree community but all enrolled members. **Cont. page 6.**

Winter Health Problems for the Elderly

Wwwhealth/winterhealth

It's no secret that those in their elderly years are more prone to illness than younger people, and it's also no secret that winter is a particularly dangerous time of the year for various illnesses and conditions.

Here are some health problems to watch out for if you have elderly loved ones:

COLDS:

You'll quite often see people sniffing and sneezing during the winter months, but an annoying cold to most can be potentially lethal for older people. A good way to prevent colds is to wash your hands regularly as this will wash away most of the germs that can cause colds. Also keep surfaces clean as well as items such as towels, cups and glasses as these can easily pass the infection.

FLU:

A lot of people claim to have the flu when, in fact, they only have a cold. If you have the flu then it will put them out of action for quite a while and they will likely be bed-ridden. Again, like colds, the flu is potentially fatal for the elderly and many die from it each year, particularly if they have underlying health issues.

HEART ATTACKS:

Heart attacks can strike at any time of the year but are most common in winter, likely because the cold weather increases blood pressure and makes the heart work harder to maintain body temperatures. The best advice to avoid heart attacks during the winter is to keep warm, both at home and when outdoors so that your heart doesn't have to work as hard. Of course, a healthy lifestyle is always important when it comes to heart issues.

PAINFUL JOINTS AND ARTHRITIS:

If you've had an injury or operation then you may well have noticed that it gets more painful during the cold weather. The cold can make joints stiff, so regular light exercise can help ease the pain. However, whilst joints may be more painful over the winter, there's no evidence to suggest that the cold weather actually causes damage or makes the problem worse.

POOR CIRCULATION:

Poor circulation, also called Raynaud's phenomenon, is something that affects a lot of people and is more prominent in winter. It is a problem caused by blood vessels going into spasm and can cause the fingers, toes to go white and become very painful. Wearing warm clothing can help keep those areas warm, but not smoking or drinking caffeine can also help.

DEPRESSION:

Depression is a condition that is often overlooked but can be immensely debilitating. Poor health and loneliness can have a severe effect on mental health and it's not something that is so easily diagnosed or treated. If you have elderly friends or family then the best

advice is to simply ensure you visit regularly, check on their health and help sort health issues as soon as they arise. If this is something that is becoming a problem, then there are various care homes for the elderly and others such as retirement villages where there are always people and trained staff at hand to help.

Health Maintenance Services Program:

What is the purpose of the program?

- The Health Maintenance Services Program is a federally-funded support services program under the Older Americans Act that provides services to assess and maintain the health and well-being of older individuals.
- Who is eligible to receive services?

Individuals age 60 and older.

Priority for services must be given to older individuals in greatest social and economic need with particular attention to low-income individuals, minority individuals, individuals with limited English proficiency, individuals residing in rural areas, and individuals at risk for institutional placement.

What services are Provided?

- Blood pressure/pulse/rapid inspection
- Foot care
- Home visits
- Medication set up

Is there a charge or the services?

No. Clients must be given the opportunity to contribute the cost of the service. No one can be denied service due to inability or unwillingness to contribute. Contributions received are used to provide additional services.

Who provides the services?

Services are provided by the local service providers and health units under contract with the North Dakota Department of Human Services. Aging Services Division.

Assurant Health Care For Enrolled Members



For many of our tribal community members this was a great day for them. Simply because tribal members were able to sign up for health care. In a recent interview I spoke with Monica Paunovici, who is currently working for Tribal Care Insurance, which is based out of Northwestern Indiana. Monica was on hand here in the Water

Chief Hall assisting tribal members filling out their applications for health care. I asked Monica who was eligible for this health care insurance. As she replied; "Basically everyone who is in this segment and is an enrolled tribal member. Your tribal councilman Randy Phelan is paying for this insurance. We have specific dates and times that we can sign you up. We are here in Mandaree now and we will be here until Friday, February 6th from 9 am to 6 pm. We would like everyone to have their applications completed by then because we do have a time frame.

I asked Monica to explain to everyone what clinics or hospitals take Assurant and talk about a co pay. "Assurant health is one of the largest health insurance companies in the nation. They have over a million doctors and 76 hundred hospitals in their nation wide network.

Due to other options for those on Medicare, this health insurance plan enrollment is for those ages 64 and under. For those 65 years and above means you are enrolled in Medicare. A Medicare supplement plan can cover the gaps that part a and b of Medicare does not. Your tribal councilman has decided to look into offering sign ups for a Medicare supplement plan that he will be paying for the elders. We will have a survey for the elders so we would like to meet them and have them come in as well if they are interested. We will be contacting them after February 15th as each elder may have unique circumstances. I would like to clarify a rumor on facebook is not always true when it states that this Assurant Health Insurance denied those who were diabetic and those who smoked. I asked Monica to clarify that for us. As she replied; "Sure absolutely sometimes there's a little confusion, I just want to assure that due to the Patient Protection and Affordable Care Act that was signed into law by President Obama in 2010, the health insurance companies can no longer deny individuals for major medical health insurance plans due to pre-existing conditions. So basically, what that means is that anyone that comes in to sign up for this health plan will not be denied because they are sick. I believe there may have been some confusion because we did sign up some members in Parshall and one of the things we offered there was a critical illness plan. With that critical illness plan it included a term life insurance policy, and those type of life insurance policies as well as critical illness, go through which is underwriting. It is required in the industry and its something that insurance

companies must do for these types of plans. Some people who apply for life insurance can get denied and pre-existing conditions can be a factor. The no denial is for those who apply for health insurance, so we just want to clarify that those who have been denied, should read that letter again closely and make sure because more than likely it was referring to the critical illness/life insurance plan. For the health plan offered in Parshall, the company will not deny them for those things, so anybody who has it or is confused we will be very happy to help clear that up. You can verify you are enrolled and your health plan is active by contacting us at 701-446-8282. This health card will begin March 1st and end on December 31, 2015. They usually renew in January. We will be reviewing this in October. One thing about our company is that we can research all the different companies and plans that are out there to find options that offer the best plan of protection for the members.

All you have to do is come in and fill out a health insurance application and in order to get you enrolled we are requiring that you bring proof of your tribal enrollment. We want to make sure all enrolled members are signing in, it's a pretty short application and there are just a few questions that need to be answered, for example, your first and last name, date of birth, gender and social security number and a signature page. Most appointments can be in and out within 10 minutes time and we are glad to answer all questions on the coverages. The enrollment closes on February 15 and we are busy scanning applications but everyone should receive their health cards by March 1st and that is when the policy is going to be active. Due to the time frame and some coming in at the last minutes we are asking you not to panic if you don't get yours on the given date, your coverage will start on March 1st and you will get your health card. Those that don't receive their health card can give us a call at 701-446-8282 and we will be able to assist you in getting the information you need.

This is a major medical plan it's like most other major medical health plans, so if anyone has questions, I would be happy to help you. With this insurance you will have minimal copays and coinsurance, such as a \$25.00 co-pay for primary care doctor, and same for specialist. Like I mentioned, if you need assistance or have any questions please don't hesitate to call us at 701-446-8282 we want to be a health advocate for the members of this community and a liaison between the insurance company and the tribal members. We want to do the best that we can and make sure everyone can utilized their coverage to the fullest. It really is one of the best plans available.

Throughout the year we would like to continue to visit all the segments here that signed up with the health insurance. Once this is all done, we will be discussing with all the tribal council representatives to find out what a good time is for us to set up educational seminars for the members. We will be available at that time also to answer any questions. This insurance monthly bill is free to you. You will not get a monthly bill. When you do get your health card in the mail, you may get your policy and see a bill in there just don't worry about that its just a copy. Keep in mind your tribal representative is the one who is taking care of the monthly cost for you. Again I will say give us a call and we will gladly help you in anyway we can, we are passionate about what we do and we want to make a difference in your community. Call us anytime. Thank you.

Helicopter Training In Mandaree



The Mandaree EMS invited Valley Med Flight to conduct a training on how to prepare a landing zone. It included considerations for safe places to land, how to do it quickly in the event of an emergency and how to coordinate and communicate with the Valley Med Flight in preparing for a transport. In attendance was the Mandaree Fire Department, TAT Police, Fish & Game, Environmental Compliance Police and the West Segment Security.

Submitted by Abel Felts, Mandaree EMS



For Your Information

**Now Offering
Open Access Dental
Clinic For Children
0-2 Years old.**

Where: Elbowoods
Dental Clinic in New
Town.

When: Parents Bring in
Your 0-2 year old;
anytime between 7 a.m.-
11 a.m. or from 1 p.m.-4
p.m.

What: Visual Screening,
Fluoride Varnish
Application, and
Scheduling of a Dental
Appointment if needed.

Councilman Update Continue

We got this passed during the Hall administration for health care and now it's a reality. It was one of my dreams that came true to help my people especially my community. To get health cards so they could go to a health facility of their choice. I am paying for everyone's health cards out of my budget this year, I am also looking into some life insurance for our community members. I should have something to present to everyone in our next newspaper. This life insurance will be for everybody from the babies to the adults. It would be what they call term life insurance. For example say we insure everyone for 10,000 or 20,000 but I will use 10,000 for example than everybody will have a 10,000 life insurance. If I decided that the numbers are good than we could go higher. I would get everyone insured using my budget and then if something happened to an individual than 50 percent will go back to the tribe and the other 50 percent will go to the family. So actually you will get life insurance at no cost I will get you covered. And the tribe won't be out on anything either, they will get their money back so we can continue to provide this. So I will give you more information on this as soon as I get more information from the Insurance company. I think this is very important to have because the price of burial now a days is high and when it comes to the wake fund all the morticians around our reservation know how much the tribe gives to our tribal members so they set their prices to that amount, so the family has to dig in their pockets so this will help the families provide what they normally can't provide. Traditionally too we don't talk about death or burial but this is a good insurance and an opportune time for our people to get a life insurance and be protected under that so they will have less of a burden. This will help those who never had this type of insurance.

On another note as far as community events for now, we have scheduled a flea market here at the Water Chief Hall, on Friday, February 20th we will charge \$10.00 dollars a table. So it will be a good time for everyone to come in and sell whatever you want.

As far as the Tribal Business council I asked our Representative if there was anything else he wanted to share. His reply was 'I thought about this for awhile now, and I really don't like to say anything negative, but I just can't stand it when there's untruth written in newspapers. There was an article that came out the other day, which was about me and four other council members that were supposedly made a big loan. This is not true, we went out to Cleveland to look at their proposal and they flew us out there. And this was in big headlines, which made it sound like we went to make a big 90 million dollar loan so we could continue spending. This is so untrue, and the only thing we went down there for was our projects because our chairman told us we were having budget cuts.

In reality, according to Roberts Rules of Order, our chairman cannot vote he can only vote if there's a tie. He needs to remember that in our constitution.

The people put me in there to speak on their behalf, to be their voice and I'm not going to sit back and not say nothing. I will speak up on what's best for our people. Just so I am the voice for our people. Time will tell what's best for our people. We are planning another disbursement in April the budget will be finalized on the 11th of February. All I can do is look out for our people and try and get the best for Mandaree.

On a positive note, our regulatory Commission will be up and running very soon. They are still in the early stages of starting up. For now that is all I have.

Thank you for being a good reader.

For Your Information



Three Affiliated Tribes Mandan, Hidatsa, and Arikara Nation Tribal Enrollment Department

P.O. Box 100 Phone: (701) 627-4238
New Town, ND 58763 Fax: (701) 627-4252
John Charging, Director Sevant S. Taft, Clerk Mary Bearstail, File/Data Clerk

Three Affiliated Tribes Enrollment Report

Thursday, February 12, 2015

Gender	
Female	7,425
Male	6,897
TOTAL	14,322

Age Categories	
0-17	4,632
18-59	8,590
60+	1,100
TOTAL	14,322

2015 Enrollments	
1/7/2015	81
2/11/2015	84
TOTAL	165

Reported Deaths	
Female	1
Male	3
TOTAL	4

2015 Life Expectancy	
Female	32
Male	47.33
TOTAL	43.5

Notes

These numbers are current as of the date listed above.

Sevant S. Taft, TAT Enrollment Clerk

Understanding Alcoholism & Assessing Codependency Workshop In New Town

The disease of alcoholism is cunning, baffling and powerful and the disease of codependency is even more insidious. Both issues are difficult to understand and recognize in the early stages. However, the quicker these diseases are perceived the easier they are to deal with. It is not necessary for the addict to reach the last stages of alcoholism before he/she can be helped. Addiction does not have to be present for codependency to exist. It is important for codependent (s) to have the knowledge and awareness needed to help themselves have a life of peace and harmony no matter what is going on around them. This workshop is good for addicts, family members, professional counselors, teachers, clergy, nurses, anyone who works with the public. Insight and understanding can stop the spread of the anguish, grief, and heartache that go with these disorders.

This workshop will be held on March 30, 31, & April 1, 2015 at the Four Bears Casino in New Town.

Morris Brewer, proud member of the Oglala Sioux Tribe has 25 years of experience in the addiction field. He is recently retired from Pine Ridge, South Dakota. Vocational Rehabilitation Program. He is a consultant for the Martin Addiction Center in Rosebud, SD and works with The Federal Probation Office on the Pine Ridge Reservation. He is a Certified Addiction Counselor and a recognized Equine therapist.

Evelyn Leite is a Licensed Professional Counselor with 30 years in the addictions and mental health fields. She has written 12 books on addiction and codependency and developed a state of the art Family Restoration Program which is being presented on several reservations in Montana and South Dakota. She was inducted into the South Dakota Hall of Fame in 2008.

Agenda:

Monday 9:00am to 12

Recognizing and addressing the disease of addiction before it destroys a life.

1:00 to 4:30pm:

The Trauma of codependency.

Is codependency an addiction?

Questions and discussions.

Tuesday 9:00am to 12

Domestic Violence and Post Traumatic Stress Syndrome

1:00 to 4:30pm:

Discover individual responsibilities.

Learn and practice new communicative skills.

Talking circle.

Wednesday: 9:00 to 12

Everyone has a say. Affirmations and new choices.

Certificate Presentation.

To pay by credit card call (605) 484.0576.

A \$200.00 deposit, required by March 16, 2015.

Non refundable on cancellations made after March 23, 2015.

Space is Limited:

Evelyn Leite, MHR, LPC

A Center For Training And Restoratio

P.O. Box 9702

Rapid City, SD -57709-

evelyn@evelynleite.com

Or www.acenterfortrainingandrestoration.com

For Your Information



ND

Department of Transportation/ND Highway Patrol News



608 East Boulevard Avenue, Bismarck, ND 58505-0700 Toll Free 1-855-NDROADS- 1-855-637-6237 or visit www.dot.nd.gov

NDDOT to add traffic signals on US Highway 85 near expanding business developments in western North Dakota

The North Dakota Department of Transportation (NDDOT) announced today it has started the installation process to add traffic signals and safety devices on US Highway 85 near Watford City and Alexander. The projects will be completed during the upcoming construction season.

“We are closely monitoring traffic volumes and patterns with new business and residential developments being built along the US 85 corridor,” says Grant Levi, NDDOT Director. “As development occurs in western North Dakota there will continue to be changes needed to the state roadways. We will work with local communities as they strive to meet growing transportation needs.”

NDDOT will install traffic signals at the intersections of Watford City South Business Route (US Highway 85B) and ND Highway 23 Bypass on the south end of Watford City and the intersection of US Highway 85 and ND Highway 68. In addition to the traffic signals, the NDDOT will install intersection lighting, delineator reflectors near the intersection of US 85 and ND 68 and reduce speed limits through the signalized intersection. The installation of these signals and other items will help to enhance traffic movement and safety in this growing part of the state.

“It’s a good day for Watford City,” says Brent Sanford, Watford City Mayor. “We appreciate NDDOT working with us and recognizing our needs. We look forward to the operation of the new signals.”

The NDDOT is also working with local officials to study the intersection of Watford City Business Route (US Highway 85B) and US Highway 85 west of Watford City for any potential improvements. Watford City is located near the heart of the energy industry and the U.S. Census Bureau has projected the city’s population will nearly triple over the next 15 years.

As western North Dakota continues to grow there will be many changes and enhancements that need to occur in transportation services. The NDDOT works with local communities to monitor traffic volumes and patterns when new facilities are built and development along a highway occurs.

Department of Transportation and United Tribes Technical College Partner on Workforce Training

The North Dakota Department of Transportation (NDDOT) and United Tribes Technical College (UTTC) have a new collaboration underway for workforce training. The partnership established today will enhance UTTC’s curriculum and provide a pathway for trained workers to fill high-demand transportation jobs across the state of North Dakota.

The partnership focuses on UTTC’s Heavy Equipment Operator (HEO) and Commercial Drivers’ License (CDL) programs. Students will receive hands on experience from NDDOT personnel, including job shadowing, mentoring, and equipment training. The NDDOT will work with UTTC on developing their training curriculum to ensure graduates are prepared for and have the opportunity for careers in the transportation industry.

“There’s a strong need to fill jobs in this area of the public sector workforce,” says Leander “Russ” McDonald, United Tribes Technical College president. “The data shows a high level of job availability throughout the state. This partnership is a solid connection for job placement and we have high hope for being part of the solution to this particular workforce need.”

United Tribes has offered HEO and CDL training for three years as part of a regional tribal college workforce training consortium known as DeMaND. Programs offer accelerated learning using the latest training simulators and state of the art equipment. Although the programs are based at tribal colleges, enrollment is open to individuals of any ethnic or racial background who are North Dakota residents, possess a valid driver’s license, and meet the program criteria.

“This partnership will help expand career opportunities for these students by helping them obtain technical skills they need,” said NDDOT Director Grant Levi. “This will help the DOT and the transportation industry by creating skilled workers that are in demand across the state.”

Currently the NDDOT has 350 snow plow operators who perform road maintenance across the state. The department has similar partnerships with other educational institutions, but this is the first that specifically targets Equipment Operators and Transportation Technicians.

Warning Signs of Heart Attack Stroke & Cardiac Arrest

Chest Discomfort



Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Spot a stroke F. A. S. T:

Face Drooping– Does one side of the face droop or is it numb? As the person to smile.

Arm Weakness– Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty– is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue”. Is the sentence repeated correctly?

Time to call 9-1-1 if the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Dial 9-1-1 Fast:

Heart attack and stroke are life and death emergencies-every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 or your emergency response number. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attacks and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay-get help right away!

Some heart attacks are sudden and intense-the “movie heart attack,” where no one doubts what's happening. But more heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. As with men, women's most common heart attack symptoms is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn more about attacks symptoms in women.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell the doctor about your symptoms). Minutes matter! Fast action can save lives-maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive– up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital too. It is best to call EMS for rapid transport to the emergency room.

Immediately call 9-1-1 or the Emergency Medical Services (EMS) number so an ambulance can be sent. Also, check the time so you'll know when the first symptoms appeared. A clot-busting drug called tissue plasminogen activator (tPA) may improve the chances of getting better but only if you get them help right away.

A TIA or transient ischemic attack is a “warning stroke” or “mini-stroke” that produces stroke like symptoms. TIA symptoms usually only last a few minutes but, if left untreated, people who have TIAs have a high risk of stroke. Recognizing and treating TIA's can reduce the risk of a major stroke.

Beyond F.A.S.T.– Other Symptoms You Should Know:

- **Sudden numbness or weakness of the leg.**
- **Sudden confusion or trouble understanding.**
- **Sudden trouble seeing in one or both eyes.**
- **Sudden trouble walking dizziness, loss of balance or coordination.**
- **Sudden severe headache with no known cause**

If these signs of cardiac arrest are present, tell someone to call 9-1-1 or your emergency response number and get an AED (if one is available) and you begin your CPR immediately. If you are alone with an adult who has these signs of cardiac arrest, call 9-1-1 and get an AED (if one is available) before you begin CPR.

Use an AED as soon as it arrives.

For more information visit American Heart Association

For Your Information

Vaccination Clinic



The Three Affiliated Tribes Fish & Game Office will offer vaccination clinic for vaccinations

ONLY. No appointments Needed.

Vaccination Clinic will be on February 19th & 20th from 12:30 to 2:30pm.

For information contact the Animal Control Office at 627-2654 for any questions.

Animal Control Phone Numbers



Delia Blake: 701-421-5214

Travis Jensen: 701-421-8906

Chance Frederick: 701-421-3879

Or call Animal Control at The New Town Office at: 627- 2654.



In the case of an emergency, the quickest way to get ahold of the Mandaree EMS (Ambulance) is to call 9-1-1. If you call

9-1-1, the dispatchers will page us to come. It's ok to call 9-1-1 even if you're not sure if it's an emergency. As an ambulance service, we'd rather come by and not be needed than to be needed and to not come. Calling 9-1-1 is better because if we're visiting a patient or we are on call, we won't be able to answer our phones. If we're out of service, transporting a patient, the dispatchers will be able to send another ambulance if necessary.

For business purposes, it's ok to call our business phone at 421-1357. Also, after calling 9-1-1, you can call the business phone to explain where your house is. If there is no answer on the business phone, it's possible that we are treating a patient and that we aren't able to answer the phone.

Thank you

Abel Feltes

Mandaree EMS.

MHA Nation Social Services

MHA Nation Social Services will be having Parenting Classes beginning February 17-19, 2015.

If required all six days must be attended to receive a Certificate.

Classes will be at 4:00pm every day.

For more Information you can contact at 627-8150 or call Sharon Hand at 421-1083.

For Your Information

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.

Applications for the Fifth Annual R-COOL Health Scrubs Academy are due February 18, 2015

When: June 15-18, 2015

Where: The University of North Dakota Campus, Grand Forks, ND

Cost: \$200

Why? To learn what health care professionals in FUN and INTERACTIVE ways!

Who? Any North Dakota student who will have completed 6th, 7th or 8th grade.

The University of North Dakota (UND) **Rural Collaborative Opportunities for Occupational Learning in Health (R-COOL-Health)** Scrubs Academy is a four day/three night camp held on the University of North Dakota campus.

The Scrubs Academy encourages middle school students from across North Dakota to pursue a career in health care. Students participate in hands-on activities and receive information related to a variety of health care professions. In addition to the experiences with health care professionals, students are certified in Friends and Family CPR and the Health Insurance Portability and Accountability Act (HIPAA).

The Scrubs Academy serves as a mini-preparation program to strengthen academic skill sets associated with health disciplines, introduce adolescents to a higher education experience, and foster a relationship between the students and the University. Students will sleep in the UND dorms all three evenings.

Application Form DEADLINE TO APPLY: February 18, 2015 (*must be received, not postmarked by this date*). Please do not submit payment with application

For more information, contact:

Kylie Nissen, Senior Project Coordinator

kylie.nissen@med.und.edu • 701.777.5380 • [website](#)

Panther Development Investments

Alex Moreno/Managing Partner

6401 Congress Ave. Suite 250

Boca Raton, FL 33487. USA

alex@pantherdi.com

For Your Information

2015

Dates

March 2 - 5, 2015
Bismarck

April 28 - May 1, 2015
Williston

May 18 - 21, 2015
West Fargo

June 22 - 25, 2015
Grand Forks

Training
is 3 1/2
Days

NATIONAL STANDARDIZED Child Passenger Safety Training

Course Information

This training provides the basic technical skills, experience and knowledge about the proper use and installation of child car seats that are needed when working with parents and caregivers with child passenger safety needs.



Who Should Attend?

- Law Enforcement Personnel - **POST available**
- Emergency Medical Personnel
- Nurses
- Health-Care Professionals
- Child-Care Providers
- Car Dealership Personnel
- Physical/Occupational Therapists
- Firefighters
- Social Workers
- Any interested adults

Course Content

This training will provide participants with the technical skills to:

- Identify and correct misuse of car safety seats
- Serve as a community resource at a variety of community events such as car seat checkups
- Educate others about child passenger safety issues
- Reduce potential liability through standardization
- Receive knowledge and skills to meet national certification



The training is taught through a combination of lectures, hands-on practice, role-playing, and written and hands-on skills testing and it concludes with a real-world community car safety seat checkup.

Register

- Go to: <http://cert.safekids.org>
- Click on Log In and follow online login directions to register as a new signup and create a new online profile
- Click on Find/Register For a Course and choose ND

Fees include a two-year certification, technician manual, car seat instructions CD and North Dakota child passenger safety resources.

Certification Fee: The certification fee is \$85. Pay online with a credit card or send fee with online registration information to the Safe Kids address provided via the online registration instructions.

Local Fee: The local fee is \$30. Credit cards are not accepted for local fee. Make check payable to North Dakota Public Health Association (NDPHA) and send to the North Dakota Department of Health address via online registration instructions.



Sponsored by
NORTH DAKOTA
DEPARTMENT OF HEALTH

For more information

Dawn Mayer 701.328.4533 drmayer@nd.gov

NDDOT
North Dakota
Department of Transportation

Mandaree Boys & Girls Calendar

February 2015 Teen Calendar



Mon	Tue	Wed	Thu	Fri	
2 5:30-6:30 <i>Daily Challenge</i> 6:30-7:30 <i>Triple Play</i>	3 5:30-7:30 <i>Spirit Club</i> <i>Warrior Basketball</i>	4 5:30-6:30 <i>Daily Challenge</i> 6:30-7:30 <i>Triple Play</i>	5 <i>Spirit Club</i> <i>Warrior Basketball</i>	6 5:30-7:30 <i>Spirit Club</i> <i>Warrior Basketball</i>	<i>Staff:</i> <i>Donovan Abbey</i> <i>Jarin Robertson</i> <i>Jr Staff:</i> <i>Echo Claymore</i>
9 <i>Stop Bullying Day!</i> 5:30-6:30 <i>Daily Challenge</i> 6:30-7:30 <i>Triple Play</i>	10 5:30-6:30 <i>Daily Challenge</i> 6:30-7:30 <i>Triple Play</i>	11 5:30-6:30 <i>Daily Challenge</i> 6:30-7:30 <i>Triple Play</i>	12 5:30-6:30 <i>Daily Challenge</i> 6:30-7:30 <i>Triple Play</i>	13 5:30-7:30 <i>Spirit Club</i> <i>Warrior Basketball</i>	<i>Club Hours</i> <i>Mon-Thur</i> 3:30-7:30 <i>Fri</i> 3:30-6:00
16 <i>No Club!!</i>	17 5:30-6:30 <i>Native Youth Council</i> 6:30-7:30 <i>Games Festival</i>	18 5:00-6:30 <i>Native Youth Council</i> 6:30-8:00 <i>Games Festival</i>	19 5:30-6:30 <i>Native Youth Council</i> 6:30-7:30 <i>Games Festival</i>	20 5:30-7:30 <i>Spirit Club</i> <i>Warrior Basketball</i>	<i>Club Phone:</i> 701-759-3049
23 5:30-6:30 <i>Native Youth Council</i> 6:30-7:30 <i>Games Festival</i>	24 5:30-6:30 <i>Native Youth Council</i> 6:30-7:30 <i>Games Festival</i>	25 5:00-6:30 <i>Native Youth Council</i> 6:30-8:00 <i>Games Festival</i>	26 5:30-6:30 <i>Native Youth Council</i> 6:30-7:30 <i>Games Festival</i>	27 <i>Movie Night</i>	

Healing Through Love



Every day we are faced with decisions that are minor game changers in our life which is based on the circumstance and situation. What final decision is made will evidently have a consequence both good and bad. For those who choose not to make a decision that response is always a negative outcome.

So how do we chose the right outcome and gain positive reaction to our choices? This is a struggle as a minister working with people who battle with all the social ills of this generation, fighting to overcome addictions and tormented thoughts and emotions.. My heart is to take the pain and suffering and bring healing and restoration. Only through prayer and leading them to Jesus, the author and finisher of our salvation do they have small victories. When I say small victories, I mean that eventually they go right back to their addiction. This is the frustrating part for me as a minister. I would truly love to see them delivered and set free and not have to keep coming back to be prayed for again and again.

In seeking the Lord on the best approach in healing the hurt it comes about through a variety of teachings and understanding pm Who God is and how He Loves His children. I will try to be as brief and concise as possible in hopes to bring clarity in the Love of God and His healing.

The strongest power you can operate in is Love which is not necessarily an emotion but an attitude that in the spiritual realm gives off light. It is an attitude of the heart that we base majority of decisions we make. If you have a damaged spirit due to trauma; abuse; neglect; betrayal, etc., you are operating from a wounded and an out of balance spirit and therefore all thinking will be based out of a negative past.

There is a cleansing and healing process that has been made available to us, but we must understand it is a choice and decision to seek healing and forgiveness. In the Old Testament Ezekiel 47:7 Ezekiel the prophet wrote; *“Now when I returned, behold, on the bank of the river were very many trees on the one side and on the other. Verse 8. Then he said to me, These waters pour out toward the eastern region and go down into the Arabah (the Jordon Valley) and on in to the Dead Sea. And when they shall enter into the sea (the sea of putrid waters), the waters shall be healed and made fresh. Verse 12. And on the banks of the river on both its sides, there shall grow all kinds of trees for food; their leaf shall not fade nor shall their fruit fail (to meet demand). Each tree shall bring forth new fruit every month, (These supernatural qualities being) because their waters came from out of sanctuary. And their fruit shall be for food and their leaves for healing. Revelation 22:2 Through the middle of the roadway of the city; also, on the either side of the river was the tree of life with its twelve varieties of fruit, yielding each month its fresh crops; and leaves of the tree were for healing and restoration of the nations.*

In the book of Genesis Adam and Eve were kicked out of the garden of Eden, where the “Tree of Life” and the river flowed freely. Then the Bible tells us that two angels were sent to guard the garden and keep them out. Now we read in the book of Revelation that we now have access to this tree and also mentions the “River.” We now have access and it is because of what Jesus did for us at the Cross. When Jesus was resurrected, the first thing He did was rip the veil, then snatch the keys of hell to set captives free. In the process of making sure all the plans were strategically mapped out, He first had to make sure that His disciples understood the meaning of His death, burial and resurrection. Part of His teaching was demonstrated during an accusation from the religious leaders in Luke 17:21 When they asked Jesus “Where is this kingdom, you speak of?” And Jesus replied “The kingdom of God is not in observation, but within you.” In essence what He is saying that, this is where Heaven is, Paradise and the River. The same Spirit that raised Jesus from the dead is the same Spirit that now lives in you. But when we focus and live in a negative environment we lock ourselves out of this “Realm.” To regain access is the simple act of repentance of wrong thinking and wrong attitude. To seek and require the help of the Holy Spirit to lead and guide you into ALL truth and not deceptions, even from our own deceptive thoughts.

The only way to get to this “River” is through “Love” there is no other way, we must choose to love and not hate, when we choose “Love” there is a bright light that emanates from you in the spiritual realm that gives off strong vibration that impacts the atmosphere so much that nature and all of creation respond. Our first reaction when we are offended or wounded spirituality is to go into attack mode. Immediately our brain springs into all kinds of thoughts of revenge and retaliation. This is the biggest test you will then be faced with, can you and will you choose to turn the other cheek and not say a word and think nothing but kind thoughts and blessings or do we do what comes naturally and operate in attack mode? It will take many tests over time to completely master this attitude, but it can be accomplished. **Matthew 18:22 says to forgive and keep forgiving, even in one day not just seven times, but SEVENTY times even (in just one day).**

To truly understand and know love can be defined as this, “When you come to a place where your mind and lips lose the power to hurt” you will be able to come to this river and be **TRANSFORMED!**

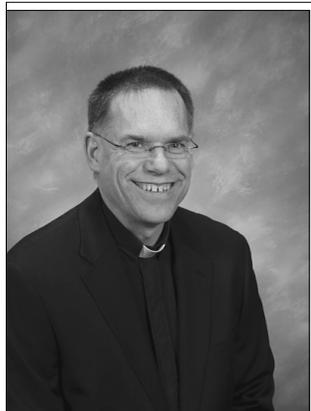
God Bless You

Pastor Elise Packineau

Mandaree Hidatsa Church



The Virtue of Humility



Last month I talked about the vice of pride.

This month, I will talk about the virtue that counters pride~humility. Fr. John Hardon defines the virtue of humility in his dictionary entitled *Modern Catholic Dictionary* as “the

moral virtue that keeps a person from reaching beyond himself. It is the virtue that restrains the unruly desire for personal greatness and leads people to an orderly love of themselves based on a true appreciation of their position with respect to God and their neighbors.” Easier said than done! So let me give some examples of how to practice being humble.

We must first acknowledge our limitations. Pride focuses on the faults and defects of others, therefore recognize our own faults and defects.

Admit we are not “the best” in everything and that we can learn from others. Resist comparing ourselves with others. Do not be afraid to make mistakes and admit them to others when they happen. Avoid bragging and be considerate of others during conversations. Learn to listen more than talk. Be grateful for what we have. Recognize our talents as gifts not as our own abilities. Appreciate others, their talents and qualities, who they are as human beings made in the image and likeness of God. Forgive those who wrong us and move on without revenge or lashing back. For more helpful ways to practice the virtue of humility, go online using your favorite web browser and type “fifty ways to be more humble” or “how to be humble.”

Let me close with a litany prayer written by Rafael Cardinal Merry del

Val in the early twentieth century titled *Prayer of Humility*:

*O Jesus! Meek and humble of heart, hear me. From the desire of being esteemed. **Deliver me, Jesus.** (Repeat this response after each phrase) From the desire of being loved ...**Deliver me, Jesus.** From the desire of being extolled...From the desire of being honored...From the desire of being praised..From the desire of being preferred...From the desire of being consulted..From the desire of being approved..From the desire of being despised...From the fear of suffering rebukes...From the fear of being [falsely accused]...From the fear of being forgotten...From the fear of being ridiculed...From the fear of being wronged...From the fear of being suspected...**Deliver me, Jesus.** That others may be loved more than I...**Jesus, grant me the grace to desire it.** (repeat this response after each phrase) That others may be esteemed more than I, That in the opinion of the world, others may increase, and I may decrease..That others my be chosen and I set aside..That others may be praised and I unnoticed...That others my be preferred to me in everything...That others may become holier than I, provided that I may become as holy as I should...**Jesus, grant me the grace to desire it.***

You may wish to add other phrases that apply to your life, such as: From the desire of being affirmed...prestigious....respected...having a good reputation, analyzing old wounds...From the fear of what others think about me...being misunderstood...being humiliated..etc.

Every one of us can grow in the virtue of humility. Choose one of the suggestions above and apply it to your life so you can humbly follow God.

For Your Information



NORTH DAKOTA
DEPARTMENT of HEALTH

For More Information, Contact:

Amy Schwartz, MPH
Immunization Surveillance
Coordinator, Division of Disease

Control North Dakota Department of Health

Phone: 800.472.2180. E-mail: armschwartz@nd.gov

North Dakota Physicians Testing for Measles Department of Health Reminds North Dakotans of the Importance of Measles Vaccination

Bismarck, N.D.— Although no measles cases have yet been identified in North Dakota this year, physicians in North Dakota have identified three suspect cases and have submitted samples to the North Dakota Department of Health (NDDoH) for testing. Two have tested negative and results are pending on the other. The pending case is under investigation by the North Dakota Department of Health and has been advised to avoid contact with the community.

Since the recent outbreak of measles related to Disney properties in California was identified, the NDDoH has been working with local public health units and private health and private health care providers to raise awareness of this disease, which has become so rare that many physicians have never seen a case in their practice. As a result of this outreach, North Dakota physicians have been alerted to consider the disease as a diagnosis in patients with symptoms consistent with measles. In the event a positive case would be identified, NDDoH is prepared to work with the health care provider and local public health to investigate contacts, and recommend or implement isolation or quarantine.

“Measles is a virus that causes rash, cough, runny nose, eye irritation and fever,” said Amy Schwartz, immunization surveillance coordinator for the North Dakota Department of Health. “It can lead to ear infection, pneumonia, seizures, brain damage and death. Parents who suspect their child may have measles or adults who are symptomatic should contact their primary care provider before presenting to a clinic or emergency department, in an effort to prevent the spread of the disease in those settings.”

“Measles is highly contagious; ninety percent of unvaccinated people that are exposed to measles will go on to develop the disease,” said Schwartz. “Two doses of MMR vaccine are 97 percent effective at preventing measles.” All children are recommended to be vaccinated against measles at ages 12 to 15 months and 4 to 6 years. Measles is included in a combination vaccine with mumps and rebecca (known as MMR vaccine). Adults at high risk for measles, including health care workers, international travelers and college students, should have two doses of MMR vaccine or laboratory evidence of immunity to measles, regardless of age. All other adults born in 1957 or later should have at least one dose of MMR vaccine. Adults born before 1957 are presumed to be immune to measles because the disease was so widespread then that it is likely they were exposed or had the disease. Booster doses of MMR vaccine are not recommended for adults who are not at high risk for measles who have already had at least one dose of MMR vaccine or who were born prior to 1957.

MMR vaccine is required for childcare, school and college entry in

North Dakota. “If a case of measles occurs in a school in North Dakota, the case would be kept out of school until four days after rash onset. All unvaccinated children in that school would be kept out of school for 21 days (incubation period for measles) as precaution, since they would be likely to develop measles and cases are contagious prior to having a rash,” said Schwartz.

MMR vaccine is available by contacting your primary care provider or local public health unit.

For additional information about measles or MMR vaccination, visit www.cdc.gov/vaccines/vpd-vac/measles

To access archived news releases and other information, visit the North Dakota Department of Health Press Room at www.nddohpressroom.gov



NORTH DAKOTA
DEPARTMENT of HEALTH

Serv Safe

Up Coming Food Safety Workshops:

- **Restaurant Employees**
- **Managers & Supervisors**
- **Cafeteria Staff**
- **Hospital Setting**
- **Food Vendors**
- **Childcare Facilities**

Dates are tentative, please call to confirm

April 14, 2015

August 11, 2015

November 3, 2015

For more information or to register for a class, please contact:

United Tribes Technical College Jan Keller

Land Grant Extension 701-255-3285 Ext. 1504

jkeller@uttc.edu

*** Dates are tentative, please call to confirm:**

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: 627-4700: 315 Main Street Box 907 New Town, 58763

Elders Meal Site: 759-3092

Hidatsa Elders Program:: Adam Fredericks: 759-3099, Cell: 421-3249: Ted White : Elders Delivery Assistant: 759-3099, Cell: 421-3248

Hidatsa Elders Fax: 759-3093

Mandaree Fitness Center: 759-3780

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 : 759-3124

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

Hidatsa Health Coordinator: Vida Craig: 759-3377

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

Mandaree Hidatsa Housing Will Reeves Director : 759-3399

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

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

Emergency or Ambulance: 911

Mandaree Ambulance Shop Number: 421-1361

Paramedic Lawrence Bejarano: 1-907-948-9986

Mandaree EMS Main Phone: 421-1357

TAT Police Dept. 627-3617

Gary Schwartzenberger-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. 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. In case of an emergency we have listed numbers for you. Thank you for reading.

West Segment Regulatory Commission Established

Greetings From WSRC General Manager

Greetings West Segment Community:

Please be informed of our current regulatory developments.

The West Segment Regulatory Commission (WSRC) is an initiative by West Segment Council Representative Randy Phelan to oversee all business and manpower in the West Segment boundaries in accordance with the established regulations. The West Segment Regulatory Office is to execute and enforce the day to day operations of the commission.

WSRC's main objective is for the safety of our members, land and environment.

We currently have an attorney- John Mahoney; A CPA-Brady Martz; General Manager- Harriet Goodiron; Intake Officer/Data Entry-Sherry Lone Fight; Asst. Intake Officer/Data Entry-Delreen Robertson; and Office Manager/Data Entry- Norma Miller are all currently employed. We are now in the process of advertising for a Chief Compliance Officer and three (3) Compliance Officers to enforce regulations. (see job descriptions on page 19). Soon we will be advertising for Dispatch Officers as we progress.

This is an ongoing process and good oversight to take back our community with all the activities occurring within our West Segment boundaries. The Commission is not established to duplicate services already in place by other tribal and state entities, but to work in collaboration with for the overall safety for our members, land, and environment.

Respectfully Submitted by

Harriet Goodiron, General Manager

West Segment Regulatory Commission Established January 2015

Fort Berthold Indian Reservation West Segment Regulatory Commission Established January 2015 Resolution 2015

Pursuant to Resolution KH_____2015

The West Segment portion of Fort Berthold Reservation hereby declares to take responsibility and authority to regulate, monitor and register all companies, vehicles and manpower providing work and business within the boundaries of the West Segment.

Also conduct background checks and drug tests all people employed with companies doing business within the exterior boundaries of the West Segment of Fort Berthold Indian Reservation. Working in collaboration with all entities.

- **Provide a safe community and environment for generations to come.**
- **Register all companies, vehicles and manpower.**
- **Conduct background checks and drug testing on all employees.**
- **Insure criminal activity is deterred.**
- **Insure drug trafficking is under watchful authority.**
- **Deter human trafficking is under surveillance.**
- **Enforce safe abidance of speed limits.**
- **Physical presence 24/7.**
- **Monitor all chemicals brought on West Segment and exiting.**
- **Test samples of soil and water content.**
- **Insure companies are in compliance with environment safe standards.**
- **Develop emergency evacuation plan for West Segment.**
- **Monitor development's i.e. man camps, safe vehicles, equipment safety.**
- **Working in collaboration with State and Tribal Law Enforcement.**

'Helping each other for a safe community'

West Segment Regulatory Commission

Vision Statement:

To regulate, monitor and enforce resources within West Segment boundaries.

Mission Statement:

Nurturing, protecting and safeguarding our resources,

Chairman of Board: Ted Lone Fight III

Vice Chairman: Dan Hunts Along

Treasurer: Lovina Fox

Secretary: Vivian Lone Fight Hall

Member: Adele Phelan

West Segment Regulatory Commission Job Position Open

West Segment Regulatory Commission

105 4th Avenue NE

Mandaree, ND 58757

Phone: 701-759-3377

Position Description:

Position: Chief Compliance Officer

Pay Rate: \$35.00/hour

Duties:

1. Must have excellent social/oral/written communicative skills.
2. Must have a good attitude and be able to work with co-workers and community members.
3. Must maintain confidentiality.
4. Must be able to maintain a log and daily reports.
5. Must be able to participate in training.
6. Must be flexible and available when on call.
7. Must maintain vehicles.
8. Must be knowledgeable in OSHA and EPA requirements.
9. Must have supervisory and leadership skills.
10. Will report to the General Manager.
11. Knowledge of oil activity.
12. Must be able to handle challenges.
13. Other duties may be assigned.

Requirements:

1. Must have (5) years' experience in Law Enforcement and regulations or a Bachelor's Degree in Law Enforcement/Police Science/Police Academy Certification preferred, and administrative skills.
2. Drivers' License required.
3. Must be able to pass a background check and drug testing.
4. Must be knowledgeable in State/Tribal Laws.
5. Must be knowledgeable in developing policy/procedures.
6. Must have the ability to work in a diverse environment.
7. Must have computer skills.
8. Indian and Veterans preference.

Position Opened till Filled.

Stop by our office for other job openings at the Water Chief Hall in Mandaree. Or ask for WSRC Staff.

West Segment Regulatory Commission

105 4th Avenue NE

Mandaree, ND 58757

Phone: 701-759-3377

Position Description:

Position: Compliance Officer (3)

Pay Rate: \$23.00/hour

Duties:

1. Must have excellent social/oral/written communicative skills.
2. Must have a good attitude and be able to work with co-workers and community members.
3. Must maintain confidentiality.
4. Must be able to maintain a daily log and daily reports.
5. Must be able to participate in training.
6. Must be flexible and available when on call.
7. Must have the ability to work in a diverse environment.
8. Must maintain vehicle.
9. Will report to the Compliance Officer.
10. Other duties may be assigned.

Requirements:

1. Must have (2) years' experience in Law Enforcement and regulations or an AA in Law Enforcement/Police Science preferred.
2. Driver's License required.
3. Must be able to pass a background check and drug testing.
4. Computer skills required.
5. Must have knowledge of State/Tribal laws.
6. Indian and Veterans preference.

Position Opened till Filled.

Stop by our office for other job openings at the Water Chief Hall in Mandaree. Or ask for WSRC Staff.

West Segment Flea Market

West



Segment's

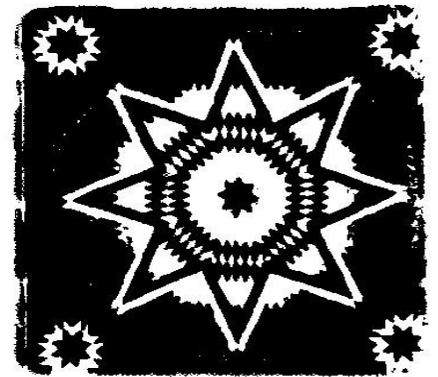
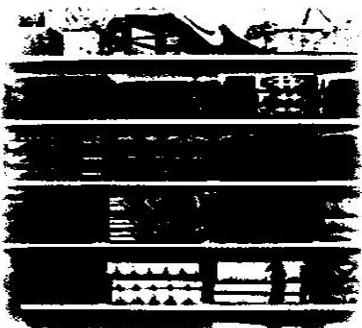
FLEA MARKET

FEBRUARY 20TH 2015

WATERCHIEF HALL

9:00AM-3:00PM

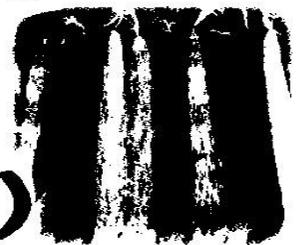
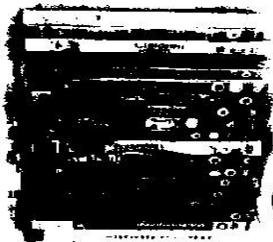
\$10 PER BOOTH



**COME AND SELL ANYTHING FROM
SOCKS TO CARS, ELECTRONICS TO**

HORSES, SADDLES & TACK

(NO FOOD, ONLY BAKED GOODS)



CONCESSIONS WILL BE PROVIDED

YOUR JUNK = \$SOMEONE'S\$ TREASURE!



*** BOOTH PROCEEDS WILL GO TO WEST SEGMENT WALKING CLUB ***

CALL SEGMENT OFFICE TO PREREGISTER: 759-3377

West Segment Walking Club



THE WEST SEGMENT OFFICE IS STARTING A WALKING CLUB!! THE BEST WAY TO HELP OTHERS, IS TO BETTER OURSELVES, SO THAT WE MAY CONTINUE HELPING OTHERS! WE WILL MEET EVERY WEEK DAY FROM 11:30AM - 12:30PM AT WATERCHIEF HALL! ANYONE THAT IS INTERESTED, PLEASE CALL MARTHA OR VIVIAN AT THE SEGMENT OFFICE: 759-3377



February Menu for West Segment Elders Meal Site

Menu is subject to Change for various Reasons

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Bean Soup Broccoli Normandy Blend Dinner Rolls Fruit Cocktail	Beef Broccoli Rice Mandarin Oranges Cake	Pork Chops Macaroni Salad Pears Peas	Sirloin Baked Potato Broccoli Salad Dinner Rolls	Breakfast Burrito Apples
9	10	11	12	13
Milked Potato Soup Green Beans Mandarin Oranges Biscuits	Roast Beef Mashed Potatoes Corn Pears	Goulash Peas and Carrots Peaches Lemon Pudding	Mexican Pork and Zucchini Spanish Rice Cookies Fruit Cocktail	Pancake Sausage Grapes
16	17	18	19	20
No Meals All Chiefs Day	CHEF CHOICE WEEK	CHEF CHOICE WEEK	CHEF CHOICE WEEK	CHEF CHOICE WEEK
23	24	25	26	27
Beef Vegetable Soup Pineapples Brownies	Boiled Beef Ribs Boiled Potato Corn Cherry Pie	Chicken Alfredo Broccoli Cuts Pineapples Donuts	Pork Roast Macaroni and Cheese Green Beans Vanilla Pudding	Breakfast Boiled Eggs Sausage Patties Toast Cantaloupe

March

Menu is subject to change for various reasons.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Kneophla Soup Side Salad Sherbert Cups Rasberries	3 Sub Sandwiches Chips Oatmeal Cookie Peaches	4 Meat Loaf Mashed Potatoes Peas Pears W/ Cottage Cheese	5 Spaghetti Garlic Bread Peaches Corn	6 Scambled Eggs Toast Sausage Patties Frozen Strawberries
9 Bean Soup Fry Bread Cucumber Salad Pine Apples	10 Hamburger Tator Tots Salad	11 Roast Beef Mashed Potatoes Corn Jello	12 Lasagna Garlic Bread Green Beans Cottage Cheese	13 BLT Sandwiches Blueberries Donut
16 Chili Corn Bread Banana Cream Pie	17 Sloppy Joes Potato Wedges Pickles Fruit Cocktail	18 Pork Chops Rice W/cream of Mushroom Oatmeal Cookies Brussel Sprouts	19 Chicken Alfredo Bread Sticks Fruit Salad Pudding	20 French Toast Bacon Eggs Oregon Berry Mix
23 Wild Rice Soup Biscuits Banana Bread Fresh Carrots	24 Roast Beef Sandwiches Au Jus Celery W/ Peanut Butter	25 Indian Taco with all the fixings Banana	26 BBQ Ribs Short Potatoes Salad Baked Beans Mandarin Oranges	27 Pancake Eggs Sausage Apples
30 Beef Barley Soup Garlic Bread Corn Peanut Butter Cookie	31 Pulled Pork Sandwich French Fries Coleslaw Pudding			

Welcome Baby

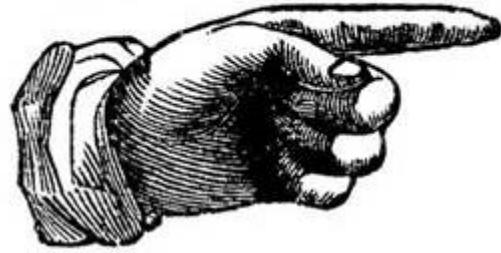
Kraig Falcon Jr.



Kraig Falcon Jr., was born on February 7, 2015 to Helen Blackhawk and Kraig Falcon Sr. 6 lbs and 4 oz. 19 1/2 inches long.

Congratulations on the birth of your son From the West Segment Representative and staff.

Please Notice This



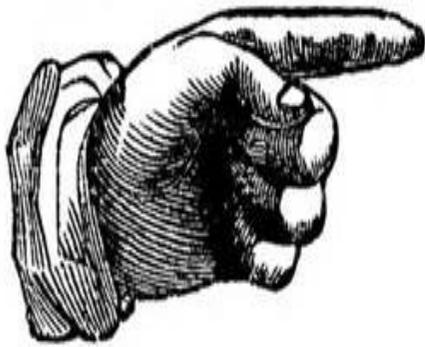
MANDAREE ONE STOP STORE HOUR CHANGES:

Effective January 5, 2015 the One

Stop store hours will change from being open 24 hours. Store will open from 6:00 am to 12:00 am daily. Thank you for your patronage!

Mandaree One Stop Employees and West Segment Development Board of Directors.

Please Notice This



Attention to all who want to learn how to sew regalia, do applique, and learn how to put an outfit

together. Than call the Mandaree Tribal Office and ask for Martha or Skye at 759-3377. They are looking for serious people only who want to learn the art of making outfits. You will also learn the basics on a sewing machine. If your interested than call the Mandaree Tribal Office to leave your name and number. As soon as the supplies come in they will contact you to let you know when classes will begin. Thank you!

February Birthday Wishes to Our Elders!

happy,
happy
birthday
to you!



**Roseann Johnson
Keith Mandan
Arnie Guimont
Brenda Hale
Georgia Fox**

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