



Three Affiliated Tribes Council Members



Quotes For The Heart & Mind:

- * "Prayer is not asking. It is a longing of the soul. ~ Mahatma Gandhi~
- * "I wonder how many people don't get the one they want, but end up with the one they're supposed to be with." ~Fannie Flagg~
- * "The heart has its reasons which reason knows not." ~Blaise Pascal!

Inside This Issue:

Page 2: Representative Update.

Page 3: Community Christmas

Pages 4 : EMT Completion Story

Page 6 & 7: Parade photos & More

Pages 10: Good Citizens Awards

Page 16: Elbowoods Clinic Number

Pages 17: Local numbers

Pages 22-23: Meal site menus

From Left to Right: Corey Spotted Bear-Twin Buttes Council Representative, Fred Fox-White Shield Council Representative, Randy Phelan-West Segment Council Representative, Frank Grady-Four Bears Representative, Mark Fox-Tribal Chairman, Ken Hall- North Segment Representative, Mervin Packineau - Parshall Representative.

This Holiday Season let us all be thankful for our tribal leaders. They have all tried their best to help our people in any way they can. This Holiday Season let us put our negative feelings away and begin to think and see things in a positive light. Grant that light to each of our leaders in a good way.

It is very hard for these men to sit on our tribal council, they get phone calls from members of our tribe any hour of the day. Some of them get yelled at and cussed out, or some just call them to complain. Which we are all aware it goes along with the territory, but it is up to us to change that, so let us offer them that respect. When you see them shake their hand and thank them for their hard work and their efforts to help us as a people. Each and everyone of these men try their best and they do what they can. In one way or another remember we are all related. Let us all make 2016 the best year ever!

West Segment Tribal Representative Update



Hello Community members and relatives.

I ask you once again to be patient with me as this update will be very brief this month.

As many of you are aware my father in law recently passed away, we all know it takes up time to take care of things that are necessary. My condolences to other family and relatives who lost their loved ones this year.

Well first of all we had our West Segment Christmas Holiday event. I must say we had a full house at the Water Chief Hall, there were many door prizes that were given away to our community members.

Everyone that came ate a great meal and all ages were given presents. We had many Christmas activities for young and old to enjoy. We had a parade, ugly sweater contest, best decorated home contest not only for the homes in our community it was also open for the homes out in the country.

Our event began with a parade that started from the Mandaree School and through our community back to the Water Chief Hall. We had an excellent turn out for our parade, as you can see pictures on page 6.

Having this event in our community brought us all together to enjoy an evening of fun and to watch our children enjoy their Christmas and to share a wonderful meal together.

As I always say, these events can't take place without the staff that I have.

The staff themselves decorated the gym, this year we had a really nice chandelier hanging from the ceiling. The gym was fully decorated nice with blown up Christmas decorations, and the tables all looked nice for our people to sit at and enjoy their meal. The staff here did an outstanding job, of helping decorate, being the elves and wrapping presents, and setting up the candy bar table. This year Enerplus helped us too, so we are very thankful for their help. Everyone help was greatly appreciated.

The event began with the Children's Christmas concert, which we enjoyed hearing these little ones sing their hearts out for our audience. It was a great evening enjoyed by everyone.

On behalf of the staff here and myself, I would like to thank each and everyone one of you for coming out and helping us make this event a success! I would also like to thank our Tribal Chairman Mark Fox, for joining us this year at our community Christmas. In closing, I would like to wish each and everyone of you, your families, and your relatives a Happy, Prosperous & Healthy New Year for 2016.

Until then, take care

Thank you for being a good reader.

2015 Mandarçe Community Christmas Celebration!

Photos & Article by Skye Manikateri



Yet another successful and joyful event brought us all together to celebrate Christmas in the West Segment Community. Laughs and stories were shared seeing all the smiles on children's faces as they sat on Santa's lap, tons of gifts and door prizes were handed out throughout the evening.

Something new this year, we had a candy table set up for everyone to enjoy, and surely the candy bar table was empty by the end of the night. Little contests were taking place like the character contest, which is new and the ugly sweater contest that has been a little tradition to have each year.

The parade was beautiful and the lights displayed on cars and floats also the EMS had their ambulance all decorated up. KFC was also catered for this year's Christmas meal.

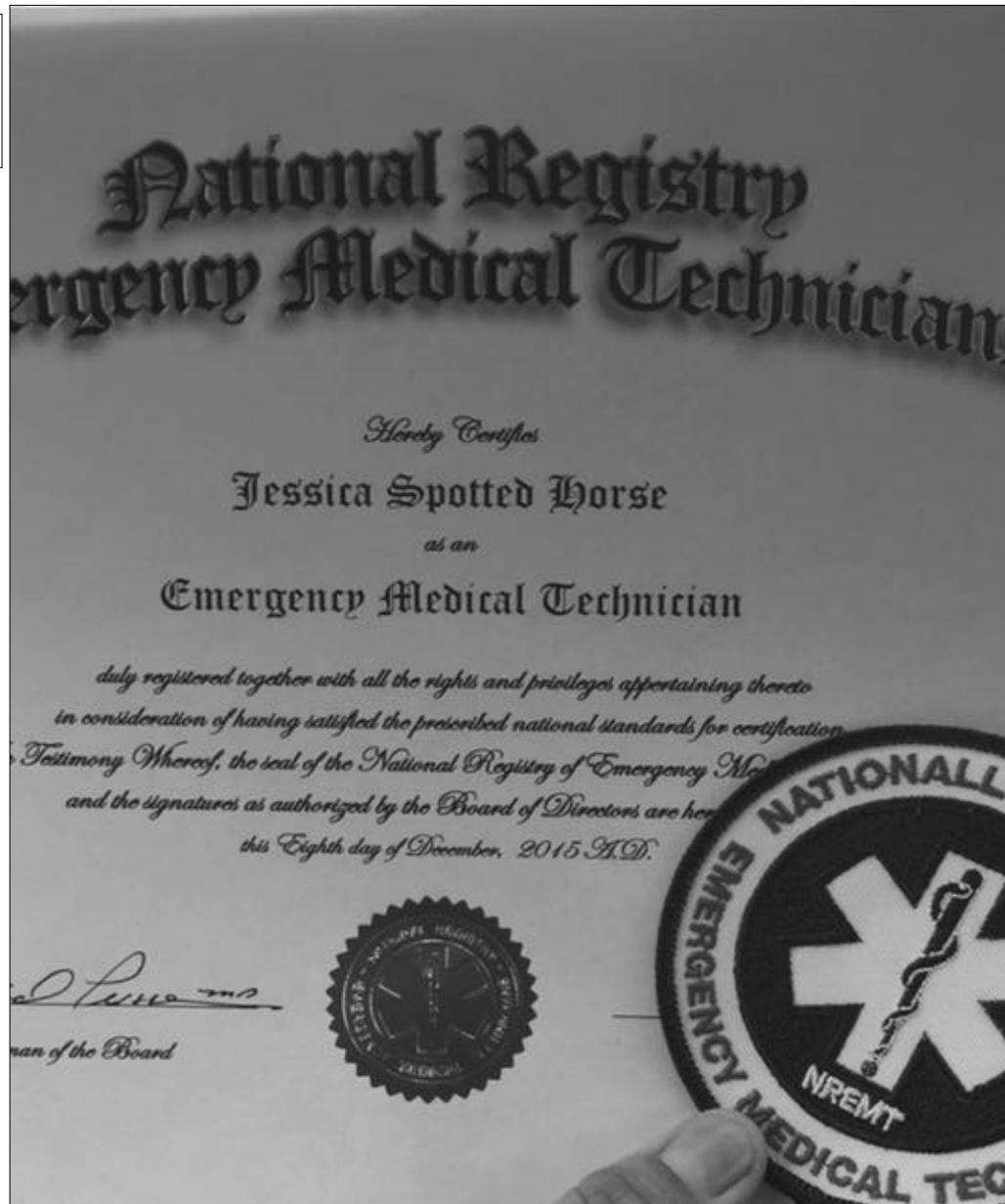
Every year we have a Kris Kringle award and this year it was awarded to Duane Young Bird. Below you will find the results of some of the winners: Ugly sweater: 1st- Cheevers, 2nd- Jesslyn, 3rd- Austin. Children-1st- Wilson, Adults: 1st- Sandy, 2nd- Vivian, 3rd- Sherry. Character: 1st- Austin, 2nd- Ted, and we didn't get the name for 3rd. The parade winners: 1st- Horseback riders, 2nd- Ted Lone Fight, 3rd- Emish & Ed Riemer, 4th- Effie Finley. Best decorated house all first place prizes were handed out \$200 cash to each person:

Marcia, Blaine Fredericks, Delma Fox, Diane & Robert Mitshal, Leonard Hale, and Brandy Phelan. Please forgive us if we didn't mention your name or over looked you, or if we spelled your name wrong, it was not done intentional.



Around West Segment

EMT Awarded to Community Member From West Segment



We want to give a huge congratulations to Jessica Spotted Horse for earning her EMT Certification. The first step with many more to follow in these foot steps with the ultimate goal of having a full staff of Mandaree residents! Thank you Benji, Antoinette, Abel, Lawrence and your awesome and hardworking staff of Mandaree EMS and the Mandaree Clinic for caring enough to help our community and the patience and diligence to train our people so that we can help ourselves in the future!! Truly amazing people!! We are so proud of you Jessica!!

Jessica has been in the Health field for a few years now, she is also one of the CHR's here in the West Segment community. It is no surprise that she has met her goal of being a EMT since she has a golden heart and cares a lot for the people in the West Segment community.

Jessica is the daughter of Elton and Jeanine Spotted Horse. Jessica is a single mother to her son Gabriel, they both reside in the West Segment community.

Pictured above is her official document of her EMT certificate that Jessica worked very hard for.



Rest assured we do have snow for our Holiday Season! These trees are covered with snow and frost that came upon us so quickly.

Life Long North Dakota Cowboy Hall Of Fame Inductee



Paige James Baker Sr., also known by his Hidatsa name as Sacred Horse, was born in Independence, North Dakota, on January 1, 1913. Born to James and Ethel (Tail) Baker, he attended school in his hometown, the Santee Indian School in Nebraska and the Chemawa Indian School in Oregon.

Paige came back to North Dakota during the depression and got jobs with different ranches and rode saddle broncs in rodeos. On February 11, 1938, he married Cora Young Bird at Manning. They had five children-Fred, Paige Jr., Mary and Gerard.

Eventually, they began to raise their own livestock. In 1945, with the help of relatives, they chopped logs and put up a log house in the Heart Butte area.

They ranched there for five years, while Cora and Fred spent the winters in Independence so Fred could attend school.

In 1952, they family moved to McKenzie County on the western edge of the Fort Berthold Reservation. They built a four-room log house and a barn there.

In addition to operating his ranch, Paige worked for a number of the larger ranchers who had cattle both off and on the reservation. He was on the last, big cattle drive to the Dunn Center train depot.

He loved a good horse and always had one he could trust to rope from. He enjoyed rodeos and roping and was a well known rodeo announcer on the reservation. Paige spent many hours riding, moving cattle and preparing hay for the winter feed, and he cut hay with a team of horses even in his later years.

Paige was a great believer in modern education and along with his wife, saw to it that all of their children went on to college and earned degrees. He was active in many organizations, including a member of St. Anthony's Catholic Church, Mandaree; on the Board of Trustees of St. Anthony's Catholic Mission, Mandaree; The North Dakota Social Service Board; the North Dakota Vocational Rehabilitation Board, North Dakota Vocational Educational Board; the Mountain Plains Education and Economic Development Program; and the Mandaree School Board for 12 years, on which he served as President.

He was also involved on the tribal council, as a tribal judge for eight years and as a court magistrate for the Three Affiliated Tribes of the Fort Berthold Indian Reservation.

Paige died of cancer on January 8, 1982, at the age of 69.



2015 Mandarę Community Christmas Celebration Parade!

Photos by Skye Manikateri



2015 Mandarę Community Christmas Celebration!

Photos by Skye Manikateri



More Photos of West Segment Christmas

Photos by Skye Manikateri



At this year's Christmas celebration we were honored to have our Tribal Chairman present at our event. He told the people that he enjoyed being with us here at our Christmas event. Chairman Fox, also complimented how nice the gym was decorated and how the people came together to enjoy this Holiday season.

Pictured below is Duane Young Bird and West Segment Representative Randy Phelan, who awarded the Kris Kringle award to Duane and congratulated him on his award for all his community service that he provided to the West Segment community.



Another special treat for our community to enjoy was when Randy introduced Kenny Smith to sing a Christmas song for everyone to enjoy, this was new to our program this year. The song was enjoyed by everyone who came to our Christmas event.



More Fun at Our West Segment Christmas!

Photos by Skye Manikateri



For Your Information

Mandaree School Proudly Presents Good Citizens Award Winners!



Article and Photo for Last month Submitted by Robin Troutman, Mandaree School Teacher

We proudly present this award to the students that show good character and are helpful at school, home and in their community.

These students go above and beyond. These students are exceptional role models to everyone in our school!

Our Award winners for the month of November are as follows:

Natie Mann, Mea Mckenzie, Ashley Roszelle, Rae Jean Young Bear, Star Mckenzie, Jessee Vigen, Kylee Dawes, Dakota Reimer, Marea Deville, Ester Hall, Wyatt Johnson, Kaeleigh Fettig, and Malkali Young Bear.



NOTICE

A message for anyone interested in CPR/ First Aid or if you're in need of a car seat for your child and want to know how to use a child car seat. You are asked to call the central office of the CHR Program at 627-4340 to schedule an appointment.



On behalf of the West Segment Representative and staff members, We would like to wish each and every one

of you a "A Happy New Year!!!! Our hope for you is for good health, prosperity, & happiness!

From the West Segment Representative & Staff Members

ALCOCER CONSTRUCTION

SPECIALIZING IN METAL ROOFS, SIDING, AND HOME REMODELING

Phone: David(701) 421-0714
Stephanie(701) 421-7334
PO Box 577
Mandaree, ND 58757
Email: steph_alcocer@yahoo.com
Native American Owned/TERO Licensed/Insured

- *Shingling
- *Siding
- *Gutters
- *Flooring
- *Metal Sheds
- *Decks
- *Sheet rock
- *Paint/Texture
- *Lighting
- *Carpeting

Email: steph_alcocer@yahoo.com

ACT launches multi-year dual enrollment initiative

Submitted by Stefanie Botello

To ensure that all students have the opportunity to earn college credit in high school, ACT is launching a multi-year effort to support policymakers and education leaders in their work to increase the number of eligible high school students in dual enrollment programs across the country.

Dual enrollment programs are at a critical juncture in their growth, with more federal funding available to support these programs in the newly passed Every Student Succeeds Act (ESSA), which replaces No Child Left Behind. Based on a thorough analysis of existing laws and research on dual enrollment programs, today ACT released *Using Dual Enrollment to Improve the Educational Outcomes for High School Students*, a policy brief outlining recommendations to help boost enrollment of eligible students in these programs.

ACT research shows that high school graduates who enter college with credits from dual enrollment are more likely to be successful in college, including completing a bachelor's degree in less time, than are students who enter college without such credits. Yet students from lower-income families are the least likely to have access to dual enrollment courses, even with a recent \$20 million infusion of Pell Grants to supplement dual enrollment program costs for these students.

Only nine states fully fund the costs of dual enrollment courses for college credit. The rest require students to pay some portion of program fees and books, frequently costing hundreds of dollars per course. "We know that only one in 10 students from the poorest families take these courses, compared to one in four on average, nationally," said Scott Montgomery, vice president of policy, advocacy, and government relations at ACT. "Our policy brief is the first of many steps we will take, with the assistance of several prominent national education organizations, to ensure all eligible students have the opportunity to take high-quality courses at minimal cost to them and their families."

The report shares four recommendations to meet this goal: developing consistent funding mechanisms for sustainability and creation of dual enrollment courses ensuring high quality instructions for those courses offering additional supports for students engaged in dual enrollment coursework leveraging online resources to promote greater access. To advance ongoing efforts to support dual enrollment, some of ACT's partners, along with federal lawmakers, offered their perspectives on the policy brief and its recommended priorities: Chris Minnich, executive director, Council of Chief State School Officers "The focus on raising standards and improving assessments has rightfully dominated much of education policy in recent years. But we can't forget to also pay attention to other successes, such as dual enrollment courses, that help expose and prepare students for success in college, careers and life." Walter G. Bumphus, president and CEO, American Assoc of Comm. Colleges

"Seventy-one percent of students in dual enrollment programs do so through community colleges. As such, community colleges are critical to the success of expanding dual enrollment opportunities.

We are supportive of any effort that expands students access of such programs. "Adam Lowe, Executive Director, National Alliance of Concurrent Enrollment Partnerships" "We (NACEP) are encouraged by the strong bipartisan support for dual and concurrent enrollment in Washington, DC, and this report offers several recommendations that policymakers and our dedicated members across the country can follow to improve the postsecondary opportunities for underserved students and the professional development of instructors who are interested in teaching such courses."

As part of its ongoing commitment to supporting dual enrollment (dual credit and concurrent enrollment) courses, ACT is working closely with a number of key partners who also support the expansion and sustainability of these programs. The following partners contributed to the development of this policy brief:

American Association of Community Colleges

Education Commission of the States

National Association for College Admission Counseling

National Council for Community and Education Partnerships

Council of Chief State School Officers

National Alliance of Concurrent Enrollment Partnerships

National Association of State Board of Education

National Governors Association

Along with the examples highlighted in the report, ACT will continue to provide policy recommendations and other supports to advance effective dual enrollment programs, including identifying opportunities to grow them at the state and federal levels. The report can be accessed for free on the ACT website: <http://www.act.org/research-policy/policy-publications>

ACT is a mission-driven, nonprofit organization dedicated to helping people achieve education and workplace success. Headquartered in Iowa City, Iowa, ACT is trusted as the nations' leader in college and career readiness, providing high quality achievement assessments grounded in more than 50 years of research and experience. ACT offers a uniquely integrated set of solutions that help people succeed from elementary school through career, providing insights that unlock potential. To learn more about ACT, go to www.act.org.

For Your Information

Submitted by Tara Stockhausen



Why Are Baby Teeth So Important, And What is Their Function?

Baby teeth provide the following for your child:

1. An attractive appearance; In most cases cavities in children develop between the front two teeth, causing a child to sometimes have a lowered self-esteem; due to brown spots in their teeth or even a foul odor coming from their mouth.
2. Baby teeth aid in speech and proper pronunciation of words.
3. Baby teeth aid in proper nutrition. According to the American Academy of Pediatric Dentistry a child with cavities may be severely underweight due to pain when eating their food. Painful eating can cause them to lose the desire to chew foods. Ultimately causing them to choose foods that aren't very nutritious. The American Academy of Pediatric Dentistry has also noted that these children can also have nutritional deficiencies that impact cognitive development and learning.
4. Baby teeth allow children to learn good habits young. It is easier to teach your child good habits now than to try and break bad habits later.
5. Baby teeth are placeholders for permanent teeth. The body naturally loses baby teeth in a certain order to allow enough room for permanent teeth underneath to erupt in proper alignment.

As always please do not hesitate to contact me with any questions at tara.stockhausen@ihs.gov; otherwise parents keep up the great work on providing your child a healthy future!

West Segment Phone Extensions:

Security (Jimmy Johnson) Ext. 201

Dawn Yeahquo (Health Care):Ext. 202

Rhonda Hall Assistant: Ext. 203

Adam Fredericks (Events Coordinator): Ext. 204

Adele Phelan (Office Manager): Ext. 205

Conference Room: Ext. 206

Loretta Lone Bear (Health):Ext. 207

Skye Manikateri (Newspaper): Ext. 209

Lovina Fox (Public Relations): Ext. 212

Jake Chappell (Computers): Ext. 211

All Call: Ext. 297

Regulatory: Ext. 210

Fire Department: Joni Bolman: Ext. 208

EMS: 421-1357

Police: 759-3226

Elders Program: 759-3099

Mealsite: 759-3092

Fitness Center (Dennis Fimbres): 759-3780

Panther Development Investments

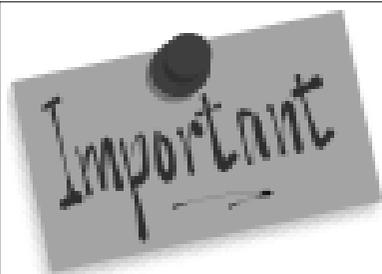
Alex Moreno/Managing Partner

6401 Congress Ave. Suite 250

Boca Raton, FL 33487. USA

alex@pantherdi.com

For Your Information



Mandaree Community I will be only picking up medications on Tuesdays and Thursdays through the week. You can call and leave a message on my work cell phone. My number is 421. 4188. Thank you Mandaree CHR Jessica Spotted Horse.

The RAIN/MHA Education Pipeline Program is a new MHA funded initiative to provide Mentors to members of the MHA Nation who are seeking degrees at higher education institutions and vocational training sites across North Dakota. The RAIN Program has 25 years of proven success in student support and will have Mentors at offices in New Town, Bismarck, Grand Forks and United Tribes Technical College to provide academic and non-academic support services to MHA tribal members. Please contact one of the staff if you or someone you know may be interested.

Support Services	Staff
<p>Retention</p> <p>Academic Advising Educational Care Plans Financial Aid Advising Community Resources Sense of Community Personal & Professional Development Sessions Referrals</p> <p>Recruitment</p> <p>No financial support available, referral will be made to appropriate offices/services</p>	<p>Elizabeth "Lizz" YellowBird, Ft. Berthold Mentor Office: MHA Tribal Complex, New Town, ND 701-317-6524 elizabeth.yellowbird@und.edu Serving: Mandaree ~ New Town ~ Parshall ~ Twin Buttes ~ White Shield ~ Williston</p>
	<p>Tracey Baker, Bismarck Mentor Office: Horizon Bldg, 1815 Schafer St., Rm 131, Bismarck, ND 701-317-6714 tracey.l.baker.2@und.edu Serving: Belcourt ~ Bismarck ~ Bottineau ~ Dickinson ~ Ft Yates</p>
	<p>Evelyn "Faye" Foote, United Tribes Mentor Office: 3315 University Drive, Campus Service Bldg 1A 701-317-6530 evelyn.foote@und.edu Serving: United Tribes ~ Jamestown ~ Mandan ~ Valley City</p>
	<p>Grand Forks Mentor Office: UND American Indian Center, 315 Princeton St. Devils Lake ~ Fargo ~ Ft Totten ~ Grand Forks ~ Mayville ~ Wahpeton</p>



Three Affiliated Tribes
Mandan, Hidatsa, and Arikara Nation
Office of Tribal Enrollment
P.O. Box 100 Phone: (701) 627-4238
New Town, ND 58763 Fax: (701) 627-4252

Three Affiliated Tribes Enrollment Report

Friday, December 18, 2015

Gender	
Female	7,666
Male	7,162
TOTAL	14,828

Age Categories	
0-17	4,893
18-59	8,768
60+	1,167
TOTAL	14,828

2015 Enrollments	
1/7/2015	81
2/11/2015	84
3/13/2015	31
4/16/2015	88
5/27/2015	87
6/11/2015	38
7/9/2015	72
8/11/2015	59
9/2/2015	41
10/8/2015	51
12/2/2015	95
12/17/2015	47
TOTAL	774

Reported Deaths	
Female	38
Male	54
TOTAL	92

2015 Life Expectancy	
Female	53.89
Male	49.93
TOTAL	51.57

2005-Present Life Expectancy	
Female	60.12
Male	53.04
TOTAL	56.23

Sevant S. Taft
Sevant S. Taft, Acting Enrollment Director

Note
These numbers are current as of the date listed above.

For Your Information



Three Affiliated Tribes

Material Resource Department

404 Frontage Road

New Town, No.Dak. 58763

Phone: (701) 627-8150 Ext. 8159

Fax: (701) 627-5550



West Segment Regulatory Commission

P.O. Box 892

Mandaree, ND -58757-

105 4th Avenue NE

Office: (701)759.3572 or 759.3576

Fax: (701) 759.3579

Email: westsegmentrc@hotmail.com

Notice– Fuel Assistance Clients:

Need One Form of Identification for each household member such as: Social Security Card, Tribal Identification, or Copy of Birth Certificate for Newborn babies only)

Current Income Verification-We Need Three Pay Check Copies.

We can Take Bank Statements for Social Security and Veterans Benefits or Award Letters For TANF and General Assistance.

Child Support- Need this for A Year If You Received Assistance.

Unemployment Compensation- Need Copies Of Current Documentation of Benefits.

Other Income– Need Copies of Documentation.

Applications can be picked up in each of your segment Offices.

General Manager-Harriet Goodiron: (701) 421-9093

Assistant Intake– Delreen Robertson: (701)421-9118

Payroll Manager-Vida Craig: (701)421-9381

Intake Officer/IT: Sherry Lone Fight (701) 421-9820

Environmental Scientist-Lisa Lone Fight: (406) 548-2456

Mediator/Arbitrator-Mike Howe: (701) 421-9409

Chief Dispatch Officer-Lorne Walking Hawk: (701)421-9409

Chief Compliance Officer- Aron Abbey:(701)421-1367

Compliance Officer-Rylan Baker: (701)421-9428

Compliance Officer-Jessy Yeahquo: (701) 421-9168

Compliance Officer-Jordan Hale: (701) 421-9353

Compliance Officer-Robbie Severance: (701) 421-9197

*** These numbers are listed for your convenience, in cases you need to notify one of these workers. Please put in a safe place so these numbers are available when you need them.**

North Dakota Department of Transportation News



608 East Boulevard Avenue, Bismarck, ND 58505-0700

Toll Free: 1-855-NDROADS or 855-637-6237

NDDOT Communications (701) 328-4444

Don't Crowd The Plow: Watch for snow plows during busy travel time

The North Dakota Department of Transportation (NDDOT) wants to remind motorists to be cautious of snow plows during the busy travel time. Plow trucks are working hard to clear snow and ice from state highways and need your help to ensure safe travel.

NDDOT employs approximately 355 snow plow operators in the state who are the eyes and ears on the road, reporting actual conditions that are then implemented onto the Travel Information Map. NDDOT snow plow operators maintain over 8,000 miles of roadway throughout the state and work weekends and holidays.

In addition to standard plow trucks, the NDDOT also utilizes a piece of equipment called the TwoPlow. The TowPlow is a trailer mounted plow, which is pulled and operated by a snow plow truck. The combination of the front truck plow along with the TowPlow can clear a path approximately 24 feet wide in one pass. The TowPlow can operate in multiple lanes and is equipped with steering axles which swings the trailer from behind the truck into an adjacent lane.

Don't crowd the plow. Sharing the road with snow plows is important. By following a few basic tips, you and your passengers can reach your destination safely:

Stay back. Sometimes snow plows have to stop and back up and they often spread sanding material. Know where the plow is on multi-lane roadways. The TowPlows could be in both lanes or on the shoulder. Be extremely cautious when passing a snow plow. They can be moved sideways by snow drifts and hard snow packs. Never drive through "white-outs" caused by cross winds or plowing light snow. Be patient and wait until you can see. Snow plows pull over and stop to allow traffic to pass when it is safe to do so. Slow down and drive for the conditions. Most winter crashes are caused by driving too fast for conditions. Motorists should be aware of the "Move Over Law". If you approach a snow plow or other emergency vehicles with flashing lights that is stopped on the shoulder of a multi-lane road, you must move over to the lane that is not next to the snow plow or vehicle, if it is safe to change lanes.

For more information on snow plow safety go to:

<https://www.youtube.com/watch>

As you travel this week, please check road conditions often by downloading the ND Roads app, calling 511.



Winter driving in North Dakota can be dangerous. Making smart decisions may help save your life. Be smart this winter, remember to:

- Keep your gas tank full.
- Turn on your head lights.
- Carry a winter survival kit.
- Be careful on icy bridges.
- Stay with your vehicle.
- Use your seat belts.



**BE SMART
DON'T CROWD
THE PLOW!**

Remember, snowplow operators are there to help make the winter driving conditions safer for you. If an emergency does occur, here are some things that snowplow operators can and cannot do to help you:

Snowplow operators Can:

- Offer first aid
- Call for help
- Let you sit in the plow truck to keep warm
- Offer other general assistance

Snowplow operators Cannot:

- Pull your vehicle out of a ditch
- Give you a ride

North Dakota Law:

Striking Snow Removal Equipment:

Any person who, by reason of careless driving, causes and inflicts injury to an operator of snow removal equipment or damage to snow removal equipment in excess of \$1,000 is guilty of an infraction. The maximum penalty is a \$500 fine and six points on your drivers license.

For more information go to: www.dot.nd.gov

Elbowoods Memorial Health Center Clinic Schedule

<u>General Appointments:</u>	Monday-Friday	8:00AM to Noon 1:00PM to 4:00PM
<u>Walk-ins:</u>	Monday-Friday	8:30AM to 11:00AM 1:00PM to 4:00PM
<u>Urgent care issues only (not for refills, physical exams, PAPs or referrals)</u>		
<u>Optometry Clinic:</u>	Monday-Friday	8:00AM to Noon 1:00PM to 5:00PM
<u>Diabetic Clinic:</u>	Appointments made through Diabetic Clinic.	
<u>Ultrasound, CT</u>	Weekly, Appointments made through X-Ray Dept. Referral needed from a service unit Provider.	
<u>Screening Mammogram:</u>	Appointments can be made through X-Ray Dept. It is not necessary to have a referral.	
<u>Bone Density Dexascan:</u>	Monthly, Appointments made through X-Ray Dept. Referral needed from a service unit Provider.	
<u>Dental Clinic:</u>	Monday-Friday	7:00AM to Noon 1:00PM to 4:00PM
	<u>Emergency hours:</u> Monday, Tuesday, Thursday, & Friday: 7:00AM to 10:30 AM and 1:00PM to 3:30PM Wednesday: 1:00 PM to 3:30 PM only .	
<u>Laboratory Services:</u>	Monday through Friday 8:00 AM to Noon 1:00PM to 4:30PM	
<u>DIRECT DIAL TELEPHONE NUMBERS:</u>		
Switchboard	627-4750	
Pharmacy (speak to phar.)	627-7621	
Pharmacy (refill msg. line)	627-7626	
Dental Clinic:	627-7927	
Contract Health:	627-7752	
Appointment Desk:	627-7601	
Behavioral Health:	627-7777	
Diabetes Project:	627-7931	
Optometry:	627-7772	
Business Office:	627-7751	

Updated Numbers for Mandaree

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

Catholic Church: Father Roger Synek: 759-3412

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

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

Circle of Life: 627-4700: 315 Main Street Box 907 New Town

Mandaree Elders Meal Site: 759-3092

Hidatsa Elders Program: 759-3099

Elders Delivery Assistant: 759-3099 Ted White-Cell 421-3248. or Paul Rosario Sr: 759-3099.

Hidatsa Elders Fax: 759-3093

Mandaree Fitness Center Dennis Fimbres: 759-3780

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

FBHA Compliance Office: Ursula Stiffarm 759-3177 or Fax: 759-3182

FBHA Maintenance Office Raymond Yellow Wolf: 759-3577 or cell 421-0672

Fire Management : 759-3124

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

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

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

Road Department: 759-3420

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, Maynard Demaray Jr. 421-7859

Water Chief Hall Office Receptionist: Rhonda Hall: 759-3377 or 421-1811

Water Chief Hall Fax: 759-3232

Mandaree Public Relations: Lovina Fox

Public Relations Assistant: Skye Manikateri

Public Relations Fax: 759-3375

New Town Finance Officer: Martha Phelan: 627-8121 or 421-0606

Hidatsa Health Coordinator: Dawn Yeahquo & Loretta Lone Bear: 759-3377

Water Chief Hall Office Manager: Adele Phelan- 759-3377 or 421-6947

Water Chief Hall Events Coordinator: Adam Fredericks :759-3377 or Cell: 701-897-1613

Water Chief Hall Security: Director: James Johnson: 759-3377

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

Mandaree Hidatsa Housing Will Reeves Director : 759-3399

Mandaree Hidatsa Housing Specialist: Shanna Fox: 759-3399

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

West Segment Regulatory Commission Office: 759-3572 or 759-3574, or 759-3576.

West Segment Regulatory Commission Fax: 759-3579

Mandaree CHR's: Jessica Spotted Horse: (701) 421-4188

Emergency or Ambulance: 911

Mandaree EMS Main Phone: 421-1357

Mandaree Police: 759-3226

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 Wardens: Chance Fredericks-421-3879, Delia Baker-421-5214 Anthony Chandler- 421-1924

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

TAT Police Dept. 627-3617

TAT Chief Of Police: Nelson Heart Jr.

TAT Acting Lieutenant: Marvel Heart

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 put these numbers in a place where you can see them when you need to find a number.

Balanced Lifestyles, Teaching for Knowledge Seekers



The article was posted on the internet and I found it quite intriguing giving the fact that many of our people were products of the boarding school era. I may not know all that was involved nor have I lived or experienced what this author speaks of, but I believe it holds a vast volume of truth and wisdom. I don't mean to bring back painful memories, but through prayer and fasting we can overcome many obstacles of the past and grow that much stronger. I pray that

2016 we can accomplish this together.

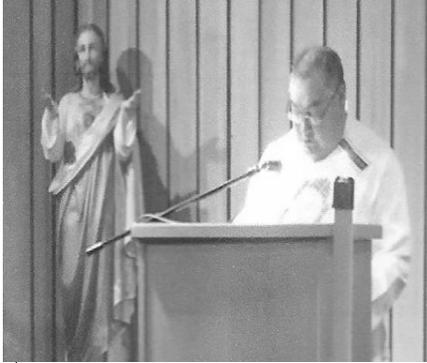
Following the sweatlodge ceremony, during the feast, the topic of Christmas came up and whether it was wrong to celebrate it. The elder listened quietly to the debates of what a person of ceremony should do; given they are spiritual, but not Christian. One particular staunch man said, "I never met a true traditionalist that chose to celebrate a Christian holiday." The elder thought to herself, "oh, how I have prayed for this one." As was becoming a pattern she said a silent prayer for him and sent him loving energy. As she finished her prayer, she was thinking of fasting with the man during the upcoming spring season, when she was roused by dialogue that seemed judgmental. The elder had enough and signaled for attention and she silently passed the smudge bowl around. She said a prayer aloud and then she asked for people to bring their plates and form a circle so that they could eat, while she spoke. She began her teaching, 'you know my dearest ones, I feel good about giving stuff to my grandchildren that I never dreamed of getting when I was their age; still, I have a hard time at Christmas. You see when I was just a little girl; we lived way up north, isolated, but very contented. At this time of year, we celebrated the change of Season. We were happy because Winter Solstice began. This meant playing in the snow but it also meant that we got to spend lots of time with our great-grandparents, grandparents, parents, aunts, uncles and our cousins. That was our gift. It was family time. We had plenty of food because hunting season was plentiful and berries and roots were dried and stored. We had time to hear the stories and teachings of our ancestors. The sound of laughter that filled the air was another gift. Oh how we loved to laugh. One of the uncles was probably the best jokester in the region. People would travel hours and hours just to have tea to listen to him. I can still hear him laugh. Another of my uncles had a beautiful voice and he would drum and sing; there were many nights I feel asleep to the beat of his drum as the beautiful chant of his voice embraced me. I remember that the old people were so gentle.

There were so kind and loving. I don't remember them ever speaking a harsh word. Oh, but being caught in a wrong, a silent shake of their head was probably the worse punishment that I could ever endure. At least that is what I thought at the time. I remember every once in awhile one of us kids spent too long in the snow; we would end up with a little winter chill. That evening we would be given a warm meat broth and best of all we would be

rocked by mother. I shall never for the rest of my life forget her embrace; it was the sweetest memory of my childhood. My father was a gentle giant, who always seemed busy. He hunted and fished and it seemed to make him happy. He was always whistling. I never saw my parent exchange any open display of affection but there was never a doubt in my mind that they loved each other. In the same regard, I never once doubted that I was loved. I remember skipping everywhere. I thought I was flying; I skipped so high in the air. In the wintertime, I skipped and skipped in our little house. Although it was filled with people, it felt huge to me. I had no concept of 'want'. I felt comfortable and loved. But that is not why I have a hard time with Christmas. No, it is for entirely different reason. You see, one winter evening, men appeared at our home. Even though I was but a young child, I could feel the fear pervading off the old ones and my parents. I thought I seen my mother shaking, but I can't actually remember if it was her or me. They had come for us. My entire world changed in a flash of an command by the Indian Agent. I was taken to a place where I was doused with white powdered, which I was told by another girl later that week; it was to remove my bugs. It didn't take me long to understand why they thought I had bugs; they thought we were dirty. I had my hair nearly shaved off and was given old worn out clothing to wear and shoes that pinched my feet. Next, I was taken into a room where I was given a few additional pieces of items; a comb, an old worn out towel and washcloth and a nightgown. I had a hard time trying to understand the language of the stern woman who was wearing a black long dress with a white collar and I began to cry. It was the first time ever in my entire lifetime that I was hit. I stopped crying because I was in total shock. It would take years for me to fully describe what I endured for the next 12 years, but in a word; it was torture, plain simple. I would often wonder if it was harder to undergo the abuse and neglect I did or to witness others go through similar fates. I remember the screams, tears, whimpering and the deadly silence of those who spirits were broken. We were repeatedly told that we needed to be cleansed of our impurities and how evil we were because of demonic practices. We were told that God punishes the wicked and we were amongst the 'most wicked' of all because we were 'brown heathens.' We were told that our beloved great-grandparents, grandparents, and parents and all our relatives that were not 'saved' would burn in the pit of damnation for all eternity. I remember spending time praying and praying for my family salvation. I didn't want them to be hurt by God. Besides fear, one of the memories most clear to me was the constant feeling of hunger. I could remember seeing the nuns, priests, and supervisors eat to their fill and we were given pitiful rations because of our sinful ways. But that is not why Christmas time is hard for me. It is hard for me because every year we would be forced to celebrate the son of the same God that punished us. In my heart, I just could not do it. I could not celebrate this person. He was reported to be a kinder, gentle version of the original punishing God, but he was the reason that my great-grandparents, grandparents, parents and relatives would perish in damnation. We were told that if people did not give themselves up to

Continue on page 20.

Mary, Most Holy



Even now as a deacon, I am still learning about the Blessed Virgin Mary-Mother Of God. She is not mentioned a lot in the Bible, but that doesn't mean that she doesn't play a major role in the salvation of my soul.

Listen to Mary's words to the Angel Gabriel, "*Behold, I am the handmaid of the Lord. May it be done to me according to your word.*" (Luke 1:38) At these words, Mary conceived. This is Mary's "Yes" to God. This is the path God chose for the restoration of humanity, to repair the bond that was broken between God and humanity by another Virgin many many years before who is known as Eve. Mary is a role model for all the faithful. She says "Yes" to God and becomes the New Eve. Like Mary we are called to say "Yes" to God. We learn later after Mary gave birth to our Savior Jesus Christ that to say "Yes" to God is to say "Yes" to Jesus for he is the only way to God the Father "***I am the way and the truth and the life. No one comes to the Father except through me.*** (John 14:6).

We don't hear about Mary in the Gospels until the wedding at Cana. In this scene Mary tells Jesus of the needs of the people at the wedding "***they have no wine.***" (John 2:3) Here we are shown that Mary has the ear of her son. Mary brings the concern of those gathered at wedding to her son. I believe that she still does this today. Just like a concerned/engaged mother who is aware of her surroundings and attentive to the needs of her children, so Mary's role is to be attentive to my need, to our needs and bring them to her Son. She even tells us what we are to do, '***Do whatever he tell you.***' (John 2:5)

We don't hear about Mary again in the Gospels until our Lord is hanging from the cross. Some of the last words spoken by our Lord Jesus to his mother also reveals another important role she has in our lives.



Speaking to the disciple John present at the foot of the cross Jesus "***Then..said to the disciple, behold your mother.***" (John 19:27) As a believer, a disciple like John, a follower of Jesus, I now have a mother. We as the faithful have a mother. We have a connection to God as his children. Since Mary is our Mother and she also has the ear of her Son, her attentiveness to our needs and willingness to bring them to her Son Jesus is even stronger. We can be assured that when we pray to God and ask our mother to pray with us and for us to intercede for us she will do it.

Our powerful way we ask Mary our Mother to intercede for us is through the devotion we call the rosary. It is a great prayer to God. When we pray the rosary we ask Mary to pray for us and to intercede for us. In addition to asking Mary to pray for us we mediate on various aspects of Jesus' life. In praying this way we not only ask someone who has the ear of Jesus to present him our request but we also mediate on an aspect of Jesus' life. In addition to these wonderful movements of our hear we also praise God's creation who is Mary.

Mary, my Mother has many important roles in salvation of my soul. There are many other roles yet to explore.

I encourage you to explore these roles too. You may be surprised at how close she will bring you to Jesus.

Merry Christmas & Happy New Year!

Deacon Jim Baker



Balanced Lifestyles, Teaching for Knowledge Seekers

him', they would not be 'saved'. If a person wasn't 'saved', they would spend eternity in hell. As the years passed and as I became older, I often wondered if residential school was hell, but it was always cold. I thought maybe it was hell just a different part of it— a cold part of hell.

I came away from that experience tired and burned out. I fought with the demons that followed me out of the school and they continue to torture me in the form of dark memories. For a time, I spent company with a bottle, trying hard to wipe out the memories of being repeatedly abused. I also went out of my way to get into a relationship with a man who repeated the same patterns I lived with day after day in that school; he abused me everyday. One day, I decided to stop the nasty cycle I was caught up in. I found my way back home. I found a place of joy, laughter and love in the company of my ceremonial family. I mourned my great-grandparents, grandparents and parents whom all journeyed into the Spirit World, while I was held captive in the prison of residential school. I believe that I died a little in that school, but ceremony brought me back to life. I reconnected with my spirit.

Yes, I still battle with the triggers of being traumatized. I sleep with a nightlight. And even, at my age when I hear the creak of a floorboard, my first instinct is to grab my nightgown and wrap it tightly around my body. An old ploy that sometimes saved the hurtful hands that clawed against my skin. Once my heart stops pounding, I smudge, pray and go back to sleep.

Once in awhile, I run into people I went to school with and some are still very connected to the Church. Sometimes they invite me to join them, but I tell them my Church is found in the sweat lodge and we just leave the subject alone.

As you know, I went back to school but this time, It was my choice and I fell in love with learning. I cried like a baby when I received my degree. Now a days I celebrate Christmas and even have tree, presents and a turkey. I know some would say that there is a 'reason for the season' and they might not understand my reason for participating in this holiday, but I don't judge them. I have a hard time with Christmas but I celebrate it because for me it is about the remembrance of long ago when I spent time with my family celebrating Winter Solstice and the love and laughter that surrounded us. For me, it is about passing on the same kind of love filled memories to my children and grandchildren as I have about my early childhood in my family's little cabin up north. Though my grandbabies are being raised in the midst of a beautiful ceremonial family, including all of you; I know they walk in two worlds and I want them to love being part of both. The elder dug in her pocket and took a recent snapshot out. Pictured was her holding one of her grandbabies, she smiled when she looked at the picture feeling joy filled her spirit.

She never thought she could love any children as much as she loved her own but when her grandbabies made an entrance into her world, it was as if her heart broke wide open and expanded and she fell completely in love with each one of them. She passed the picture around the circle, people recognized the little one and smiled and then passed it on.

It didn't take long for the picture to be returned to the elder she held the picture as she continued, 'as you can see, I am holding that little one in my arms as I make ribbon skirts. I celebrate my grandbabies lives. While Christmas day might represent sad and bitter memories of a dark time in my childhood, I focus on love and so on Christmas day, we have a huge feast and I'm delighted as my children and grandchildren open their presents. I know in my heart I am honoring my great-grandparents, grandparents and parents and all my relations as I enjoy life. I celebrate the resiliency of our people as I witness my children loving their children. I know what happened to my generation need not happen again and I celebrate our healing. One day, Christmas day might not be hard for me and in truth, year by year it gets easier to smile and just enjoy a day of family. Now, that is worth celebrating.

One thing I have learned from my childhood experiences was gratitude. I lived while many died in those schools. I am grateful I can tell our story so that they are not forgotten. I am also grateful that I will never judge another person based on their spiritual or cultural beliefs. I choose kindness and compassion because I have know cruelty. If people you know celebrate Christmas as part of their faith; I say joy to them. If others celebrate it because they love family gatherings and gift giving; again, I say joy to them. For those of you who would judge others, please my dearest ones; let not that harsh energy take your cultural journey hostage. If you choose not to celebrate Christmas, then on that day, light your smudge bowls, light your pipes and send up prayers or those who would love to celebrate it but are in other parts of the world, like soldiers, or those who have lost their loved ones this year or pray for those in hospitals or for the little children in foster care and so on. In whatever way you spend Christmas day, let love and prayer be part of your day. Now let us stay safe so that we can gather to celebrate Winter Solstice on the 22nd, The elder rose and she hugged the participants each in turn and love blossomed within her embrace.

By Emily Jane Henry Ochapowace First Nation)

God Bless & Happy New Year!

Elise Packineau, Pastor

Mandaree Hidatsa Church

The Three Affiliated Tribes WIC PROGRAM will be hosting a Breastfeeding Class

The class will begin at 2:30pm, we invite all expecting, and current breastfeeding mothers to attend. All questions and comments will be answered. If you are or someone you know is thinking about breastfeeding or currently having problems with breastfeeding, this informational class is for you.

Remember that with proper help and support you and your baby can have a wonderful breastfeeding experience. So come join us on January 4, 2016 at 2:30pm in the WIC OFFICE, located next to The Head Start Building.

Registration is required, so we can plan on how many are attending. So stop by and sign up at the WIC office, or at Elbowoods Memorial Health Center with Chantel Vazquez or give her a call at 701-627-7655. Also gift bags will be given to all attending breastfeeding or planning to breastfeeding mothers!

Hope to see you there! And remember
"Breast is best for baby and me".



Here's how to reach your WIC Peer Counselor:

Mariah Antell (701)-421-7174

(Any Day, Anytime)

mantell@mhanation.com

Three Affiliated Tribes WIC PROGRAM 511
9th Street North

(Next to the head start building)

NEW TOWN, ND 58763 Mailing Address: 404
Frontage Road

Phone: (701)-627-4642

fax: 701-627-4610

Senior Citizen Menu for the Month of:



Meals Prepared By: Nina Finley

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatloaf	2 Chicken Stir fry with Rice	3 Pot Roast	4 Chili, Crackers and a Cookie
7 Beef Stronganoff and Noodles	8 Pork Chop, Scallop Potatoes and Vegetables	9 Waffles with Boiled Eggs, Bacon and an Orange	10 Chicken Nuggets with Mac & Cheese	11 Fish Hash Browns
14 Lasagna with Garlic Bread	15 Baked Chicken with Rice	16 Taco-N-Bag	17 Shrimp and Rice	18 Spaghetti
21 Chicken Alfredo with Breadstick	22 Sloppy Joes with Potato Wedges	23 Ham with Mashed Potatoes and Gravy and Salad	24 ½ day Cooks Choice	25 No Meals
28 BBQ Ribs	29 Tater Tot Hot Dish	30 Cooks Choice	31 ½ day Cooks Choice	

Menu Subject to Change

Mandaree Meal site: 759-3092

January Menu

Menu is subject to change for various reasons

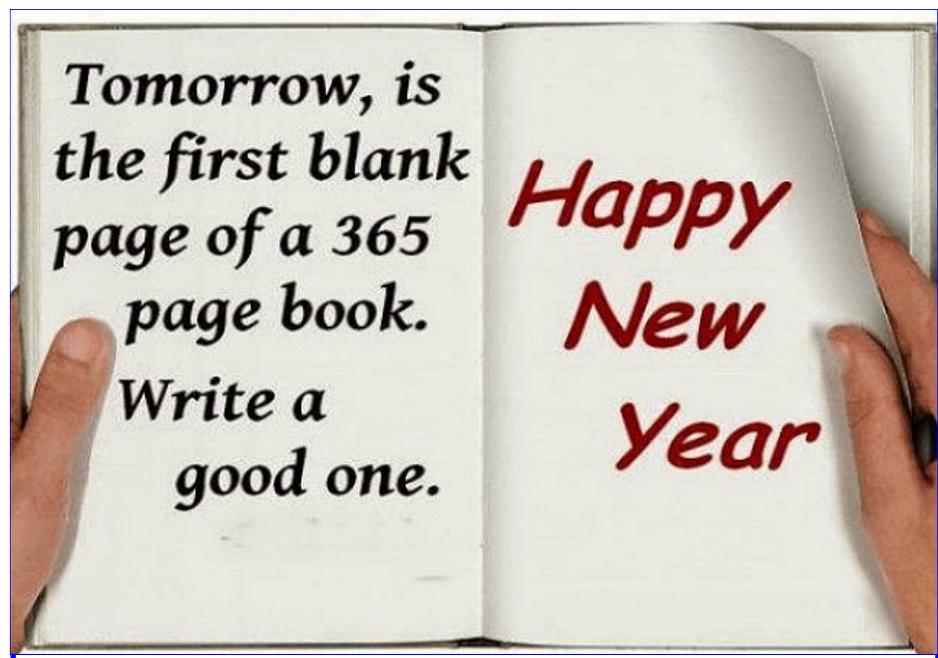
Monday	Tuesday	Wednesday	Thursday	Friday
1/4/16 Baked chicken green bean baked potato fruit cocktail	1/5/16 Steak, scallop potato, pudding	1/6/16 Fleischkeuchele tatter totes Mixed vegetables	1/7/16 Fish Mac n cheese cookies	1/8/16 Cheeseburger and fries
1/11/16 Chicken Alfred, broccoli peaches	1/12/16 Soup and salad	1/13/16 Spaghetti , garlic bread corn	1/14/16 Shrimp and pasta	1/15/16 Cabbage soup crackers
1/18/16 Potato soup	1/19/16 Pork chop rice n gravy carrot cake	1/20/16 Taco Dorothy lynch salad, jello	1/21/16 Stuffed peppers pudding vegetables	1/22/16 Chili cheese slices
1/25/16 Lasagna green beans fruit	1/26/16 Burrito beef and bean pudding	1/27/16 Chicken fried steak mash potato and gravy peas	1/28/16 Cabbage rolls mixed fruit	1/29/16 Manado soup
Prepared by bonita casarez and nina finley				

IMPORTANT A message for anyone interested in CPR/First Aid or if you're in need of a car seat for your child and want to know how to use a child car seat.

You are asked to call the central office of the CHR Program at 627.4340 to schedule an appointment.



December Birthday Wishes to Our Elders!



The New Year Is Here as we look back at 2015 let us reflect on what we can do better and make 2016 a better and healthier New Year! & begin A new Chapter in each of our lives.

On behalf of West Segment we would like to wish each and everyone of you the best that this new year has to offer! We wish you the best new chapters of health, happiness and prosperity as we take steps into this New Year of 2016. Let us each fill the pages of a new beginnings in this New Year of 2016!!

From The West Segment Representative & Staff Members




Mildred Rough
 Ed Flies Away
 James Johnson
 Avallon Hale
 Ed Danks
 C.A. Wolf Eyes
 Robert Finley
 Garland Likes Eagle
 Ronald Brugh
 Rosie Johnson
 Bruce Fox
 Katherine Young Bear

* Please forgive us if we forgot to mention your name it was not done intentionally. If you have a family member who is an elder and has a birthday coming up, please call 759-3377 & ask for Nina she will make sure we have their name down, or those turning 60. Your help is greatly appreciated.