



## TAT Council Honors Two Tribal Members

### Quotes For The Heart & Mind:

- "Yesterday is not ours to recover, but tomorrow is ours to win or lose." ~ Lyndon B. Johnson
- "To banish worry, doubt, and fear, to love and laugh and give!" ~ William Arthur Ward
- "Most of us start out with a positive attitude and a plan to do our best." ~ Marilu Hennner
- "Find a place inside where there's joy, and the joy will burn out the pain." ~ Joseph Campbell



Pictured from left to right: West Segment Councilman Randy Phelan, Jessica Spotted Horse and Ranae Seminole and Three Affiliated Tribes Chairman Mark Fox.

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Two tribal members from the West Segment Community were recently honored by the Tribal Business Council in New Town inside the tribal chambers. Jessica Spotted Horse, is the daughter of Elton and Jeanine Spotted Horse who reside in Mandaree. Ranae Seminole the other tribal member honored is the daughter of Valerie Poitra, who also resides in the West Segment community. These young ladies were honored with a special honor song from Councilman Phelan and Councilman Frank Grady. Cont. pg.2

# West Segment Tribal Representative Update



Hello Community members and relatives, once again before I start this months update I would like to extend my sincere condolences and sympathy to the Geraldine Van Dkye family and relatives, and the

family and relatives of Georgia Fox. To the family and relatives of Alfreda Goodiron and Father Stephen Kranz. Father Stephen resided in our West Segment community and served our people here for the past forty one years.

We have accomplished another first for our community. This is the first time Mandaree Community has ever had Certified EMT's from our own community and tribal members at that. EMT's are hard to come by because very few people chose to be an EMT. I am very thankful and proud to say that our West Segment community has our very own EMT's. Living in our rural area these fine young ladies will be able to save lives and help our elderly.

We have our own ambulance and we still need more in our community here, we are working on it and things just don't happen over night everything takes time, and time will tell when we can look around our West Segment Community and say Yes we have been waiting for this. An surely that day will come.

Thank you for being a good reader



Pictured to your left is our tribal council members pinning the EMT pins on our two EMT's. Jessica Spotted Horse and Renea Seminole. Special thanks to these young ladies who have chosen to serve their community!

Again Congratulations!

## News From The Horace Elders Program

Submitted by Elders Program Director, Mavis Young Bear

Greetings again from the Hiraacca Elders Program for this month. We are now finalizing our preparations for the Mystic Lake Trip on March 13-16, 2016 with an agenda for all days we are traveling. While we realize this is a longer trip we wanted to give the elders a little different trip than before. We also, want to thank our Council Representative Mr. Randy Phelan for supporting our endeavors to provide this social event for all elders.

We have been having regularly scheduled Elder Organization Board meetings and will be meeting again on March 18, 2016, and will have quarterly meeting thereafter. The elders boards has been appraised of the goals set forth by the program director and the next series of events we will be implanting are the evaluations of services so elders can have input on the services provided. We will be coming out with surveys and kindly request your input on services.

Unfortunately, our bingo equipment was vandalized and we

Have not been able to have bingo however, I am looking at purchasing some in the near future and will be ready to go again with regular scheduled bingo. We have six life alerts in our office for those elders who wish to use this equipment however, you need to sign them out as we have the telephone numbers associated with each life alert.

The program director is looking forward to elder input with the coming events and we look forward to providing the necessary services to assist our elders in the community.

Also thank you to the staff who have the elders interest at heart along with the Mandaree Hidatsa Elders Organization.

Go-wids

**Inside the Water Chief Hall we have a newly developed a Health Care Department to help service our community. The Health Care Department will be having different health events monthly and will be offering free blood pressure checks. The department will help coordinate individual health needs. Right now we are currently working on having licensed Certified Nursing Assistances that will be available upon your request to monitor vital signs. Our goal is to help the community stay healthy!! We are located inside the Water Chief Hall.**

**If you have any questions, please feel free to contact Dawn Yeahquo or Loretta Lone Bear at 759.3377**

# For Your Information

**When you call the West Segment Tribal Office it will help us to get your phone call through to the person you wish to speak with. We have listed here for your convenience the extensions of employees here at the tribal office. Thank you:**

## **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**  
**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**  
**Hidatsa Program:(Arvella White):759-3276**



**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**

**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.**

# For Your Information

## Mandaree Field Clinic Update



**The Mandaree Field Clinic Update:**

**Provider and Nurse will be available at the Mandaree Field Clinic on Monday and Fridays of the week.**

**The Pharmacist will be in the Mandaree Field Clinic every Tuesday to refill medicines or pick up refills.**

**If you need more information or to make an appointment you can call the Mandaree Field Clinic Receptionist Autumn at 759-3422.**

### A message from the Mandaree CHR:

**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.**

### Panther Development Investments

**Alex Moreno/Managing Partner**

**6401 Congress Ave. Suite 250**

**Boca Raton, Fl 33487. USA**

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

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

## Elbowed Memorial Health Center Clinic Schedule

**General Appointments:**

Monday-Friday

8:00AM to Noon

1:00PM to 4:00PM

**Walk-ins:**

Monday-Friday

8:30AM to 11:00AM

1:00PM to 4:00PM

**Urgent care issues only (not for refills, physical exams, PAPs or referrals)****Optometry Clinic:**

Monday-Friday

8:00AM to Noon

1:00PM to 5:00PM

**Diabetic Clinic:**

Appointments made through Diabetic Clinic.

**Ultrasound, CT**

Weekly, Appointments made through X-Ray Dept. Referral needed from a service unit Provider.

**Screening Mammogram:**

Appointments can be made through X-Ray Dept. It is not necessary to have a referral.

**Bone Density Dexascan:**

Monthly, Appointments made through X-Ray Dept. Referral needed from a service unit Provider.

**Dental Clinic:**

Monday-Friday

7:00AM to Noon

1:00PM to 4:00PM

**Emergency hours:** Monday, Tuesday, Thursday, & Friday: 7:00AM to 10:30 AM and 1:00PM to 3:30PMWednesday: 1:00 PM to 3:30 PM **only.****Laboratory Services:**

Monday through Friday 8:00 AM to Noon

1:00PM to 4:30PM

**DIRECT DIAL TELEPHONE NUMBERS:****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 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 Schwarzenberger-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.**

# For Your Information

## Join us on March 17, 2016!

### Hypertension Summit

Coming Together to Detect, Connect  
and Control Hypertension

The summit will provide an overview of hypertension in North Dakota and discuss the importance of prevention and control. Presenters will educate attendees on various topics related to hypertension, including statistics, guidelines for managing hypertension, education and team-based care, risk factors, and current prevention efforts occurring in North Dakota. Attendees will gain team building skills and have the opportunity to network.



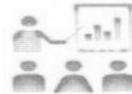
#### Location and Time

Holiday Inn of Fargo  
3803 13th Avenue South  
Fargo, ND 58102  
12:30 PM - 5:30 PM



#### Target Audience

Physicians, nurses,  
dietitians, pharmacists,  
and other health care  
professionals



#### Presenters

Dr. Joshua Wynne  
MD, MBA, MPH, Vice President of Health Affairs and Dean of Medicine Health Sciences, UND

Dr. Sumit Tiwari  
MD, Medical Director of Essentia Health West Congestive Heart Failure Program Fargo, ND

Melanie Carvell  
PT, Director of Sanford Women's Health Center Bismarck, ND



#### Panel Presenters

Robin Iszler  
RN, Central Valley Health District

Shila Thorson  
RN-BC, BSN, North Dakota Department of Health

June Herman  
American Heart Association

Michael Little  
MBA, Altru Health System

Join the North Dakota Department of Health on March 17, 2016, at the Hypertension Summit.  
Registration is FREE! Education credits will be available.

To register please click here: <https://2016hypertensionsummit.eventbrite.com>

Please contact Mylynn Dumlao at [mdumlao@nd.gov](mailto:mdumlao@nd.gov) or 701.328.3337 if you have any questions or need assistance with the registration process.

This activity has been planned and implemented in accordance with the Accreditation Requirements and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of North Dakota School of Medicine and Health Sciences, the North Dakota Department of Health, and Essentia Health. The University of North Dakota School of Medicine and Health Sciences is accredited by the ACCME to provide continuing medical education for physicians.

The University of North Dakota School of Medicine and Health Sciences designates this live activity for a maximum of 3.75 Category 1 credit(s)™. Physicians should claim credit commensurate with the extent of their participation in the activity.



**Essentia Health**  
Here with you

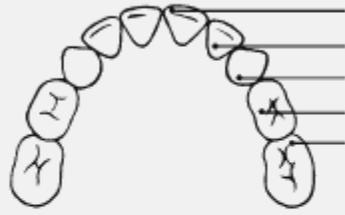
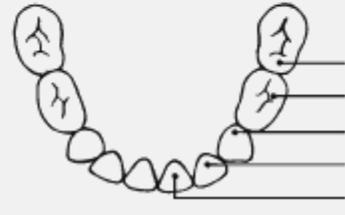


**NORTH DAKOTA**  
DEPARTMENT of HEALTH

# For Your Information

## Dental Care from Tara Stockhausen

"My dentist said my child has a cavity in one of their baby teeth do I really need to get it fixed?" Many parents ask me this question. Below I have included an eruption chart of baby teeth for your reference.

Primary Teeth			
	Upper Teeth	Erupt	Shed
	Central incisor	8-12 mos.	6-7 yrs.
	Lateral incisor	9-13 mos.	7-8 yrs.
	Canine (cuspid)	16-22 mos.	10-12 yrs.
	First molar	13-19 mos.	9-11 yrs.
	Second molar	25-33 mos.	10-12 yrs.
	Lower Teeth	Erupt	Shed
	Second molar	23-31 mos.	10-12 yrs.
	First molar	14-18 mos.	9-11 yrs.
	Canine (cuspid)	17-23 mos.	9-12 yrs.
	Lateral incisor	10-16 mos.	7-8 yrs.
	Central incisor	6-10 mos.	6-7 yrs.

When dentists make the determination that your child's tooth needs a filling, it is usually based on the pain it is causing the child, the amount of time the tooth needs to be in your child's mouth, and the risk for a serious infection. Therefore, I would encourage parents to ask their dentist thorough questions. For example, which baby tooth is it and how long will the tooth be in their mouth? What are the risks of not treating the tooth? These questions will help to make an educated decision. Overall, my answer to the question stated above would be: "YES, please get your child's cavity fixed for their benefit!"

**Cavities in baby teeth seem harmless but they can cause serious infections.** When a cavity reaches the nerve inside the tooth, bacteria enters the bloodstream and can cause infections. **These infections can harm your child and possibly damage the developing permanent teeth underneath.** Usually the infection stays around the root of the tooth, but it can spread to other places in the body. For example, you may observe swelling in the gum tissue surrounding the affected tooth or into the cheek area. In the tragedy of 12 year old Deamonte Driver from Maryland the infection from his tooth spread to his brain causing his untimely death in 2007. Therefore, I am asking all parents to take seriously the importance of detected dental cavities in their child's teeth and to please follow through with any dental treatment that your child needs.

As always please feel free to contact me at [tara.stockhausen@ihs.gov](mailto:tara.stockhausen@ihs.gov) with any questions or concerns!



Dear Strategic Highway Safety Plan (SHSP) Stakeholders,

Each year, hundreds of North Dakota families are affected by the loss of loved ones in motor vehicle crashes. To memorialize and share the stories of those lost, the North Dakota Department of Transportation (NDDOT) and partners recently launched the **Crash Memorial Wall** web page (you can find the page on the **Code for the Road** website).

Memorials are made public in the hope that sharing the stories will offer comfort to families and friends, and remind visitors to the page about the importance of driving safely to prevent future tragedies on North Dakota roads.

We have now created a Crash Memorial Wall flip card to share with traffic safety partners for their distribution to increase awareness of the Crash Memorial Wall. If you would like to have a flip card sent to you, please contact Ashlee Doan with the NDDOT Safety Division at [adoan@no.gov](mailto:adoan@no.gov) with the quantity you'd like and your shipping address.

Thank you for helping spread the word about traffic safety in North Dakota

Karin Mongeon

Safety Division Director

North Dakota Department of Transportation

608 E. Boulevard Ave.

Bismarck, ND 58505-0700

701.328.4434

Follow the Code for the Road.

Drive Sober.

Wear Your Seatbelt. Every Trip. Every Time.

# NDDoH Provides Zika Virus Guidance For Travelers



Bismarck,ND~ The North Department of Health (NDDoH) offers guidance for residents who are contemplating or planning to travel to areas of the world where the Zika virus is being transmitted. Zika virus has been of special concern to pregnant women. An up-to-date list of destinations with confirmed Zika transmission can be found at [www.ndhealth.gov/disease/zika](http://www.ndhealth.gov/disease/zika). People are encouraged to check this website frequently when they are planning travel because these areas are likely to change over time.

Pregnant women should postpone, if possible any travel to Zika affected areas until after the pregnancy. Women who are trying to become pregnant and their male partners should talk with their health care provider about whether they should reconsider travel plans to Zika affected areas.

“Most people who get infected with Zika virus either have no or only mild symptoms. However, there is a greater risk to a pregnant woman because Zika virus can spread to her unborn baby. Due to the potentially serious consequences of contracting Zika virus during pregnancy, diligent adherence to prevention measures is necessary”, said Laura Cronquist, epidemiologist with NDDoH.

Zika virus is primarily spread by tropical and subtropical mosquitoes. These mosquitoes also spread diseases like dengue and chikungunya. All travelers should protect themselves from mosquito bites by following these recommendations:

- \* Wear long sleeved shirts and long pants
- \* Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- \* Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- \* Use Environmental Protection Agency (EPA)~ registered insect repellents; when used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast feeding women.
- \* Always follow the product label instructions.
- \* Reapply insect repellent as directed
- \* Do not spray repellent on the skin under clothing
- \* If you are also using sunscreen, apply sunscreen before applying insect repellent.
- \* If you have a baby or child:

- Do not use insect repellent on babies younger than 2 months of age
- Dress your child in clothing that covers arms and legs
- Cover crib, stroller and baby carrier with mosquito netting
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin
- Adults: Spray insect repellent onto your hands and then apply to a child's face
- Treat clothing and gear with permethrin or purchase permethrin-treated items
- Treated clothing remains protective after multiple washings; see product information to learn how long the protection will last.
- If treating items yourself, follow the product instructions carefully
- Do NOT use permethrin products directly on skin; they are intended to treat clothing.

After returning from Zika affected areas, the NDDoH recommends:

- \* Pregnant women should consult their health care provider and seek testing for Zika virus between two and 12 weeks after returning from a Zika affected area.
- \* Men returning from Zika affected areas who have a sexual partner that is pregnant should either abstain from sexual activity or correctly and consistently use condoms for all sexual contact for the duration of the pregnancy.
- \* Men returning from Zika affected areas that have non-pregnant sexual partners should consider abstaining from or correctly and consistently using condoms for all sexual contact.
- \* All travelers should consult their health care provider if they develop illness, such as sudden onset of fever, rash, conjunctivitis (red eyes), joint pain, muscle soreness or pain, headache, within 14 days of returning from Zika affected areas.
- \* Travelers should not use nonsteroidal anti-inflammatory drugs (NSAIDS) like aspirin, ibuprofen, and naproxen.

More information can be found at [www.ndhealth.gov/disease/zika](http://www.ndhealth.gov/disease/zika). Or contact Laura Cronquist at [lcronquest@nd.gov](mailto:lcronquest@nd.gov) or 1.800.472.2180 or 701.328.2378.

## For Your Information

### Attention New & Expecting Parents!!!



Helping every baby sleep safer

Public Health and CHR will be holding Cribs for Kids and safe car education in the

conference room at Elbowoods Memorial Health Center. This will take place every 3rd Wednesday of every month from 9:00 A.M.-4:00 P.M. At this time, parents can receive a Pack n' Play, crib pack, and a car seat (subject to availability)

More than 3,500 infants die suddenly in the US each year. Many of these deaths



are accidental, sleep-related deaths due to suffocation in an unsafe sleep environment and are potentially preventable. For many of these babies, the safe sleep and safety recommendations set forth by the American Academy of Pediatrics and Cribs for kids may have been able to save their lives, ([cribsforkids.org](http://cribsforkids.org))

### Water Chief Hall Events

- **Every Monday, Wednesday & Friday From 7:00pm to 10:00pm Open Gym.**
- **Lyda Bearstail will be sponsoring a Youth Rally with Pastor Woody the weekend on Friday, April 15 through Sunday, April 17, 2016.**
- **On Saturday, April 2, 2016: Terry Mason Memorial**



**2016 Men's & Women's Volleyball Leagues!!!**

**Starting March 23, 2016 Every Wednesday at the**

**Northern Lights gym**

**Sign up your team name and participates.**

- **Women's league requires six players.**
- **Men's 4 on 4 league requires 4 players**

**To sign up just call our main office at 701.627.7931.**

**Brought to you by The Fort Berthold Diabetes Program & Fitness & Recreation.**

# Obituary



Remembering The Life  
Of..Edna "Georgia" Fox.  
"Aahbaxii Xubaa Mzaish  
(Sacred Cloud Woman).

Edna "Georgia" Fox,  
"A a h b a x i i X u b a a  
Meaish" (Sacred Cloud  
Woman) was born February  
11, 1955 in Minot, North  
Dakota to Thomas &  
Germaine (Dragswolf) Fox.

Georgia was born into the Flint Knife Clan (Metsi-no-ga) and a child of the Dripping Dirt Clan (A-wa-xhe). Georgia journeyed to the Spirit World on February 1, 2016 surrounded by her family with prayers and love. She passed away at the Stillwater Medical Center in Stillwater, Oklahoma.

She went to New Town Edwin Loe Elementary School in her early years of school. She graduated from Mandaree High School in 1974 and she also attended UND in Grand Forks. Georgia's hobbies consisted of reading the Bible, riding horse, hunting, drawing, baking, coloring, playing cards and going to the Casinos. She also loved to travel and meet new friends.

Georgia touched the hearts and lives of many people. She was filled with wisdom, dedication and was so very compassionate and a very kind hearted person. Georgia being the self learner that she was, and being very creative, when she visited with anyone young or old, she spoke to them through her drawings of circles to help them understand what she was saying to them.

Georgia was a visionary and blessed with creativity. She used these very gifts and created her drawings which were based on her own life experiences. In her creations of her drawings of her circles she had them done professionally and she has copyrights to each circle. Her own circles of life story took her to many places throughout the United States. Georgia was often requested by those who knew of her story to do presentations. She worked at the Circle of Life Program with the Three Affiliated Tribes for many years. She received numerous certificates and awards through her job. When she was called upon to do presentations, she had the opportunity to travel and when she did she always made

lifelong friends. Georgia was a genuine kind hearted soul, she was raised on Fort Berthold but her presence is known from meeting people throughout her travels. She was a generous person and very loving.

She did not have biological children, but is a mother to her sister Nina's children and grandchildren. She helped raise Tommy Jo Fox, and Skye Manikateri and Teegan. She played a huge part in their lives. She was a spiritual person who could listen to someone and not pass any judgement, but the best advice and understanding she could give. She was very soft spoken, but she also wore her heart on her sleeves. Willing to help anyone when needed, she stood for what she believed in with a genuine heart. Georgia's love for God kept her faith strong, she was a very spiritual strong woman, she loved her Indian ways of life. She loved the sweat lodge where she helped many people in any way she could. She was indeed a helper amongst us all.

Georgia enjoyed helping people, she was a good listener and she didn't judge anyone. She would always try to help them understand themselves through her drawings. Georgia loved her family very much especially her grandchildren. She took it upon herself and raised her grandson Teegan. Always a loving gentle soul, Georgia was loved very much by her family. Georgia was very light hearted also full of great humor with a gift of helping others even through laughter.

Georgia loved her family, and kept her grandchildren & children very dear to her heart. With a heart of gold, she was a very compassionate and always passionate for helping others. She touched a lot of hearts and helped many broken souls. Her legacy will never be forgotten, but greatly missed. Heaven received an amazingly loving angel Edna "Georgia" Fox.

***WE WILL ALL MISS YOU DEARLY....***

# Obituary

In Loving Memory Of  
 “Aahbaxii Xubaa Mzaish”  
 Sacred Cloud Woman  
 Georgia Fox

**Wake:**

Saturday, February 6, 2016 at 5:00pm  
 Water Chief Hall, Mandaree, North Dakota

**Funeral:**

Sunday, February 7, 2016 at 10:00am  
 Water Chief Hall, Mandaree, ND

**Senior Pallbearer:**

Rosie White Owl

**Officiant:**

Pastor Elise Packineau

**Music:**

All Welcome

**Active Pallbearers:**

Nathaniel Fox	David Dobbs
Tavares Fimbres	Callie Fox
Allen Demaray	Bradlen Fettig

**Honorary Pallbearers:**

Chris Ann Demaray	Susie Paulson	Tammy Lee Hall
Audrey Johnson	Debbie Lee	Izetta Hopkins
Lane Lasater	Bruce Gillette	Bobby Brugh
Duane Silk	Gene Thin Elk	Sharon Jacobs
Doug Rensch	Shane Sutton	Daylon Spotted Bear
Tex Hall	Svea Holen	Sonny Bear
Peggy Herz	Nora Schaff	Tooky Brady
Dr. Cummings	Nurse Christopher	Nurse Connie

**Georgia's Loving Family:**

Georgia leaves behind her Teegan boy of Stillwater, Oklahoma; sisters; Connie (Wesley) Twins of Stillwater, OK, Lovina Fox of Mandaree, ND, and Jackie Bearstail (Daryl) of Bismarck, ND; Brothers; Steve Hall (Carol) of Bismarck, Ken Hall (Cara) of New Town, ND, Special daughter, Skye Manikateri (Jonathan) of Mandaree, ND, Special son; Thomas J. Fox of Denver, Co, her loving grandchildren whom she loved very much~ Anani, Lucayan Manikateri, Talayna Fox, Takoja Fox, Tyra Jo Fox, and great grandson Kamden; Georgia held all her sons and daughters close to her heart; Wylee (Becky) Bearstail, Whitney (Kristen), Wesley, Jarvis (Brittany) Kristen, Walter, Billie, and Allison; grandchildren; Kas, Brylee, Kylee, Jake, Eliah, Colter, Natalie, and Saydee Bearstail and Sawyer Keplin; Nieces; Gen Hall Smith, Candice Eagle, Loni Thilmony, Katie Hall Beese and Faith Hall. Special Nieces; Tanya Fimbres, Winona Dobbs Good Left, and Kensey Hall, Adopted sisters; Eldora Poitra, Deb Wallwork, and Orianne Baker and adopted brother Terry Gottschall. Special nephews: Reginald (Punky) Charging and Manny Charging.

# Obituary



In Loving Memory Of  
Geraldine Van Dyke

(Ma-do-ke-Mea) Clam Shell  
Woman.

Geri peacefully entered into the spirit world just before midnight on February 5, 2016 at the Good Shepard Home in Watford City, North Dakota, where she shared a room with her sister, Rita, since July 2013. They both spoke fluent

Hidatsa and kept the staff baffled with their "little" antics.

Geraldine was born on July 2, 1923 to Guy Black Hawk (Water Buster) and Addie Huber (Prairie Chicken Clan) at the Independence District of Fort Berthold Reservation. Geri completed eighth grade by attending Catholic mission schools in South Dakota along with her siblings.

During the late 1940's, she and her older sister, Rita moved to Minneapolis, Minnesota and found employment at a clothing factory and later moved to California where she worked at a ship yard.

Purley W. Van Dyke and Geraldine were married on October 18, 1958, then settled close to the Heart Butte area, where they had BIA Range Unit 19 until 1976. They had no children but kept busy with their home place and also worked with Bennie Baye on the Hans & Mercy Walker Ranch. Geri took part in the fall roundups, riding with the men, which included her brother Kingden, nephew Thomas Black Hawk, Sr., and a few other relatives. Someone told her to do the cooking instead of riding, so she cooked for the roundups for a number of years.

Purley departed this life on May 19, 2000, but Geri continued to live out in the country, assisting with maintaining her home place, which included the yearly job of repairing fences. Spring of 2010 was the last time her private lands were leased for summer pastures.

Geri "tried out" Assisted living for a few months during the Spring of 2010,

but it was too expensive. She then purchased a home on March 1, 2011 and permanently moved to New Town.

Ranch work, gardening, beading, and sewing clothing were her hobbies. Those fortunate enough to receive beaded items or a snap button western shirt as gifts from Ma Doh Ke Mea appreciated the meticulous effort put into each item. Record keeping was also a pastime, cataloging each beaded item and how the money was spent.

Her diaries were filled with many interesting and sometimes funny stories, regarding their trips to town and her pet dogs.

Ma Do Ke Mea enjoyed the Hidatsa traditions and language. She considered her brothers and sisters grandchildren as her grandchildren, per tradition.

Funeral arrangements were made according to Geri's wishes, along with her list for the senior, active and honorary pallbearers.

Geraldine is survived by her 101 year old sister, Rita Hawk along with numerous nieces and nephews and their families.

Preceding her in death; husband, parents, grandparents, brothers: John Stone Sr., Kingden Black Hawk, Frederick Black Hawk, Sisters; Louise Finley, Marie Lincoln, Catherine Fredericks, many nieces, nephews and others.



# Obituary

In Loving Memory of  
Geraldine "Geri" Van Dyke  
Clam Shell Woman (Ma'Doh'Ké'Méa)

**Date & Place of Birth:**

July 2, 1923 ~Fort Berthold Reservation

**Date & Place of Death:**

February 5, 2016~Watford City, ND

**Wake Services:**

Wednesday, February 10, 2016 at 10:00 am  
St. Anthony's Common Hall~Mandaree, ND

**Traditional Ceremony Services:**

Thursday, February, 11, 2016 at 10:00am  
St. Anthony's Catholic Church~Mandaree,ND

**Officiating:**

Father Roger A. Synek

**Reading:**

Bernadine T. Mendez (*Geri's Granddaughter*)

**Music Selection:**

Sister Lucille Heidt, OSB  
Algie & Rockee Mahto

**Senior Pallbearer:**

Wilbur P. Hunts Along

**Casketbearers:**

(*Geri's nephews and grandsons*)

Dwight Black Hawk Dennis Fimbres Val Finley Jr.  
Calvin D. Black Hawk Belden Moberg Tyrell G. Moberg

**Honorary Casketbearers:**

Tillie Walker, Reba Walker, Linda Baker, Josephine Parenteau  
Maxine Buffalo, Ivan Johnson, Tom Crowsheart, Kathy Felix  
Bruce Crowsheart, John Stone Jr., Jerome Dancing Bull,  
Rigo Mendez, Nina Fox, Keith Mandan

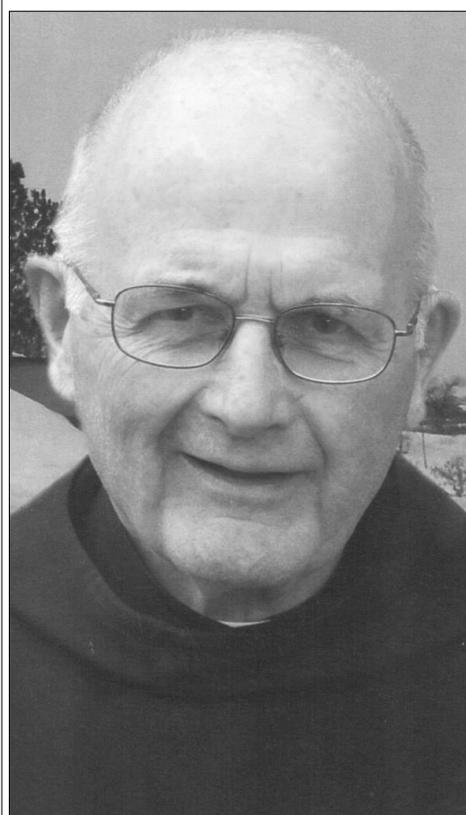
**Interment:**

St. Anthony's Catholic Cemetery, Mandaree, North Dakota

**Gravesite Farewell Song:**

Wilbur P. Hunts Along

# Obituary



## Remembering the Life of..Fr. Stephen Peter Kranz, OSB

Fr. Stephen Peter Kranz, OSB was born in Hasting, Minnesota on April 19, 1926 to Charles P. Kranz and Appolonia (Gergen) Kranz. His father passed away in 1942, which left his mother to complete raising their ten children.

The family members helped with expenses and remained close all their lives. Fr. Stephen worked at various jobs including a dairy farm

and the railroad. He joined the Army Air Corp toward the end of the World War II and trained as a tail gunner. The war ended before he was deployed.

Using the GI Bill, Fr. Stephens earned a Bachelor of Arts Degree from St. Benedict's College, Atchison, KS, on May 29, 1950.

On August 3, 1950, he earned the novitiate at Assumption Abbey, Richardton, ND and made his monastic profession of vows on August 4, 1951. After completing seminary studies at the Abbey he was ordained to the holy priesthood on May 19, 1955. Fr. Stephen's first assignment as an ordained monk was to Sts. Peter and Paul Church, Strasburg, ND, as associate pastor.

On August 25, 1956, he was reassigned to St. Mary's Church in Richardton, again as an associate pastor. On September 5, 1960 he was appointed pastor of the Sacred Heart Church in Solen, ND. He returned to Strasburg as an associate on July 17, 1961, and then as associate to St. Mary's, Richardton, on August 16, 1966.

On August 15, 1971, his assignment changed again. This time to St. Anthony's Catholic Mission, in Mandaree, North Dakota, which began his signature work.

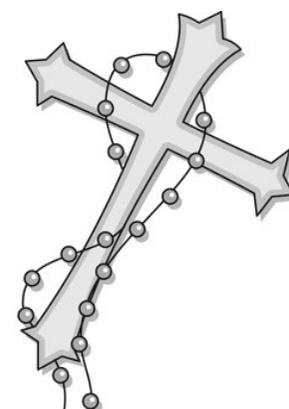
For 41 years he served with great love and devotion the Indian people there. He loved them and they loved him. Fr. Stephen respected the traditions of the Indian people. No one was outside his love and care. He prayed with them, made frequent house calls, worked with the children, students, and the young and old alike.

He brought the Lord to everyone. During his time at the Fort Berthold Indian Reservation he was pastor of St. Anthony's Mission, and at various times, also pastor of Sacred Heart Church, in White Shield, St. Joseph's Church, Twin Buttes and St. Anthony's Church in New Town. He got to know everyone. Fr. Stephen was adopted by Mary (Young Bird) Lone Fight and Cora (Young Bird) Baker. Father was a member of the Low Cap Clan. The Low Cap family will take care of Father's body in the Hidatsa Way.

Father's Hidatsa name is "Good Bear". His name was given to him by Art Smith. Father also has a song that goes with his name. During the summer months of most of his 41 years at Mandaree he had Mass at Mossette Bay for people who have houses or trailers by Lake Sakakawea. Through this means he made many more friends from Bismarck, to Williston to Dickinson and all places in between.

At retirement on June 28, 2012, he integrated easily back into monastic life at the Abbey. He was well liked, enjoyed having fun, helped out with work, and was an example with his devotion to the Community Prayer, Mass, etc.

He was preceded in death by his parents and six brothers. He is survived by one brother John (Marlys) Kranz and two sisters; Dolores (James) Wilkie and Margaret (Paul) Kane and by numerous nieces and nephews.



# Obituary

Celebrating The Life Of  
Fr. Stephen Peter Kranz, OSB  
"Good Bear"

**Funeral Mass:**

Monday, February 8, 2016 at 10:00am

St. Anthony's Catholic Mission

Mandaree, North Dakota

**Rosary and Vigil Services:**

Sunday, February 7, 2016 at 7:00pm

St. Anthony's Catholic Mission

Mandaree, North Dakota

**Celebrating:**

Most Rev. David D. Kagan

Father Roger A. Synek

**Pallbearers:**

Members of The Low Cap Clan

**Military Rites:**

VFW Post 9061

Myron Johnson-Nathan Goodiron Post 271

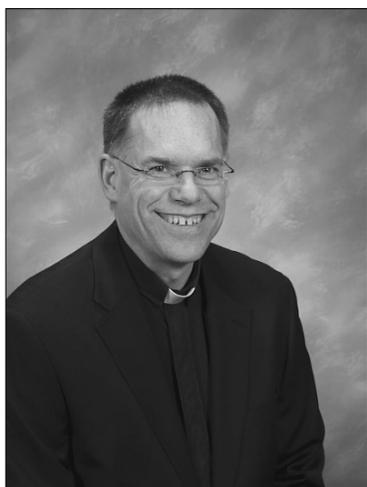
Young Hawk Bear Post 253

**Interment:**

Assumption Abbey Cemetery

Richardton, North Dakota

# Ashes



Every year the Catholic Church helps people prepare themselves to celebrate the real meaning of Easter. She does this providing the Season of Lent which begins with Ash Wednesday. For many people it is very important to attend an Ash Wednesday service and receive ashes on their forehead in the form of a cross. So what is so attractive about Ash Wednesday? What is the meaning behind these ashes?

If we look back into history and review how ashes were used in rituals we can see their use as early as 800 years before Christ was born. In the ancient Greek epic poem The Iliad written by Homer in the 9th Century BC, people would use ashes (along with sackcloth) when mourning, doing acts of deep repentance or expressing humility. Use of ashes can also be seen in other Mediterranean cultures including the Jewish culture. In general, ashes were regarded as a symbol of personal remorse and sadness. For instance, after Tamar (the daughter of King David) was raped by her half brother Amnon, in great disgrace she “put ashes on her head and..went away crying loudly” (2 Sam 13:19).

We also see ashes used in conjunction with fasting when a person in great distress desperately pleads to God for help. Isaiah seems to indicate that it was customary to lie in sackcloth and ashes when fasting (Is 58:5) For instance when Daniel, who lived in the 6th Century BC, was deeply distressed by the fact that his people gravely sinned against God, he “turned to the Lord God, to seek help, in prayer and petition, with fasting, sackcloth and ashes” (Dan 9:3). Mordecai, another Hebrew character who lived in the 5th Century BC, “put on sackcloth and ashes, and went out into the city, wailing loudly and bitterly” when he learned that Haman, the king’s trusted advisor, plotted to exterminate the Jewish people off the face of the earth (Ester 4:1).

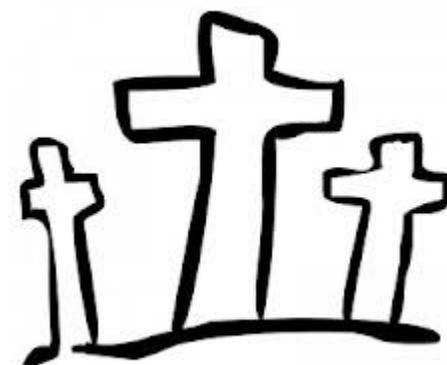
Fasting, ashes and sackcloth are also used when there is a need to express deep repentance or humility. For instance the people of Nineveh living in the 5th Century BC “proclaimed a fast and all of them, great and small, put on a sackcloth” after Jonah went through their city challenging them to repent and change their ways or be destroyed. Even the king of Nineveh “rose from his throne, laid aside his robe, covered himself with sackcloth, and sat in ashes” (Jonah 3:5-6). In the New Testament Jesus himself ties repentance to ashes when he chastises into towns that need to repent: “Woe to you, Chorazin! Woe to

you, Bethsaida! For if the mighty deeds done in your midst had been done in Tyre and Sidon, they would long ago have repented in sackcloth and ashes: (Mat 11:21).

From this use of ashes as a means of repentance our current practice of using ashes exists. In the early Christian Church there is mention of people privately using ashes in various ways. During the 6th and 7th Centuries AD the practice to rub ashes on the forehead in the form of a cross emerged. The idea of a cross on the forehead comes from Ezekiel 9:4-6 where an angel of the Lord is instructed by God to “mark an X on the foreheads of those who grieve and lament over all abominations practiced within: Jerusalem. In the Book of Revelations a seal placed “on the foreheads of the servants of God”, is also mentioned (Rev 7:3). This sign on the forehead is also a reminder of baptism and how the baptized now share in Christ’s victory over sin and death. With these symbols were placed on the forehead, the Christian’s desire to turn away from sin and be faithful to the Jesus was reinforced. Also emerging from these centuries was the practice of burning the previous year’s palm branches to make these ashes.

By the 8th Century AD the Catholic Church began using the practice of placing ashes in the form of a cross on the forehead publically in her rituals at the beginning of Lent~“Day of Ashes” now known as Ash Wednesday. Today these same symbols still apply. I think Ash Wednesday is so attractive because we all desire to be part of that victory over sin and death. Written on our hearts from the moment we exist in our mother’s womb and heightened by our baptism is a yearning to be with God.

Our attraction to sin hurts us and takes us away from God. This yearning instilled deep within us prompts us again and again to start over. You can do it! So we humbly attend Ash Wednesday service to publically receive ashes on our foreheads. And as we receive these ashes we hear the encouraging words spoken by the minister, “Turn away from sin and be faithful to the Gospel.”



# Obituary



## Remembering Alfreda's Life.....

Alfreda M. Goodiron 88, New Town, died Tuesday, February 9, 2016 in a Bismarck hospital.

Alfreda Mandan Goodiron was born on May 7, 1927 in Elbowoods, North Dakota. Alfreda was a member of the Low Cap Clan and the seventh of nine children born to Arthur and Anna (Youngbird) Mandan. Alfreda's brothers and sisters are; Anna,

Eloise, Victor, Bernard, Esther, Richard, Rosemarie, Tony and Bob O'Brien. Alfreda attended grammar school at Lucky Mound School and later graduated from High School at St. Paul's Mission School in Marty, SD in 1944. She was the sister that her brothers loved to roughhouse with, tease and play with. Although Alfreda always had the sweetest disposition she was touch as nails underneath. She was not afraid to get after you if you got to her tipping point and then you knew, loud and clear, when she had enough. Over her life, those times were few and far between, however, as she had patience in abundance and did not possess any malice or ill will toward anyone.

In 1947 Alfreda met Gilbert Goodiron from Fort Yates and they were united in marriage. Their union was short but during that time they had three children together. Vance Neal in 1948; Nathan Paul in 1949; and Sarah Sue in 1953. After they divorced in 1956, Alfreda faced the prospect of being a single mother with little opportunity for employment, especially for women on the reservation.

In 1959 Alfreda decided to move to Chicago to join her sister Rosemarie who moved there to work for the federal government. Her brother Tony and nephew Jimmy Johnson later followed and they lived together for several years. In 1960 Karen Anne was born in Chicago. Alfreda was able to find work at a book publishing company, Lyons and Carnahan. Lyons and Carnahan published a notable series of children's educational books about a young Indian called Red Feather and his life on the reservation. She enjoyed bringing those books home to her children to read. She always took time to help her children learn,

enrolled them in the best schools she could on a limited budget and gently encouraged them to take their studies seriously. In 1965 Alfreda met Cliff Williams and together they had a daughter, Rose Mary, in 1966. By then her brother and sister had left Chicago and she found a good job in the Department of Social Security where she remained for 20 years. She started out as secretary and worked her way up to client intake. She worked for many years at a branch on the south side of the city in a poverty stricken and dangerous neighborhood. Many of the people who came through that busy office would specifically request to talk only with her because she gave them the time they needed and always made them feel welcome.

In 1974 Alfreda endured the loss of her oldest daughter, Sarah Sue. It was a devastating loss yet she stayed strong for her children and her grandson, Freddie. She raised Freddie and became his mother since his father passed the year before. Alfreda struggled to keep her youngest children in Catholic school in Chicago and would work regularly at the church bingos to help offset the high cost of tuition. Although Alfreda did not have a high paying job and paid for two children's schooling she was able to purchase her first home in Chicago in 1977. Alfreda lived her life in moderation and was always prudent with her finances and investing her money. During her time in Chicago she was a mother to many nephews coming back from Viet Nam, passing through on military leave or stationed at the Great Lakes Naval Base. Although the visits were short in length it helped to ease the loneliness she felt from being so far from home. There was a thriving Native community in Chicago during those years so she made many lifelong friends who became her second family.

Alfreda took an early retirement in 1987 after 20 years of federal service and moved back to Mandaree. Immediately upon returning home she joined the Mandaree Women's Auxiliary American Legion Post 271~ a post that her older brother Victor established in the 1940's. Until then there was no American Indian Post in the state of North Dakota. Alfreda served as treasurer of the Auxiliary for a short time and was 271's only lifetime member. Alfreda came from a strong family tradition of military service. Her son Paul served three tours in Viet Nam and she was a gold star mother through her son, Myron Johnson, and a gold star grandmother through her grandson Nate. Alfreda eventually joined the Women's Auxiliary Post of the VFW 9061 where she also served as Treasurer.

Because of her sister Rose's affiliation with the Tekakwitha Society, a

# Obituary

group of Catholic Indians who campaigned for the sainthood of Kateri Tekakwitha, Alfreda became a member. She was actively involved with Kateri's Circle and attended the annual Blessed Kateri Tekakwitha conferences with family and friends over a 30 year period.

She was thrilled to travel with her daughter Rosie to Rome in 2000 to celebrate the millennium and hear Pope John Paul II celebrate mass in the Vatican Square.

In 1990 Alfreda received a phone call from a man who was searching for family members. Robert O'Brien was raised in a Minnesota orphanage but had no information about his origin he was finally able to locate his birth certificate and discovered his father's name. Alfreda was overjoyed that her brother was found after 62 years and many previous attempts by his sisters to locate him. As was her nature, she immediately welcomed him with open arms and did not hesitate in accepting him into the family fold.

To Alfreda family was the most important thing in the world.

In November 2006 Alfreda's grandson Nathan was killed in action while on security duty in Qarabaugh, Afghanistan on Thanksgiving Day. It was a very sad time for her and the family but she did all that she could to honor him and help keep his memory alive. Her sadness was lifted a bit when her first granddaughter, Isabella Rose, was born in January 2007. Alfreda so loved her little "Isabelly" as she did all her children, grandchildren and great-grandchildren. She was very proud of her grandson, Corey, as fire keeper of his father's sweat lodge ceremonies and also for his participation in the sun dance.

Alfreda enjoyed sewing star quilts, needlepoint, knitting, doing crossword puzzles, going to bingo and traveling to her home in Arizona. She enjoyed doing anything that would help keep her mind and body active as she got older. She was a devout Catholic and was very involved in St. Anthony's Catholic Church and the Fort Berthold Catholic Congress. She would always pray for her children and friends and for those in suffering. She loved having all her children and relatives over for holidays, having barbecues in the summer and going to pow-wows.

The one word to describe Alfreda is love. She loved so unconditionally, especially her children and would do whatever she could to help someone in need.

For more of her life she did not have much money but her house was always filled with love and her children never felt in want of anything. And, everyone who knew Alfreda loved her in return.

She greeted everyone with warmth, a wonderful genuine smile and always made you feel welcomed in her home.

Alfreda has taken a piece of our hearts with her and has left a void that will never be filled. We do, however celebrate the happy reunion she will have with all her loved one who have passed on before her.

Thank you mom, for the many wonderful years you have given us and for the beautiful soul we were fortunate to share.

We will keep you close...always.

Alfreda's loving family; son-Vance Neal Goodiron. Daughters; Karen Anne, Rose Mary (Ric) and Harriet Goodiron. Brothers; Adam Tony Mandan, and Robert O'Brien. Sister-Sr. Lucille Heidt. Grandchildren; Corey Paul Goodiron, Alfreddie Whitehair Jr., and Isabella Rose Sotorrio, Great Grandchildren; Destiny and Dalton Whitehair and Antwone Noah Goodiron. Nephews; George and Keith Mandan and Tommy Demaray, John, Jerome and Eagle Plume Morsette, Jimmy and Ivan Johnson, Victor Gordon, Gilson, Tommy, Orville and Cedric Mandan Red Feather. Nieces; Tootsie Lawrence, and Rosie and Diane Johnson, Vicky Mandan Davis and Marliss Mandan. Alfreda was preceded in death by her spouse, Cliff Williams; her parents; daughter, Sarah Sue, son; Nathan Paul; grandson, Nathan Joel; Brothers; Victor, Bernard and Richard; and sisters; Esther, Anna, Eloise and Rose Marie.

# Obituary

In loving Memory

Alfreda Mandan Goodiron

Isha' wikə mia (Corn Silk Woman)

**Wake:**

Monday, February 15, 2016 at 5:00pm

St. Anthony Catholic Church Mission

Mandaree, ND

**Funeral:**

Tuesday, February 16, 2016 at 10:00 am

St. Anthony Catholic Church Mission

Mandaree, ND

**Senior Pallbearer:**

Clarine DeGroot

**Celebrant:**

Father Roger A. Synek

**Active Pallbearers:**

George Mandan	David Morsette
Shane Johnson	Tommy Demaray
Bronson Flynn	Jimmy Johnson
John Beaver	Billy Stevens

**Honorary Pallbearers:**

Women's Auxiliary American Legion Post 271  
Women's Auxiliary VFW Post 9061  
Women's American Legion Auxiliary Post 300  
American Legion Post 173 (Ft. Yates, ND)  
American Legion Post 17 (Cheyenne, SD)

**Interment:**

St. Anthony's Catholic Cemetery  
Mandaree, North Dakota

Senior Citizen Menu for the Month of:

**February Menu**

Meals Prepared By: Nina Finley

Monday	Tuesday	Wednesday	Thursday	Friday
1 Goulash, carrots, lemon pudding	2 BBQ Ribs, baked beans, potato salad	3 Meatloaf, mash potatoes & gravy, mixed vegetables	4 Sloppy joe, fries and orange	5 Chicken stir fry, rice and cookie
8 Fajita pudding	9 No Meals Staff Training	10 Tator tot hot dish, peaches	11 Beef stroganoff, carrots and pears	12 Steak, baked potato, mixed vegetables
15 No meals President's Day	16 Chicken noodle soup, crackers	17 Pizza, green beans	18 Tuna casserole, pudding	19 Pigs in the blanket, mac n cheese, veggie
22 Roast beef sandwich & veggie	23 Deer stew	24 Beef vegetable soup	25 Corn soup	26 Fish, rice, peas & jello
29 Chili and bread			Mealsite: 759-3092 Elders: 759-3099 Fax: 759-3093	

Menu Subject to Change

Senior Citizen Menu for the Month of:

**March Menu**

Meals Prepared By: Nina Finley

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Taco N Bag Fruit Cocktail	2 Salisbury Steak Broccoli Cheese Pears	3 Super Nacho's Cookie	4 Shrimp Alfredo Breadsticks Jello
7 Cheeseburger & Fries Veggies and Brownie	8 Sweet & Sour Chicken, Rice, Eggroll Fortune Cookie	9 Corn Soup Salad	10 BBQ Ribs Potato Skins	11 Egg Salad Sandwiches Potato Chips
14 No meals Mystic Lake Casino	15 No Meals Mystic Lake Casino	16 No Meals Mystic Lake Casino	17 No Meals Mystic Lake Casino	18 Fish Patty, Tator Tots Carrots
21 Beef Stroganoff Broccoli & Cake	22 Sloppy Joes, Chips Veggies	23 Chicken Fajitas Spanish Rice	24 Deviled Eggs, Ham, Scallop Potatoes, Cucumber salad	25 Tuna Casserole Off at Noon Good Friday
28 Easter Day No Meals	29 Biscuits & Gravy Boiled egg, orange	30 Polish Sausage Sour Kraut	31 Porkchops, Rice, Mushrooms gravy & Veggies	Mealsite: 759-3092 Elders: 759-3099 Fax: 759-3093



**Our Deepest Sympathy & Prayers to the family and relatives of Geraldine Van Dye, and to Georgia Fox's family and relatives, to the family and relatives of Alfreda Goodiron, and to the family and relatives of Father Stephen Kranz. On the loss of their beloved ones. May Our Creator God be with each and everyone of you with comfort and love as you go through this sorrowful time.**

**From The West Segment Representative & Staff.**

**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.**

**February Birthday Wishes to Our Elders!**



**Brenda Hale**  
**Belinda Boston**  
**Keith Mandan**  
**Fayette Young Bear**  
**Arnie Guymon**  
**Rose Ann Johnson**




**The seat belt fine on the Fort Berthold Reservation is \$100.00. So buckle up when you get in your vehicle.**

**A message from the MHA Traffic Safety Program.**

*\* 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.*