

Country Road Chronicles Of West Segment

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Just When We Were Looking Forward To Spring



Quotes For The Heart & Mind

- "Today you are You, that is true; that is true. There is no one alive who is Youer than You." ~Dr. Seuss~
- "Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." ~Arnold Schwarzenegger~
- "Nothing we see or hear is perfect. But right there in the imperfection is perfect reality". ~Shunryu Suzuki~

Pictured above is the West Segment community as you can see we are snow covered again. Only this time there was rain which turned into ice making it difficult to drive on the icy roads. In the photo on the bottom you can see the ice on the roads, which in this case traffic still moves on rural route 12 going east of the Mandaree community.

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West Segment Tribal Representative Update



Hello Community members and relatives. February was here and gone already. For the month of March.

I will do my best in keeping each of you informed of 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 and relatives on the loss of their loved ones the end of February from our West Segment community.

For the month of March we have been really diligent and our time and energy has been occupied with our housing division in completing the finances of the incoming sixty homes. We need to meet our construction deadlines and most of all our goal is to meet our people's need of houses and in our community.

I just would like to clarify to our community members here that these sixty homes that are coming in are for our own community members only and for those who do apply for one of these homes are required to meet a criteria that our Housing Board has to go over. You must be an enrolled member in order to apply for one of these homes and a community member. The name for these new sixty homes that are coming in will be called the Black Eagle Estates. Black Eagle Estates will be located below the water plant in the Mandaree community. Our Hidatsa Housing Division is located inside the Water Chief Hall.

Phase II of our Hidatsa Housing Division will consist of scattered type homes which will happen after Phase I. Our Project Managers have been dedicated and working diligently on these projects with the bylaws and applications. The applications are out and we have an enormous amount of applicants which has gone way over our expectation. All applicants will be screened to meet the criteria for our Hidatsa Housing Division, like I said they have to be an enrolled member and community member which will give an applicant high points, points which our criteria is based on. An applicant has to have a job and be able to do a wage assignment and/or direct deposit. We are trying to make it where our community members are more responsible on their payments so any applicant isn't late on their payments for rent.

We recently had our groundbreaking ceremony that took place for the Black Eagle Estates, we had our investors here. Our investors are putting all the finances up front so we can complete this project now rather than waiting for four years. We are completing

this project in one year and the package they're bringing forward is the house, the infrastructure, the streets, the curb and gutter, the sod and the sprinkler system the whole package. Everything will start as soon as we complete all the finances.

We also recently had a ribbon cutting ceremony too. We are attaching four new offices on the east end of the community center. This was part of the 250 thousand community hall improvement program and we are just looking at the construction which has already started so we have a target date of opening up those offices by May 1 of 2013. Right now these offices aren't obligated for anything but one of the offices will be rented by and reserved for Jody Brieck from Native Printing because we are taking the building back where she had her business Native Printing. That building will be constructed and remodeled into a day care center. But the other three offices are still open. I would like to see a part time office set aside for social services so they can come here from Watford City or Killdeer to service the needs of our people for our women and our children here so they don't have to travel.

I would like to share with everyone in our community that we are very excited because we have a lot of business opportunities for our community. My goal still stands that I would like to see our community become self sufficient, we have all these entities that can provide for our community and meet the needs that we have. I am also looking at a new community center which will be similar to the Northern Lights building in New Town. The one that I am looking into will be bigger it will have an upper deck, with a swimming pool in there and also our clinic will be inside. I have the ball rolling where we are just getting the numbers down, trying to use the CDBG grants, and some small USDA loans so I am just putting the financial packet together for that. We are anticipating that this community center will be located east of where our old one is now. Once this is up and construction is taking place and we transfer our offices then the old community center will be our fire hall with our EMS service (Emergency Management Services) which will store our ambulance, and fire trucks and our police officers.

Our Hidatsa Language Department is on the roll they have completed some CD's which need editing. Another CD that the Hidatsa Language will be working on will be on our Clanships and protocol which will be in the works very soon. We are very enthusiastic about this for our Hidatsa Language Department.

In closing, I would like to assure and clarify to all our community members here that I, as your Tribal Representative am not in favor of any man camps here in our area nor am I affiliated with any organization doing any man camps. I just want each of you to be aware of that so if you hear any rumors than this is clarified because you heard it from myself. I am a father and a grandfather, I have my sons and daughters and grandchildren and relatives. I would not be a part of anything to put any of our community members, children, grandchildren and relatives in harms way. I am trying my best to do things in a respectful and honorable way by helping everyone. That is the way I was raised.

Thank you for being a good reader.

Mandaree Elders

The American Red Cross recommends that senior citizens create a personal support network made up of several individuals who will check in on you in an emergency, to ensure your wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. Ideally, a minimum of three people can be identified at each location where you regularly spend time, for example at work, home, school or volunteer site.

Why Prepare?

Where will you, your family, your friends or personal care attendants be when an emergency or disaster strikes?

You and those you care about, could be anywhere at home, work, school or in transit. How will you find each other? Will you know your loved ones will be safe?

Emergencies and disasters can strike quickly and without warning and can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services, water, gas, electricity or telephones were cut off?

Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

You are in the best position to plan now for your own safety as you are best able to know your functional abilities and possible needs during and after an emergency or disaster situation. You can cope with disaster by preparing in advance with your family and care attendants. You will need to create a personal network and complete a personal assessment. You will also need to follow the four preparedness steps listed in this booklet.

1. Get informed
2. Make a plan
3. Assemble a kit
4. Maintain your kit and plan

Knowing what to do is your best protection and your responsibility.

Complete a Personal Assessment:

Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. This will be based on the environment after the disaster, your capabilities and your limitations. To complete a personal assessment, make a list of your personal needs and your resources for meeting them in a disaster environment. Think about the following questions and note your answers in writing or record them on a tape cassette that you will share with your network. These answers should describe both your current capabilities and the assistance you will need. Base your plan on your lowest anticipated level of functioning.

Daily Living: Personal Care:

Do you regularly need assistance with personal care, such as

bathing, and grooming? Do you use adaptive equipment to help you get dressed.

Water Service: What will you do if water service is cut off for several days or if you are unable to heat water.

Personal Care Equipment: Do you use a shower chair, tub transfer bench or other similar equipment.

Adaptive Feeding Devices: Do you use special utensils that help you prepare or eat food independently.

Electricity Dependent Equipment: How will you continue to use equipment that runs on electricity, such as dialysis, electrical lifts ect., do you have a safe back up power supply and how long will it last. These are things to keep in mind when you do a plan for yourself and family members need to be involved so they are aware of your plan in case of any emergency.

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 Elders 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

West Segment Groundbreaking



Even though it was a cold day outside the West Segment groundbreaking took place for the Black Eagle Estates home housing division which will be located below the Mandaree Water Plant in our West Segment Community.

Pictured to your left is our West Segment Tribal Council Representative, the Honorable Randy Phelan speaking to the audience who was on hand for the groundbreaking ceremony.

A meal was provided by the West Segment Tribal office for visitors and those who participated in the groundbreaking ceremony.

Pictured to your right is James Johnson, who was offered tobacco to say a prayer before the groundbreaking ceremony took place for the new housing division in our community.

The groundbreaking ceremony marks another first for the Mandaree Community as we can only move forward in a more positive direction by helping our people within the boundaries of the West Segment community.



Ribbon Cutting Ceremony For Added Offices At Tribal Office



Pictured above is Al Newman Sr., Carol Newman, Arvella White, Randy Phelan and Jimmy Johnson. All are getting ready to cut the ribbon.

This is indeed a positive move for the West Segment community. Everyone is very optimistic and encouraging about the new offices being added. Some of the rooms of the offices are spoken for. One of the offices will house the Native Printing Business of Jody Briek. The other office will be a part time office for Human Services from McKenzie and Dunn County to meet the needs of our community members. So they won't have to travel to Watford City or Killdeer to do their paperwork and appointments.

The construction on the offices will begin very soon. It is our hope that these offices will be open by May 1 of this year.

With many business opportunities in our community we can only be excited and enthusiastic of all the challenging positive things that are happening in our own community.

The staff is very confident and optimistic of these changes being made we are all working together as a team so that makes our work environment very positive.

We are all here to help and service our community members. If you have any questions or concerns please feel free to contact our office at 759-3377 and we will be more than happy to assist you.

For Your Information

Notice of Radio Active Frack Filters



In an effort to address a growing public health risk and an environmental hazard, I am submitting a preliminary public notice. We at the TAT Environmental Division are working to address and inform the public about an ongoing

problem regarding “frack socks”. Fracking filters (see attached photos) are used in the fracking process and considered inert before use. However, once fracking fluid has passed through these filters, particles build up which result in a highly radioactive source. Out of the three types of radiation (Alpha, Gamma, Beta) Alpha radiation is emitted once the duration of the filter’s use in fracking is complete.

Alpha radiation is the least harmful out of the mentioned types when taken from the point of view similar to an x-ray (emission through matter). However, ingestion of the source of the radiation, which in this case would be the concentrated levels of fracking chemicals, can result in serious health problems up to a fatality.

These filters have been found in tribal dumpsters, agricultural fields, and on the side of roads throughout the reservation but with a higher concentration in the Mandaree area. Of most concern are potential areas within the communities where children and other individuals may be at risk. The filters resemble small fishing nets. Contact with the skin resulting in possible ingestion carries a great risk and health concern.

The office is asking the communities to report any illegal activity regarding the dumping or the abandoning of these filters within our boundaries. There is a special process regarding handling procedures and disposal relating to these filters so please DO NOT HANDLE THEM. Instead, immediately report the presence of these filters at the number below. Thank you.

Photos are posted on the left for your reviewal.

Edmund Baker

TAT Acting Director (Environmental Division)

701.627.4569

701.421.6873



For Your Information

Hidatsa Health Coordinator



Greetings to everyone I have been busy working on scheduling a health fair for our local community. Another thing that I have been working on is a weight loss program you can

look at the poster at the bottom .

The health fair will be on April 16th at the Water Chief Hall it is sponsored by West Segment office. The health fair has taken a lot of time and energy here in my office. I didn't realize how time consuming it can be to plan something like this. But we want our health fair to be a success and with everyone's help it will be.

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



WEST SEGMENT HIDATSA HEALTH BIGGEST LOSER WEIGHT CONTEST

\$10 entry fee, Registration and weigh ins will be

March 14 & 15, 2013 (entry fee due upon registration)

Weigh in at Fitness Center located in the Elders Bldg.

You will receive a copy of rules upon registration

Contest will run from March 18th to May 31st

Winner will receive Jackpot of all entry fees

Councilman J. Randy Phelan will match whatever the total entry fee is.

This contest is for West Segment residents only

Questions please contact

Vida Craig 421.6482 or 759.3377

Hidatsa Language Preservation Moves Forward



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

The Language Preservation crew has been hard at it working on a daily basis to get the sentences in Hidatsa recorded. Under the assistance of John

Fevold, from New Town who offers his expertise in recording these ladies on our Hidatsa

sentences. John takes care of the recording and sound for the women who are speaking the sentences in our Hidatsa language.

In a recent meeting our Tribal Representative Randy Phelan also spoke with the Hidatsa Language Preservation crew about recording our Clanships and protocol for our clanships. When the ladies complete the CD's for the sentences than they will have new project to work on which will be our Clanships and protocol.

This will be the first time that our Clanships and protocol will be recorded since we are all aware that our Clanships are in writing. This will be a first for Mandaree to have our Clanships recorded which will only enhance our tradition and our cultural ways that we follow as Hidatsa people. Everyone will have the opportunity to benefit from this great piece of knowledge and be able to understand it and hear it on a CD.

Completion of the CD's recorded for the sentences in Hidatsa will soon be completed and sent off for professional editing with the outside cover graphics being designed by Rusty Gillette through DrumHop Productions. Rusty is also an enrolled member of the Three Affiliated Tribes here on the Fort Berthold Reservation.

For Your Information

St. Anthony Catholic Church Fellowship Hall & Lodges

Submitted by Lisa DeVille

On January 22, 2013 St. Anthony Catholic Church received approval from the Bismarck Diocese to proceed with plans to build a fellowship hall connected to the church, and to erect lodges to replace the current dormitories used by the children and counselors for Christian Life Camp.

The current dormitories are believed to have been constructed in the 1920's and were later moved to their present site. In the summer of 2011 concerned parishioners viewed the deterioration of the dormitories which led to the planning of the building projects that included Father Stephen who has retired, Father Paul Eberle, and many parishioners who were at the meetings and/or gave input.

Steve Erban of Schoenrock & Sons Inc. is the architect for the new fellowship hall and lodges. Steve was also the architect for the new St. Anthony's Catholic Church that was completed in 2006. With the new St. Anthony Catholic Church fellowship hall and lodges we look forward to conducting more activities for the people.

If you would like to see the plans for the projects you are welcome to contact Father Paul Eberle at 759-3412.

Notice From The TAT Tribal Historic Preservation Department

Relatives and Friends:

Now that we are on the downhill side of winter and springs not far off, please be aware that any type of ground-disturbing activity taking place on tribal lands within the confines of the Fort Berthold Reservation, whether it be for a homesite, pipeline, well pad etc., must have a TCP/Archeological resource survey done by the TAT Tribal Historic Preservation Office as part of the NEPA process.

Historic Preservation has trained monitors who will do the surveys for you and for any questions, please call myself or Historic Preservation Officer Elgin Crows Breast and we'll be happy to help you.

Mahd-za-giddadz/ Go-shted

Pete Coffey Jr.

Compliance Officer

Tribal Historic Preservation

Mandan Hidatsa Arikara Nation

404 Frontage Road

New Town, ND, 58763

701.862.2474



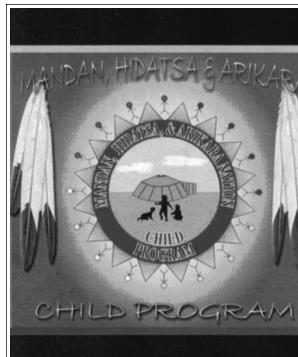
All community members who live in the West Segment Community:

TAT Voc Rehab will be here on Tuesday, March 19th, 2013. Please remember to bring your Tribal Enrollment Verification and/or Tribal ID Card.

Voc Rehab Counselor will be here from 10:30 am to 2:30 pm for your convenience at the Water Chief Hall in Mandaree, North Dakota. If you have any questions please call 701.627.2994 or cell 421.2824

Chris Ann Demaray

VR Counselor/COTA



The TAT Child Program will provide basic early intervention and preventative services to all Tribal children between the ages of birth to five living on the Fort Berthold Reservation. The ultimate goal of the program is to support families in ensuring the appropriate progress in the growth and development of their children.

The love and concern for your child is our key motivation. Children are screened starting at 3 months of age and continuously to five years of age to track development growth. Children with special needs receive the services necessary to make appropriate growth and developmental progress. The technicians that cover the Mandaree area are Crystal Hallam, and soon Stephanie Alcocer. If you would like your child enrolled or screened call Crystal and set up an appointment at 710.421.7869.

Mandaree Boys & Girls Club News

March 2013 Mandaree B&G Club

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jade Standish 421-9493 Jarín Robertson 421-7625 Donovan Abbey 421-8132 Sierra Flying Horse Jr Staff BGC Club 759-3049	Office Hours 11 AM to 3 PM Direct Service Hours 3 Pm to 7PM			3-330 power hour 3:30-4 Daily Challenge 4-5 Stem 5-7 Games
4 3-3:30 Power Hour 3:30-4 Daily Challenge 4-5 Mentoring 5-6 Triple Play 6-7 Smart Moves	5 3-330 Project Learn 330-4 Spark 4-5 Stem 5-6 Triple Play 6-7 Smart Moves	6 3-330 Power Hour 330-4 Daily Challenge 4-5 Stem 5-6 Triple Play 6-7 Smart Moves	7 3-330 Project Learn 330-4 Spark 4-5 Immersion Mentoring 5-6 Triple Play 6-7 Smart Moves	8 3-330 Power Hour 330-4 Daily Challenge 4-5 Stem 5-7 Movies
11 3-330 Power Hour 330-4 Daily Challenge 4-5 mentoring 5-6 Triple Play 6-7 Smart moves	12 3-330 Project Learn 330-4 Spark 4-5 Stem 5-6 Triple Play 6-7 Smart Moves	13 3-330 Power Hour 330-4 Daily Challenge 4-5 Stem 5-6 Triple Play 6-7 Smart Moves	14 3-330 Project Learn 330-4 Spark 4-5 Immersion Mentoring 5-6 Triple Play 6-7 Smart Moves	15 3-330 Power Hour 330-4 Daily Challenge 4-5 Stem 5-7 Games
18 3-330 Power Hour 330-4 Daily Challenge 4-5 mentoring 5-6 Triple Play 6-7 Smart moves	19 3-330 Project learn 330-4 Spark 4-5 Stem 5-6 Triple Play 6-7 Smart Moves	20 3-330 Power Hour 330-4 Daily Challenge 4-5 Stem 5-6 Triple Play 6-7 Smart Moves	21 3-330 Project Learn 330-4 Spark 4-5 Immersion Mentoring 5-6 Triple Play 6-7 Smart Moves	22 3-330 Power Hour 330-4 Daily Challenge 4-5 Stem 5-7 Movies
25 3-330 Power Hour 330-4 Daily Challenge 4-5 mentoring 5-6 Triple Play 6-7 Smart moves	26 Club Closed!! Staff Training	27 Club Closed!! Staff Training	28 3-330 Project Learn 330-4 Spark 4-5 Immersion Mentoring 5-6 Triple Play 6-7 Smart Moves	29 Club Closed!! Good Friday

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

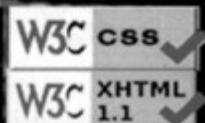
4:00pm to 7:00pm Room 73B

For more information on enrollment contact:

1(701)627-4738

Admissions Ext. 259

Registrar's Office Ext. 247



TAT Commodities Schedule For April

APRIL 2013						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 FFAVORS DELIVERY	2	3	4	5	6	7
8 FFAVORS DELIVERY	9 Whiteshield	10 Parshall	11 Twin Buttes	12 MANDAREE	13	14
15 FFAVORS DELIVERY	16	17	18	19	20	21
22 FFAVORS DELIVERY	23	24	25	26	27	28
29 FFAVORS DELIVERY	30 INVENTORY CLOSED					
		NOTES: FOOD DISTRIBUTION FOR EACH COMMUNITY SEGMENT LISTED ON CALENDER DATES				



FOOD DISTRIBUTION PROGRAM
 THREE AFFILIATED TRIBES
 404 FRONTAGE ROAD
 503 9TH STREET N
 NEW TOWN, ND 58763

PHONE- 701-627-4292
 FAX - 701-627-4644

HOURS OF OPERATION:
 9:AM - 12:PM
 1:PM - 4: PM

DATES SUBJECT TO CHANGE

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 Public Relations Fax: 759-3375

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: Lana Turner Office Manager: 759-3255 or cell 421.6052 . TERO Workers are: Cornell Poitra Cell: 421-6166 Les Yellow Wolf Cell: 421-0841, Donald Mckenzie 421-3624, Tony Phelan 421-3623, Duane Young Bird 421-0633.

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 1:15pm – 4:45pm

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

The sun is shining today and makes you want to think spring is not far away. It's hard to imagine it when everything is still pretty white. There are always different activities happening at the school. You are to be proud of your young people that take advantage of the different opportunities and participate in them. The basketball season has come to an end. The students that were eligible played hard and did their best for being so young. The program will improve with experience. The students are like a seed and need time to grow. A field of corn does not grow overnight and our basketball teams will take time to bloom into a fantastic team. Remember patience is a virtue.

We had 32 students in grades 1-8 attend the county spelling bee in Alexander. Ceara Hurkes in grade 5 took 3rd place, Bailey Chase in grade two took 2nd place, Alyssa Berschneider took 2nd place in first grade and Avaya Canyon-Fox was first place for grade one. We are very proud of their accomplishments.

The Warrior Store is a huge success for the AIBL (American Indian Business Leaders). It is open between 7:45-8:15. The proceeds will be applied to a conference next year. The students are also sponsoring a talent show. It is open to everyone in Mandaree. Please share your talents and register with Ms. Absmeier. The talent show is scheduled for May 2.

There is an art show scheduled for April 25 be watching for more information and everyone is again invited to share your talents. You may contact Ms. Stoopes-Mokamba.

Ms. Rankin will be presenting the next music program on May 10th for students in grades K-5. The band students will also be performing. It is exciting to have a new program. There are 25 students learning to play an instrument. It is great to see them participating and taking advantage of this opportunity.

There is still time for students to make up some of their days missed. Saturday Academy is the 1st and 3rd Saturdays of each month. The tutoring will continue on Tuesdays and Thursdays through April.

A reminder to drivers on slowing down and being careful 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. SLOW DOWN!

Upcoming Dates To Remember:

March 16 Saturday Academy

March 22 NO SCHOOL

March 29 Spring Break– No School

April 1 Spring Break– No School

April 6– Saturday Academy

April 17– Parent Teacher Conference

April 20– Saturday Academy

As the year draws to a close, stay in close contact with your child's teacher on their grades, attendance, and behavior. The last testing for NWEA will be April 8-26. The results are to show the progress each child has made over the year. Please help by encouraging your child to do their best and take their time. Your support is essential for your child's success in their education.

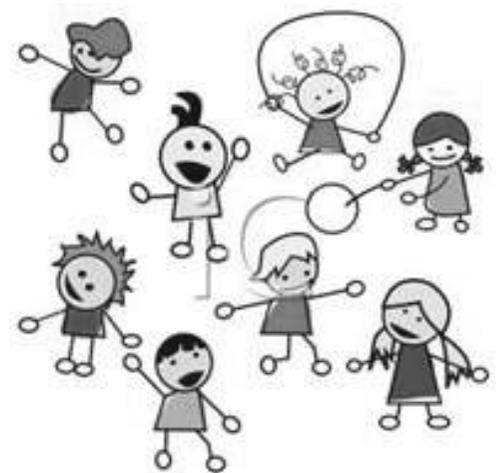
Future Activities:

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

Carolyn

Bluestone

K-8 Principal

Phone: 701.759.3311 Ext. 109

Fax: 701.759.3112

HS Principal/Superintendent

Choices



Our world and little community is rapidly changing, whether we want it to happen or not it is running its course. We must somehow keep up with the fast changing pace around us or be passed by or worse be swallowed up by the environment around us. You don't need to look too far to see what is happening in the community with the

constant flow of traffic, vehicles with different state license plates, strange faces, damaged road ways, etc, etc, we could go on and on about all the changes that have occurred. On the darker side of change is the increase in use of drugs and alcohol and the marketing of illegal drugs as well as prescription drugs. With an increase in finances also comes with it the increase in crimes.

I really didn't want to start out on such a negative note, but we cannot afford to turn a blind eye and refuse to be part of changing society. So I will attempt to explain, how we as an individual can become the positive change to help make our environment, community and lives a better world.

What it really comes down to are choices. In the beginning, biblically speaking when God created man, He created Him from dust of the ground, hence our Creation stories. Genesis 2:7..and God breathed life into man. From that moment on, man has always been given a choice. We all should know the story of the great sin of Adam and Eve because of one wrong choice, here we are today making the same wrong choices. However, since the crucifixion and RESURRECTION, Jesus is alive He is NOT dead, but lives through you and I and we now have the same resurrection anointing in our Spirit.

That anointing of the resurrection spirit was only for the High Priest of the Old Testament and our dear precious ancestors who practiced Holiness were able to access the / Spirit World or Kingdom of Heaven which Jesus was constantly referring to in the New Testament. He was teaching His disciples through many parables or stories of the Kingdom. He wanted them to use their mind to imagine this world or Kingdom He spoke of and once He even took three of His disciples up on a mountain to experience everything He spoke of in Matthew 17:1-8, which is now called Mount Transfiguration. Before Jesus was resurrected, He went to the pit of Hell and took back all that Satan stole since the beginning of Adam, then He went to

All His teachings, healings, miracles, signs and wonders were now completed to be released to anyone who so ever desires His Peace and Anointing. This was His last will and testament to give power back from Satan to His children here on earth so that we can complete what Adam failed to do at the Garden of Eden. Bring Heaven here on earth as it is in Heaven. This is what He taught His disciples regarding the "Lord's Prayer" ...Our Father (Creator) who art in Heaven..thy kingdom come, thy will be done...on earth as it is in Heaven. The power to operate in the Spirit World, the releasing of miracles and blessing. This is the same power our great great grandparents operated in and when Jesus ripped the veil He now gave access to all who believe and confess Jesus as Lord and Savior. He said in Matthew " I didn't come to destroy the law, but to fulfill it." He did not come to destroy our traditional ceremonies but to fulfill them. He also said, "Greater works that I have done you will do."

How do we come into this power and anointing? It is as simple or difficult as you choose to make it. You can believe everything the Word of God tells you or you can reject it. If you choose to believe the same messages Jesus was trying to teach His disciples, then you must make right choices.

The more right choices you make everyday, to be kind, forgiving, compassionate, caring, and loving, the more you empower your Spirit. When you choose to act and make wrong choices you empower the dark side of you. This is why so many people are medicating the pain in their lives. It seems easier to just take a pill or drink their problems away, only to find out it just gets worse in the end. You have the Victory, Jesus gave it to you when he rose from the dead. This Easter Season, please remember the RESURRECTED glorified Jesus, not the crucified Jesus that they thought they killed on the cross. He is very much alive and wants to live through you to give you power from Heaven/Spirit World to live a Victorious life. You were destined and purposed to bring Victory on Earth as it is in Heaven. Wake up out of that cloud of depression and grief and call upon the Creator to Heal and Restore your mind, will and emotions. Begin to feed and empower your Spirit by making right choices, praying and fasting. He did it for you we can do it for Him and we ALL get Blessed!

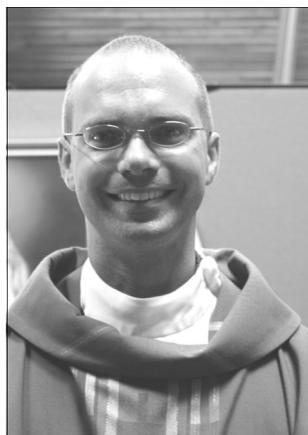
Amen!

God Bless You!

Pastor Elise Packineau,

Mandaree Hidatsa Church

No Greater Love Than This...



No greater love was demonstrated to the world than when God offered his own Son, Jesus, to give his life on the first Good Friday for the forgiveness of sins. The night before Jesus died he gathered for a special meal with his disciples. We call this meal the Last Supper. It was also the first Mass. During this meal, Jesus took ordinary bread and wine and spoke a blessing over it, saying, take and eat, this is my Body given for you, take and drink, this is my Blood poured out for you for the forgiveness of sins.



These same words are repeated at every Mass, and those participating are transported back in time to be present, as it were, at the

sacrificial meal on Holy Thursday evening.

After that sacred meal, Jesus wrapped a towel around his waist and began to wash his disciple's feet. This action was one of humble service and love. Jesus said that what he was doing, they must do for each other. Here Jesus is not only making reference to serving each other by washing feet, but by giving their lives for the spreading of the Gospel, as Jesus was about to do the next afternoon. For Jesus says in John 15:13, *"No one has greater love than this, to lay down one's life for one's friends."* No one can take the place of Jesus's sacrifice, because no ordinary person, by dying, can save others from sin. Nonetheless, the question can be asked, am I willing to die for someone? I honestly don't know, but I like to hope that if it came down to it and I had to make the decision that I would choose to be generously unselfish and make the ultimate sacrifice.

Throughout the years, countless brave soldiers during wartime have proven they have what it takes that selfless sacrifice for their comrades in arms. As a boy I used to daydream about doing what many have done by being a hero and saving someone in a battle.

It wasn't totally pure hearted, however, because I would run through my mind again and again all the wonderful things others would say about me. Notice the self-centeredness of that daydream, nothing like Jesus' sacrifice, which was only concerned with saving others and not passing honors and fame.

Each individual in this life needs to decide, with God's help, how he or she can best make the Jesus-like sacrifice. For most, it is the vocation of marriage and family, which offers a lifetime of built-in opportunities to sacrifice for others. For instance, before a man and woman choose to engage in married love and commit themselves to each other and their future children in a lifelong journey, they have much more time to be concerned with their own needs and wants. But when a baby is born and enters their world, parents sacrifice their wants and even their sleep, so that their child whom they love can have a clean diaper and warm bottle. Parents tell me that though this is a sacrifice, it is worth every minute because they love their children immensely and cannot imagine life without them.

God is somewhat like a parent to us. God is someone who sacrifices for us and loves us unconditionally...no greater love than this, Jesus says.

For those not married, the sacrifice takes other varied forms. For instance, a single person may have more flexibility in their daily life to help the elderly or volunteer their time for some good cause that benefits others. I may be something as simple as shoveling the snow off their neighbor's doorstep or given someone a ride to their doctor's appointment.

In whatever ways we choose to serve others sacrificially, I do know that if our hearts are open, we will change forever. We will have more joy in our soul and interior freedom to love the way Jesus meant for us to love.

For when God said in the book of Genesis that we are created in his image and likeness, he meant that we have the ability to freely accept love and give love in a unique way. God has allowed us to be like him in that one most awesome manner that will last eternally, that is, to freely love and lay down our life for our friends.

Remember, Jesus said, no greater love is there than this.

God Bless

Father Paul

St. Anthony's Catholic Church

Mandaree, North Dakota



Alert Day From The American Diabetes Association



On March 26, 2013, the American Diabetes Association will be encouraging the public to take the Diabetes Risk Test, as well as to share the test with everyone they care about friends, family members and colleagues. With each person that takes the test and knows their risk, the Association is that much closer to stopping diabetes.

American Diabetes Association Alert Day, which is held every fourth Tuesday in March, is a one-day "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.

The new Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risks for prediabetes or type 2 diabetes. Prevention tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider.

Diabetes by the Numbers:

Diabetes is a serious disease that strikes nearly 26 million children and adults in the United States, and a quarter of them 7 million do not even know they have it. An additional 79 million, or one in three American adults, have prediabetes, which puts them at high risk for developing type 2 diabetes. Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take the steps to Stop Diabetes.

Are You at Risk?

Everyone should be aware of the risk factors for type 2 diabetes. People who are overweight, under active (living a sedentary lifestyle) and over the age of 45 should consider themselves at risk for the disease. African Americans, Hispanics/Latinos, Native Americans, Asian Americans, Pacific Islanders and people who have a family history of the disease also are at an increased risk for type 2 diabetes.

Unfortunately, diagnosis often comes 7 to 10 years after the onset of the disease, after disabling and even deadly complications have had time to develop. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as heart disease, blindness, kidney disease, stroke, amputation and death.

The American Diabetes Association has made a strong commitment to primary prevention of type 2 diabetes by increasing awareness of prediabetes and actively engaging individuals in preventative behaviors like weight loss, physical activity and healthful eating. Alert Day is a singular moment in time in which we can raise awareness and prompt action among the general public particularly those at risk.

Take Charge of Your Health:

Studies have shown that type 2 diabetes can often be prevented

or delayed by losing just 7 % of body weight (such as 15 pounds if you weigh 200) through regular physical activity (30 minutes a day, five days a week) and healthy eating. By understanding your risk, you can take the necessary steps to help prevent the onset of type 2 diabetes. You can be a part of the movement to Stop Diabetes and get your free Diabetes Risk Test by visiting the Association on Facebook, stopdiabetes.com or by calling 1.800.342.2383. Although Alert Day is a one day event, the Diabetes Risk Test is available year round.

What is a stroke?

A stroke, sometimes called a "brain attack", occurs when blood supply to part of your brain is interrupted and brain tissue is damaged. The most common cause is a blocked blood vessel. Stroke can cause physical problems such as paralysis, problems with thinking or speaking, and emotional problems.

What Does Diabetes have to do with Strokes?

If you have diabetes, you're much more likely to have a stroke, heart disease, or a heart attack. In fact, 2 out of 3 people with diabetes die from stroke or heart disease. But you can cut your chances of having these problems by taking special care of your heart and blood vessels.

How Do I know Whether I'm At High Risk For A Stroke?

Just having diabetes puts you at risk, but your risk is even greater under the following conditions:

- High blood pressure
- Abnormal blood cholesterol levels
- Smoking
- History of stroke or a transient ischemic attack (TIA), also called a mini-stroke
- Family history of stroke or TIA's

You can't change your family history, but taking care of your diabetes and the conditions that come with it can lower your chances of having a stroke.

How Can I Lower My Risk Of Having A Stroke?

By keeping your blood glucose (sugar), blood pressure and cholesterol on target with meal planning, physical activity, and medication. Quitting smoking is important too. Every step you take will help. The closer your numbers are to your targets, the better your chances of preventing stroke.

What Are The Warning Signs Of A Stroke?

Typical warning signs of stroke develop suddenly and can include:

- Weakness or numbness on one side of your body.
- Sudden confusion or trouble understanding.

Continue on next page.

Alert Day From The American Diabetes Association

- Trouble talking.
- Dizziness, loss of balance, or trouble walking.
- Trouble seeing out of one or both eyes.
- Double vision.
- Severe headache.

Sometimes one or more of these warning signs occur but then disappear. That condition, called a TIA, occurs when blood flow is temporarily blocked. It means you may be at risk for a future stroke. If you have warning signs of a stroke, call 911 right away. Getting treatment can help prevent permanent damage to your brain. It is wiser to review the symptoms of a stroke with family and friends and to tell them about the importance of calling 911.

How Is A Stroke Diagnosed?

A number of tests may be done if a stroke is suspected.

- Your doctor will examine you to check for any changes in body function. For example, the doctor can check your ability to move your arms and legs. The doctor also will check brain functions such as your ability to read or to describe a picture.
- A CT (CAT scan) or MRI (magnetic resonance imaging) uses special scanning techniques to provide images of the brain. An ultrasound examination can show problems in the carotid (ca-RAH-tid) arteries, which carry blood from the heart to the brain.
- A cerebral (she-REEB-rah) arteriogram is a test in which a catheter is inserted into an artery and positioned in the neck. Dye is injected and X rays show whether arteries are narrowed or blocked.

What Are The Treatments For Stroke?

“Clot-busting” drugs must be given within hours after a stroke to minimize damage. That’s why it’s important to call 911 if you’re having symptoms.

Surgical Treatments You May Need:

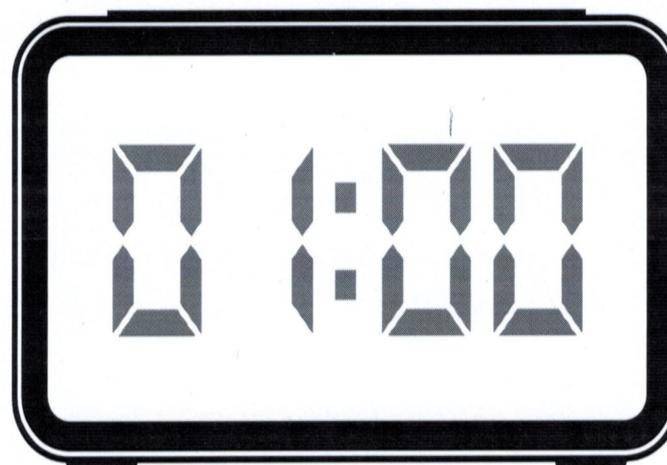
Several options for surgical treatment of blocked blood vessels are available. These include the following:

- Carotid artery surgery, also called carotid endarterectomy is used to remove buildups of fat inside the artery and to restore blood flow to the brain.
- Carotid stenting is a procedure used to remove blockage in a blood vessel to the brain. A small tube with a balloon attached is threaded into the narrowed or blocked blood vessel. Then the balloon is inflated, opening the narrowed artery. A wide tube, or stent, may be left in place to help keep the artery open.

Other Treatments:

Treatment following a stroke includes rehabilitation therapies to restore function or help people relearn skills. Physical, occupational, and speech therapy may be included, as well as psychological counseling. Steps to prevent future problems should include smoking cessation, meal planning, physical activity, and medications to manage blood glucose, blood pressure, and cholesterol levels.

**YOU'VE GOT 1 MINUTE
TO STOP DIABETES.**



GO.

**THE DIABETES RISK TEST.
TAKE IT. SHARE IT.**

It's fast. It's free. And it can Stop Diabetes® before it stops you.



American Diabetes Association.
ALERT!DAY

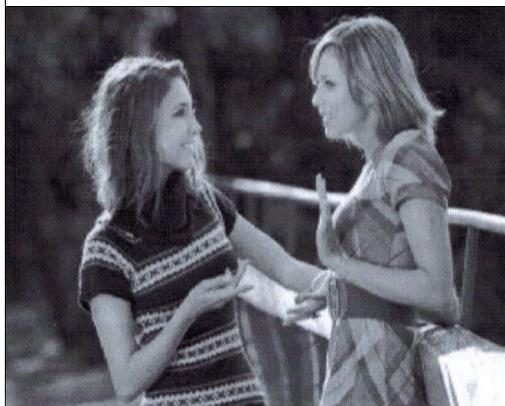


Character Counts!



By: Michael Josephson

Respect Means Knowing When To Back Off



I've talked before about the ethical obligation to treat others with respect by attentive listening. Today, I want to talk about the flip side of respect: the duty to back off and accept the fact that while others should listen to us, we can't demand that they agree with us.

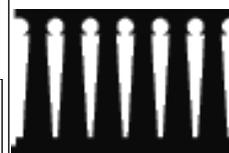
Such unreasonable demands are especially prevalent when someone in authority (boss or parent) lectures, criticizes, sermonizes, or berates an employee or child well past the point of legitimate communication. But it isn't just people of authority who seek to impose their ideas through bulldozer tactics.

The common thread in disrespectful communication is going beyond reasonable attempts to inform and persuade. At that point it becomes a harangue. It's as if the speaker's trying to beat us into submission rather than simply conveying a point of view, pummeling us with repetitive opinions, complaints, or demands. And if we don't give the desired response, the speaker restates the point louder or more aggressively.

Telling browbeaters that we understand their position and will consider what they said rarely stops the onslaught because the only way they'll believe we understand their point is if we agree with it. They can become so self-righteous that they think disagreeing with them is proof of confusion, ignorance, stupidity, or a closed mind.

No one has the right to impose his or her opinions on others or to demand to be listened to until he or she is done. The moral obligation of respect requires that we learn when to back off and that we learn when to listen.

This is Michael Josephson reminding you that Character



The Wisdom of Dr. Seuss

By Michael Josephson

Observing the birthday of Dr. Seuss caused me to reflect on some of the profound lessons this modern -day philosopher taught with his exotically imaginative stories.

For example, whether I'm looking at my clock, my calendar, or observing how quickly my children change, he captures the surprise and wistful sadness I often feel: "How did it get so late so soon? My goodness how the time has flown."

Then he softens the lament by urging us to look back on our lives with a positive perspective: "Don't cry because it's over", he writes. "Smile because it happened."

His advice to help us find and celebrate our own uniqueness is timeless and wise.

"A person's a person, no matter how small," he tells us. "Today you are You, that is truer than true. There is no one alive who is Youer than You."



Dr. Seuss urges us not to fret too much about what others think. "Be who you are and say what you want, because those who mind don't matter and those who matter don't mind."

To get started he tells us to get on our way. "Today is your day! Your mountain is waiting." But he also tells us to choose our own mountains and take control of our lives:

You have brains in your head.

You have feet in your shoes.

You can steer yourself any direction you choose.

You're on your own.

And you know what you know.

And YOU are the one.

Who'll decide where to go.

If you doubt the sincerity of my admiration, let me remind you of Horton who put it simply, I meant what I said and I said what I meant. An elephant's faithful 100%.

This is Michael Josephson reminding you that character counts.

For Your Information

*West Segment Spring
Community Sale*

*April 5th & 6th, 2013
11:00 am-6:00 pm*

Spring

*West Segment Community is having
a sale!*

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

Tables are \$5.00 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 !!!

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

Every Wednesday evenings.

At the Water Chief Hall in Mandaree.

Come & Support your local Celebration Committee!



Welcome Baby!



Kambree Taelynn



Parent: Stacey Bear

Birthdate: Feb. 21, 2013

Time: 7:16 a.m.

Weight: 7lbs. 11 ounces

Length: 20 1/2 in.

Delivered by: Dr. Peter Klemin. Baby's doctor: Dr. Todd Twogood.



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 community we would like to congratulate Stacey Bear on the birth of her new daughter. We would like to take this time to welcome a new baby and relative into our community.

From the West Segment Tribal Representative & Staff

If you know of a baby being born from our community please let us know. You may call Lovina Fox at 759-3377 if you have a picture you are welcome to bring it in. Thank you once again.

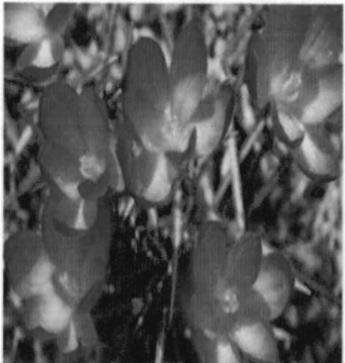
March

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>

Senior Citizen Menu for the Month of: April 2013

Meals Prepared By: Dinah and Kip Black Hawk

<p>No Meals</p>  <p>Easter Monday</p>	<p>Cabbage Rolls 2 Broasted Potatoes Mixed Vegetables Butterscotch Pudding</p>	<p>Meat Loaf 3 M. Potatoes/Gravy Corn Tossed Salad Cinnamon Rolls</p>	<p>Beef Tips 4 Rice Lettuce Salad Fruit</p>	<p>Potato/Hamburger 5 Soup Grilled Ham & Cheese Fruit Salad Banana Pudding</p>
<p>Pork Philly Sandwich 8 Tater Tots Relish Tray Sherbet</p>	<p>Spanish Rice 9 Carrots & Celery Sticks Jell-O w/Topping</p>	<p>Beef Ribs 10 Baked Potato Carrots Raisin Bars</p>	<p>Chicken Strips 11 Boiled Potatoes Green Beans Pears</p>	<p>Fish Sticks 12 Macaroni & Cheese Beets Cupcakes</p>
<p>Beef Stew 15 Crackers Coleslaw Biscuits Fruit</p>	<p>Sweet & Sour Pork 16 Rice Pea/Cheese Salad Tapioca Pudding</p>	<p>Baked Chicken 17 Baked Beans Corn on Cob Potato Salad Ice Cream</p>	<p>Hot Ham & Cheese 18 French Fries Relish Tray Vanilla Pudding</p>	<p>Beef Stir Fry 19 Noodles Coleslaw Apricots</p>
<p>Wild Rice/Chicken 22 Soup Crackers Waldorf Salad Blueberry Crisp</p>	<p>Tater Tot Hot Dish 23 Green Beans Fruit</p>	<p>Roast Beef 24 Mashed Potatoes Peas Tossed Salad Cake</p>	<p>Scalloped Potatoes/ 25 Ham Brussels Sprouts Bread Pudding</p>	<p>French Dip 26 Curly Fries Lime Beans Apple Crisp</p>
<p>Sloppy Joe on Bun 29 Tater Tots Pickles Pears</p>	<p>Finger Steaks 30 Fried Potatoes Broccoli Peach Cobbler</p>			<p>Meal Site:759-3092 Elders: 759-3099 Fax: 759-3093</p>



Everyone is Invited to Enjoy A Easter Dinner on Thursday, March 25 at 6:00 pm here at Water Chief Hall. The Easter Egg hunt for the kids will start at 5:00 pm with the Easter Dinner to follow. The kids will be hunting for Easter eggs with money in them. We hope to see you and your family there to enjoy a great Turkey dinner hosted by the West Segment employees.



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.

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

March Happy Birthday Wishes
 To Our Elders!

Francis Driver Sr.
 Millard Bill Halz Sr.
 Fred Smith
 Wendall White
 Arthur Smith



Happy Birthday!

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