



Is Spring Here For Sure



Quotes For The Heart & Mind

- * "Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen." ~ Winston Churchill~
- * "That which we persist in doing becomes easier, but that our ability to perform it has improved." ~ Ralph Waldo Emerson~
- * I want to put a ding in the universe." ~Steve Jobs~
- * "I have found that if you love life, life will love you back." ~ Arthur Rubenstein~

With Spring being only a few days away this photo was taken of the Mandaree community. We recently had snow on the ground, which is surprising for anyone who lived in North Dakota most of their lives. Our weather has certainly changed within the past several years we didn't have much snow this winter but our wind chills were very cold. Other than that I sure hope we get enough moisture this spring.

Inside This Issue:

Page 2: Representative Update.

Page 4 : Flea Market photos

Page 13: Local List of Numbers

Pages 8 & 9: Around West Segment

Page 20: Obituary

Pages 22-23: Meal site Menus

These photos are mainly for those live in other states who can see Mandaree in pictures and have an idea of what our weather is like here.

Perhaps there are those who just enjoy seeing pictures of where they used to live or where they grew up .



West Segment Tribal Representative Update



Hello Community members and relatives. Before I begin this month's update, I would like to extend my sincere condolences and sympathy to the family of Lyle Danks

in the recent loss of their beloved one.

I am looking forward to Spring even though we didn't have too much snow this winter, we did however have some tough wind chills. It snowed a few weeks ago and left right away so I hope we have a nice Spring. Speaking of Spring we just had a flea market here in the Water Chief Hall and had some people come from various places to sell their items. Overall the flea market went pretty good.

I attended meetings in Bismarck during the week so just bear with me. I will give a more detailed update in next months paper.

However due to my busy schedule this months update will be very brief.

I would like to invite everyone to our war bonnet dance where we will honor our clan children. The war bonnet dance will be on Saturday, April 11 which will be here at the Water Chief Hall. At that time the pow wow committee will have their donations for sale.

So if you need donations than this would be the time to get them.

Our next event coming up here will be our Easter dinner, which will be on Thursday, April 2, 2015 here at the hall. Dinner will be provided by the staff and will be served at 5:00 pm. We have scheduled a number of activities for family fun. An Easter egg hunt with prizes, an egg and spoon race, tug of war and a contest for the best decorated egg. So I encourage everyone to bring your families, your children and grandchildren so they can enjoy an Easter dinner and all the activities we have planned for them. If you have any questions, call the West Segment office at 759-3377 and they will answer any questions you may have.

I would also like to inform everyone there will be another disbursement, of 1,000 that will be issued to every enrolled member. This disbursement will be given out on Friday, March 27th.

Once again, I would like to invite everyone to our Easter dinner on April 2nd and our war bonnet dance on April 11th. It is always good for us to come together as relatives, to visit and enjoy each others company. Another upcoming event you can mark on your calendar, West Segment will have a Memorial Day pow wow on Monday, May 25, 2015. Contest monies will be paid out.

Again, I apologized for the brief update due to my busy schedule, as I mentioned earlier I will give a better update in our next newspaper.

Until then be safe and take care and thank you for being a good reader.

Food Safety For Elderly

Why are Seniors At Risk?

As we age, our immune system function decreases, inflammation of the stomach and a decrease in stomach acid occurs. These factors increase the risk of infections caused by bacteria living on food. Seniors have decreased appetites and are usually cooking for themselves and/or their spouses. This means there is more food leftover to be stored in the refrigerator, thus increasing risk of bacterial growth.

Symptoms of Food Borne Illness:

Common symptoms of food borne illness include diarrhea, abdominal cramping, fever, headache, vomiting and exhaustion. Symptoms will vary according to the type of bacteria and by the amount of contaminated food eaten. Symptoms may occur as early as hour after contaminated food is eaten to several days afterward. Usually, the symptoms last only 1-2 days but may persist over a week. If symptoms are significant or persistent see your doctor.

Prevention:

- **AVOID:** Seniors should avoid eating raw or undercooked meat or eggs, raw shellfish, alfalfa sprouts and unpasteurized milk, cheese, fruit or vegetable juice.
- **CLEAN:** Wash hands with warm soapy water before preparing food and wash food preparation surfaces before and after each use. Plastic cutting boards are easier to clean. Consider using paper towels to clean surfaces or launder cloth towels often. Always wash any plate, pan, cutting board or container that was used with raw meat before using it for another purpose.
- **COOK:** All food requiring cooking should be done thoroughly. Order food well done at restaurants.
- **CHILL:** Refrigerate or freeze leftovers within two hours after cooking and reuse as soon as possible. If more than two hours have gone by (including restaurant leftovers) throw the food out. Divide large amounts of leftovers into smaller containers for quicker cooling. Eat refrigerated leftover within 4 days. Remember, if you are in doubt about the quality of food, it's best to throw it out.

Food poisoning is a common problem which is even more frequent during the holidays and summer. It is estimated that between 20 and 80 million cases of food borne illness occur each year in the United States, costing between \$5 billion and \$17 billion in medical care and lost productivity. Most of these are caused by improper cooking, storage of foods, and by poor hygiene (not washing hands).

Bacteria related food poisoning is the most common caused by fewer than 20 organisms. More than 90 percent of the cases of poisoning each year are caused by Staphylococcus aureus, Salmonella, Clostridium perfringens, Camoylobacter, Listeria monocytogenes, Vibrio parahaemolyticus, Bacillus cereus, Enteropathogenic Escherichia coli, and Shigella. Normally a large number of food-poisoning bacteria must be present to cause illness.

Many cases of gastrointestinal symptoms (nausea, vomiting, abdominal cramps and diarrhea) are due to viral infections and are not true cases

of food poisoning. Diagnosis of true food poisoning is difficult because the many organisms are found in different kinds of food and all have different incubation periods.

When in Doubt...Throw It Out!

- Wash your hands! Wash them before, during and after food preparation. Use soap and warm water and wash for 20 seconds. Wash after touching raw meat, fish or poultry. Wash your hands after every trip to the bathroom. Washing is the most important thing you can do to prevent food poisoning.
- Use hot, soapy water to wash cutting boards, utensils and anything else that was used to prepare food. Use a diluted bleach solution to clean cutting boards and countertops after food preparation.
- Do not use a sponge or dishcloth to clean surfaces that have touched raw meat, fish or poultry. Use soap, water and a disposable paper towel.
- Wash all fruits and vegetables well before eating.
- Keep hot foods hot and cold foods cold. If food is allowed to remain at room temperature for two hours or longer, bacteria can multiply and cause food poisoning.
- Refrigerate all leftovers soon after meals.
- Hot food does not have to be cooled before placing it in the refrigerator.
- After shopping, refrigerate frozen foods as soon as possible. If thawed, use immediately. Do not refreeze.
- Defrost meats and poultry in the refrigerator or the microwave.
- When camping, don't drink stream water. No matter how clear the water looks, it can still contain dangerous bacteria and other organisms.
- Don't buy or use food from dented, bulging or rusted cans.
- Contaminated food may or may not smell, taste or look bad. Don't taste suspicious foods. Don't ask anyone else to taste it either.

Important Phone Numbers:

USDA Meat and Poultry Hotline: 1-800-535-4555

If you have questions regarding possible food poisoning, call the Poison Center at 1-800-222-1222.

Important Web Site: www.cdc.gov

www.health.state.mn.us/foodsafety

Culture Classes At Water Chief Hall

Photo by Jessica Phelan



What a great sight to see these younger ones so willing to learn what they can about our culture. Fluent speakers of our language Dan Hunts Along and Randy Phelan opened up these classes about clanships and knowing your culture.

When you are born Hidatsa and Mandan you are born into the clan of your mother. The teachings of our clanships can be very complex but it is very important to learn about our clanships, which identifies each of us as Hidatsa and Mandan people.

Having a culture class of our clanships and our traditions of our ways of life is very crucial for everyone to know. To be able to grasp that knowledge is priceless.

Hidatsa and Mandan culture classes are offered by Dan and Randy to educate anyone interested in learning about our culture, clanships, and our traditions.

As you can see here are some young children who have papers in front of them and listening to Randy and Dan as they tell them about our clanships. This is

truly an inspiring site to see these younger ones willing to learn and listen what is said about our ways of life and our clanships.

Living in our community our children are exposed to our Hidatsa language in our school, and to enhance that learning we are fortunate to have these fluent speakers willing to take the time of offering culture classes here at the Water Chief Hall. The classes are held every Tuesday evening here in the hall, everyone and anyone who is willing to learn about our Hidatsa ways of life are welcome to attend.

Our languages and our ways of life are the vein and life line of our being Hidatsa people, it is very important that as parents we learn about our clan ways so as parents and grandparents we can teach our children and our grandchildren. One day our children and grandchildren will reach that age where they will have this knowledge of their clanship. It is imperative and crucial for us as Hidatsa and Mandan people to know our clanships. Clanship among the Hidatsa and Mandan people are used when we select clan children for the war bonnet parade dance and senior pallbearers.



For Your Information



600 East Boulevard Avenue, Bismarck, ND 58505

Toll Free: 1-855-637-6237

NDDOT Seeks Comments on 2015 Statewide Transportation Improvement Program (STIP) Amendment

The North Dakota Department of Transportation (NDDOT) is seeking comments on an amendment to the 2015-2018 State Transportation Improvement Program (STIP) for inclusion of a previously-unpublished project in 2015

1. Lighting at the Intersections of ND Highway 22 and BIA Road 12, ND Highway 22 and ND Highway 23, and ND Highway 23 and Brooks Heights Road.

Total Cost \$220,000

The Public is invited to view the current STIP on the NDDOT web site at

<http://www.dot.nd.gov> by clicking on the Manuals and Publications icon on the left hand side, then clicking on the "Final STIP 2015-2018" link under the Plans and Reports section.

**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.

West Segment Sewing Classes Underway



If you participated in the first sewing class than you have an idea of how much you have to do. Even just learning how to thread a machine or even turn one on.

During this sewing class it turned out to be a great turn out a lot came out to learn the technique of sewing.

Some of the items they will be teaching is how to do their designs cut them out and how to put them on cloth. They will learn how to put their applique on their regalia or whatever it is they chose to make.

Instructors are Martha and Skye and they will do the best they can to assist each and every one that is in the sewing class. Due to unforeseen circumstances classes were cancelled on March 18th but will resume again the following Wednesday.



West Segment Spring Flea Market



On this page are pictured some of the items that were on sale at the flea market. As you can see beads, night lights made out of tepees, jewelry, starquilts and other accessories as well.



Jessica Phelan is on hand and brought her beads and rhinestones along with other items she had on display at her table.



Around West Segment



Just a look around our West Segment community here is our Mandaree One Stop Store.

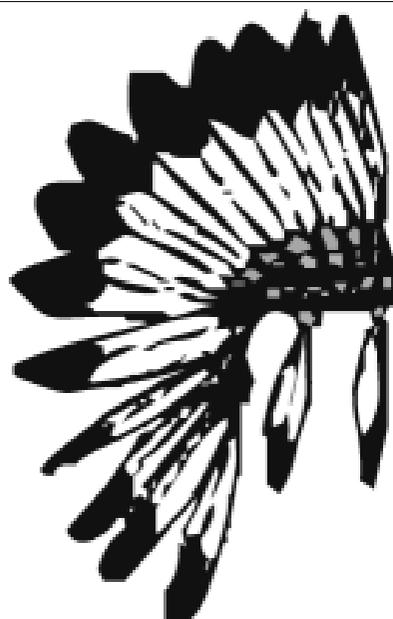


Mandaree Elders Center. Below are pictures taken right in the Mandaree Community for your enjoyment.



For Your Information

Mandaree War Bonnet Date Set



The 2015 Mandaree Celebration Committee will have their War bonnet Dance on Saturday, April 11, 2015 at the Water Chief Hall in Mandaree.

Francine White is now the new Juvenile Probation/Truancy Officer. Handling all the school truant issues in each segment on our reservation. If you have any questions or information you are asked to contact Francine.

Francine White

MHA District Court Juvenile Probation Officer

Email: fwhite@mhanation.com or call 701.421.3791

TAT Animal Control Veterinary Clinic Mark Your Calendar!



Free Veterinary Services will be offered for your dogs and cats on Thursday, April 23, 2015 from 8:00 am to 6:00pm At The Water Chief Hall.

FREE Veterinary Services including spaying, neutering and vaccinations for dogs and cats.

*Appointments are necessary.

* All dogs must be on a leash and cats must be in a carrier.

Please Contact Animal Control at 701-627-2654 to Schedule Your Appointment.



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.



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

VIETNAM VETERAN'S DAY
MARCH 29TH, 2015

The Ladies Auxiliary of
Veterans of Foreign War
Post 9061

Will Honor All
Vietnam Veterans

New Town, North Dakota
Johnny Bird Veterans
Memorial Bldg.

Four Bears Segment
1:00pm

Host Drum:
Young Bear
Yellow Face
Little Shell

All Vietnam Veterans Welcome

VETERANS OF FOREIGN WARS
OF THE UNITED STATES

For Your Information



Free Family
Event! On
Saturday, April 4,
2015. From
1:00pm to

3:00pm at the Johnny Bird
Memorial Gym. Hosted by Tito
Ybarra!

Are you ready to party!? Join us at
the Johnny Bird Memorial gym and
watch as each segment shows off
their Zumba skills!

All spectators Welcome!

Water and snacks
will be available for
those in
attendance. Come
and join the fun!



MHA Nation Zumbathon!~ Made
possible by the Fort Berthold
Diabetes Program.

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:

Panther Development Investments

Alex Moreno/Managing Partner

6401 Congress Ave. Suite 250

Boca Raton, Fl 33487. USA

alex@pantherdi.com

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

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

Elders Meal Site: 759-3092

Hidatsa Elders Program:: Adam Fredericks: 759-3099; 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

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 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.

March is Poison Awareness Month



NORTH DAKOTA
DEPARTMENT of HEALTH

Got A Poison Emergency or Question?

Poison Emergency or Question: 1-800-222-1222

Poison First Aid:

What to do if Poisoned.

Syrup of Ipecac and Activated Charcoal are not recommended for home use in a poison emergency.

Ingested Poison:

DO NOT PANIC! Remove anything remaining in the mouth. Call 911 if the victim is unconscious, having a seizure, or cannot swallow, otherwise give 2 ounces of water to drink and call Poison Help at 1-800-222-1222 for further instructions.

Poison in the Eye:

Remove all foreign materials from the eyes including contact lenses if worn. Gently flush eye for 10-15 minutes, timed by the clock, using slightly warm water. Pour a stream of water from a clean glass held about 3 inches above the eye. Do not use any eye drops until advised to do so by the poison center. Call 1-800-222-1222.

Tips for rinsing young children's eyes:

Fill a large glass or a pitcher with room temperature water. Wrap them in a large towel with their arms inside the towel to prevent them from pushing you away. Lie the child down in the bathtub or with head supported over sink. Pour a gentle stream of water across the bridge of the nose or on the forehead above the affected eye.

Poison on the Skin:

Remove any contaminated clothing. Rinse the affected area thoroughly with large amounts of water. Wash the same area gently with hand soap and warm water to remove all remaining chemicals on the skin. If exposed, remember to wash hair and under fingernails. Call Poison Help.

Inhaled Poison:

Get to fresh air as soon as possible. Avoid breathing fumes. Ventilate that area as soon as possible by opening windows or directing fans towards the door, while protecting yourself from injury. Call Poison Help at 1-800-222-1222. If the person is unconscious, having difficulty breathing or not breathing, call 911.

Prevention:

Poison Information for the Home:

In 2006, over 2.4 million people consulted their poison centers in regard to a poison exposure in the United States. Of these exposures children younger than 3 years old were involved in 38.0% of the exposures and 50.9% of the exposures occurred in children younger than 6 years of age.



By understanding how poisonings occur and how to reduce the risk, you can prevent poisoning and provide a safer environment.

Home Safety Checklist:

Kitchen:

- Remove household products from under the sinks, such as cleaning products, dishwashing compounds and drain cleaners.
- No medicines on counters or in open areas.
- All household products and medications out of reach and out of sight.
- Child safety latches on all drawers or cabinets containing harmful products or sharp objects.
- No toxic products stored with food or in food containers.

Bathroom:

- All medications, cosmetics, hair products, toothpaste, mouthwash and cleaners out of reach.
- Medicine storage area cleaned out regularly, old medicines flushed down the toilet.
- All medications in original, child-resistant containers.

Bedroom:

- No medicines in or on dresser or bedside table.
- All cologne, aftershave, cosmetics, and powders out of reach.

Laundry Area:

- All bleaches, soaps, detergents, fabric softeners, bluing agents and sprays out of reach.
- All products in their original container.

Garage/Basement:

- Insect sprays and lawn care products in locked area.
- Gasoline and car care products in secured area or locked trunk.
- Paint, paint cleaners and other home care products in locked area.
- All products in their original containers.

General Household:

- Storage area for medication and other products is a locked cabinet located up high.
- Plants identified and out of reach.
- Alcoholic beverages out of reach.
- Ashtrays empty and out of reach.
- Paint in good condition-no chipping or peeling.
- No mouse baits in areas where children play.

In Case of Poisoning:

- Have the poison help phone number available for use 1-800-222-1222.

For Your Information



For More Information Contact:

Micki Savelkoul

Division of Injury Prevention and Control

North Dakota Department of Health

Phone: 701.328.4580

Email: mlsavelkoul@nd.gov

Suicide Prevention Education Programs Launched in North Dakota

Bismarck, N.D.~ In an effort to reduce suicide rates in the state, the North Dakota Department of Health (NDDoH) is expanding their community education programs to educate citizens on how to recognize the warning signs of suicide. Suicide is a condition that affects people of all races, ages and socioeconomic status.

“One of the best ways to reduce suicide rates is to increase community awareness of the prevalence of suicide in North Dakota. Most people who are experiencing suicidal thoughts do not want to die; they only want their pain to end. Offering to talk to people about their thoughts of suicide and referring them to other people who can help is one way to end the pain without ending a life,” says Micki Savelkoul, Suicide Prevention Program Director at the North Dakota Department of Health.

Suicide numbers continue to climb both nationally-40,600 in 2012-and within North Dakota- 138 in 2013, which is the most recent data. In 2013, North Dakotans between the ages of 35 and 44 had the highest rate of suicide in North Dakota at 31.9 per 100,000, followed closely by people ages 25-34 with a suicide rate of 29.8 per 100,000.

Community education programs focus on teaching people how to identify warning signs and how to ask about suicidal thoughts , as well as provide resources for those thinking of suicide. These trainings are known as “gatekeeper” trainings. A gatekeeper is someone who is able to recognize warning signs of emotional distress and crisis. Gatekeepers can include a variety of community members, from parents and friends to caseworkers and firefighters.

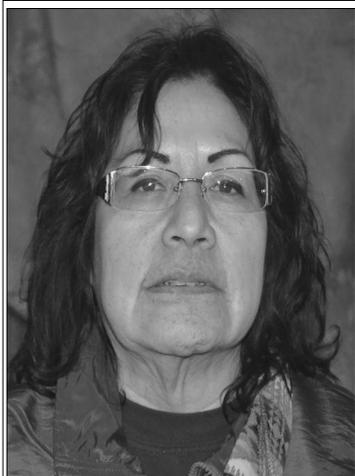
North Dakota Department of Health is offering two community education programs free to communities upon request. The programs are SafeTALK or QPR.

SafeTALK is presented in a three hour classroom style training that focuses on how to identify warning signs that people who are experiencing suicidal thoughts exhibit when thinking about suicide. SafeTALK also teaches participants how to connect people experiencing suicidal thoughts to resources that can help.

Question, Persuade, Refer (OPQ)- is presented in a 1 to 2 hour training session. Participants in this training will learn how to identify warning signs of suicide, how to ask the question of suicide, how to persuade that person to get help, and how to refer someone to a higher level of care.

If you are interested in one of these community programs being held in your community or other suicide prevention programs and activities, contact Micki Savelkoul, North Dakota of Health at 701.328.4580.

Get Your Hope Back



For some time now the Lord has been instructing me and teaching me about the "Tree of Life". Many of you remember the story of how Eve partook of the "Tree of Knowledge" and then gave it to Adam and their eyes were opened, knowing good and evil. Adam and Eve had it made, they had anything and everything they desired, but yet they were tempted of the enemy to disobey God. God was not trying to set them up to fail, He wanted them to prosper and be in good health and

multiply, He had a good plan of blessings and not destruction from disobedience. Satan succeeded, sin was now released on earth. Now from that moment on to this present day, babies are born into sin. You ever think how you never have to teach a child to be bad? It's a natural born sin instinct, but you have to teach them to be good. To learn to overcome sin from the moment of birth.

This is where the teachings were being revealed to me. As I mentioned in past articles. I struggle with praying for people who needed healing and deliverance and they would go right back into their addiction, tempted to sin as was Adam and Eve. In the story of disobedience, there were two tree's in the Garden of Eden, the other was the "Tree of Life". When they disobeyed God, they were thrown out of the Garden of Eden and there was a cherubim and a flaming sword which turned every way, to keep and guard the way to the Tree of Life". **Genesis 3:24 So from the very beginning of the Bible to the very end of the Bible, speaks of the "Tree Of Life". Revelation 22:2 Through the middle of the Broadway of the city; also, on either side of the river was the "Tree Of Life" with its twelve varieties of fruit, yielding each month its fresh crop; and the leaves of the tree were for the healing and the restoration of the nations.**

Its amazing how Adam and Eve were denied access to the "Tree Of Life" and then in the book of the Bible, it is now available to the Nation for Healing! The key to get to the tree is by the "River". The Bible states that there are hidden mysteries in the Bible that must be searched out to reveal God's truth. Why would God hide the truth? He didn't, He wants us to seek Him, **Matthew 7:7 Keep on asking and it will be given you; keep on seeking and you will find; Keep on knocking (reverently) and (the door) will be opened.**

As I have mentioned, you don't have to teach a child to be bad, but you do need to teach them how to be good, appreciate and value the blessings of the "Creator". Easier said than done, as we all know the stubbornness of child in the toddler years. This is when the enemy comes in to steal, kill and destroy. Satan knows that if he can corrupt a life at a very young age, that child will grow up to be damaged by their own thoughts of deception. When you experience trauma in the form of abuse, abandonment, rejection, etc., at a

growing up. The child learns that the only one who can protect them is themselves and deception continues, unless the Truth of God's Love is revealed to them, but by this time their little hearts have become hardened over time and they begin to turn to things of this world to medicate the angry voices in their head and start the destruction of addictions.

I thank God for all the True Prayer Warriors that are out there standing in the gap for our loved ones, praying for release, peace, healing, hopefulness, never giving up on their families and the people of this reservation. Without those prayer support we would be in worse condition if we didn't have the power of prayer and ceremony. Someone had to pray for me to come of the deception that Satan tried to keep me in bondage to. I thank the Lord for a mother's prayer and the church that prays with her, believing for healing for the families across this reservation to overcome and live a life of victory.

Proverbs 13:12 Hope deferred makes the heart sick, but when the desire is fulfilled, it is a "Tree Of Life". Hopelessness is a terrible thing to experience, which quickly leads to depression, it's like admitting to defeat. This is Satan's goal to keep a person in despair and hopelessness. But all throughout the Bible, God is speaking **LIFE**, we must read, believe and respond to the positive aspects of God's Truth. My prayer to restore your hope is found in **Ephesians 3:17-19-17. May Christ through your faith (actually) dwell (settle down, abide, make His permanent home) in your hearts! May you be rooted down in love and founded securely on love. 18: That you may have the power and be strong to apprehend and grasp with all the saints (God's devoted people, the experience of that love) what is the breadth and length and height and depth (of it). 19: (That you may really come) to know (practically, through experience for yourselves) the love of Christ, which far surpasses mere knowledge (without experience); that you may be filled (through all your being) unto all the fullness of God (may the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself!**

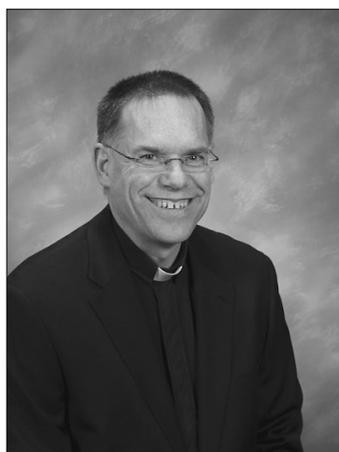


God Bless You

Pastor Elise Packineau

Mandaree Hidatsa Church

Lent~Feed Your Soul



When God created human beings, he created them in his image and likeness, he created them with both a body and a soul (or spirit). In God's providential wisdom, he created human beings with the potential to grow both in body and in soul/spirit. It is easy to understand how the body grows and what feeds the body because we

experience hunger pains and the feeling of being full and with a look in the mirror or at the mark on the measuring stick we can see growth. But it is much more difficult understanding how our soul grows and what feeds our soul.

If we want to "see" our soul, we need to be able to listen to our thoughts, recognize our feelings and identify our desire. And how do we go about this? Schedule in our day some quiet time to reflect on what is going on inside our mind, heart, and body. What have I been thinking about? What feelings have I felt today? What are my desires in life? If we take time everyday to reflect on these areas of our life, we will begin to see our soul.

And how will we feed our soul (or spirit)? We must first recognize that because we are made in God's image and likeness, our spirit is like God (who is spirit) and therefore will need to be fed by only the things of God. What are these "things?" First and foremost we are fed by God himself. For Catholics when we approach the altar for communion at Mass, we receive Jesus~his body, blood, soul and divinity~under the form of bread and wine. God feeds our soul through our senses~ sight, touch, feeling and taste. At Mass, when we hear the scriptures proclaimed from the ambo, God feeds our soul through our sense of hearing. Of course we can be fed through scriptures at home and many people write daily meditations to help our soul but being fed at Mass is superior to all other means.

Other ways in which we feed our souls is to feed the soul of others such as performing the corporeal works of mercy (the traditional list

for Catholics:

- To feed the hungry
- To give drink to the thirsty
- To clothe the naked
- To harbor the harborless
- To visit the sick
- To ransom the captive
- To bury the dead and the spiritual works of mercy (the traditional list for Catholics:
- To instruct the ignorant
- To counsel the doubtful
- To admonish sinners
- To bear wrongs patiently
- To forgive offences willingly
- To comfort the afflicted
- To pray for the living and the dead.

Another important way we feed our souls is to spend time in prayer listening with our senses and feelings, our mind and will for God to communicate with us. Because we are made in God's image and likeness, God wants to communicate with us, to heal us, to comfort us, to feed us. God is eager to do things for us but he always waits till we reach out to him. He never forces himself upon us. So we must enter into prayer time and ask. We must find ways to open our hearts and mind to God and invite him in. Do not be afraid.

Lent is the season human beings make extra efforts to feed their souls. Lent is the season more than any other of the year when God abundantly showers down his love and grace upon the entire world like a soft gentle rain. Be encouraged. Get excited. Join the world this lent and take up the challenge to feed your soul. Do not be afraid. Just do it.





West Segment's Easter Holiday Celebration

Thursday, April 2nd, 2015



Dinner at 5pm

Activities to follow

Games include:



Easter Egg Hunt (with prizes)

Egg n' Spoon Race

Gunny Sack Race



Tug o' war

Best Decorated Egg Contest



Call the Segment office with any questions:

7017593377



West Segment's



2015 MEMORIAL DAY POWWOW

REMEMBERING OUR VIETNAM VETERANS

MONDAY MAY 25TH 2015

@ WATER CHIEF HALL, MANDAREE, ND

**M.C. -DONNIE SPEIDEL
CONTEST CATEGORIES:**

GOLDEN AGE & ADULTS
(1ST-\$400, 300, 200, 100)

TEENS
(1ST-\$300, 200, 100, 75)

JRS
(1ST-\$150, 100, 75, 50)

MENS- TRADITIONAL, GRASS, FANCY & CHICKEN (ADULT ONLY)

WOMENS- TRADITIONAL, JINGLE & FANCY

ALL DRUMS WELCOME!!! (DRUM SPLIT)

**VENDORS-\$100
FOR DAY**

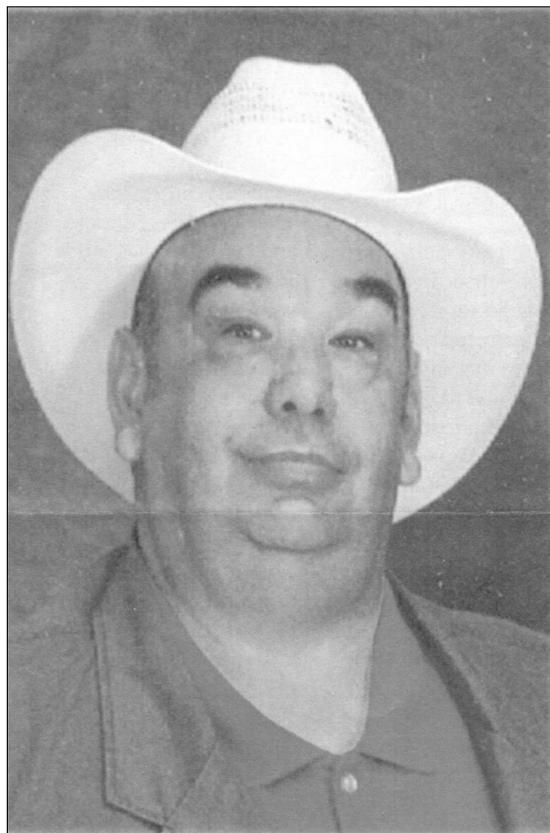
**VETERANS FEED AT 11AM
(2) GRAND ENTRIES 1PM & 7PM
PARADE @6PM (POINTS FOR DANCERS)
(REGISTRATION CLOSES AT 1PM)**

CONTACT INFO- OFFICE (701) 759-3377

**ALL VETERANS, DANCERS AND SINGERS
WELCOME!!!!**

***FAMILIES ARE ENCOURAGED TO HOST
SPECIALS TO HONOR YOUR VETERANS***

Obituary



Remembering The Life
Of Lyle Clayton Danks.

Lyle Clayton Danks, 61, of
New Town, left us on
Saturday, February 14,
2015, with family by his
side in Minot.

Lyle was born on July 6,
1953 in Bismarck, to
James and Elsie

(Scheuffele) Danks, the fourth of five boys.

He was raised on the Bench Cross Ranch, east of Mandaree, where
he learned to ride, rope and work the ranch.

He was especially kind and helpful to his mother. He enjoyed riding
horses, swimming in the creeks and lake, fishing for bullheads in the
dam, roping everything, and occasionally terrorizing the chickens
with firecrackers with his brother Curt.

He attended Mandaree School and graduated in 1973. He
participated in rodeo and Future Farmers of America, qualifying for
State in livestock judging and the National High School Rodeo in
team roping.

After graduation he worked with his family, ranching, working
construction and trucking. He then moved to New Town where he
drove school bus and after a discussion and a plan between Lyle

and his good friend, Matt Foolish Bear, he started Lyle's Taxi.

If acts of kindness, smiles, and jokes were dimes, Lyle was a rich man.
He was an especially beloved uncle to his many nieces and nephews.
He always had time to saddle a horse for the kids, tease, and best of all
give a hug and kind word. As humble and kind as he was, he could be
tough; as the loyal son, protective uncle and opinionated member of the
community.

Above all, Lyle was a proud father to his only son, Sheldon Hand. He
was a valued and respected member of the New Town and Fort
Berthold communities.

He could most often be found in his taxi on Main Street, visiting with
friends, giving rides and keeping up on the local tribal events and
politics. Lyle was a generous, kind and good-humored man who
honored his family and community with the way in which he lived. He
will always be loved and deeply missed.

Lyle's is survived by: his son Sheldon Hand of New Town; mother, Elsie
of Ryder; father, James of Killdeer; brothers; Edward of New Town, Ted
(Cheryl) of Bismarck, Kenny (Cyndy) and Curt both of Mandaree; and
several nieces and nephews and extended family.

He was preceded in death by his grandparents; Maurice and Clara
(Hall) Danks and Jacob and Inez (Poppe) Scheuffele; and niece
Samantha Danks.

Obituary

In Loving Memory of
Lyle "Clayton" Danks

Born: July 16, 1953

Date Entered The Spirit World:
February 14, 2015

Wake Services:
Wednesday, February 18, 2015 At 5:00pm
Johnny Bird Veteran Memorial Hall
New Town, North Dakota

Funeral Services:
Thursday, February, 19, 2015 at 10:00am
Johnny Bird Veterans Memorial Hall
New Town, North Dakota.

Celebrant:
Father Roger A. Synek

Special Music:
Sheldon Hand

Senior Pallbearer:
Kermit Heart

Active Pallbearers:

Daniel Chase	Jason Two Crow	Matthew Danks
Marty Foote	Jacob Danks	Jimmy Danks

Honorary Pallbearers:
All of Lyle's Many Friends and Family

Interment:
St. Anthony Catholic Church
Mandaree, North Dakota

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			

April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Easter Dinner	2 Polish Sausage & Sauerkraut Green Beans Pears	3 No Meals Good Friday
6 No Meals Easter Monday	7 Spanish Rice Chicken Quesadillas Corn Peaches	8 Taco in a bag Banana	9 BBQ Chicken Potato Salad Cake Apricots	10 Salisbury Steak Rice Broccoli & Cheese Pears
13 Chicken Dumpling Soup Biscuits Strawberries Jell-o	14 No Meals	15 Homemade Pizza Coleslaw Fruit Cocktail	16 Roast Beef Sandwiches Pasta Salad Chips Oranges	17 Biscuits & Gravy Eggs Sausage
20 Beef Stew Side Salad Raspberries Pudding	21 Sweet & Sour Chicken Rice Egg Rolls Fortune Cookie	22 Riblets Boiled Potatoes Carrots Apple Pie	23 Tator Tot Hotdish Oregan Berry Salad Oatmeal Cookie	24 Cooks Choice
27 Cabbage Soup Buns Chocolate Pudding Pie Grapes	28 Baked Ham Buttered Rice Sweet Peas Banana Pudding	29 Pork Roast Rice Carrots Peaches	30 Fried Chicken Mashed Potatoes Baked Beans Grapes	



Our Deepest Sympathy & Prayers to the family and relatives of Lyle Clayton Danks. May our Creator God be with each and every one of you and grant you peace and comfort during your time of sorrow.

From the West Segment Representative & Staff.



The 2015 Mandaree Celebration Committee will have their War Bonnet Parade Dance on

Saturday, April 11 at the Water Chief Hall here in Mandaree.

West Segment's
Easter Holiday Celebration

Thursday, April 2nd, 2015

Dinner at 5pm
Activities to follow

Games include:
 Easter Egg Hunt (with prizes)
 Egg n' Spoon Race
 Gunny Sack Race
 Tug-o-war

March Birthday Wishes to Our Elders!



Millard Hale Sr.
Arthur Smith
Wendell White



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