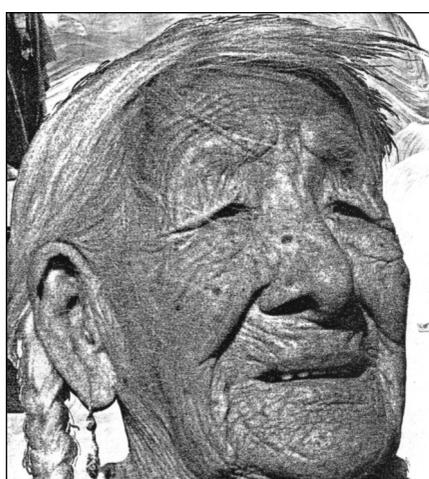




No Tongue

As Told By Mattie Grinnell



There was a large village at a place where one river joined another. In this village there was a man with two children. His wife was scraping a hide. While she was there in a coulee scraping it, that man, whatever he was thinking about, went and killed her. He killed her for no reason and took her body into the thick brush where he skinned her, took the ribs on both sides, made a fire and roasted them. When the ribs were done he went back to the village to get his children. As he was taking the children, he said, "I killed a deer and roasted the ribs for you. Come and eat! Fill yourselves up! Don't let the others know about it. If they find out they'll come around." His children were small, and he took them to where his wife had been scraping the hide. When they got there he gave them the roast that

he had wrapped with leaves. The children were hungry and they were eating the ribs. They ate those ribs up. While they were eating, their father went back to the village. When he got back he told the chief and the people, "People, my children did something awful. They ate up their mother." He said that, but he was the one who had killed his wife and made the children eat her. All those people must have been afraid, for they all scattered and ran. They ran upstream. Those children, poor things, were eating all alone. When they got home there was no one in the village. The children cried. While the children were there crying, the village chief said, "Go and grab those children and tie their wrists; tie them around the waist. Take them to the river and picket them close to the edge of the bank where it's falling into the river. That way they'll be there, and when the bank caves in they might drown and that would be good. Otherwise they might eat us all up." The chief asked the young men who were willing, the brave young men, to do that to the children. Those men went to the children, who didn't know what was happening, and grabbed them and tied their wrists real tight and tied them around the ankles and took them to where the bank was caving into the river and picketed them there. When that was done the children were crying, for they were having a hard time. Everyone had believed what their father said and the children, poor things, were suffering for it. Both of them were there tied side by side.

All the people broke camp and went. When they went they left behind a very old dog. The dog was howling in the village. The children were crying, and that dog must have heard them because he went to the where he heard the children. When he got there he chewed on the rope which bound the children. He was very old, poor thing, and didn't have many teeth, but he was chewing on that rope. He kept chewing until the girl's wrists came untied. Then he was biting at where her ankles were tied, and he was pulling her up the bank. In a little while the girl was sitting with her legs hanging over the bank. Soon he had dragged her further up the bank. That's the way the dogs helped. The girl, who was the elder, came to her senses first and dragged herself the rest of the way up the bank. She was barely able to do it, but she got up the bank. She untied herself and then freed her brother. After she pulled him up to dry land, she untied him carefully, and together they went back to the village. When they got there, there were no people. Everyone had run off. The children looked around for their tracks.

Continue on page 4.

Quotes For The Heart & Mind

- The important thing about a problem is not its solution, but the strength we gain in finding the solution". ~Author Unknown~
- "Change your thoughts and you change your world". ~ Norman Peale~
- "As soon as you trust yourself, you will know how to live". ~ Johann Wolfgang Von Goethe~

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West Segment Tribal Representative Update



H e l l o
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what's going on with our community as well as with the tribe.

Before I begin I would like to take this moment to express my condolences to the families who loved their loved ones from our West Segment community.

During this month we have carpeted offices now downstairs in our community center and we recently purchased a brand new heater. We have two heaters in the center here so heater 2 was replaced which heats the gym and the bathrooms.

The Language Preservation Program is moving forward in completing sentences in our Hidatsa Language which is soon to be scheduled for recording.

We have a number of projects going on in our West Segment community. We broke ground for our Hidatsa Housing Project which was on Thursday, February 21st. We now have housing applications here at the West Segment office. Sixty homes will be here by September 30th of this year. These homes will be set by a certain criteria which will be based on adjusted income. The homes are three bedroom with two bathrooms. This is something that I dreamt about within the four years that I am in office and now I have an opportunity to do this now so we are going with it. These are going to be affordable homes, but at the same time these homes are going to be well kept and well managed. We have a strong criteria of housing inspections, this is a sub division so they will have a sprinkler systems, and we will have our own lawn maintenance, it will be well maintained. The good thing about this is we are teaching our community self responsibility. Such as being on time with their rent payments and not being late because being on time will give you an opportunity to rent to own. But the minute you are delinquent then you will have to start all over again.

Another project is the windmills, the West Segment community will have 100 wind farms in place. Currently we are in the process of negotiating with an investor for these 100 windmills for a wind farm, which will be able to provide electricity and be able to sell on the grid for our community. I'm very enthused and at the same time, I want to complete this deal before too much publicity because the white people on the outside will be looking at us so I

want to make sure we provide for our community first. The contract should be ready for us to look at on March 20th. So if everything goes as planned we will be financed for these 100 wind farms. I'm not going to reveal all the details. I just want to let our community know that this is what I am looking into wind farms and energy so we don't have to pay high electricity costs.

Right now we have three proposals one of them we are going with is for a truck stop, a mini casino, and motel and truck wash. To include 8 isles for diesel and 6 isles for cars to get gas. The land and location has been reserved for this truck stop.

I am very excited for this happen which will be a great revenue for our community. I can only see bigger and better things happening right here in our community because of the way we are moving forward. Since Mandaree is the richest district on our reservation. For my idea, and for what I would like with my ideas we should have started construction on it yesterday. Meaning we are way behind right now, but in reality I am looking to break ground in early May. As part of this project a motel will be included which will be 120 rooms, a restaurant, an a mini casino, a laundry mat so the truckers are able to wash their clothes. It's a big project. We are doing feasibility study right now and as soon as that is complete then we can start with the contractors. On the subject of the truck stop I do want to recognize our Veterans and one veterans suggested calling the truck stop Post 271 Truck stop in recognizing all our veterans so I'm leaning towards that name.

Another project that's a go is our storage units. We got a company so we don't have to invest any money its already taken care of. They make the building and they will put it up themselves, and they charge the renters and operate it. In which they will give the money back into our community. The sizes are anywhere from 6x8 and 6x12 storage. This storage unit will be placed by the truck stop. Everything will be placed in one area it is out of Mandaree, the location will be made known at a later time.\

The day care center, we will renovate next week or sometime soon. Our Project Manager Delvin Reeves will be working on all the details for the day care center. As soon as he completes that then he will bring me all the details and we will go from there. Right now it is being currently used by Native Printing Jody Brieck, but she has agreed to let us come and assess the needs of improvements. After everything is done and completed then we will begin assessments for certified staff and staffing the unit. I am hoping to open this day care by May 1.

In the near future I am looking in hiring a CPA for our community when all these projects happen for us here in Mandaree, I want an accountable person to handle the monies which will come back into our community. In my four years I would like to see our Mandaree community self sufficient.

A ribbon cutting ceremony took place on Wednesday, February 20th for the office expansion here at the Water Chief Hall. More details to follow in next month's newspaper.

Thank you for being a good reader.

Mandaree Elders

Senior Driver Safety:

What to do if you think a Senior Should Not be Driving:

The Federal Highway Administration reports that drivers age 70 and older experience more motor vehicle fatalities than any other driving group, with the exception of drivers under age 20. Aging affects each of us differently and when chronic illnesses are also present; there can be a decline in physical and cognitive abilities. While many seniors learn to compensate successfully for any cognitive or functional limitations, sometimes it does become necessary to let someone else do the driving.

Remember that medications can sometimes have a negative impact on driving ability at any age. A change in vision will also present challenges for driver safety.

First, take an assessment of the senior's driving capability and begin thinking of alternate transportation resources to introduce to them at the same time you have the discussion to transfer the keys. You may want to begin with limiting night-time driving as a first step, as this will give the senior a chance to learn how to plan ahead when needing someone else to assist with transportation. Once they are accustomed to not driving at night and realize they still have access to alternate transportation, you can more easily adapt this to daytime driving too.

Caregiver's Safe Driving Checklist:

1. Vision: Is the senior able to pass a vision test? (Cataracts, Glaucoma and Macular Degeneration can all impact vision quality).
2. Are there any unexplained dents in the paint of the car on the garage?
3. Does the senior allow others to ride in the car with them when they are driving?
4. Does the senior seem nervous or extra anxious when driving?
5. Does the senior take alternate routes to avoid major highways?
6. Does the senior fail to stop at red lights or stop signs?
7. Are speed limits obeyed (Not driving too slow or too fast)?
8. Have neighbors or others who see the senior driving (anyone who also attends a regular event they may drive to) observed anything unsafe?

If you feel that it is unsafe for the senior to continue to drive, and you feel they will not be accepting of this, it may be best to first discuss this with their physician. The doctor can do a test of their vision, hearing and reflexes and begin the conversation about how declined functionalities may negatively impact their ability to drive safely.

Although this is a tough decision to make, at the same time no one wants to be responsible for an accident which may have been preventable. The high rate of driving fatalities involving seniors includes incidents of pedestrians who are hit by senior drivers.

The tragic 2003 Santa Monica farmer's market accident left 10 people dead and 63 injured after George Weller, age 86 at the time, accidentally accelerated on the gas pedal, instead of the brake pedal. He unfortunately had previous accidents and there were reports that neighbors and others had witnessed unsafe driving by him.

As you discuss the need for a change in driving with the senior, if you feel they are resistant, share with them your concern for other's safety as well as their own safety. You may be able to ask their physician to write a letter stating it is unsafe for them to drive if they are taking certain medications or suffering from memory loss.

Reminder: Please bring in your Doctors Appointment slip for gas money to get to your appointment. Or you can have your appointment slip faxed to our office at 759-3093.

If you have any questions, please feel free to call 759-3099

If you need light housekeeping do call us ahead of time so we can schedule you in.

Mandaree Elders Program Office:759-3099

Mandaree Elders Fax: 759-3093

Mandaree Meal site: 759-3092

Please feel free to call the Elder Program should you have any concerns, comments, or questions at 759.3099.

Thank you,

Mandaree Elder Program

Don't forget Elders!

Sit and Be Fit!

Chair exercise every Monday at 10:30 a.m.

So come and enjoy chair exercises!



Elder Bingo every Monday & Wednesday at 11:30

Any questions or concerns please feel free to call the Fort Berthold Diabetes Program @ 701.627.7925 Press 2

No Tongue

Finally they found the marks that the travois poles had made and they followed them. They were going and going and when night came, poor things, they went to sleep in some coulee. They stayed there. They went around and gathered chokecherries, juneberries, and wild tomatoes eating whatever they came across. The children found some pots that the villagers had left behind. Long ago they used paunches for pots. They also found a grinding stone and some buffalo calf hides with which to cover themselves. Calf hides were what they wore. Well, they filled the paunches with water to drink and they ate whatever kind of fruit they came across. No matter where they looked, they never caught up with the villagers.

Soon it became autumn, and the young woman said, "My brother, we'll make a shelter right here. This is where we'll live." Since the young woman was the elder, she was clever and knew what to do. They made a shelter in the brush by the river. When the shelter was made she went with her brother, and they gathered lots of dry hay, took it back to the shelter, and spread it out on the floor. The shelter wasn't large about as big around as a tipi. They put the dry hay around the edges and slept on top of it. They had their dog with them and they put down hay for him to sleep on, too. Then the girl said, "My brother, we're poor. Our father shouldn't have done what he did. He wronged us and then left us. He was the one who killed mother and made us eat her. Then he made all the villagers blame s and fear us. They left us. Since you are a man, you must do as a man does and go to the river bank and cry so that the spirits will take pity on us and help us. They know what happened."

"Yes", he said and went. Poor thing, he was crying. His sister felt bad, poor thing; she was crying too. While she was crying inside the house, the young man was by the river bank crying. He just cried and cried. The sun was almost down and he went to that child. "My son, why are you crying like this?" Sun asked him. The boy told their whole story. "My father killed my mother, cooked her, and fed her to us. When he returned to the village, he blamed us for it. The people were afraid and wanted to kill us. They tied us on the river bank, and a dog came and helped us. He untied us. We tried to catch up with the villagers but we lost their track." When the child told that, Sun said, "Yes, if that's the way, my son, I will help you if you give me your tongue. In days to come your people will be very hungry. They'll have hard times, and when they return to the village they will choose you for their chief." Then he again said, "You must give me your tongue." The child, poor thing, was frightened. Again Sun said, "That's the way it will be. When you give me your tongue, you will have everything that I have promised you. It will all come to you. You will be the chief". After saying this, he left. When he had departed the child was still there. In a little while Moon came and said. "The one that went, what did he say to you, my son? What did he say to you before he left?" When he asked this the child told him all about it. "This is what he said: he asked for my tongue. Now that he's gone I don't know what I should do." "Yes," said Moon, "that man is mean. He pitied you but his meanness made him want you to cut out your tongue.

I'll give you everything he promised. I'll give it to you, and in days to come you will have it. You will be chosen chief." Moon told him that and gave the child good luck and went. The child returned home just as Sun was going down. When he got home his sister was there and he told her about it. "They talked to me and this is what they said. Sun asked for my tongue, but how could I do it? How could I cut off my tongue?" Then the old dog said, "Cut off the tip of my tongue and pinch it onto the end of a sharp stick. Take it with you and have it ready. He'll think that it's your tongue."

In a little while he said, "Now you can cut off my tongue." That old dog helped the children again. "So when Sun arrives and says, "Will you give me your tongue like I said?" you say, "Yes, I'll give it to you." Then when he's not looking, put my tongue in your mouth. When he asks you for it, take out your knife and stick the tongue out on that stick and pretend to cut it off and give it to him. Even then that tongue will bleed." That is the way the old dog helped him.

Now he went to the river bank again and started to cry. When Sun was just about down he came to that child. He arrived and said, "How will it be? Are you going to give me your tongue the way I asked? When you give it to me, you will have all the things that I promised you." The child said, "Yes," and he took the dog's tongue and put it in his mouth. He had it on a sharp stick with the tongue pinched on it. He took the tongue, cut it off and gave it to Sun. Since there was blood all over it Sun thought that the child had cut off his own tongue. When the child gave him the tongue, Sun was very happy. Sun said, "That's the way for a man to behave. You have done well and will be lucky. You did a good thing, No Tongue." From that time on he was called No Tongue. Sun sang praising songs for that child s he was going off to the west. "No Tongue ha he, No Tongue ha he", he sang, saying his name. "My son, you shall have everything that I promised you. You will be chosen village chief. When your people return they will all be poor and you'll be chosen chief," he said to him. He was carrying the tongue and singing praising songs as he went out of sight to the west.

In a little while Moon came again. He got to where the child was standing. "The one who went, what did he say to you?" Moon asked. The child answered, "He asked for my tongue. I cut off the tip of my tongue and gave it to him. He called me No Tongue and went away singing praising songs for me." His lips were bloody all over. Moon thought that what he was saying must be true and said, "Everything that he promised you will be yours. In days to come when your people return they will choose you village chief. When they do that you will be there with them. If you see your father in days to come, don't let yourself feel sorry for him. Don't even sit near him. "Moon said that, and then he continued. "Your father promised to kill you long ago. Don't ever make up with your father. Leave him alone! If you do what I told you, it will turn out good for you and everything that I promised you will be yours." When he had said that he went.

When he left the child became endowed with knowledge since the spirits had talked to him. He was six or seven years old and he

No Tongue

became knowledgeable. His sister made arrows for him. She said to him, "If you kill some cottontails, my brother, I'll cook them for us to eat." When he went looking for cottontails, she said, "You might get lost so don't go far stay close. There are rabbits all over the woods." While he was looking for rabbits with the arrows that his sister had made for him, she went for wood and dragged it to the door. She gathered a lot of wood. While she was gathering wood he killed the cottontails that he saw, and when he brought them home his sister skinned them, cooked them, and divided them up. They lived by eating them. They lived close to water maybe it was the river or maybe it was a spring and his sister always went to bring water. That's what they drank with their meat, the rabbits that they ate. And they also ate chokecherries, juneberries and wild tomatoes, whatever they could find. That's how they lived. The young man, poor thing, hunted rabbits that way every day. At last he killed a deer. When he killed the deer, both of them, poor things, went to drag it home. They barely got it there. Then they looked for flint, found some, and together were trying to skin the deer. They didn't know just how to do it, but finally they finished. Then they spread out dry wood on one side of their little house and spread the hide out on top. They stacked the meat on top of the hide, and that's what they ate. Now that child hunted a lot of deer, and when he brought it back his sister sliced it and dried some of it. She had hangers in the house for drying the meat. The young woman made a lot of dry meat. A spirit had pitied them and helped them; and they became knowledgeable. Long ago that was the way.

From then on the young woman made a lot of dry meat, and the boy gradually grew up, killed many deer, and brought them home. They had a lot of dry meat, and at last that child even killed a buffalo. The spirits had adopted them, and they were really knowledgeable. When he brought home the buffalo that he had killed, his sister, knowing the Indian ways, broke up all the bones and made soup for them to drink. The children made tallow from the fat and stored it away. They had lots of tallow. By then the child was older; he was nine or ten when he was doing that.

Then the holy women helped them. The children were poor, and those holy women made a house for them. When Moon had talked to the boy, he had told him about the house. What he had said was, "For four days don't go outside. Don't go out and don't peek through a hole. People will come and they will make a lot of noise; don't look! And then when your house is finished and everything is quiet, you can go out. After four days you can go out." That was the way Moon helped them. And the boy told this to his sister. When the time came they took in a lot of wood, his sister brought in a lot of water, and they didn't go outside. They stayed inside the house. They had their dog with them and they made a place for him to sleep on one side of the house. They kept that dog that had saved them. When they had finished all that, they stayed there inside of the house.

Then there was a lot of noise: outside the door men and women were talking. But the children had the door shut and didn't go out. Poor

things, they stayed inside the house. When the sister cooked something they ate it and lay there listening to the noise. There were a lot of people talking, and the men were laughing. They were making a lot of noise. The children never looked outside for four entire days. After four days the noise ceased completely. It was quiet. On the fifth day, when everything was quiet, they went outside. There was a big earthlodge there that those holy women had made for them. The house was big and it was even nice inside. It was just about winter, and those children moved into the house. His sister went to gather a lot of hay, brought it home, and put it down for them to sleep on. Her brother killed some deer, and they dried the hides to use for bedding, even making a bed for the dog. They began to live better than, after having been poor.

Then those villagers who had been afraid of the children and had run away now came back. When they were nearing the place where the children lived, the scouts were in the lead and found campsites wherever the land was good. When the others would catch up with them and camp, those scouts would move on. Long ago, that was the custom, among our ancestors. The villagers returned to where their old village had been, after the scouts got there first. A big house was now there. They saw it as they were going along. The men said, "What is that? Let's go see it." When they got to the house, the children whom they had feared and had run away from were there. They had a nice house and a lot of food, and were living there when the others returned. When the scouts arrived the girl cooked dried meat for them, mixing tallow with it and giving it to them with soup. She gave that to them, and they ate and drank well. The men told the children what had happened. "Those people who are coming here are really very hungry. Over that way we tried to put up a village, but it was no good where we were. The game was scarce, and so we came back this way to our old village." They said that and they told them about their father. "Your father is just miserable; he's so hungry that he's near death. He's just miserable." When they said that the children didn't say anything. That was the account that the scouts told the children, and when the scouts finished they turned and went back to the villagers.

When they arrived there they stopped and told the people about the children. "Those children who ate their mother," they said, "they are living there. They really have a lot of food, and their house is really big. Whoever made it for them made it really nice. They didn't want for anything." When they told that, all the villagers broke camp and moved out. They didn't have horses with them, so the men were on foot and all had big packs. They were going to where the scouts had been. They were going along, and then they saw that big earth lodge in the woods. When they saw it they stopped there. That girl cooked a lot of dry meat, pounded it, and made pemmican for them. She cooked and pounded a lot of dry meat and made a lot of pemmican. She had a lot of dry meat. The villagers arrived and stopped. As soon as they stopped the women came to visit. The girl cooked a lot of food for everyone, there being a lot of dry meat. Continue next page.

For Your Information

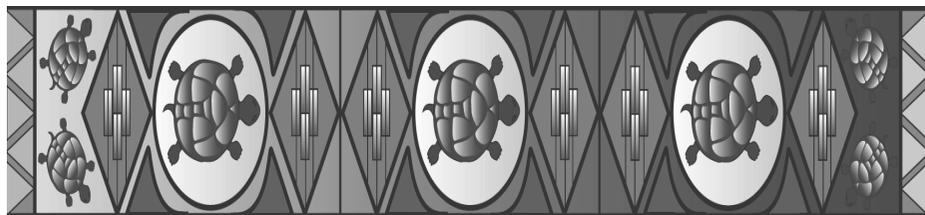
No Tongue

She gave it to them with soup, and they sat there drinking it.

While the women were doing that their father arrived. He was staggering when he got there. "Children", he said, you did an awful thing. Why are you still here? If you had followed our tracks, you would have caught up with us. How come you're still here living this way?" He remembered his children, but the children paid no attention to him. The girl, ignoring him, made pemmican for him and mixed it with a lot of tallow. She put it in a wooden dish, put it in there with soup, and gave it to her father. She didn't say anything to him. When she gave it to him he was happy. He was eating that pemmican, which was really greasy, and ate it all up. He even drank up all the soup. Then he went back to the villagers, and that night he got a stomach ache and had diarrhea. Just before dawn he died. His children wouldn't go to him. They wouldn't even go to pay their last respects. That was how the spirits had told them to act. They didn't see their father again. Then the villagers chose that child for their chief. They gathered around him and chose him their chief at last.

Where they were now living it was good.

Reprinted from Earth Lodge Tales from the Upper Missouri



All community members who live in the West Segment Community:

TAT Voc Rehab will be here on Tuesday, March 5, 2013 and The TAT Child Support Services will be here on Tuesday, March 5, 2013

Both TAT Programs will be here from 10:30 am to 2:30 pm for your convenience at the Water Chief Hall in Mandaree, North Dakota.

TAT Environmental Division



Hello TAT Members,

In an effort to better address the current needs of the garbage/solid waste issues, this department would like to attend the community meetings in each segment. We attended the White Shield community meeting and were able to hear, from the community, what needs to be done.

New trucks are on order but we would like to make sure we have a strategic rotation route that will be thorough, economical, and efficient, making the best use of our garbage trucks.

We have adjusted our schedule after hearing from community members. The new rotation route policy will reflect as follows: *Our trucks will follow a general rotation schedule with the caveat that service will not move on to the next segment or district until ALL dumpsters are emptied in the previous district.* This will alleviate the current problem of serving a district, filling trucks to capacity while leaving 30%-50% of dumpsters unserved, and moving on to the next district the following day. If it is necessary, trucks will return to the same district the next day to service the remaining load until all dumpsters are emptied from one particular district BEFORE moving on to the next one.

Until the next 2 large capacity trucks are in operation, this is the only strategic way that we can address this problem in a thorough manner, while serving all districts.

Community board members please notify me of your next meeting so we can attend and hear valuable feedback. In the meantime, this department would appreciate any information or reports of individuals dumping regulated materials in our tribal dumpsters. The TAT Environmental Code covers the illegal dumping of regulated materials (fracking sock filters for instance) and those individuals who are caught will be cited. However, short of this department having to monitor 24 hrs a day, we need assistance of our community members. This is becoming a problem since all service areas outside of the solid waste division (municipalities) are in a crunch as well.

Thank you

Edmund Baker

Interim Director

TAT Environmental Division

Office: 701-627-4569 Work Cell: 701-421-6873

For Your Information

Hidatsa Health Coordinator



Greetings from the West Segment Tribal Office:

I hope everyone is staying warm and checking on our elders daily. My

condolences to those families who have lost loved ones our thoughts and prayers are with you.

I am the newly appointed Hidatsa Health Coordinator for the West Segment community. I would like to get every age group involved from our community, in our effort to combat Diabetes, Drugs, and Alcohol and to the beginning of healthy living.

Some of the activities I am planning are: Biggest Loser and fitness club, Zumba classes, Pee wee basketball, Dancing and board game nights (get the kids away from TV and video games), chair exercises, arts and crafts for the elders.

We will also be starting AA and NA. Any ideas that you may have please feel free to either call or stop by that West Segment office, the coffee is always on.

My office is located right downstairs as you walk into the tribal office.

Getting all these activities will take some time to plan and schedule so please be patient. I will do my best to get them started as quickly as I can.

Should you have any questions or concerns, please feel free to call me at 759-3377 or 421-6482.

Sincerely,

Vida Craig

Hidatsa Health Coordinator

Hidatsa Language Preservation



Pictured above are Carol Newman, Arvella White and LouAnn Phelan in the Language Preservation Office located inside Water Chief Hall.

Throughout our History as Mandan and Hidatsa people, our parents, grandparents, aunts and uncles have always spoke the language whether it be Mandan or Hidatsa. Back then, it was the normal way of communicating. Today our society has changed drastically, we as tribes people have gone through a lot of

social changes which have affected our languages and our ways of life. Today we have few parents, grandparents, aunts and uncles who speak our tribal languages on a daily basis. Instead we are using the English language to communicate with one another.

This generation gap is even wider today than it ever was. Society and technology have taken over at a hugely accelerated rate, which affects all individuals and families in every aspect of their everyday lives. Today our children and grandchildren use the internet or are too busy playing on their x box video games or watching television. Which creates a challenge for this generation of parents and grandparents on our ways of life and our languages. It is our responsibility as elders, parents and grandparents to stress to our younger generation to know and learn our language of the Mandan and Hidatsa people.

To keep this legacy alive our Tribal Representative Randy Phelan has initiated and created a Language Preservation program which is located in our tribal office here in Mandaree.

Carol Newman, Lou Ann Phelan and Arvella White are working together as a group to form sentences in our Hidatsa Language. They will be offering knowledge of our Hidatsa Language, family relationships and our culture ways.

Their goal is to have this knowledge on a CD recording. Some of their concerns that they see our community needs are as they wrote from the Language Preservation: "We are in a generation where the young do not speak Hidatsa. It's very important that we don't lose our languages, our traditional ways. Everything we do and say is sacred".

Mandatory Staff Meeting With West Segment Employees



The West Segment Representative Randy Phelan called a mandatory staff meeting this month for all his employees. All employee showed up for the meeting that was held on February 11, 2013.

The West Segment Program Manager, Mavis Young Bear was on hand to talk to the staff. She stressed that communication is the key to any organization in order for it to be productive and successful. Every employee was required to sign in.

She also asked the staff if they had any concerns or questions that she could answer and take care of. Some of the staff members had concerns and questions that Mavis was able to answer and take care.

Another part of this mandatory meeting was drug testing. Each employee was randomly selected to take the drug testing. All employee's were tested for drugs and every employee had to have their drivers license or a form of ID in order to get tested.

Drug testing was done by the Three Affiliated Tribes Human Resource Department. The

employee's pictured at the bottom from the Human Resource Department are Samantha Lucio and Valerie Three Irons. Most departments throughout the Fort Berthold Reservation will be drug tested.



Head Start kids Enjoy Playing in the Gym



Pictured above are the Little Plume head start kids who frequently come into the gym at the Water Chief Hall.

When the days are cold and the wind chill is high these kids have to stay indoors.

So the teachers bring them to the gym so they can run around and play games or do whatever their teachers plan for them to do.

The teachers provide the items for the kids to play with when they come to the gym.

They even have races from one end of the gym to the other side. These kids at the Little Plume head start get a lot of exercise.

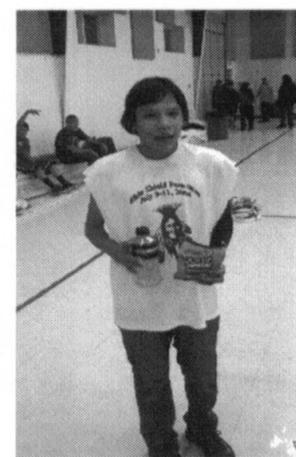
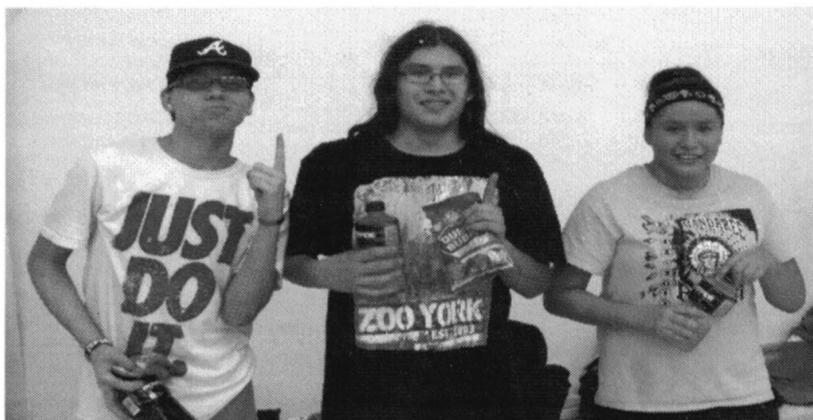
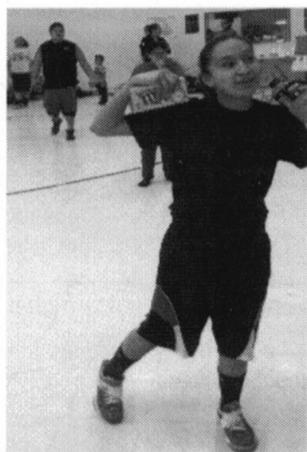


Mandaree Boys & Girls Club News

Mandaree Boys & Girls Club



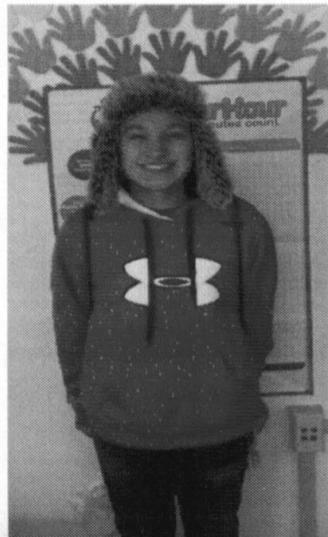
The Mandaree Boys and girls club had their lock in on January 11 which went from 10 pm to 6 am. We had basketball with a three on three, lighting, five on 5 basketball and volley-
ball tournaments. The kids had a blast and included are some of the winners of the various tournaments with there prizes. The lock in had games and eats such as pizza, sloppy joes, juice, chips and the candy prizes.



In February the club is looking to have a lock in but include a Valentines Day dance before then commence with the lock in with the games and tournaments.

The club also has been working with Mandaree school and the St. Anthony's church in with the religious release and Father Paul have been coming over every Friday to utilize the club for the religious release class.

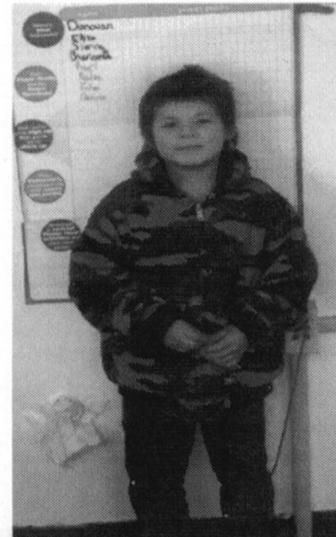
Teen of the month



Anthony Wolf is Mandaree's boys and girls club youth of the month and Kalee Robertson is the teen of the month.

They both showed enthusiasm by coming to club almost every day and having wonderful participation and over all great attitudes.

Youth of the month



FBCC Mandaree Mentor Site News

FORT BERTHOLD COMMUNITY COLLEGE

**Registration for Block B
Spring 2013 Oil and Gas Production
Starting today**

Block B class starts February 13 - March 26

PTAC 299 Oil and Gas Production Operator

3 Credit CEU Acheived upon finishing a five week course .

Instructor: Dave Williams

T,W,and Th Evening Classes

4:00pm to 7:00pm Room 73B

For more information on enrollment contact:

1(701)627-4738

Admissions Ext. 259

Registrar's Office Ext. 247



February is American Heart Month



What is a Heart Attack?

Every 36 seconds, someone dies from a heart and blood vessel diseases, American's No. 1 killer.

Since most of those deaths are from coronary heart disease about 452,000 each year it's important to learn all you can about heart attack. Don't ignore heart problems. It's a matter of life and death!

For example, you should know the warning signs so you can get help right away, either for yourself or someone close to you. Acting quickly can save many, many lives!

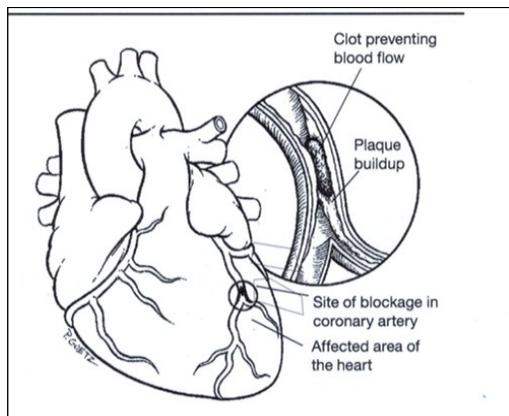
Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, your back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait more than five minutes before calling for help. Call 9-1-1 or the emergency medical services (EMS) in your area (fire department or ambulance). Get to a hospital right away.

What causes heart attack?

A coronary attack (heart attack) occurs when the blood flow to a part of the heart is blocked (often by a blood clot). This happens because coronary arteries that supply the heart with blood slowly become thicker and harder from a buildup of fat, cholesterol and other substances, called plaque. If the plaque breaks open and a blood clot forms that blocks the blood flow, a heart attack occurs.



Then the heart muscle supplied by that artery begins to die. Damage increases the longer an artery stays blocked. Once that muscle dies, the result is permanent heart damage.

How can I recover?

Depending on the extent of your heart attack, you may only be in the hospital a few days. But your recovery is just beginning.

- Start making changes in your life now to reduce your risk of having another heart attack. Eat healthful meals, be more physically active, and if you smoke, quit.
- Talk with your doctor and nurses about how you can live as normal a life as possible. Ask how soon you can go back to work, drive a car, have sex, and what to do if you have chest discomfort. They can answer your questions about other matters too.
- Join a cardiac rehabilitation program in your area.

How can I avoid a heart attack?

Even if you have heart disease, there's a lot you can do to improve your heart's health. Ask your doctor or nurse for help. Together, you can set goals to reduce the things that raise your risk of heart attack.

- Don't smoke, and avoid other people's tobacco smoke.
- Treat high blood pressure, if you have it.
- Eat a healthy diet that's low in saturated fat, trans fat, cholesterol and salt.
- Exercise at least 30 minutes on most or all days of the week.
- Keep your weight in the normal range.
- See your doctor for regular check ups.
- Take your medicines exactly as prescribed.
- Control your blood sugar if you have diabetes.



How can I learn more?

1. Talk to your doctor, nurse or other health care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
2. Call 1-800-242-8721 or visit americanheart.org to learn more about heart disease.
3. For information on stroke call 1-888-478-7653 or visit strokeassociation.org

Mandaree Local & Surrounding Area Directory

TAT Police Department: 627-3617 or long distance dial: 1-800-952-7923.

TAT Police Department Fax Number: 701-627-3113

TAT Police Department Records Keeper Fax Number: 627-3308

Mandaree Security: 759-3377

TAT Chief of Police Blaine Flynn: 421-8342

TAT Police Officer: Nate Sanchez: 421-1819

TAT Police Officer: Cole Crows Heart: 421-6547

TAT Tribal Court: 627-4803

McKenzie County Sheriff: 701-444-3654

TAT Fire Management Program: 759-3124 or Marle Baker cell: 421-1423

TAT Utilities: 627-2580

Tex Fox Justice Center: 627-3500

TAT Fish & Game Warden: Steven Dubois-421-8687 or Bradfield Sage: 421-6977

Mandaree Water Treatment Plant: 759-3160: In case you have an emergency you may contact these people via cell phone: Bruce Fox: 421-7512 or Loren Fox: 421-9552. Mandaree Water Treatment Fax Number: 759-3199.

For Emergency or Ambulance dial: 911

Poison Control: 1-800-222-1222

North Dakota Travel Information Service Dial:511 Dialing this three digit number from your cell phone is a national service for travelers to get information you need to safely travel across North Dakota and the Nation.

When calling out of North Dakota for weather and road condition you can dial: 1-866-696-3511

Mandaree Roads Department: 759-3420 or Dan Hall cell number: 701-312-0791 or 701-312-0792 , Walter Deville: 421-0456, Willis Sage.

Mandaree CHR Jessica Spotted Horse: 421-2214

CHR Main Office in New Town: 627-4340

TAT Commodities Program: 627-4292

Mandaree Field Clinic: 759-3422

Mandaree Field Clinic Fax Number: 759-3209

Mandaree Pharmacist: 759-3151

Mandaree Pharmacist Fax Number: 759-3181

Water Chief Hall Office Receptionist Rhonda Hall :759-3377

Water Chief Hall Fax: 759-3232.

Water Chief Hall Programs Manager: Maranda Johnson: 759-3377.

Water Chief Hall Public Relations Lovina Fox: 759-3377

Water Chief Hall Fax: 759-3232

Water Chief Hall Head Security Jimmy Johnson: 421-9732

Water Chief Hall Water Hauler: Dan Hunts Along & Keith White Owl at 759-3377 or Dan cell: 421-3192 or Keith cell: 421-0586.

Mandaree Elders Program: 759-3099 or 421-5137

Mandaree Elders Delivery Assistant: 759-3099

Mandaree Elders Program Fax Number: 759-3093

Elders Meal Site Head Cook: Dinah Blackhawk: 759-3092

Assistant Cook Kip Black Hawk: 759-3092

Hidatsa Health Coordinator Vida Craig: 759-3377 or cell: 421-6482

Mandaree Boys and Girls Club Branch Manager Jade Standish: 759-3049 or Cell 421-1183.

Mandaree FBHA Compliance Officer:759-3177

FBHA Fax Number: 759-3182

Mandaree FBHA Maintenance office 759-3577 Raymond Yellow Wolf cell 421-0672 or Victor Three Irons cell: 421-0675.

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

Mandaree TERO Office Lana Turner Office Receptionist: 759-3255. TERO Workers are: Cornell Poitra Cell: 421-6166 Les Yellow Wolf Cell: 421-0841, Donald Mckenzie, Tony Phelan, Duane Young Bird.

Youth Counselor: Cheryle J. Fox :759-3705 Cell: 421-7549 Circle of Life Fax: 759-3706

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

MEC: 759-3399

MEC Store: 759-3609

Mandaree School: 759-3311

Mandaree School Business Office: 759-3120

Mandaree Business Office Fax: 759-3123

Mandaree Bus Garage: 759-3395

Mandaree Post Office: 759-3370 Hours 8:00am– 4:30pm

Mandaree Post Office Saturday hrs. 10 am-12pm.

Father Paul: 759-3412

Mandaree Tribal Ranch & Lodge: 759-3176 or Director Ted Siers cell: 421-8672

Native Printing Jody Brieck: 759-3228. Fax: 759.3227

*** Please read. Some numbers were removed and some were added and corrected. Please post this so you can find what number you are looking for when you need them.**

Thank you for reading.

Mandaree School News

As you read this article there are only 12 weeks of school remaining and still plenty of events and activities to complete. The end of 3rd quarter is March 15. The students have time to improve their grades and show their talents. It is great having so many students participating in taking band lessons. We are hoping for a wonderful performance this spring with the band and the choirs. The American Indian Business Leaders (AIBL) have been having different fundraisers and have opened the Warrior Store. Congratulations to Ester Hall for winning the competition for the design of this year's yearbook cover. A.S.K. (Adults Supporting Kids) will continue to meet for the remainder of the school year. It would be great to have more parents involved. This is the time to share ideas on ways to help Mandaree School be the school you want for your children. The next meeting is Thursday, March 7 @ 5:00 PM. One of the activities we are cooperating with ENERPLUS and the 8th graders is Adopt-A-Well. The well is east of Mandaree about 5 miles. The name of the well is Arabian. ENERPLUS has supplied speakers and shared the progression of developing an oil well. The 8th grade students have visited the site and also taken a trip to ENERPLUS office which is south of Mandaree by the Tribal Ranch. The 8th graders are learning about different careers and the importance of education. It would be a positive move if we could share their experience with others in the future. The students will be able to follow the progress of this well throughout their years in Mandaree. Please feel free to come to the meetings and find out more of what is happening at your school.

Just a reminder that the food service staff are working hard to give students healthy and nutritious meals. Students may not bring pop or drinks or other foods for lunch or breakfast that is not healthy. There is a wellness policy that encourages healthy and nutritious snacks for parties in the classroom. Please keep this in mind when bringing treats for your child. This is for their health.

February was "I Love to Read" month. The activities were centered around reading. The students read with other students, Ms. Dockter read to classes, students read to Ms. Dockter, guest readers came to classrooms, and DEAR(Drop Everything And Read) was scheduled four times during the month. Here are a few pictures of 1st graders reading to the 8th graders.



A reminder to drivers on slowing down and being careful on the roads with the winter weather. Remember the buses are carrying precious cargo and the future leaders of Mandaree. All drivers are to stop when the

flashing red stop arm is out. This is for the children's safety. There is a fine for drivers that go through the STOP ARM. Be Cautious and safe with winter driving. SLOW DOWN!

Upcoming Dates To Remember:

- March 2 9:00-3:00 Saturday Academy
- March 7@5:00 A.S.K. (Adults Supporting Kids)
- March 11 Teacher Inservice Day (No School)
- March 15 End of 3rd quarter
- March 16 Saturday Academy
- March 22 NO SCHOOL
- March 29 Spring Break– No School
- April 1 Spring Break– No School

Future Activities:

- April 25 School Art Show
- May 2 AIBL Talent Show
- May 10 K-4 Music Concert
- May 23 Last Day of School

Arla M. Dockter
K-8 Principal
Phone: 701.759.3311 Ext. 109
Fax: 701.759.3112

Carolyn Bluestone
HS Principal/Superintendent



You Have No Needs



For someone to read this sentence might scoff and say you don't know half the needs I have right now. Even to wake up in the morning to be conscience of the immediate needs and then begin to dwell on the needs of the day. Some may wake up with a headache and others with aches and pains. So how is it that "We have no

needs?"

God knows your every need and already set in motion before you were born a way to have all your needs met, spiritual, physical, emotional, and financial. Would you like to end the burden of grief, suffering, sorrows, aches, pains, financial strain, emotional roller coaster mood swings?

We lived our lives immersed in this present physical society we exist in, for some never really conscience of another world in the universe. This world the Spirit World or Spiritual Realm is more real than this earth in which we live. Our great great grandfathers, some of who were powerful but humble "Holy men" existed in this realm. Jesus said to the religious leaders and to His disciples in Luke 17:21 "The Kingdom of God is within you." When you search deep into your heart, pray, seeking and asking the Creator, He will open this World, the Spirit World for you.

Your heart is the Throne room of God the Kingdom the "Spirit World" already exist within you. In this place there is NO sickness, NO fear, NO defeat, which cannot exist in this realm, this is God's Kingdom. His realm, where He desires for His children to enter into this place of refuge from this chaotic world we live in.

How do we get to this place? You are made of "Spirit and Soul" your soul is where your emotions operate from. If you are given over to anger, jealousy, greed, lies, shame, guilt, ect. (sin) negative emotions will throw your spirit our of balance and make your spirit weak. Proverbs 18:14 "The spirit of a man will sustain him in sickness, but who can bear a broken spirit?" If you continue to operate from your soul you will not experience the Kingdom realm.

Heaven is in your heart as in Luke 17:21 there is no time or space in this realm. Jesus said my kingdom exists outside of this space or earthly realm. You are either soulish or spiritually depending on what dominates your life.

As long as you are conscience of your needs you will not be able to experience the Kingdom to be healed, delivered and set free.

The first step to getting your spirit back into balance is to repent and confess your sins before a loving and caring "Father" through His Son Jesus Christ.

Many of you know the scripture John 3:16 "For God so loved the world He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life, and verse 17. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

Satan's main driving force and plan is to keep you full of guilt, shame and condemnation. That is why so many people self medicate through the things of this world and then it becomes and addiction.

To escape the lies and trap of Satan is to confess your sins or what is called the ABC of salvation.

A-Accept Jesus as your Lord and Savior.

B- Believe God sent His son to die on the cross but he arose and is seated in the Heavenly places.

C-Confess your sins, repent and seek His help when you are tempted.

Say this simple prayer with me...Jesus forgive me of all the sins I have committed in the past those known and unknown. Forgive me for the harm I have done to other people, thoughts that are not edifying or pleasing to you. I **accept** you as Lord of my life to reign and rule over my soul.

God I **believe** that you send your Jesus to die on the cross for my sins, I lay them on the altar that when He rose, He rose to give me victory over my sins.

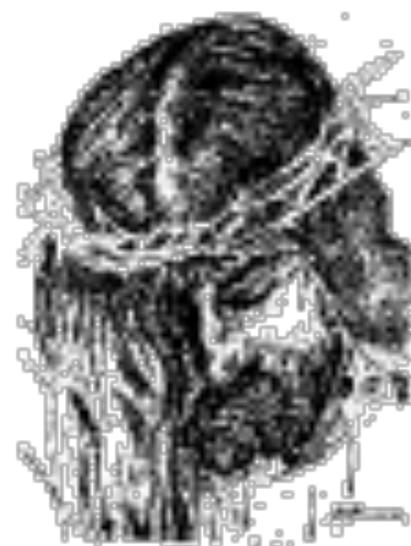
I **confess** all my sins and seek your strength to overcome temptation and evil thoughts, thank you for your unconditional love that unlocks the Kingdom of Heaven, in Jesus Name AMEN!

Amen!

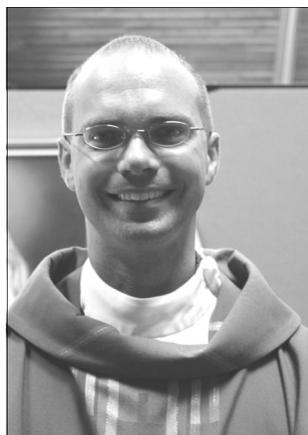
God Bless You!

Pastor Elise Packineau,

Mandaree Hidatsa Church



The Season Of Lent



The liturgical season of Lent begins on Ash Wednesday, which falls on February 13th this year. Lent is a time of preparation for the joyous season of Easter, which commemorate the resurrection of Jesus Christ from the dead. How does a person prepare to be filled with the hope and joy of Jesus' rising? For starters, we can pray and speak to God in an intimate and personal way, telling him what's on our mind, and listening with the ears of our soul to what he

has to tell us in return.

Along with an intensified prayer life, we fast and give alms during Lent. Ash Wednesday and Good Friday are obligatory days of fasting for all Catholics, and all Fridays of Lent are days of abstinence from meat. We do these things out of reverence and honor for what Jesus has done for us by dying on the cross on Good Friday.

By fasting, we are in solidarity with Jesus, who fasted 40 days and nights before beginning his public ministry. By making the sacrifice of not eating meat, we remember that following Jesus will be difficult and we will not always have what we want when we want it in this life. It also reminds us that there is suffering in the world, and compels us to do our part to alleviate it.

Giving alms entails being mindful of those in need and helping them when and how we are able. Jesus called his first disciples to pray, fast and give alms, and by doing so we strengthen our spiritual muscles and stamina for living the gospel. Somewhat like an athlete who trains his body for an event such as a race or ball game, we train our hearts to say yes to Jesus at all times.

Sometimes we succeed and sometimes we fail. The important part is that we keep trying, just like the first apostles did. For instance, St. Peter sometimes failed to trust Jesus words fully. When Jesus was walking on water crossing the Sea of Galilee, he called Peter out of his boat to come toward him. At first Peter was doing fine and was walking on the water. But when Peter took his focus off of Jesus and noticed the waves around him, he became frightened and started to sink. He called out for help and Jesus immediately reached out his hand and pulled him up. Perhaps we feel like Peter at times. We want to believe and do well at times, but sometimes we doubt and lose our perspective. When we keep our eyes on Jesus, however, we will not sink, but will be firmly grounded in faith.

This Lent, let us pray for each other to be strengthened to give our lives for God, as he gave his life for us for our eternal salvation.

God bless.

Father Paul

St. Anthony's Catholic Church

National Diabetes Alert Day

Tuesday March 26

Screenings

10am-2pm



Walk

3pm-4:30pm

**STOP
DIABETES**

American Diabetes Association

Screening Sites

<u>New Town:</u>	Post Office FBCC Elbowoods Memorial Health Center Northern Lights
<u>4 Bears:</u>	TAT Tribal Building
<u>Parshall:</u>	Parshall Field Clinic
<u>Mandaree:</u>	MEC C-store
<u>White Shield:</u>	Elders Building
<u>Twin Buttes:</u>	Twin Buttes Field Clinic

Walk Participants
receive a free
T-shirt!

Walk will begin west end of New Town, to the golf course and back.

Any questions call Fort Berthold Diabetes Program 627-7931

For Your Information

West Segment Community Sale

March 2nd & 3rd, 2013

11:00am-5:00pm

Spring

*West Segment Community is having
a sale!*

*Reserve your tables for a bake sale, arts &
crafts, or rummage sale.*

Tables are \$10.00 per table. (Limit 3)

*Indian Tacos will be sold. Proceeds from the
Indian Taco Sale will help defray travel
expenses for Brighten Johnson's appointment
To The Denver Children's Hospital In
Denver, CO.*

*For more information contact the West
Segment Office*

@ 759-3377 ask for Maranda or Rhonda

Hope to see you there !!!

Obituary



In Loving Memory Of Valarion
"Val" Finley

(Aah-shii-Garishda) "Small
Horn"

Valarion Lawrence Finley was born on April 1, 1973, to Marcia White Eagle and Robert Finley Sr., in Dickinson, ND. Valarion was a member of the Chicken Clan. Valarion departed this life

at the McKenzie County Medical Center, Watford City, ND on Sunday, January 20, 2013.

Val grew up in the Mandaree area where he attended elementary and high school. He received his high school diploma from the Mandaree Public School. Val held various positions at the Four Bears Casino and Lodge for many years.

Val enjoyed time with his family and friends, especially his young nephew, Walter Jr., who he spent many weekends with playing games and watching movies.

Small Horn's hobbies were collecting comic books, playing cards and gambling at the casino.

Val is survived by: his mother, Marcia White Eagle, Mandaree, ND; his father, Robert Finley Sr., Mandaree, ND; his sisters, Judith (Virgil, Sr.) Wilkinson, White Shield, ND, Lisa (Walter, Sr.) DeVille and Roberta White Eagle (Wilbur, Sr.) both of Mandaree, ND; his nieces, Julia White Eagle, Sparta, MO, Marea DeVille and Megan Hunts Along both of Mandaree, ND. Molly Wilkinson, White Shield, ND; his nephews, Michael DeVille, Thomas DeVille, Jason

DeVilte, and Wilbur Hunts Along Jr., all of Mandaree, ND

Virgil Wilkinson and Julian Wilkinson both of White Shield, ND; his aunts, Bonita Fimbres, and Mary Finley (Santos) both of Mandaree, ND, Gloria (George) Fast Dog, New Town, ND and Mable Charging, Watford City, ND; his special aunt, Emma White Owl, Mandaree, ND; his uncles, Evan Finley Sr., New Town, ND, Edward Flys Away, Mandaree, ND, David (Doreen) Charging, Mandaree, ND, Reginald Charging, Harvey (Charlene) Charging of Ft. Washiki, Wy, and Macroy Charging, New Town, ND; grandmothers, Martha Baker, New Town, ND, Geraldyn Van Dyke, New Town, ND and Rita Hawk, Watford City, ND.

Val is preceded in death by: maternal grandparents, Thomas and Julia (Mandan-Charging) White Eagle; paternal grandparents, Evan and Louise (Black Hawk Huber) Finley Sr., aunts, Judith Ann White Eagle and Laverne Charging Brady; brother, Arnold Finley; nephew Baby DeVille; uncles, Gerald Finley, Valentine Finley Sr., Valarion Finley, Leon Charging and Jerry Charging; special aunt, Nancy White Owl; special uncle, Ygnacio Fimbres.

Continue Obituary on next page.

Obituary

Valarion Lawrence "Val" Finley
"Aah-shii-Garishda"
"Small Horn"

Born:

April 1, 1973 Dickinson, ND

Died:

January 20, 2013 Watford City, ND

Wake Services:

5:00 P.M. Monday, Jan. 27, 2013
Water Chief Hall, Mandaree, ND

Funeral Services:

11:00 A.M. Tuesday, Jan. 28, 2013
Water Chief Hall, Mandaree ND

Funeral Mass:

11:00 A.M. Monday, January 28, 2013
Water Chief Hall, Mandaree, ND

Officiating:

Father Paul Eberle

Senior Pallbearers:

Wanda Sheppard

Music:

Gerald Hale Dan Hunts Along
Wilbur Hunts Along Everyone is Welcome

Active Pallbearers:

Dale Charging	Thomas DeVille
Dennis Fimbres	Reginald Charging
Kevin Finley	Robert Fimbres
Dean Bear	Jason DeVille
Michael DeVille	Edward Finley

Honorary Pallbearers:

Jason White Owl	Twila White Owl	Ricky Finley
Claudia White Owl	Tina Hawkins	Robin Standish
Matthew & Val Marie Yellow Wolf		Jose LaPlant
KDU Staff	Derreck Bear	Josie Bingen and Carisa Croslin

Interment:

Congregational Cemetery
Independence, North Dakota

Obituary



In loving Memory of Birdie Chase

Bertina (Waters) Chase was born to Matilda Waters on September 17, 1939, at Elbowoods, ND. She passed away on February 13, 2013. Her maternal grandparents were Levi and Hattie (Sitting Bear) Waters. Birdie was proud of the fact that her grandfather Levi was the last Arikara Medicine Man and her great grandfather was Chief Sitting Bear, the last Arikara Chief.

Birdie was raised in the Nishu/White Shield area of the Fort Berthold Reservation and attended school at Marty, South Dakota. Birdie married Bernard (Sonny) Chase Jr., and lived for a time in San Diego, CA and later returned to Fort Berthold where she resided in Mandaree (Bear Den) area. To this union, three children were born; Belle Dean, Francine Marie and Frankie Lynn.

Birdie was an ambitious individual who worked most of her life. She was employed as a cook at Mandaree School and was proud to have worked and learned her culinary skills under the supervision of Mrs. Sarah Hall. Birdie later earned an Associates Degree in Early Childhood Development where she worked for the Headstart program with Mrs. Alfreda Good Bird. She was also employed by the Three Affiliated Tribes DINAP Program along with co-workers, Kathy Real Bird, Geneva Smith Aho and Leo Cummings. In this position she had the opportunity to work with youth; something she truly enjoyed. Birdie was employed with Fort Berthold Housing Authority for nearly 30 years where she became a dynamic force who worked in various capacities. She was well known for her expertise in the housing field but what she enjoyed most was working with the people and helping and assisting families. Aside from her work, Birdie was an articulate seamstress who was well known for her beautiful quilt creations that reflected her keen eye for color and artistic flair. Birdie will be missed dearly by all who were graced by her friendship and love.

She is survived by her daughter Belle Dean, grandchildren; Chance Lane, Krystal Blue, Shealyse F. Lynn and Dylan; Great grandchild; Kiyani Frankee. Sisters; Ardella Arnt, Vickie Perterson, Sandy Landenberger, Audrey Okimosh, and Phyllis Hand. Brothers; Lewis White Sr., Max (Ella) James, Donald White, Jimmy White, Ashley Cherry and Suzanne Hall. Nephews; Adam Sammuels, Lance White, Loren White Jr., and Mercury White and many other relatives. She is welcomed in Heaven by her Parents, Husband Sonny, Daughter Francine, Son Frankie, Sister Kathy Sammuels, Brothers; Tyrone White Sr., Dwight Zimmerman, Robert White Sr., Lyle Bucky White, Raymond White and Eugene White Jr.

Celebrating the Life of Birdie

Wake Services

Friday, Feb. 15, 2012

At 5:00 pm

Water Chief Hall

Funeral Services:

Saturday, Feb. 16, 2013

At 10:00 am

Water Chief Hall

Officiating:

Father Steven Kranz

Interment:

St. Anthony's Catholic Church

Rural Mandaree, ND

Honorary Pallbearers:

Fort Berthold Housing Authority Staff

Ladies Auxiliary Unit 300

Sanford Hospital Staff

All of her many friends and relatives

Active Pallbearers:

Bill Hale Jr.

Brent High Elk

Coleton Hall

Sheldon Hand

Mercury White

Mckenzie Morsette

Chaundee Chase

Public Notice: Request For Comments

Proposed Air Quality Permit-To-Construct

Notice issued: February 1, 2013

Written comments due:

5 p.m., March 4, 2013

Who is the applicant?

Arrow Pipeline, LLC (Arrow)

Where is the facility located?

10702 Highway 73 - Keene, ND
Latitude 47.667N - 47.760N
Longitude -102.357W - -102.728W

What is being proposed?

Arrow is requesting permission to construct a crude oil and natural gas gathering and transmission operation.

What are the benefits to the community?

- The capture of natural gas collected via pipelines as opposed to open flaring at the well site facilities would result in an estimated net reduction to the airshed on the Fort Berthold Reservation of 22,345 tons per year (tpy) of volatile organic compounds (VOCs), 727 tpy of nitrogen oxides (NO_x), 4,608 tpy of carbon monoxide (CO), 1.4 million tpy of green house gases (GHGs), and 543 tpy of hazardous air pollutants (HAPs).

- The collection of crude oil and produced water collected via pipelines rather than through truck transport, would facilitate the reduction of dust, road damage, and vehicular accidents due to the truck traffic.

Required Emission Limitations:

The permit proposes limitations on the emissions of VOCs NO_x, and CO of 245 tpy, each, GHGs of 98,000 tpy, and HAPs of 24.5 tpy.

What are the special conditions of this permit?

Arrow would be limited to the amount of oil that can be received from the well sites to ensure that the proposal will meet the required emission limitations.

Arrow would be limited to the type and amount of equipment that can be used in its operations. In addition, all equipment and operational emissions must be

controlled at all times to limit the impact to air quality.

What are the effects on air quality?

The EPA required an AQIA modeling analysis to demonstrate the impact of potential project emissions. Based on this analysis, the proposed operations do not appear to have a significant impact to air quality of the surrounding area. In fact, the proposed project may improve air quality.

Where can I send comments?

EPA accepts comments by mail, fax and e-mail.

US EPA Region 8 Air Program, 8P-AR
Attn: Kathleen Paser
1595 Wynkoop Street
Denver, CO 80202
R8AirPermitting@epa.gov
Fax: 303-312-6064

How can I review documents?

You can review an electronic copy of the proposed permit and related documents at the following locations:

Three Affiliated Tribe's Environmental Programs Office
404 Frontage Road, New Town, ND
Attn: Edmund Baker, Environmental Director

Fort Berthold Community College Library
220 8th Ave East, New Town ND 58763

Mandaree West Segment Tribal Office
440 4th Ave NE, Mandaree, ND
Attn: Nina Fox, Public Relations Officer
(A hard copy of the proposed permit and related documents will also be available.)

US EPA Region 8 Office:
1595 Wynkoop Street, Denver, CO
(Please call Kathleen Paser at 303-312-6526 or Claudia Smith at 303-312-6520 in advance of your visit.)

US EPA Region 8 Website:
<http://www.epa.gov/region8/pubnotice.html>.

Permit number:
SMNSR-TAT-000367-2012.001

What happens next?

EPA will review and consider all comments received during the comment period. Following this review, the EPA may issue the permit as proposed, issue a modified permit based on comments, or deny the permit.

What are the EPA's responsibilities?

The EPA Region 8 Air Program is the regulatory agency that helps protect and preserve the Three Affiliated Tribe's air quality. One way EPA does this is by requiring permits that limit the air pollutants for certain activities. The purpose of this notice is to invite you to submit written comments on this proposed permit.

Tribal Minor New Source Review in Indian Country



United States
Environmental Protection
Agency

Region 8
Air Program

1595 Wynkoop Street
Denver, CO 80202

Phone 800-227-8917

www.epa.gov/region8

For Your Information



2013 Mandaree Celebration

Will have their Bingo and lunch sales. Early birds at 6:30 pm and the Regular session at 7:00pm. Bingo's are scheduled the following dates for this month:

February 6th, 13th, and 27th.

At the Water Chief Hall in Mandaree.

Come & Support your local Celebration Committee!



Letter to the Editor

From: Native Printing, LLC

3rd Street NE Mandaree, North Dakota 58757

To: Everyone

I am letting you know I am not closing the doors of Native Printing LLC, Business. We will be moving to another location, but business as usual with the same phone number 701-759-3228.

Thank you, for all the concerns.

Sincerely, Jody Hale Brieck



2013 Mandaree Celebration Committee announces the Warbonnet Parade Dance will be on Saturday, April 13, 2013 at the Water Chief Hall in

Mandaree, North Dakota.

Further information and details will be offered as soon as we hear from the 2013 Mandaree Committee.



On Behalf of the West Segment Representative & Staff we would like to wish each and every one of you a Happy Valentines Day! May you Day be filled with Love and Happiness!

From The West Segment Representative & Staff.



Live Well!

Know the facts about heart conditions and plan for good health!

Save the Date
In Your Face: Combating Substance Abuse
 Fighting a losing battle?

March 11-13, 2013
Four Bears Casino & Lodge

FOR MORE INFORMATION CONTACT THE MHA PLANNING & GRANTS DEPT. @701-627-2600

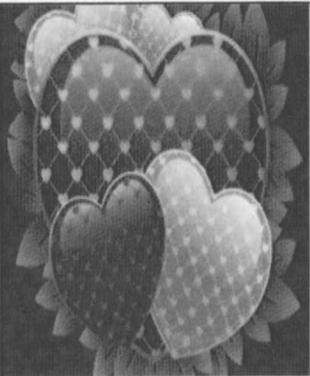
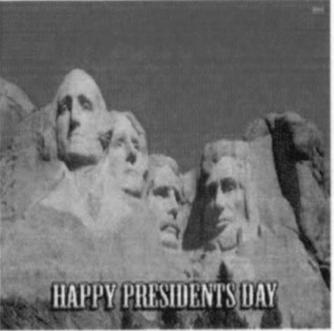
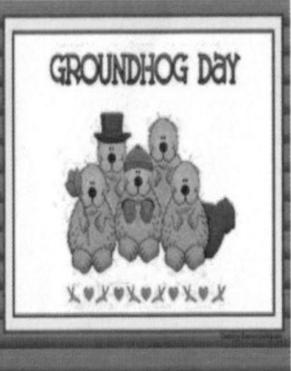
February

MANDAREE MEAL SITE MENU

2013

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Prepared by Dinah Black Hawk

				<p style="text-align: right;">1</p> <p>Hamburger Soup Jell-O, Salad, Crackers Cookies</p>
<p style="text-align: right;">4</p> <p>Biscuits & Gravy Peas Cottage Cheese Cupcakes</p>	<p style="text-align: right;">5</p> <p>Spaghetti Hot Dish Green Beans Waldorf Salad Fruit</p>	<p style="text-align: right;">6</p> <p>Chicken Cordon Blu Rice Broccoli Brownies</p>	<p style="text-align: right;">7</p> <p>Sweet & Sour Pork Rice Mixed Vegetables Banana Pudding</p>	<p style="text-align: right;">8</p> <p>Sub Sandwiches Broasted Potatoes Peas Pears</p>
<p style="text-align: right;">11</p> <p>Chili Crackers Cheese Slices Vanilla Pudding</p>	<p style="text-align: right;">12</p> <p>Tomato Soup Grilled Ham & Cheese Pickles Fruit</p>	<p style="text-align: right;">13</p> <p>ASH WEDNESDAY Mixed Vegetable Soup Tuna Sandwiches Peas/Carrot Salad</p>	<p style="text-align: right;">14</p> <p>Chicken Stroganoff Noodles Corn Cake</p>	<p style="text-align: right;">15</p> <p>Fish Burger Macaroni & Cheese Beets Peaches</p>
<p style="text-align: right;">18</p> <p>PRESIDENT'S DAY</p> <p>NO MEALS</p>	<p style="text-align: right;">19</p> <p>Chicken Stroganoff Noodles Peas/Carrots Cookies</p>	<p style="text-align: right;">20</p> <p>Baked Ham Sweet Potatoes Coleslaw Ice Cream</p>	<p style="text-align: right;">21</p> <p>Stuffed Peppers Mashed Potatoes Broccoli Tapioca Pudding</p>	<p style="text-align: right;">22</p> <p>Cowboy Stew, Crackers Cottage Cheese Cowboy Biscuits Fruit</p>
<p style="text-align: right;">25</p> <p>Wild Rice Soup Crackers Waldorf Salad Blueberry Cobbler</p>	<p style="text-align: right;">26</p> <p>Macaroni Hot Dish Tossed Salad Sherbet</p>	<p style="text-align: right;">27</p> <p>Meat Loaf Baked Potato Corn Cake</p>	<p style="text-align: right;">28</p> <p>Turkey Dressing Casserole Relish Tray Butterscotch Pudding</p>	

March

MANDAREE MEAL SITE MENU

2013

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Prepared by Dinah Black Hawk

				<p style="text-align: right;">1</p> <p>BBQ Beef Sandwich Broasted Potatoes Lettuce/Tomato Ice Cream Bar</p>
<p style="text-align: right;">4</p> <p>Hamburger Gravy Mashed Potatoes Mixed Vegetables Blueberry Bars</p>	<p style="text-align: right;">5</p> <p>Chicken & Dumplings Cottage Cheese Biscuit Chocolate Pudding</p>	<p style="text-align: right;">6</p> <p>Swiss Steaks Rice, Carrots Tossed Salad Apple Crisp</p>	<p style="text-align: right;">7</p> <p>Stuffed Peppers Mashed Potatoes Relish Tray Jell-O with topping</p>	<p style="text-align: right;">8</p> <p>Cheeseburger Hash Browns Pickles, Tomatoes Brownies</p>
<p style="text-align: right;">11</p> <p>Minestrone Soup Crackers, Biscuits Coleslaw Rice Krispy Bar</p>	<p style="text-align: right;">12</p> <p>Spaghetti Hot dish Broccoli Cottage Cheese Tapioca Pudding</p>	<p style="text-align: right;">13</p> <p>Pork Chops Augratin Potatoes Peas Yellow Cake</p>	<p style="text-align: right;">14</p> <p>Salisbury Steak Boiled Potatoes Corn Cookie</p>	<p style="text-align: right;">15</p> <p>Chicken Fried Steak Hash Browns Blueberry Muffin Peaches</p>
<p style="text-align: right;">18</p> <p>Beef Stew Crackers, Biscuits Coleslaw Vanilla Pudding</p>	<p style="text-align: right;">19</p> <p>Polish Sausage Augratin Potatoes Waxed Beans Cookie</p>	<p style="text-align: right;">20</p> <p>BBQ Chicken Boiled Potatoes Baked Beans Fruit</p>	<p style="text-align: right;">21</p> <p>Lasagna Cottage Cheese Garlic Bread Vanilla Pudding</p>	<p style="text-align: right;">22</p> <p>Fish Burger Creamed Potatoes Peas, Carrots Apple Crisp</p>
<p style="text-align: right;">25</p> <p>Creamed Tuna with peas on Biscuits Cottage Cheese Butterscotch Pudding</p>	<p style="text-align: right;">26</p> <p>Manwich Tatar Tots Relish Tray Banana Bars</p>	<p style="text-align: right;">27</p> <p>Roast Beef Mashed Potatoes & Gravy Mixed Vegetables Tossed Salad White Cake</p>	<p style="text-align: right;">28</p> <p>Spanish Rice Waldorf Salad Peas Pears</p>	<p style="text-align: right;">29</p> <p>Baked Ham Sweet Potatoes Green Beans Jell-O with Topping</p>



Our Deepest Sympathy & Prayers to the families and relatives of Valarion Finley and Bertina (Birdie) Chase on the loss of your beloved ones.

May Our Creator be with each and every one of you and grant you comfort and peace.

From The West Segment Representative & Staff

Deadline for the Country Roads Chronicles of West Segment will be the second week of every month. The newspaper must be mailed to the publishers on the third Monday of every month. All information must be sent via email or faxed to 759.3232 or if you would like to hand deliver it to Lovina Fox by the second week of each month so your information can be in the newspaper. If you have any questions please feel free to contact me at 759.3377 Thank you for your consideration.



February Happy Birthday Wishes



A Special Thank you for your expression of sympathy for the loss of our mother, grandmother, aunt, great grandmother, great great grandmother Julia Charging White Eagle and for our son, brother,

and uncle Valarion Finley.

Perhaps you sent a lovely card, or said a heartfelt prayer.

Perhaps you sent us beautiful flowers. If so, we saw them there.

Perhaps you spoke the kindest words that any friend could say.

Perhaps you were not there at all, just thought of us that day.

Whatever you did to console our hearts. We thank you so much, whatever the part.

From: Marcia White Eagle, Roberta White Eagle & Family, Walter & Lisa DeVille Sr. & Family

Brenda Hale
Belinda Beston



Happy Birthday!

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