

Country Road Chronicles Of West Segment

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Native American Veteran Lives to Serve His Fellow Veterans and Tribal Members

Written By: Gary Hicks, senior writer Office of Public & Intergovernmental Affairs.



Quotes For The Heart & Mind:

- "Give thanks for what you are now, and keep fighting for what you want to be tomorrow." ~Fernanda Landeros
- "Enjoy when you can, and endure when you must." ~Johann Von Goethe
- "Don't wait for the last judgment.. It happens everyday." ~Albert Camus
- "Children are the living message we send to a time we will not see." ~Neil Postman



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Bill Hale is an interesting man, even though he would probably tell you that he's not. He could tell you stories of his youth attending Catholic boarding school, or the life lessons he learned from his grandparents while growing up on the Fort Berthold Reservation. He could also tell you about communing with nature, being an Army Infantryman, or an oil field roughneck. Hale could even tell you what it's like busting broncs and riding bulls in rodeos.

But Hale, he would rather talk about helping Veterans. The 60 year old Native American is a member of the Hidatsa and Mandan Tribes, and serves as a Veterans Service Officer for the Three Affiliated Tribes~The Mandan, Hidatsa, and Sahnish also known as the MHA Nation in New Town, North Dakota.

If you haven't noticed, Bill Hale isn't exactly a one-job-at-a-time guy. And his work for the MHA Nation is no different. **Continue on page 4.**

West Segment Tribal Representative Update



Hello Community Members & Relatives. First of all, I would like to extend my condolences to those families who recently lost their loved ones from other segments. I would also like to acknowledge with prayers

for those tribal members who are in the hospitals, nursing homes, ect., I know we have community members who are in the hospitals and nursing homes. Just want them to know we are thinking of them.

On another note, we recently went on a trip to Mystic Lake with the elders from our segment and they had a good time while they were there. The elders enjoyed their time to get away from their household and enjoy themselves. KMHA was there and did some interviews which will be aired this week. Councilman Fox, and Councilman Spotted Bear and myself were there.

There has been a serious issue in our community which involves our Mandaree School. We recently had a bomb threat, this a big concern for us. I want to let the parents know first of all, because this all starts with the parents, I would like to inform all parents that have kids going to school in Mandaree. We all need to teach our kids that this type of behavior is not to be taken lightly. There are severe penalties that will follow these kids and it will go back to the parents responsibilities. As a tribe, we are very concerned about this bomb threat issue, We have our law enforcement entities help out when this type of issue occurs in any of our

communities. This is a federal offense because we get 638 funding from BIA so this becomes a Federal threat. Since our children are ward of our government, this becomes a federal offense.

My advice would be to the parents, you need to talk to your kids, let them know this is a serious issue. This type of behavior is going on and your kids need to know it's severe consequences that will take place on the parents and the kids.

For example, if your child or children make a crank call to the school and say they are caught than the parents will be held responsible even if it's a crank call. This is serious business and should not be taken lightly, this very issue will not be taken lightly by our law enforcement agencies and bomb squads coming in. So the penalties will come in so that's why I am saying this type of behavior won't be tolerated. So parents please talk to your child/children so they know how serious this really is.

On a positive note and I like to keep things positive for our community. This coming Sunday, March 20th at 2:00pm we have our Easter Dinner for everyone. We will have a number of activities and a Easter Egg hunt for the kids and other activities. We will have our first of three community clean ups in our community, first will be March 22, and in April, in May than June, we will be giving away tickets to the kids who participate in all our clean ups for State fair tickets. We are still waiting on Mckenzie Electric for WhiteOak so we hope it will be in Mid April. We hope to open our transfer station in mid April too. Just want to inform our community that will have a disbursement in April, I will always push for that. Anyone that didn't sign up for healthcare see Dawn Yeahquo or call her 759-3377 ext. 202. Thank you for being a good reader.

News From The National Indian Council on Aging

National Indian Council On Aging

The number of American Indian and Alaska Native Elders 65 + is expected to increase from 7% in 2010 to 15% by 2030. As the population of Elders grows, so does the abuse of those who require care. Elder abuse can be physical, emotional or psychological. It includes intimidation, threats, neglect, abandonment, and financial exploitation.

It can take the form of hitting, shoving, sexual abuse, threats and inappropriate use of drugs, restraints or confinement. It is often committed by family members. Elder abuse needs to be reported. If you live on Tribal land, report abuse to your local Police Department or social services.

According to the National Indian Council on Aging, they provided some examples of Abuse incidents reported by Key Informants:

- Family members set up a methamphetamine lab in an elder's home.
- A non-ambulatory elder was left without water or food and was not taken to her dialysis appointments.
- A son and daughter-in-law overmedicated a wealthy older woman in order to hasten her death.
- An elder was taken off dialysis and had her medications withheld as punishment.
- A woman was beaten black and blue and sexually molested by her children.
- An elderly woman's home was taken over by younger people on the reservation who are alcoholic. They financially abused the woman and placed her in a nursing home.
- An elder signed over her paid-off Mutual help home to her grandson, expecting that she would be allowed to continue living there until she died. The grandson subsequently evicted her.
- An elderly woman allowed her nephew and his family to move into to her home. The nephew got his aunt to sign a quitclaim deed, transferring ownership of the property to him. She did not understand what she was signing and did not want to give up her home.
- An elderly woman reported to her physician, whom she had known for many years, that she had been a victim of domestic violence for 15 years.

Other patterns and trends observed by key informants are as follows:

- Elders, family members come to visit at the beginning of the month and either take elders money or leave when the money runs out.
- Young children are left with elders who lack the strength or resources to provide care.
- Some elders have extremely valuable artifacts, including traditional costumes, baskets, and beadwork, which is highly sought after by collectors. These assets are sometimes taken and sold by family members or others who have access to elders homes. The care and control of these items can become a political issue involving people outside the family because many tribal members do not believe these items should be sold to outsiders.
- Family members threaten elders into signing over funds or become their "self appointed" guardians.
- Indian grandparents who are primary caregivers for grandchildren have little support or assistance. In some cases, problems arise when the children reach adolescence. At this point, some begin to neglect, physically abuse or financially exploit their grandparents.
- Family members who want to provide care to elderly members lack adequate resources and time to do everything that is needed.

The National Indian Council On Aging also informs elders on who is at risk for falling:

Each year, one in every three adults age 65 and older falls. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. Fortunately, falls are a public health problem that is largely preventable.

Who is At Risk?

Fall related deaths:

- The deaths rates from falls among older men and women have risen sharply over the past decade.
- Men are more likely than women to die from a fall. After taking age into account, the fall death rate in 2010 was 40% higher for men than for women.
- Older whites are 2.4 times more likely to die from falls as their black counterparts.
- Rates also differ by ethnicity. Older non-Hispanics have higher fatal fall rates than Hispanics.

For more information go to www.nationalcouncilonaging

Continue Native American Veteran Lives to Serve His Fellow Veterans and Tribal Members

Written by Gary Hicks, senior writer Office of Public & Intergovernmental Affairs



In his current position, he does a lot of different things from driving veterans to their doctor appointments to finding homeless veterans a place to sleep. He's even trying to build the tribe a new building to better serve their Veterans. That is when he is not traveling the outlying and remote areas reaching out to older and new Veterans to inform them about the benefits and services available to them through the tribes, VSO's and VA.

But this story didn't start about Hale, or the other many hats he wears. It began last month when Wounded Warriors Family Support, a Nebraska-based VSO, purchased a truck from a local Ford dealer and presented it to the MHA Nation.

"Native Americans provide the highest percentage of our soldiers, airmen, sailors and Marines that any other demographic group, yet they are underserved because of their isolation," said retired U.S. Marine Corps Col. John Folsom, founder and president of *Wounded Warriors Family Support*. "This vehicle will help in providing adequate transportation for those who served."

The vehicle purchased by Wounded Warriors Family Support is one of several programs that organization runs to support and improve the lives of Veterans across the country. A presentation ceremony was held at Eide Ford in Bismarck, North Dakota, where dealerships general manager, Casey Newman, presented the keys to MHA Nation Chairman of the Tribe



Eide Ford general manager, Casey Newman presents the keys to Chairman Mark Fox, who in turned passed them to Bill Hale.

Mark Fox to a brand new Ford F150 gifted by WWFS to the MHA Nation. It was a pretty big deal to all. Immediately following the ceremony, the keys were handed to ~you guessed it~Bill.

As luck (or certainly planned scheduled) would have it, a fellow Veteran had a medical appointment earlier that day in Bismarck. Bill Hale hopped in the new truck and drove to the VA outpatient clinic located there to pick up the visually impaired Veteran and drive him roughly three hours back to his home. Just another day at the office for Hale.

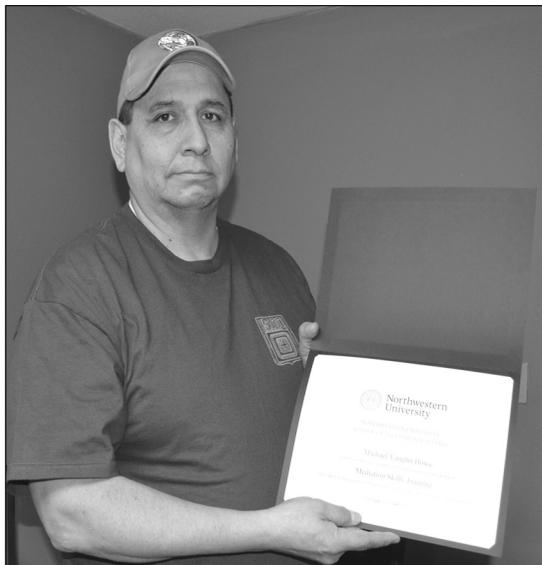
"Having a way to transport Veterans is very important up here," Hale said. "We have a large lake that separates many of the communities and you might have to drive 90 miles or more to get around to some of the outlying areas. We need to maintain the ability to get Veterans to where they need to go especially for their medical needs. This truck is a blessings." What was evident in my conversation with Hale~while he was on the road by the way~ was not the fact that he busted broncs in his youth or is the American Legion Commander of the Myron B. Johnson-Nathan J. Goodiron Post 271 in North Dakota, but its his passion for helping his fellow veterans. A passion you can feel by talking to him, although it's not being said in his words, for his words are always about helping others. That passion helps Hale succeed in helping his fellow veterans as a part of the MHA Nation. It's the same type of unspoken dedication that is reflected in many others, such as Folsom of the Wounded Warriors Family Support, and the thousands of others like them, who dedicate their lives to improving the lives of their fellow Veterans in any manner they can.

While some of you may not know Bill Hale, you probably have someone like him in your community~someone who gives a Vet a ride to the hospital, or goes around collecting clothes for the next homeless stand-down event. It's the people who get things done, not necessarily because they are paid to, but because they want to and because caring for Veterans is the right thing to do.

If you know someone like this, ask them how you can help, or maybe volunteer at your local VSO or VA facility.

For Your Information

Howe Completes Mediation Class



Pictured with his certificate is Michael Howe, Mediator for the West Segment Regulatory Commission.

This young man is no stranger to our West Segment community. He recently retired from the United States Army. He is the son of the late Melvin Fox and his mother Delma Fox, who currently resides here in the West Segment community. Mike is married to Lorraine Irwin Howe. Mike was recently hired as a Mediator for the West Segment Regulatory Commission. New at this job, he wasn't sure what mediator meant in the context he was hired for. So he was asked to look for mediation

training. He took it upon himself to do research on trainings of being a mediator. Through his research he found a school in Chicago, Illinois that caught his eye of what he was looking for. The school he found was Northwestern University in Chicago. The name of training was Mediation Skills Training Program. Mike was enrolled in Northwestern University's (Chicago Campus) and completed a 40 hour course.

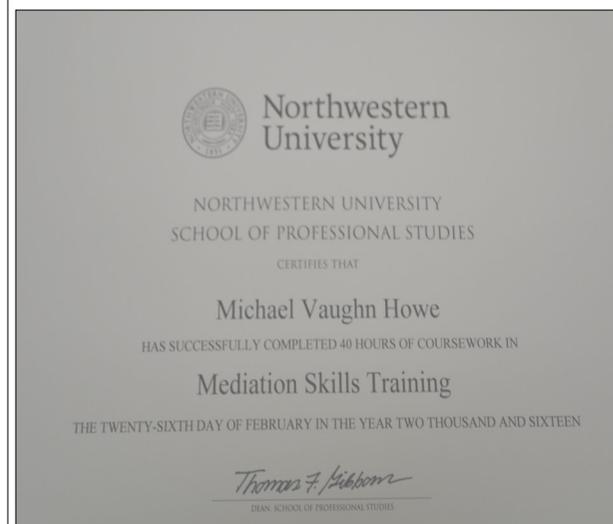
For your information Mike has put in the definition of a Mediator from Webster definition which means; a (go between conflict resolution).

In having this course of training gave Mike a complete understanding of mediation and he now has the skills necessary to mediate at any level,

According to Mike he says; "I believe there were thirty people who participated in this training. There were lawyers, judges, social services as well as employee Professors from neighboring schools as well." I would like to thank Harriet and the West Segment crew for their continued support and

I look forward to serving the West Segment community to the best of my ability".

Pictured to your right is a certificate that certifies Mike as a Mediator.



Notice From The West Segment Maintenance Department

Starting at the beginning of February we will deliver water on Mondays and Fridays only. Sorry for any inconvenience this may bring but we are really busy at this time of year, keeping our roads clear of snow and doing other jobs around the community.

On another note, we want to inform everyone that we will only deliver water on the weekend for **EMERGENCIES ONLY**. The water delivered is for human consumption only and **NO LIVESTOCK**.

The West Segment Maintenance will help everyone with the following:

- **Wake and funerals**
- **Junk car removal**
- **Wash out crossing culverts**
- **Cattle guard cleaning**

Community members who need water for their homes may contact the on call employees who are Vincent Hunts Along and Curtis Hall for water for your homes.

We have listed for your convenience the phone numbers for our Maintenance crew:

Dan Hunts Along: (701) 421-2992

Vincent Hunts Along: (701) 421-3576

Curtis Hall: (701) 290-1267

Our receptionist is Amanda McKenzie and she can be reached at (701) 421-2288

Our office is located behind the Water Chief Hall inside the garage, so if you need to see one the employees this is where you will find them. For your information in case you call our office and no one answers the phone, than we are out in the field helping our community members. You can leave a message with the Maintenance Receptionist: Amanda McKenzie.

For Your Information



During the Sioux Empire Wacipi that took place this past month. Contests were held for the singers. This contests were held in honor of Gordon Bird and his wife. The contest was the best dressed singers. Pictured to your left are the Young Bear Singers who won the best dressed contest. Pictured below is another photo of the Young Bear drum winning the best dressed.

Pictured are Gordon Bird, a MHA Tribal member and his wife who were recently honored at the Sioux Empire Wacipi. The Bird family selected their winner for the best dressed drum group which so happen to be the Young Bear Singers. Pictured below is another photo of the Young Bear singers who participated in this contest and won first place.



For Your Information



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.

This is for your information 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

I am in the process of scheduling a Workplace Violence Planning & Management Course on Saturday, March 19, 2016 at 1:00pm.

Attend this course to increase your level of safety and preparedness in the event of an emergency or violent act. Learn the history of mass shootings, lessons learned from each event, and if your business is at risk for violence.

The instructor will cover the predator recognition and observation techniques, staff preparedness suggestions, high risk employment considerations, identifications of potentially dangerous employees, and the importance of developing an Emergency Response Plan.

Each attendee will receive a free copy of a standard workplace violence policy. This course has been reviewed and approved by the U.S. Department of Homeland Security, ND Post Board approved for four (4) continuing education credits.

Please respond if you are interested in attending so I could plan and prepare for an approximate amount of attendees.

There will be no individual/department cost for MHA Nation Tribal Employees that choose to attend.

Thank you

Joni Bolman

Safety Officer

Three Affiliated Tribes

(701) 421-1564

West Segment Regulatory & West Segment Have Clean Up Day



Pictured above is Harriet picking up trash by the playground in the Mandaree community.



Loren Walking Hawk loading up with bags of trash everyone picked up. He drove around the community to pick up their trash.

The West Segment General Manager Ms. Harriet Goodiron got her staff together and asked for the West Segment staff to help in the clean up day. According to Harriet, she said she just doesn't like the trash in our community, especially with visitors coming in for the warbonnet dance. Even though the day was a little windy everyone got outdoors to pick trash up which they started from the Mandaree approach off of highway 22 and came down from there. While others picked trash up from the turn off by the store and in areas by the West Segment community.

West Segment Regulatory employees were out and about picking up trash. Loren Walking Hawk from the West Segment Regulatory drove his truck and a trailer to help pick up the bags of trash that everyone picked up.

It was a good day with little wind to pick up trash when everyone is done a potluck will be served to those to took the time to pick up trash in our West Segment community.

Let us all help each other and keep our community clean.

Pictured to your right are some photos of workers picking up trash. Everyone help is greatly appreciated!!

Pictured to your right is Antonio from the West Segment Maintenance Dept. doing his share of picking trash up in our community.



Pictured to your left are the Regulatory employees picking up trash along the road as you come into the West Segment community. Special thanks to all who participated in cleaning up Mandaree.



To your left are some Regulatory employees picking up trash by the trailer homes. To your right are a couple of West Segment employees from the Maintenance department picking up trash by the approach as you are on your way to the center.



For Your Information



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.

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

Meal site: 759-3092

Fitness Center (Dennis Fimbres): 759-3780

Hidatsa Program: Arvella White and

Carol Newman :759-3276

For Your Information



Hidatsa
Language Circle
NHS College
Culture Center
 Please join us for
 the Hidatsa

Language Circle arranged due to the concern in the loss of the language and cultures for our future generations! The Language Circle events will give an opportunity for language learners to hear the beautiful Hidatsa Language, to help learners, and to learn more about the Hidatsa lifeways.

Schedule:

Wednesday, March 23, 2016 ~ 5pm-7pm~ Maashees, Creation Stories

Wednesday, March 30, 2016~5pm-7pm~ Hidatsa Values and Beliefs

Hidatsa Speakers: We need your help. YOU ARE RESPECTFULLY INVITED TO THE LANGUAGE CIRCLE TO SPEAK ABOUT THE TOPICS WITH OTHER HIDATSA SPEAKERS.

Please call 421-6330 or 421-8723 to confirm your attendance. We have a gift for you.

For More Information, please call Bernie at 421-6330 or Benita at 421-8723.

Maacagiraac

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.

From The Mandaree Hidatsa Program

Family Members: Aadi-guda

- Male: Men's "all sisters" young and old~ Adi-wia
- Female: Women's "all brothers" young & old~ Ida-macee
- All siblings: Sisters & Brothers~ Ida-wa-cee
- Female~Husband~Giraa
- Male-Wife~ Ida-arua-wia or ua
- Female~Wife calls her husband~ Haree
- Male~Husband calls his wife~ Hiree
- Female~ Don't tease your brothers and fathers (your dad & his brothers & clan brothers)
- Male~ Don't tease your sisters, mothers, aunties, mom's and clan aunts.
- We have teasing clans:
- Females~can tease their clan sisters only (can't get angry)
- Males~ can tease clan brothers only (can't get angry)
- Grandparents can tease their grandchildren (can't get angry)
- Grandchildren can tease their grandparents (can't get angry)
- Both Male and female can tease our sister in laws (can't get angry)
- We can tease our brother in laws (can't get angry)
- Female~ Women's female friend~ Igo oxba
- Men's~ Male friend~ Ira gua
- In-laws: Don't talk out of respect ~Only communicate through other members of the family.
- In-laws~ Roo.Haagac
- Female~mother-in-law~ lhguu
- Male~mother-in-law~ Idudaga
- Female~ father-in-law~ Ida idaa-ga (both the same)
- Male~father-in-law~ Ida idaa-ga
- Female~sister-in-law~ Iduu
- Male~ sister-in-law~ uaga
- Female~daughter-in-law~ Ituuga (both the same)
- Male~daughter-in-law~ Ituuga
- Female~son-in-law~ Idudi (both the same)
- Male-son-in-law~idudi
- Female~Don't tease father-in-law or talk to him out of respect
- Male~Don't' tease mother-in-law or talk to her out of respect
- Female~can tease your sister-in-law (They can't get angry)
- Male~ can tease your brother-in law

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

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>

2016 Mandaree Warbonnet Dance



The Mandaree War bonnet dance began with their grand entry as the Post leads the way. This year there were eight drums as follows; Oakdale, Williston Singers, Black Kettle, Mandaree Singers, Fort Peck Sioux, Knife River, Young Bux and Remix.



The Mandaree singers sang with their hand drums while the ones being honored danced.



Will Reeves was one who was honored.



Amber Howe was also called upon.



Cheyenne Brady along with her parents Tookie and Poncho participated in the war bonnet dance.



Lyda Bearstail, her grandson and her daughter Harriet Goodiron were all called upon for the War bonnet dance.



Lorraine Howe was honored, with her son and her husband Mike Howe.

For Your Information

The Year of Mercy, by Deacon Jim Baker



There are two types of mercy, Corporal and Spiritual. Corporal works of mercy are feed the hungry, give drink to the thirsty, clothe the naked, shelter the homeless, visit the sick, visit the imprisoned, and bury the dead. Spiritual work of mercy are council the doubtful, instruct the ignorant, admonish sinners, comfort the afflicted,

forgive offenses, bear wrong patiently, pray for the living and the dead.

Several years ago a priest gave me and my wife a book to read it was called the Diary of Saint Maria Faustina Kolwaska. She was a mystic or a visionary. She would have visions of Jesus speaking to her. This was fascinating to me; at this point in my life, I was not yet catholic. I was beginning to join the Catholic faith. This was the beginning of my conversation to the faith. I had a lot of misconceptions about God and Jesus. What struck me about St. Faustina was the manner in which she communicated to Jesus. She would talk to him like we are talking now; she would talk to him the way a person would talk to their best friend. Someone you could tell anything too.

Jesus said to St. Faustina in her Diary "Today, I am sending you my mercy to the people of the whole world. I do not want to punish aching mankind, but I desire to heal them. Pressing them to my "Merciful Heart". St. Faustina got strength from God, by uniting her heart to Jesus by a short prayer or by offering to him what she was experiencing in her work, her sufferings and her joy. In the spirituality of St. Faustina the term trust means her attitude to God, whereas, the work Mercy means her attitude toward her neighbor. During this Lenten Season we are called into a deeper relationship with Christ. God wants to heal the brokenness he sees in each of us. Whether we want to admit it or not, no matter who we are, he is waiting for us to give it to him. By telling him our desires, hopes, wishes, dreams most of all our pains, our failures, we are revealing ourselves to Christ and to ourselves. Our act of revealing is letting our guard down to the one who loves us more than we will ever know in this life. God can do for us what we can never do for ourselves. When Jesus was transfigured on the mountain with his disciples he revealed himself to us. He revealed the Holy Trinity in the gospel passage. The Father in the Voice and the Son in the man Jesus, and the Holy Spirit in the cloud. In the days and years ahead of us know that we are never alone, the Lord is with us. When you wake in the morning, remember to make the Sign of the Cross. Ask God to make you an instrument of his mercy. Offer up the mercy you show to all you encounter today to Christ!



Fort Berthold Diabetes Program

Tuesday March 22, 2016

10am - 2pm



STOP DIABETESSM

American Diabetes Association.
ALERT! DAY

Are You At Risk? Take The Test!

Screening Locations:

New Town Post Office
Elbowoods Memorial Health Center
Four Bears Casino
MHA Tribal Building & MHA Energy Building
Bismarck-MHA Nation Satellite Office
Ft. Berthold Community College
Northern Lights
Parshall Rockview Plaza
White Shield Clinic/Elders
Twin Buttes Clinic
Mandaree Elders Building

Screening Includes: Are You At Risk Type 2 Diabetes Test, Blood Sugar And Blood Pressure Checks



SPRING CLEAN

Spring is around the corner and cleaning is always such a **HASSLE!!**

If your too busy or need an extra hand.

Call Me

Denise F.

701 - 421 - 2525

Estimates will be decided upon arrival



Also if you are needing a ride during day hours

(8am-5pm)

I could help with that also. Even if it's just a ride to the store or your Aunties for sugar. My vehicle has enough space for 3 and groceries or whatever!

Elbowed 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 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

ATTENTION MANDAREE COMMUNITY

YOUR STUDENTS AT THE MANDAREE SCHOOL NEED YOUR HELP!

THE SCHOOL IS PRESENTING A "READING FOR RELATIVES" CONTEST TO HELP ALL OF OUR STUDENTS WITH READING.

PLEASE CONTACT US IF YOU WOULD LIKE TO HAVE A STUDENT READ TO YOU OR WOULD LIKE TO SPONSOR A PRIZE.

K-12 GRADES:

***THE KICK OFF WILL BE WEDNESDAY MARCH 2ND WITH A
"SUPER HERO FAMILY LITERACY NIGHT."***

***YOU NEED TO SIGN YOUR SON/DAUGHTER TO ENTER THIS
CONTEST. THE DEADLINE FOR THE SIGN UP IS ON THURSDAY,
MARCH 31ST. THE CONTEST WILL BE MARCH 7-MAY 6TH, 2016.***

***YOU MAY CONTACT ROBIN TROUTMAN, MR. WALKER AND MS.
YOUNG OR MS. POITRA TO SIGN UP.***

***STUDENTS MUST READ A BOOK, MAGAZINE ARTICLE, NOVEL,
TEXT BOOK, ETC. TO A PARENT OR RELATIVE AND COMPLETE
A READING LOG FOR MR. POITRA.***

***PRIZES WILL BE AWARDED: I PHONE 6, IPADS, BEATS
HEADPHONES AND MUCH MORE!***

LET'S HAVE FUN & READ!!

Note From The Editor



I was truly saddened to hear that Elise Packineau has made her journey to the Spirit World. She was indeed a servant of our Creator. Elise was one woman who empowered others with her wisdom and teachings of our Creator. She had a way of saying things so you understood what she was teaching you.

I for one have learned a great deal from her, I have enjoyed our many visits. Elise was one woman who loved her people and she was very proud of her heritage as a Native woman.

It was very hard for me to believe that she left us. Elise took care of the services for my sister's funeral the first part of February. She was here that day and after that I haven't seen her, till I heard she passed on. What a shock it was for me, I always looked forward to her articles reading and typing them for our newspaper.

I felt very compelled to write something about her because she was one amazing woman who always shared her own life experiences. She supported many events, revivals, and funerals within our reservation. Elise traveled to other segments and freely offered communion and made home visits to those fortunate to share her company.

Her true testimony of her life speaks for itself of the type of woman she was and she lived her life accordingly. She never complained about anything or anyone, her integrity and her belief in God was her greatest strengths. Elise a very well respected woman, who came to the aide of others who were in need. She was truly an ambassador for the teachings she so much believed in. She will be greatly missed as a pastor, a mentor and most of all as a friend. It was hard for me to attend her services I myself am still mourning.

My heartfelt prayers go out to her family and extended family and others who have lost their loved ones, it has been an unfortunate time for our people we have lost many loved ones & relatives within these past few months.



He who eats My flesh and drinks My blood abides in Me, and I in Him. (John 6:56)

For Your Information

SPEAKER
FRANCIS G. ENICK

SPEAKER
SUNDANCE & SUNSHINE BRASS

WORSHIP TEAM
BRITTANY & CHRISTIAN LENT

CONCERT
BRONSON TAYLOR

CONCERT + WORKSHOP
S.O.G. ROBERT ORNELAS

CONCERT
SHAYLA & HOWIE PADILLA

WORKSHOP
SHEILA WILLIER

CONCERT
CORWYN VEGA JR

WORKSHOP
TASH WILLIAMS

HOSTS
LANA & WOODY ELMORE

APRIL 15-16

E.P.I.C.

YOUTH RALLY

Moment of Truth

JOHN 14:6

MANDAREE NORTH DAKOTA

COMMUNITY HALL

FRIDAY 6PM SERVICE+CONCERT TO FOLLOW

SATURDAY 7PM SERVICE+ CONCERT TO FOLLOW

SATURDAY WORKSHOPS 9:30 - 10:30 AM

BASKETBALL - VOLLEYBALL - SCAVENGER HUNT 12PM-6PM

WE HAVE A GYM FOR THOSE THAT NEED A PLACE TO STAY, WITH A SHOWER & BATHROOMS

WE WILL SERVE BREAKFAST - LUNCH - DINNER

FOR MORE INFO : 406-702-3986

SPONSORED BY LIVING WATER FAMILY WORSHIP CENTER

For Your Information

Employees:

Please note the change in dates for the General Industry Course that was scheduled for March 24 & 25. Due to Administrative leave given for Good Friday the General Industry Course has been rescheduled to March 30 & 31.

Sorry for any inconvenience this may cause.

Because we had a high number of participants respond, the General Industry Course will be offered at a discounted rate of \$100.00. We are still looking for more participants for the Construction Course.

If you are have any questions or are interested in attending any of these courses.

Thank you,

Joni Bolman

Safety Officer

Three Affiliated Tribes

(701) 421-1564

A schedule has been provided to your left for those interested in taking this course.

Again if you are interested you may contact Joni Bolman at (701) 421-1564 or stop by the MHA TERO & Energy Building for further information.

MHA TERO & Energy Building

March 30th & 31st, 2016

Class Outline/Agenda

OSHA 10 Hour GENERAL INDUSTRY COURSE

DAY ONE

7:50am	Introduction/Course Overview
8:00am to 10:00am	Introduction to OSHA
10:00am to 10:15am	Break
10:15am to 11:15am	Walking-Working Surfaces
11:15am to Noon	Exit Routes, Emergency Action Plans, Fire Prevention Plans and Fire Protection
Noon to 1:00pm	Lunch
1:00pm to 2:00pm	Electrical
2:00pm to 3:00pm	Personal Protective Equipment
3:00pm to 3:15pm	Break
3:15pm to 4:15pm	Hazard Communication
4:15pm to 4:30pm	Questions / Adjourn

DAY TWO

8:00am to 9:00am	Machine Guarding
9:00am to 10:00am	Material Handling, Storage, Use and Disposal
10:00am to 10:15am	Break
10:15am to 11:15am	Safety and Health Program
11:15am to 11:45am	Activity/Questions
11:45am to Noon	Summary/Adjourn

For Your Information

Elbowoods Classic

Basketball Tournament

April 15 - 17 2016

Northern Lights Wellness Center
New Town, ND

10 Teams Per Division
High School Boys/Girls only

Players need to be currently active in their respective schools as of tournament time.
(No G.E.D. classes or alternative schools)

Entry fee: \$200/8 Man Team
(Must be paid in advance no exceptions)

Registration/Payment Deadline April 6 2016

Make checks payable to:
Darian Morsette/MHA Tourism
404 Frontage Rd
New Town, ND 58763

Awards- Hoodies, T-shirts, Shooting Shirts, and Trophies, 1st - 3rd.



Block Rooms Available at
4Bears Casino
1 800 294-5454

For More Information and Block Rooms Code Contact:

Damon Brady
(701) 421-7150

or
Darian Morsette
(701) 421-1649



Nueta Hidatsa Sahnish College



220 8th Ave N. / PO Box 490
New Town, ND 58763
701-627-4738

The Nueta Hidatsa Sahnish College will provide quality cultural, academic and vocational education, and services for the Mandan, Hidatsa and Arikara Nation.

ADMINISTRATION

President

Dr. Twyla Baker Demaray

Vice President of Academics

Dr. Waylon Baker

Vice President of Student Services

Dr. Constance Frankenberry

CFO/Vice President of Support Services

Philip Lewis

Director of Grants and Accreditation

Dr. Stacey Mortensen

Director of Research and Development

Dr. Kyle Patterson

Business Manager

Rose Crow Flies High

Director of Information Technology

Dustin Dauphinais

Director of Land Grant

Dr. Jessica White Plume

Facilities Manager

Keith Smith

BOARD OF DIRECTORS

President

Patrick Packineau

Treasurer

Cory Spotted Bear

Secretary

Richard Mayer

Member

Don Yellow Bird

Member

Mavis Young Bear

Member

Arthur T. Mandan

Member

Magdeline Young Bear

*Nueta Hidatsa Sahnish College
A dynamic presence that
preserves our past and
prepares us for the future.*

February 29, 2016

The 2nd annual Nueta Hidatsa Sahnish College Writers Conference is coming to New Town, North Dakota from March 31, to April 2, 2016.

The theme of this year's conference is "Indigenous Aesthetic." Authors and artists were selected for their incorporation of American Indian Culture, news, identity and heritage in their creative works.

Sessions will allow for artists to cover their work along with hands-on workshops in poetry, fiction, digital storytelling, media and music. Sessions are facilitated with artists partnered with NHSC faculty and students. Evening sessions will include readings and performances by authors, artists and community members.

This year's conference features authors Anton Treuer (*Everything you Wanted to Know About Indians but Were Afraid to Ask*), Gyasi Ross (*How to Say I Love You in Indian*), poets Denise Lajimodiere, R. Vincent Moniz, musician Jacki Bird, journalist Mark Trahan, screen writers and digital storytellers Migizi Pensoneau and Justin Deegan.

Registration ranges from \$25 for students to \$150 for the full conference. Sessions will be held at the main campus in New Town, located at 220 College Drive.

For more information or to register contact Dr. Waylon Baker at wbaker@nhsc.edu, or Prairie Rose Seminole at prairierose.seminole@nhsc.edu

The Nueta Hidatsa Sahnish College will provide Quality Cultural, Academic, and Vocational Education and Services for the Mandan, Hidatsa and Arikara Nation.

Tribally educated; globally prepared.

Nueta Hidatsa Sahnish College

NUETA HIDATSA SAHNISH COLLEGE

SACRED SYNERGY

*Indigenous Aesthetic
Creativity, Culture and Courage*

March 31st, April 1st and 2nd

Registration March 31 9AM

Registration Fee: \$150.00

All Students \$25.00

Friday only \$75.00 Saturday only \$75.00



Jackie Bird
Performer/Musician/Artist



Dr. Denise Lajimodiere
Professor/Poet



Dr. Anton Treuer
Professor/Author



Gyasi Ross
Speaker/Author



Mark Trahant
Journalist



Migizi Pensoneau
Producer/Writer



R. Vincent Moniz Jr.
Performer/Poet



Justin Deegan
Film Maker/
Producer/Director

Many more Prestigious Presenters...

CONFERENCE REGISTRATION:

March 31 6pm - 7pm Reception

March 31 7pm - 9pm Public Reading

April 1 8am - 9:50 am Registration

Nueta Hidatsa Sahnish College

Pita Ru Daga Cafeteria

Info:

www.nhsc.edu

1(701)627-4738 / 1(701)627-8067

Dr. Waylon Baker/wbaker@nhsc.edu (General Info.)

Registration Information:

Kassie Weaver/kkeyes@nhsc.edu

Visit us on Facebook

**JOIN US FOR THE 2ND ANNUAL
WRITERS' CONFERENCE**

NHSC Mission Statement:

The Nueta Hisatsa Sahnish College will provide Quality Cultural, Academic, and Vocational Education and Services for the Mandan, Hidatsa and Arikara Nation.



Graphics and Setup
Vernell S. Buckman
Graphic Designer
vernellbuckman@yahoo.com

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

Menu Subject to Change:

April Menu

Meals Prepared by: Nina Finley & Bonita Casarez

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beef Stew
4 Chicken Cordon Bleu Potato wedges Green beans & cantaloupe	5 Sub Sandwiches & Chips	6 Beef Stroganoff noodles, carrots & pudding	7 Chicken sandwich potato salad & cookie	8 French dip Anju's French fries
11 Spaghetti & Garlic bread, peas, mandarins	12 Mac & Cheese Primavera fish sticks pears	13 Meatloaf, mash potatoes & gravy, mixed veg. & brownie	14 Pork chops, rice & gravy, peas, grapes	15 Enchiladas
18 Philly Cheese Steak, & wedges	19 Chicken Nuggets & macaroni salad	20 Green bean casserole & Fruit cocktail	21 Tator Tot hot dish & pears	22 Potato Dumpling Soup & Crackers
25 Cook's Choice	26 Cook's Choice	27 Cook's Choice	28 Cook's Choice	29 Cook's Choice

Events At Water Chief Hall Scheduled:

- Open Gym Every Monday & Wednesday From 7:00pm-10:00pm.
- Saturday, March 12th 2016 Mandaree Warbonnet Dance.
- March 20th Community Easter Dinner.
- Saturday, April 2nd Terry Mason Memorial
- Friday, April 15 to Sunday, April 17, 2016 The Youth Rally with Pastor Woody sponsored by Lyda Bearstail.

To reserved the hall please call 759-3377

The Native American Training Institute In Conjunction with the MHA Child & Family Services Presents Wraparound In Indian Country: *The Way of the People are Who We Are.*

Part I~ March 22 & 23, 2016 At the Four Bears Casino & Lodge
Each Day 9am ~4pm (lunch on your own)

Part II~ April 12 & 13, 2016 At The Evadne Gillette Building.

Part 1~ Two days of community training to provide an overview of system of care and the wraparound process. This is what we call the paradigm shift for providers to see a new way of working together to collaboratively plan in partnership with families.

Part II~These two days are for those people who will actually be facilitating the wraparound process meetings, supervisors of the wraparound, administrators who will be overseeing the process and anyone who has responsibility for designing and implementing the local system of care. These people should have completed part I. This is usually a subset of the first group since it builds on part I.

Mandaree Dance Troop K-12

Dance class will be on Monday, Wednesday and Thursday evenings beginning at 6:00pm.

Sewing Class will be Tuesday and Sunday evenings at 6:00pm.

For all students who attend these classes will be eligible to go to the Denver March Pow wow and Gathering of Nations.

- Students must be eligible in School
- Students must have no disciplinary actions.
- West Segment will check eligibility with the school.
- Must have permission slips.
- Parents will have to join sewing class with their students.

If you have any questions, please call DeRae Mann at (701) 421.4127 or Adele Phelan (701) 421-6947 or West Segment office at (701)759-3377.

March Birthday Wishes to Our Elders!



happy
birthday!
i hope u know
how special
u are!

Millard Hale Sr.
Art Clyde Smith
Wendell White
Harriet Goodiron
Don Hall

* 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.