



A Day in History For The West Segment Community For The Grand Opening of the Mandaree Volunteer Fire Dept. & EMS

Photos by LeeAnna Nation, History by Antoinette Kitigawa



From right to left; Janine Perkins-EMT, Antionette Kitagawa-Manager, Angela-EMT with Killdeer Ambulance, Jessica Spotted Horse-EMT, Ann Hafner-Paramedic Squad leader at Killdeer, Abel Feltes-Paramedic, Josie Bingen-RN, EMT squad leader

Our people here in the West Segment community have always had a dire need for these two crews. Here is some history on EMS. It all began on the day of November 7, 2014. When they first began working on getting the service licensed with the State which started in March of 2013. At that time, it was under former Councilman Randy Phelan's administration. When they arrived here from Colorado, they were housed in motel rooms here in Mandaree. The garage in the back of the Water Chief Hall wasn't completed yet and it was a very cold winter at that time. The ambulance was put inside the community center and once the garage was ready than we moved in. When we moved into the garage, there was no water and there still

isn't any water as of today. Our EMS crew was eventually moved to the Black Eagle estates. Abel, and myself, lived there full time for the first two years. Dr. Benji Kitagawa was in North Platte, Nebraska where he was contracted with the hospital there. We were blessed with Jessica Spotted Horse who started as a driver, she was very helpful because we didn't know the area. We offered classes which started in February 2015 and Jessica Spotted Horse and Josie Bingen were our first staff members from Mandaree. Benji and myself were funding the services with our own retirement funds. We ran out of money and the three girls and Abel worked for free four months. We had two Paramedics from Colorado who came and worked for free on their own free time. Ben Mulhausen and JoAnn Nakano donated many



Quotes For The Heart & Mind

*~"The only way to do a great work is to love what you do." ~Steve Jobs~

*~"If it matters to you, you'll find a way." ~Charlie Gilkey~

*~"If you want to fly, give up everything that weighs you down." ~Buddha~

*~"When we strive to become better than we are, everything around us becomes better too." ~Paulo Coelho~

Inside This Issue:

Pages: 2 & 3. Councilwoman Turner-Lone Fight Update

Page: 4 & 5: Mandaree Fire Dept. & EMS Grand Opening Speakers Photos

Pages: 6 & 7: Inside photos of the new buildings during Grand Opening

Pages 10 & 11: Easter Celebration

Pages 17 -20: Dr. Baker Story

Continue on top of page 4.

Councilwoman Turner-Lone Fight Update



Hello community members far and near. Before I begin this month's update, I would like to extend our deepest sympathy to the Luke Yeahquo Sr., family and relatives. His funeral was on Friday, April 16, 2021 so we would like to inform our readers that we will have his obituary in our next newspaper. A reminder, I am asking our community

members to start cleaning up their yards and making your property nice and respectful. Also the events personnel will be holding clean up days for State fair tickets. We will also go around the community choosing the best kept yards. They will have a map of the community and designate areas for clean up. Each will be responsible for their area starting May 14 to July 23, 2021. Please attend the Best Chili, Frybread, Ribs and Potato salad contest. Be sure to sign up for your area within West Segment to keep clean. This is for adults and children interested in attending the State fair and to receive free tickets. You are asked to sign up with Lindsey Fox Sepeta her cell is 421-6347 and Lorraine Howe at 421-5954. At the Community Center on May 14, 2021.

Please get a hold of Shanna Fox at Hidatsa Housing if you are behind on rent to make a schedule meeting with her to get in compliance so you will not be evicted. Very Important. I don't want any one homeless but we still need to be in compliance with Hidatsa Housing.

I did find a location for our assisted living facility which Chairman Fox will help with the construction. Which will bring jobs into our community such as: nurses, custodians, maintenance, health care providers, etc.

The Community Development Board will be abolished (CDC) I feel it is in the best interest of the Mandaree Community. I want to be accountable for all funds received for West Segment I will utilize the TAT financial department so all funds will be withdrawn as needed. We need accountability, so we will make a budget and keep track of all the funds leaving these accounts.

The Jump House, Mandaree Motel, and Hidatsa Housing will all be budgeted through the TAT Finance Department. The ones who still have their own accounts are; On the Slant Rodeo Grounds, MHA Land & Live Stock Corporation, and Mandaree One Stop. These entities will use their funds allocated in their budgets.

Inside the jump house will be a grocery store which will sell all the grocery needs. We will also have a manager for the grocery store that will see that these needs are met by our community. At this time, we don't know what we are going to do with the Mandaree Motel due to a lot of repairs and maintenance which needs to be done.

The house on Highway 22 is the home of the MHA Land & Live Stock which will be developing a slaughter house and feed lot. Also the Cultural Department will be in the same building. Inside the building is where our Hidatsa Language Program is housed and will be a total Immersion program where no English will be spoken within the building. Children ages 2 to 7 years old's the Cultural Department are requesting that parents must be committed to four years in bringing their kids to the Immersion class. The instructors are Lila Gwin, Martha Bird Bear, Mary Gachupin, Carol Newman and any other Hidatsa speaking elder who would like to participant and speak Hidatsa with the children.

The Education department should be up and going by May 1, 2021. We need committed individuals who want to receive a high school diploma and or higher education. The Education department can help out fill out the necessary paperwork for college. We are taking applications to help out with scholarships with a GPA of 2.7 and higher. If you have any questions please call the West Segment office at 759-3377 and they will direct you to the right person.

The Mandaree Water Chief Hall has a lot of deficiencies that need to be repaired as soon as possible. The electrical, fire hazards, no fire escape routes and so fourth. The bottom line is we are in dire need of a state of the art community center.

The Mandaree Community Celebration has decided not to have a Pow-Wow Celebration this year due to COVID and all our loved ones that we have lost due to this epidemic. With the new strand of the virus the committee decided not to have a celebration. The new established community board had their first meeting on April 6, 2021. Their first commitment is to help me improve the community and assist with budget. I have been learning a great deal in my new role as councilwoman. I attended executive, TBC, and committee meetings. I am on the education and chair the culture committee. I make it a point to attend all committee meetings when I am able. I am doing my best to serve all of you in this compacity. My goal is to learn more about previous resolution, and codes that have been developed for our MHA Nation. This way, I will have more of an insight on the process of how it works so I can make good decisions for our people.

Councilwoman Turner~Lone Fight Update



Left to right: KamRie, Cora, Kairece, Telisia, Janaya, Jaylene, JC, Tila, Cricket, Janet and Jaylee. 2021 Lady Warriors!

The Girls Basketball 5th & 6th Grade Spring Shoot Out hosted by the Parshall Lucky Mound Fitness and Recreation. Pictured above are the 5th and 6th grade Lady Warriors. They won 3rd place in their first tournament.

They did a great job! Congratulations to these players, and their coaches, officials and their fans! Also a thank you to the Parshall Lucky Mound Fitness & Recreation for sponsoring this tournament and giving our youth something to look forward too!

I attended and hollered and screamed for our teams on April 10-11, 2021 in Parshall ND. Our teams were so exciting to watch and cheer for. I would like to thank their Coaches who are as follows; LeeAnna Nation, Doc Howling Wolf, Frank Bearcub, Cordell & Jordan Mann and Kyle Grady. Also, many thanks to Acorn Holds The Enemy who took his weekend to drive our players to the games.

They raised money to attend the games. West Segment will be more involved in helping the players attend more tournaments. I encourage the community to help defray cost for all these young athletics.

We also have a High School girls team who will be coached by Wendy Wells. The players are: Jesse Vigen, Ashley Grady, Mayu White, Janae Lone Bear, Brandy Mays, Tiana Lester, Jewels Lone Fight, Kaylee Walking Hawk, Aiyona Johnson & Melody Lone fight.



Hello, to all community members allow me to introduce myself. My name is Renay Brown, I am of the Pomo Tribe which is located in Northern California.

I have lived on the Fort Berthold reservation for the past eight years. I have worked in the Mandaree community at the Mandaree One Stop and I also worked for the now defunct MEC.

I was recently hired to work with West Segment as a driver. I will be able to help meet the needs of community members. Those who need to get to their medical appointment, I can also pick up medication at the Elbowoods Medical Center. I will be wearing two hats as I work for the community. I am also working for the MHA Land & Live Stock as the financial manager. My main job and priority will be transporting our people to and from their doctor's appointments. Please contact Cathy Lone Fight or the receptionist at 759.3377 and they will make sure I get the message.

Remember to save the date May 14th for the Cook Off for the best food in these categories:

- Chili**
- Frybread**
- Ribs**
- Potato Salad**
- 1st place: \$300.00**
- 2nd place: \$200.00**
- 3rd place: \$100.00**

Plus Trophy:

Everyone is welcome to participate to put your cooking skills to the test and win some extra money. For more information call Lindsey Fox Sepeta at 421-6347 & Lorraine Howe at 421-5954.

Mandaree Volunteer Fire Dept. & Mandaree Emergency Medical Services

Continue from front page.

hours and they still fill in when we need help. Just so people are aware in our community, if you feel sick or have a fever, or are feeling ill. The EMT's, paramedic or RN are all willing to see people in our community. They want you to know they are available so you won't have to leave your home to make a trip to urgent care.



Pictured to your left is Robert Franzen he was one of the guest speakers during the 2021 Mandaree Volunteers Fire Dept. and The Emergency Medical Service Grand Opening. He told the audience he was in a semi-truck collision in 2019 near Mandaree. If it wasn't for the Mandaree Ambulance crew, I wouldn't be here today. He said he was injured from his head to his ankles and he couldn't walk for nine months after this accident.

Pictured is Robert Franzen who shared his story with the audience.

Robert was very thankful to be able to be at the grand opening and thankful for the Mandaree Ambulance. To show his appreciation for the ambulance crew, he donated \$50,000 towards the construction of the EMS building. He was so very grateful for and thankful for the Mandaree EMS team they were there in a very short time. Otherwise, he wouldn't have made it if he had to wait for another ambulance to arrive. Since we live in a rural area it would take an half an hour for an ambulance to reach him.



Pictured to your left is Mary Fredericks, hugging Lydia Bearstail who offered the prayer at the grand opening. Mary is one of the prime movers and grant writer a long with others who worked hard on the success of us having this, much needed, building for our community. Kudos to all who worked hard in making this all happen. Marle Baker for making his vision a reality and for all his hard work and dedication he has committed to our community.

Today was an awesome day for our people in our community. We no longer have to travel so far for medical reasons. Or wait so long for the fire department to get here in case of a fire. We are so thankful to all who made this possible.



Showing their pride and support community members came to witness the 2021 March grand opening of the new building in our community.

This is definitely a memoir for our West Segment community members. We now have a building which is intended for our Mandaree Volunteers Fire department and our Emergency Medical Services.

A great line up was scheduled for the grand opening. First of all, they had a flag raising by the American Legion Post 271 with a flag song rendered by the Mandaree Singers. When we have our gatherings here in our community we always start with a prayer. In this case, a prayer was offered by one of our elders, Lyda Bearstail, who traveled from Bismarck to attend this grand opening. Fire Chief, Marle Baker, gave the audience a history of the Mandaree Volunteer Fire Department. Other speakers were Dr. Benji Kitigawa, who gave a history on the Mandaree Emergency Medical Services. The Three Affiliated Tribes Business Council Chairman- Mark Fox, Three Affiliated Tribes Business Council- Councilwoman Gladys Sherry Tuner-Lone Fight, our West Segment Representative. Other special guests included; North Dakota State Representative- Ruth Buffalo. Three Affiliated Tribes Emergency Operations Center Director- Emily Sitting Bear, Mckenzie County Emergency Manager-Karolin Jappe, Dunn County Emergency Manager- Denise Brew, Mandaree Fire Protect District Board President- Lisa DeVille, Mandaree Community Board President- Kelly Bradfield. Special guest was Robert Franzen. The Mandaree Volunteer Fire Department furnished an appreciation meal for those who attended the grand opening. The Emergency Response Center Tour was done by the Mandaree Volunteers and Mandaree EMS personnel. Mandaree Fire Chief Marle Baker and his wife Mary and others who helped are responsible for this project becoming a reality.

On behalf of the Mandaree Volunteers Fire Department and Mandaree Emergency Medial Services would like to thank their many supporters who have so graciously supported our beloved community.

Mandaree Volunteer Fire Dept. & Mandaree Emergency Medical Services

Photos by LeeAnna Nation



Dr. Benji Kitigawa was one of the guest speakers. Who moved from Colorado to North Dakota to create the ambulance service for our community. Having a background as emergency medicine physician whose passion as always been EMS. 2011 Mandaree was in need of EMS Service.

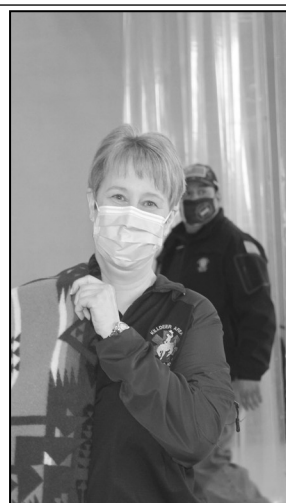
Our community is very fortunate to have Mr. Marle Baker living in our community. It all started with his vision that our community could have their own fire department. With that he began his journey on finding a way to see vision through. Today was the day!

Mrs. Lisa DeVille is currently the Mandaree Fire Project District Board President. She thanked everyone who was responsible for the success of having this building available for our community members.



Mckenzie County Emergency Manager– Denise Brew from Watford City was one of the speakers. Thanking the Mandaree Volunteer Services for always being first on the scene and not far behind us.

MHA Nation Tribal Chairman Mark Fox was another guest speaker at the 2021 Grand Opening.



Caroline Jeppe from the Dunn County EMT. Thanked the Mandaree ambulance team for helping them by loaning a ambulance to them without any charge. She was gifted with a Pendleton.

Ruth Buffalo North Dakota State Representative was also one of the speakers. She spoke from the heart with happiness of what our community has accomplished. Mandaree is her home so she felt joy of tears because the fire department and the EMS will help our people. Our people won't have to wait for 45 minutes to an hour for an ambulance to get here. Today our people will be taken care of.

Inside the Walls of the New Facility Grand Opening

Photos by Marle Baker



The EMS Ambulance crew now has a home for their ambulances which are pictured above. The building is very clean and refreshing to know these ambulances will be in good care from the elements.



On the other side of the facility the Mandaree Volunteers Fire Trucks are parked inside the same building as the ambulances. As you can see the spacious room they have for their emergency vehicles.



Here is another spacious room it is on the top level. We aren't sure as of this day what this space will be used for. I am sure the EMS and Fire Dept will have some good use for this space. The whole building was awesome.



Here is another beautiful part of the building. As you can see it has a kitchen inside, tables, a couch and chairs for the teams to relax or have a meal when they're not busy. This room is where they can wind down and relax.

More Grand Opening Pictures



Front of the Mandaree Volunteers Fire Department



Mandaree Emergency Medical Services Building which is behind the Mandaree Volunteers Fire Department.



In this photo you can see the garage doors on the side of the new building with no parking signs recently placed on the garage doors.



The United States Flag and the MHA Nation Flag proudly wave with the wind outside the Mandaree Volunteers Fire Dept.



American Legion Post 271 was on hand to raise the flags during the grand opening.



Flag song was rendered by the Mandaree Singers.

West Segment Cultural Department

Photo by LeeAnna Nation Article by Lila Gwin



Mada nuxbaaga' ooh miic Agu'mataash (Lila C. Gwin), magoo Awagua'addaarish (Pearl Burr, Young Bear) she'ec. Mahuu Hashiiraa wia (Ailsa Young Bear Gwin) she'ec.

Hiri hiraa mii rapaawa, aru maa waguhxtic. Mada nogareeh hii mada aru caawa'oh xabiiwa waahe' etaag

she'eguhaa mada maaduwaxucigeh aru ma awagiawia' ce. Hoo maa aru awaashe'e, hiri mate'eh mada nogare' eh ii gua waarug, maabi iidutaa aru maghu raac.

Mada nogare'eh hii mada aru caawa'oh awaagshe' coog' haa awaa'rug she'e she'e aru cagiic.

Friends and relatives, I Lila C. Gwin was recently hired to the West Segment Cultural Department; as the Hidatsa Language Coordinator. I was born in Watford City, ND and raised in Mandaree. I graduated from Mandaree Public School in 1983. I then attended college in Lawrence, Kansas, (1983-1985), where I received my Associate of Arts in Education. I have worked as an educator for most of my adult life as a Physical Education Assistant/Coach; Early Childhood Teacher, and in Special Education. I have also served as a board member with the Bridger Project and the Mandaree Inc Board.

My goad for this position is to revitalize and preserve our Hidatsa language and culture to the best of my abilities. I'm looking forward to working with you all and the many endeavors ahead of us.

"I implore each and every one of you to support our efforts; and start using our language now.. start passing down your knowledge to our younger generations. This is the only way we as a Hidatsa nation will continue to exist."

Maacagiiraods mada nuxbaaga' ooh



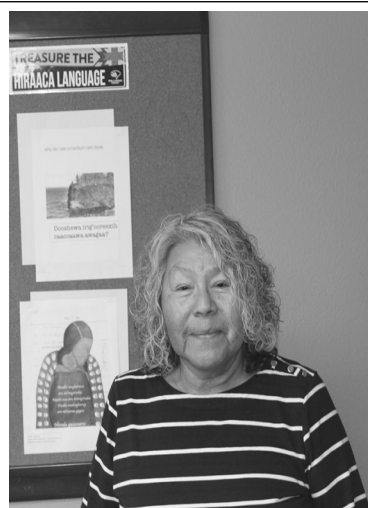
My name is Mary (Yellow Wolf) Gachupin. I was recently hired as a consultant for the West Segment Cultural Department. I am fluent in our Hidatsa Language. I was born in Elbowoods and raised here in Mandaree. My parents are the late John Yellow Wolf and Thelma (Young Bear) Yellow Wolf. I am an enrolled member of the Three Affiliated

Tribes here on Fort Berthold. I am a genuine Meecii-rooga Flint Knife Clan member as both my parents are Meecii-rooga.

I graduated from Mandaree High School and I also graduated from the University of New Mexico. I taught elementary in a BIA government school in Jemez Pueblo, New Mexico for thirty-five years. I retired from there and moved back home here in Mandaree, where I am currently living. I speak Hidatsa all the time when I visit with my family and relatives.

I continue to strive to keep our culture alive. Our language is who we are. As an elder of our community, I feel sad to see our language slipping away. This younger generations don't realize the importance of our languages. They like to procrastinate.

Maacagiraar!



My name is Martha (Yellow Wolf) Bird Bear. I was recently hired as a Consultant for the West Segment Cultural Department. I am fluent in our Hidatsa Language. My parents are the late John Yellow Wolf and Thelma (Young Bear) Yellow Wolf. I am an enrolled member of the Three Affiliated Tribes. I belong to the Meecii-rooga Flint Knife Clan from both my parents also

belong to the Meecii-rooga clan. My sister Mary Gachupin will also be a consultant for the Cultural Department. We have hopes to make a strong impact on our people here in West Segment with our Hidatsa Language.

I am married to Fritz Bird Bear, we live out east of the Mandaree community. We are the grandparents of four grandchildren and we have two great-grandchildren. Martha retired from the Mandaree School 2017. She worked there for the past twenty five years.

Martha speaks Hidatsa all the time with her husband, and with family and relatives when they visit. She is known to the kids and students as magu.

EMT Spotted Horse Will Move on in July 2021

Photo by LeeAnna Nation



If you're a long time member of the West Segment community, then this young lady is known to you. Her name is Jessica Spotted Horse, she is the mother of one son. She has lived in our community most of her young adult life. She is the daughter of Elton and Jeannine Spotted Horse. Presently, Jessica has a very crucial duty to our community in her capacity as an EMT (Emergency Medical Technician). Currently, Jessica has gained

six years of experience in being an EMT. We recently spoke to her about her duties as an EMT and how she handles it? As she explains; "I have to stay calm, most of all practice, what your trained to do". I try to make my patients feel calm and relaxed because no one likes call 911. So I try to make them feel as ease as much as possible, by taking a little bit of stress off of them. Believe me it's a lot of work, its stressful at times, you have to dedicate your life to be an EMT. We wanted to know why she chose to be an EMT as Jessica tells us; "First of all, I experienced a bad car accident which killed a family of four. Secondly, my nephew fell into a manhole. It was at those times, I wished I knew more. The very traumatic events are when I realized I wanted to know more about how to help in situations I mentioned and becoming an EMT would enable me to help my community. At that time, I was the only CHR in Mandaree and there was no ambulance service here. With all this happening in our community, Jessica began her journey of being an EMT. She has six months of book training. When book training was done, then she had to prepare for practical's which is hands on. As she explains to us; " We had nine hands on practical sheets to pass through this training course that you're going through. They then sign you off to go through the state test to pass. You must get 70% on the exam before they approve to go to the next level, which is the written national registration test."

As many of us work, we see an avenue of growth and opportunity that we desire to further our goals and growth in life. As with Jessica, she has an eye for opportunity and a yearning to gain more experience which helped her in making a decision to move to Grand Forks. It will be unfortunate for our community, as we are losing a hard worker and an EMT. She explains how difficult it is to work in Mandaree and trying to be active in her son's school activities while he attends school in Killdeer. "It's difficult for me to let him play in sports, simply because I am too busy. I won't be able to give him the support he deserves. Whereas If I am in place where

my job isn't so demanding, then he can play sports and I will be there for him.

In Grand Forks they have major hospitals where I want to work, the place is closer to my fiancé's work as well. In moving there, I am going to be working as an Emergency Medical Technician in the ER. My hope is to gain more hand on training for being a Phelobanist and EMT tech.

My plan and goals are to utilize my certification as a Phelobanist. We will return home during the summer months when my son Gabriel is out of school. One good thing is when I am at home, I'll be able to pick up days and shifts here.

As we visited I asked Jessica what her most memorable moment was while she was an EMT here in Mandaree? "I have to say that one most memorable moments was when we actually got a call, I was officially an EMT." That was one memorable moment for me because I felt all my hard work, my sacrifice and tears, when the book work was difficult, was all worth it. All my time and dedication has paid off. When I passed the main test I cried.

Our community will have Jessica as an EMT until the end of July that's when she makes her move to Grand Forks.

This must be her calling before Jessica was an EMT for our community, she served us as a Community Health Representative known as (CHR). CHR's take people to their doctors appointments, do home visits and check their blood pressures, and sugar levels. Seeing to their daily needs.

Today, she is still caring for our people with her experience as being a CHR, which helped her become familiar with elders who are sickly and knowing where they live. Her role as an EMT is more crucial because now she's in a position to help save the lives of our people. She has dedicated six years to us here in Mandaree We wish her the best of luck as she journey's on her new path of life. In all hopes that she will return to us and help us once again.



West Segment Easter Celebration

Photos by LeeAnna Nation



This year's Easter Celebration was held at the Water Chief Hall. This celebration was sponsored by the West Segment Administration. The Easter Celebration event was held on April 1, 2021 which started at 1pm and went into the afternoon. With the master of ceremony Councilwoman Gladys Sherry Turner-Lone Fight and Chief of Staff Kevin Finley.

Lila Gwin offered the prayer for the Easter meal. Lindsey Fox Septa gifted her a beautiful star quilt.

There were a number of activities for the kids in our community to

enjoy and have fun participating in.

There were Easter baskets for ages (0-12) which all the kids received. Then a Easter Egg hunt was sponsored by Delma Fox for ages (0-12).

There was a great line up of games for the kids to participate in such as; baby crawl ages (0-1) years old with 1st place: \$30.00, 2nd place: \$20.00, 3rd place: \$15.00. An egg toss for ages 13 on up and adults/2 person team with winner takes all: \$100.00. The egg toss was sponsored by LeeAnna Nation & Stacey Bear. Obstacle course was a 3-Man team (1 youth 6-12/1 teen 13-18/1 adult 19+) winner take all \$150.00

The West Segment Administration sponsored the Easter dinner for the community.

A waiver must be signed by a legal guardian or parent to participate. Mask were required with Covid guidelines to be followed.

Many of the kids enjoyed their Easter baskets, most of all seeing the Easter bunny and the egg hunts. Along with the youth and adults as well.



Pictured here are the community members with their families who came to enjoy the Easter meal.

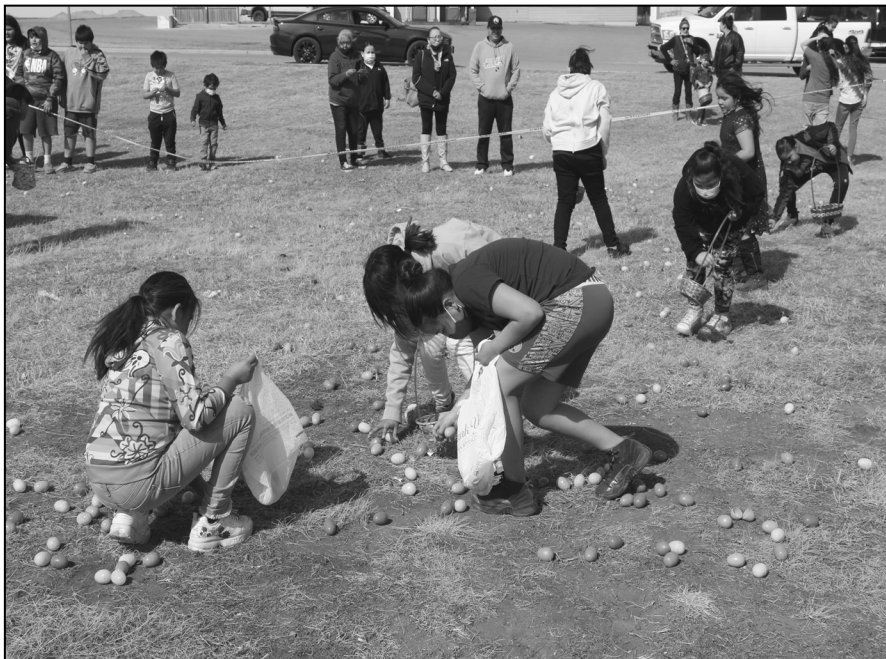


Here is Sammy White Owl showing her full basket of Easter eggs.



Kaylee and Braylen Bear carrying their big Easter Baskets.

West Segment Easter Celebration



Ages 8 & 9 year old's gathering their Easter eggs.



Adult Egg Toss contestants are tossing eggs trying not to break or drop their egg. There was fun for all ages at the Easter Celebration.



Ages 6 & 7 year old category gathering their Easter eggs.



Elder Egg Toss winners Arden Boxer and Sheila Jenner pictured here (L-R) LeeAnna Nation, Arden Boxer, Sheila Jenner and Stacey Bear. Sisters LeeAnna and Stacey sponsored the Elder Egg Toss in memory of their late grandmothers LouAnn Phelan and Mable Bear, winning \$50 a piece. Angela Young Bear donated another \$100 for the second place winners.



Kylier and Tommy 4th graders gathering their Easter eggs. Tommy used a card board box, he was in a hurry to get his Easter eggs.



These girls are busy coloring Easter eggs .

For Your Information

Hello Elders!!!

Meals are served from 11am-12:30pm, Monday through Friday and breakfast is from 8am to 9am. Meal deliveries leave the building between 10:30 am to 10:45 am Monday to Thursday. Friday meals deliveries leave the building between 8:00-8:15am.

Eligible persons to receive meals are those 55 and over and are members of a federally recognized tribe. Those under 55 who request a meal are required to pay \$5.00.

The Mandaree Elders Meal site would like to ask each of you that if you are not going to be home please call and let us know. Our phone number is 759-3092, if we do not answer the phone please leave a message on the answering machine as at times we are busy and are unable to answer the phone.

Quick reminder, if you have an appointment all elders are asked to contact Rosie Johnson at 421-8519 or 759-3377. You are asked to bring in your documents to Rosie Johnson at least 2 to 5 days ahead of your doctor's appointment, which will give her enough time to take care of everything.

The Mandaree Elders meal site made Easter baskets for all the elders in our community each basket was lovingly prepared by our staff here we all hope you enjoy it.

The elders building is not yet open for congregate meals we are still closed to the public. We have been taking every precaution to stay healthy and safe through this pandemic.

Here is a list of our current workers here at the Mandaree Elders building:

Pamela Fox-Cook

Thressa Fox- Assistant Cook

Brad Howe- Delivery/Helper

Monica Nagel- Helper/Transporter

Nina Finley- Elder Care

Star quilt Classes Offered at Water Chief Hall



This class is open to anyone who wants to learn how to make star quilts. The class are offered at no cost. Star quilt making classes are being offered. Limited to six spots, so the first six people plus their partner will be in the classes. All participants must be committed in attending every class. We have six tables so six people plus their partners. You can contact Amanda Mckenzie at 701-421-2288. Classes will start at 6pm every Mondays and Wednesdays.

There are two spots yet opened on the poster below if you're interested call Lila Gwin at 421-0821 to have your spot reserved. Class will start on Wednesday, April 14 from 1pm to 3pm. These classes are limited to ten participants for questions call 759-3377.

WEST SEGMENT PRESENTS

HIRAA'CA
LIFESTYLE AND SOCIETIES

First 10 Participants
ZOOM CLASSES
MONDAYS, WEDNESDAYS, FRIDAYS
STARTS APRIL 14, 2021
1:00 PM - 3:00 PM

CONTACT: ARON ABBEY
(701) 759-3357 Ext:217 • aabbey@mhanation.com

For Your Information

Coolsys Light Commercial Company Hired to Work With West Segment

Listed here are the services Coolsys Can Provide for our Community:

Service/installation: of propane, natural gas, electric and fuel oil furnaces, plenum heaters, boiler systems and more.

Service/installation: of AC and refrigeration systems

Residential & commercial: plumbing services

We charge \$80/hr plus parts 8-5pm Monday thru Friday.

24/7 Emergency services: call (701) 721-7116 if no answer please leave a message. Keep in mind for emergency calls or on weekends, national holidays, Christmas, New Years, Thanksgiving, etc., you will be charged \$140/hr plus parts for nights.

MHA DOT Moved To Water Chief Hall In Mandaree

The MHA DOT dispatch operations has recently moved to the Mandaree Community building, Water Chief Hall. The MHA DOT dispatcher can be contacted for the services of a Motor Carrier Inspector. The MHA DOT Administration building is still located at ND HWY #23 and BIA Road #2. Below are the contact numbers to the MHA DOT services:

MHA DOT Administration Building: (701) 627-2838 (company fleet registration, permits).

MHA DOT Dispatch Operations: (701) 759-3576 (Motor Carrier Inspector services)

Matthew Yellow Wolf

CMCI

MHA DOT

Cell: (701) 421-8676

Public Service Announcement:

West Segment please continue to wear you mask. Don't let your guard down. There was an unknown PERSON in our community who was positive with COVID-19. Now we have a community person affected. We can't trust no one. Anyone entering the West Segment community center are required to wear a mask. Keep your families and relatives safe and continue to mask up.

Thank you

Councilwoman Gladys Sherry Turner-Lone Fight

WEST SEGMENT MAINTENACE ON CALL

March 14 to March 20, 2021:

Ervin Halvorson Sr.: 421-3257

Julius Halvorson: 421-8093

March 21 to March 27, 2021:

Ervin Halvorson Jr.: 421-2948

Tyrell Halvorson: 421-5866

March 28 to April 3, 2021:

Wade Hunts Along: 421-6965

Jeremy Wounded Face: 421-3979

West Segment Transportation Department



West Segment is in process of doing beautification in and around our segment.

The Transportation Department will be removing all old junk vehicles around the West Segment area. Spring is near and these vehicles draw mice and snakes.

For more information please call our office at (701) 759-3766 or the numbers listed below:

Transportation Department:

Curtis Hall Sr.: (701) 4211-7907

Michaela Bacon: (701) 421-6715

Updated Mandaree Post Office Hours: 759-3370:

Monday-Friday: 12:00-4:00pm

Saturday: 11:00-1:00p

St. Anthony's Catholic Church Schedule:



Saturday: 7:30pm New Town

Sunday: 8:30am New Town

Sunday: 11:00am Mandaree.

Mandaree C.A.R.E Center

Photo by LeeAnna Nation Information submitted by Vivian Lone Fight



Our Vision: Councilwoman Gladys Sherry Turner-Lone Fight had a vision for Drug Free communities. Mandaree C.A.R.E. is a product of her vision. She dedicated the building to those who lost the battle with addiction. It also serves a memorial for the families still grieving. The staff of the Mandaree C.A.R.E. worked diligently to create a sober living facility and recovery resources and outreach that would benefit the one suffering from addiction and the families affected. Our belief is if one person is sick then the whole family is sick. Everyone is affected. It is our hope that Mandaree C.A.R.E. will be influential in making Mandaree a Drug Free Community.

At the Mandaree C.A.R.E. Center we have four programs set up. On the Scout Sober Living Lodge, The Sacred Tobacco Resource Center, The Blue Sky Woman Outreach. All of the names of our programs are named after our young people who have crossed over and left us to soon because of drugs and alcohol, they are not forgotten. We want to bring awareness and education and hopefully prevent a lot of needless deaths. We also have Reign in Your Recovery, which is the traditional holistic approach to recovery which entails; sweats, horse therapy, and rocking recovery the Mandan, Hidatsa and Arikara way. The sober living will house up to four men. The resource center will have programming for the sober living clients and hold support and recovery meetings for the community. The Blue Sky woman outreach will raise awareness, and education to the community and work on prevention.

“On The Scout” was named in memory of the late Lyman Young Bird. He is also Councilwoman Turner-Lone Fight’s son. On the Scout Sober Living Lodge consists of a four bed facility and will be available to all enrolled members completing treatment and who are committed to a nine month stay at a minimum. The sober living lodge will be for males only. It offers a full kitchen and dining area. A living room and pool table and exercise equipment.

“Blue Sky Woman Outreach and recovery is named after the late DeRae Mann. She is the daughter of the late Donald “Boy” Mann and Vida Bearstail. Blue Sky Woman Outreach will be assisting in the community for Drug and Alcohol awareness and prevention and working with SAMSHA for suicide prevention, underage drinking, and offering

accudetox and Core Synchronism. We will also hold informational meetings/gatherings. We work with Tribal departments to offer care with health and diet, diabetes prevention and care.

“Sacred Tobacco” Resource Center is the late Dustin Irwin’s Indian name. He is the son of the late Stepanie Irwin and Yazzie Touchine. Sacred Tobacco resources offers After Care and evaluations through PRC via zoom and also evaluations via telehealth through Summit Counseling. Circle of Life will play a role as soon as they are up and running. The Sacred Tobacco and the Reign in Your Recovery will provide the necessary recovery services to assist the clients in freedom from their addiction and help them reconnect back into society.

“On the Scout”, “Blue Sky Woman” and “Sacred Tobacco” are all our young community members who have lost their battle with addiction. They are not forgotten and are a huge reason why we strive to put recovery in motion.

About us: In the event that an enrolled member is not housed then it will be open to members of any federally recognized tribe. If no members of a recognized tribe are housed, it will be open to any race. Our facility is ZERO TOLERENCE.

Sliding scale fees will be made available to clients if the need arises. The fees will not exceed \$600 a month or fall below \$250 a month. Donations are accepted. Sponsors can be recognized or may remain anonymous.

We work with surrounding communities and counties and the State of North Dakota to provide and offer the best resources we can for our clients and the community. We hope to build Drug Free Communities. We also offer support for the family and friends of those with any emotional support due to drug and alcohol use.

We are Certified Screening Test Technicians and Certified Drug Screen Collectors and are available for testing at a cost to the public or private sector. We will be using our services for One the Scout Sober Living Lodge. Grand Opening was on April 15, 2021.

C.A.R.E. Compassion, Acceptance, Respect, Empowerment.

Mandaree CARE CENTER

Community Center Road

Mandaree, North Dakota 58757

For more information you may contact the Director, Ms. Vivian Lone Fight at (701) 421*4631.

Nueta Hidatsa Sahnish College Storm offers Support (SOS)

Our new initiative, "Storm Offers Support (SOS): College Knowledge", started Sunday, 2/7, and runs through May. "Storm" is a nod to the name of our college's basketball team. The SOS initiative incorporates 4 main areas of college knowledge for prospective students (middle, high school, dual credit and GED students) and their families (parents, grandparents, aunts, uncles, etc.):

- College Prep & the Application Process– March Affording College & Financial Aid-February
- Programs & Registration-April
- Resources for Student Success-May

The same video will run every Sunday (3pm) and every Wednesday (noon) on our Facebook and will be posted on our website for the whole month of (February through May). A Question and Answer session will take place via Zoom every Wednesday (12:30-1pm), The Zoom link is: <https://zoom.us/j/97639728260>-or you can use your phone to dial in, by calling: +1 312-626-6799 give the Meeting ID # 976 3972 8260.

In addition, SOS: College Knowledge Care Packages with essential information on how prospective students can apply, register and be successful were distributed to middle and high schools in each of the segments on Fort Berthold, during the first week in February.

We want our MHA Nation to know that NHS College is their college! Please visit our website at www.ndsc.edu and visit our Facebook page at <https://www.facebook.com/NHSC1973>. For more information, please contact Vice President of Student Service, Connie King Gottschall, Ed.D at cfrank@nhsc.edu or 443-534-5769.



Nueta Hidatsa Sahnish College Storm Support

Students, Parents, Guardians, Community member! Do you have questions about college? Do you need help understanding the FAFSA? Are you unsure about a degree program?

Please join us in February, March, April, and May for information sessions and Q &A sessions, about college. All sessions will be LIVE through Facebook and Zoom sessions.

Zoom Login Information: <https://zoom.us/j/97639728260> **NHSC Facebook Page:** Nueta Hidatsa Sahnish College

For more information or questions please contact: Dr. Constance King Gottschall @ cfrank@nhsc.edu

February Financial Aid Month	March College Prep/Admissions Month	April Degree Programs/ Registration Month	May NHSC Resource Month
<p>Topic: Paying for College and Financial Aid</p> <p>Sessions: 2/7/2021 @ 3:00 PM 2/14/2021 @ 3:00 PM 2/21/2021 @ 3:00 PM 2/28/2021 @ 3:00 PM</p> <p>Live Q &A Sessions:</p> <p>2/10/2021 Times: 2/17/2021 Facebook 2/24/2021 12:-00PM-12:30PM 3/3/2021 Zoom 12:30PM-1:00PM</p>	<p>Topic: College Preparation and Application Assistance</p> <p>Sessions: 3/7/2021 @ 3:00 PM 3/14/2021 @ 3:00 PM 3/21/2021 @ 3:00 PM 3/28/2021 @ 3:00 PM</p> <p>Live Q &A Sessions:</p> <p>3/10/2021 Times: 3/17/2021 Facebook 3/24/2021 12:00PM-12:30PM 3/31/2021 Zoom 12:30PM-1:00PM</p>	<p>Topic: Degree Programs and Registering for Classes</p> <p>Sessions: 4/4/2021 @ 3:00 PM 4/11/2021 @ 3:00 PM 4/18/2021 @ 3:00 PM 4/25/2021 @ 3:00 PM</p> <p>Live Q &A Sessions:</p> <p>4/7/2021 Times: 4/14/2021 Facebook 4/21/2021 12:00PM-12:30PM 4/28/2021 Zoom 12:30PM-1:00PM</p>	<p>Topic: College Resources and Options</p> <p>Sessions: 5/2/2021 @ 3:00 PM 5/9/2021 @ 3:00 PM 5/16/2021 @ 3:00 PM 5/23/2021 @ 3:00 PM</p> <p>Live Q &A Sessions:</p> <p>5/5/2021 Times: 5/12/2021 Facebook 5/19/2021 12:00PM-12:30PM 5/26/2021 Zoom 12:30PM-1:00PM</p>

For Your Information

Spiritual Direction



It is virtuous to seek good spiritual direction and seek wise council in your spiritual life. Make time for prayer in the day. Set aside a specific time for prayer or spiritual reading. There are many fruitful methods in reading scriptures like Lectio Divina (Latin for "Divine Reading"), a traditional Benedictine practice of scriptural reading, meditation

and prayer intended to promote communion with God and to increase the knowledge of God's word. Other methods are St. Ignatius' method of Lord Teach Me to Pray or just reading the Gospels. Journaling after reading the Gospels is very good, writing down what comes to your mind. There are websites on the topic of prayer and spiritual readings at CatholicSpiritualDirection.org. Another fruitful practice is to learn about the lives of Saints and see how they practiced their faith.

Reading Scriptures and having a prayer time will keep you close to Christ. Working on your own individual spirituality on a daily basis will strengthen you on your journey with Christ. It is best to have a Spiritual Director, who is like a sponsor in the AA program, some who lives a spiritual life and has time to work with you. Spiritual Directors and Sponsors can help you spirituality to discern what God is telling you, how God is moving you in your heart. Spiritual Directors can help us discern God's will for us in our lives. We need help in this area and having a Spiritual Director can benefit you greatly. They bring to light the difference between our own human desire and God's Will for us.

Working with a Spiritual Director can help you live a more faith filled life. You can have a deeper relationship with Christ our Savior. You can experience the peace of Christ he wishes for us all. It can help us reflect on what God has done in our lives and how he has moved us in our life. We can experience spiritual consolation which is a list of things we are grateful to have received.

We need each other, we need someone to talk with outside of prayer time to help us on our journey. We should not close ourselves off from each other, the closer we get to each other the closer we get to God.

In our meditation we use our imagination, and in prayer or reading we use our imagination. In the forethought of every action we take we use our imagination. When we use our imagination after reading a Gospel, we can put Jesus in the scene of the Gospel. In our imagination we can see Jesus guiding us and with us. Good Spiritual Direction will always direct you toward Jesus!

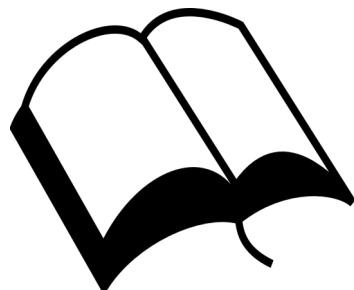
May God Bless you always

Have a great day with Jesus Christ

By Deacon James Baker

St. Anthony's Church, New Town

St. Anthony's Church, Mandaree



Mandaree West Segment Community Board

The public and West Segment personnel are welcome to attend community meetings. Concerns may be expressed through a request to be placed on the agenda by contacting the Community Board President or any other Board member prior to the meeting. A thirty-minute time frame within the agenda of each regular Board meeting may be collectively designated for that purpose, but the spokesperson, as identified by the special group, shall be limited to five minutes for each group's presentation. The Board will listen, but will not deliberate the concern during this period. The Board may refer or make a response in a timely manner. Meetings are set for every 1st Tuesday of the month. Agenda items are due to the board by the 2nd to last Friday of the month before the meeting. Marle Baker: 421-1423 or 759-3179, Kelly Bradfield: 421-7842, Doreen Charging: 421-9384, Tiffany Johnson: 421-1489, Olivia Spotted Bear: 421-0161. COVID-19 protocols will be observed.

Thank you

Mandaree West Segment Community Board.

A Message From The MHA Fish & Wildlife

Good Afternoon,

We currently do not have any classes scheduled for this spring but plan to have PRIVATE courses taught in each segment over the summer (June-August). We ask that any individuals that are interested in taking a class to email or call us with the following information:

Name of Student:

Contact Phone Number:

Age:

Segment/Location of Class preference (options; New Town, Mandaree, Twin Buttes, Four Bears, Parshall, White Shield)

Contact Email- this will be needed to send a course number and link for registration.

The minimum age requirement for enrollment is 11— may enroll if 10, but turns 11 by December 31, 2121.

Summer classes are not yet scheduled, but individuals will be contacted once dates for each segment location is confirmed. Our private courses will be at a reduced class size so enrollment will be considered on a first-caller basis.

If you have any questions feel free to contact our office.

Thank you

Three Affiliated Tribes Fish & Game

Mailing Address: P.O. Box 1402 New Town, ND 58763

Physical Address: 325 Main Street New Town, ND 58763

Office: 701-627-4760

Fax: 701-627-4743

Email: game&fish@mhanation.com

Ah Gu Gah Naha-Naish “Stands Above” Shares His Story



This young man was raised by a hard working grandfather, who started the day at the crack of dawn, then wakes you up so you can get the chores done. The chores that he helped his grandfather with were; stacking bales, driving a tractor, riding horse to check on cattle and fixing fences. It didn't matter whether it was cold or hot outside, these chores had to be done.

You would think this young man would make a good rancher; however, he had other things in mind that would lead his journey to a better way of living. I am sure he wanted to be in other professions but once he decided on what he wanted to do in his life, he did it. He became a doctor.

His name is Doctor Biron Baker. In 2011, I inserted a short article on Dr. Baker in the, now defunct, Country Roads Chronicles of West Segment. I am following up on Dr. Baker, who is enrolled member of the MHA Nation and Mandaree is his home. I wanted our people in our community to know who this impressive young man is. We all have a story and I wanted to tell his.

His given Indian name is Ah Gu Gah Naha-Naish “Stand Above” was given to him by Byron Brady at their home out in the country. He received his Indian name later in his life because his family wanted him to have a name that would describe what he has done and where he was going. He was gifted this name after he earned his four-year degree at UND. He shares with us what he was told about his Indian name. “Byron came to our home we prayed, then he talked to me about my name. He said to me “You think about life, going up a hill and around and over things, through things, going through a lot of obstacles to get to the top of that hill. You're not there yet, you're not at the top of the hill but going up there. You stand there, you turn around and look back, you see everything you had to go through. When you say it in English, it means “Stand Above” because you're standing there looking about and you're not all the way to the top but you're standing above a lot of things you had to go through.” Biron also shared that Bert Yellow Wolf made him a song after he graduated from Medical school. As Biron says; “the boys know my song, sometimes I would ask them to sing it for me otherwise they will forget.”

Biron is the son of Linda Baker. He belongs to the Mi-di-ba-di (Water Buster Clan) and child of the Metsi-no-ga (Flint Knife Clan). He explains to us why he's a child of a Flint Knife Clan. “I take my grandpa's clan as my father's clan because there's no father in the picture. So this is why we selected Byron Brady to give me my name.

Biron was raised by his grandparents, Philip and Delia Montclair Baker. They lived out in the country east of Mandaree about twenty miles. As we visited, we talked about some valued teachings that he was taught by his grandparents. “My grandma and grandpa gave me a lot of things, one of the best things I would say came from my grandpa. He gave me this hard-work mentality he used to tell me,

“These white guys will be watching you so you got to get there before they do and don't leave until after they're gone.” Hard work was second nature to us. When I was eight years old, I was helping stack bales and the stack had to be perfect. There was a right way to do it and that's the way it was done. If you didn't do it right the first time, then you had to take it down and do it over again. Because if the stack came apart sometime during the year or in the winter, it created a mess everywhere. That's no way, that is what my grandpa used to say; that's no way. Hard work ethics were instilled by my grandpa because that's all he knew.

My grandparents lived through the depression, so we grew accustomed to saving everything. My grandma had those gallon freezer bags after each use she would wash them out and use them again. She always had a couple of huge gardens. I learned from my grandma how to lay out a garden, when to hoe it and when to get your potatoes and corn out. We had about two acres of potatoes planted and they all went into our root cellar. Down by the house close to the creek, that's where she planted all the other vegetables like; tomatoes, cabbage, lettuce, radishes, carrots everything you could think of she grew down there. We started our day out at 6:00am my grandma would have breakfast already so we ate and we were out the door by 6:30.

In his childhood journey and living with his grandparents, he was fortunate they both shared so much knowledge with him. “My grandma was the one who taught me compassion and empathy. I remember what her words were as she spoke to me; “Try to understand what people are going through if you're going to help them. You have to be able to put yourself in their shoes to feel what they're feeling. She instilled in me the softer side of me and she had the same hard work ethics as grandpa. When there's more work just keep working. When you run out of daylight, then you can stop. My grandma taught me the importance and responsibility of being a senior pallbearer. I remember I was senior pallbearer for Fannie, when she passed on. It was kind of weird because I seen Fannie at the BIA in New Town that was in the mid 80's. “Ah naw,” she said when she seen me. She pulled my head down so she could reach my ear, and said to me “You're going to bury me.” I told her okay. When she died, they came to see me. Darlene and I don't remember who was with her but there was three of them. As far as I know, I did everything I was suppose to and took care of Fannie the best way I could. Another thing I was taught was when you're going through something like this or when your taking care of somebody like this or when you're doing anything. Somebody may come up to you and tell you that you're doing it wrong.

I was told to tell them, I'm doing this the way I was taught. When you say that, they quit. I don't know if they think they're trying to help you or if they're just being funny. I tell them; “I thank you for what you have to say but I'm doing it this way, the way I was taught.” My grandma taught me this and when she had give a ways she told me how to do that to, who you give away to first everything, I needed to know, she taught me. Being asked to be the senior pallbearer is an honor and huge responsibility. I give it my all because it's such a serious matter to me.

Continue on next page.

Ah Gu Gah Naha~Naish “Stands Above” Shares His Story

Not to long ago, I went to a wake in New Town, I took some blankets and a war bonnet. I walked up to the table where the family was and when I got there this lady was going to take the war bonnet. I told her “no I will give this to one of the men’ and she said “oh what do you want me to do with these blankets? I said to her “when somebody gives something to you, it’s yours to do whatever you will with it. Its not for me to say what you do with it.” She said thank you and I said thank you, then I turned around and seen one of the young men from the family. I told him how sorry I was and gave him the war bonnet. Now this very thing would not have happened thirty years ago. There wouldn’t be some uncertainty in handing off of donations. Things are changing fast this coronavirus is changing things because today funerals are different.

Grandma would tell me these are your relatives, you got to know your relatives. That’s another thing she taught me know all your relatives. So this too was a big thing all these things of how they taught me. I was always told there’s things that you do and when you do them, do it right. You do the best you can and it all applies to what I do now. I have to do things right for the benefit of the people I am taking care of. Do the best you can and do what you were taught.

Although Biron spent most of his time with his grandparents, there came a time in his life where he went through some major changes, such as moving from Mandaree. As he continues to tell us his story.

“When I was about fourteen, my mother decided to go back to school in Dickinson. I knew I could go with her or stay with out in the country. When you’re that age, you know being out in the country would be boring and you want some excitement in your life. So I went to Dickinson with my mother, that place was one of the most red necked places I ever lived. I spent three years there, once I left, I never went back. It’s funny on the reservation when I got into an argument with someone, they would call me a white guy, you look white. Then when you leave the reservation, you’re a chief, or you’re any number of names you could imagine so that was a shock for me.

We all have people who have influenced us in our life time, those people we will always remember. As he continues his story he tells us those people who influenced him. “I had two uncles that were my disciplinaries, Milton and Lyle. My uncle Milton was the one who had a harsher form of discipline and with Lyle it was a completely different form of discipline. I could count on him to reason with me. With Milton, it was cut and dried, he would say to me; you messed up, this is what you do, so this is what we’re going to do about it. I don’t want to come down here again and have talk with you. That’s the old way of how it was done, your uncles were your disciplinaries, so these two guys had a lot of influence on me. Because my grandparents raised me Milton and Lyle could be my older brother because Linda is my mother, those are her brothers, they would also be my uncles, which is the white way. When my grandma died, these three women, Helen, Ethel and my mother all told me I was in charge of all her arrangements.

I said “well we’re going to do it this way,” and they went with it. It was like they were my sisters instead of my mother and aunties, they acted like my sisters at the time.

My grandparents raised me they actually went to the Bureau and more or less adopted me. I saw the paperwork and I never knew that I must’ve been fifty years old when I seen that paperwork. So if I look at it that way yeah, those guys are my older brothers then it becomes easier for me to understand. My uncles and a lot of other male relatives would get after me if I was messing up, they would not hesitate to chew me out that doesn’t happen anymore. I got after my sisters kids but I don’t know if anybody else is doing that. The times I did get after my sister’s kids she didn’t get mad at me like a lot of other mothers do now. So there was quite a few male figure relatives who taught me a lot of different things, they were all relatives and that’s the way its suppose to be.

I miss being home because there’s a lot of people at home who don’t leave the reservation, so I never see them. The only time I see them is if I go home. Now that I’m older, when I do go home for a pow wow, I caught myself looking for people that are gone, people who were important to me are just gone. No matter where I was at in school or what I was doing if I went to a pow wow, I could find everybody. When I’m there at the pow wow I would spend most of my time catching up with people and visiting them.

Today Biron lives with his wife Sheri in Bismarck. He tell us “I’ve been married over thirty years, we had bumps along the way like everybody else does, we are doing pretty good these days. My wife is now retired, she was a teacher and administrator at United Tribes here in Bismarck. She decided to retire about five years ago. Today I’m just a doctor, I decided to work four days a week. We’ve been here in Bismarck on and off since 1993. Presently, I have lived and worked in Bismarck for the past twenty years. When we have free time, we like to go to pow wows and travel to see places we never seen before or go back to places we already seen.

When I retire, we are going to travel more. My wife wants to go to France that kind of surprised me because I always wanted to go to France. Neither one of use can speak French but they love Indians over there so we should be okay. Eventually, we will sell our home in Bismarck. I’m trying to talk my wife into putting a house outside of Mandaree out east. I tell her nobody will bother us or come out there and I think that’s still true. Nobody bothers my mother, she’s way out there. So I am thinking that is what I will do. I think to myself, why am I that way, wanting a place away from everything. Then I found out a long time ago, that traditionally the healers kept to themselves, they stayed away from everybody until they were needed. So I thought to myself that must be the way it goes. So when I do come home, I am going to be retired. Daily life for us isn’t so hard anymore, I work four days a week and we have three day weekends off all the time. It’s really nice I’m not on call and I don’t go to the hospital anymore. I really cut back on what I do and that gives me more time to focus on other things. I try to educate these mashee guys that we are decent good people, they don’t have to be afraid of us, they don’t have to think of us as drunks. I’ve been trying to educate them since I got here.

Throughout anyone’s lifetime we all know things happen to us and for

Ah Gu Gah Naha-Naish “Stands Above” Shares His Story



some of us those things that happen we don't always understand. Biron shares with us his main reason for becoming a doctor. As Biron continues his story. “The care that I received and the health care my family received at the Indian Health clinics has to be better.” I thought to myself anybody can do better, I could do better. I had this idea of being a doctor when I was in the 7th grade. Then it went away because something happens in junior high, I don't know what it is but its true. Even on different reservations something makes you decide that you can't be a doctor, that's not for you or you can't do that. You can be a mechanic, a welder or you can join the military so those are the things you can do but you can't be a doctor. Nobody ever told me that. I was visiting with a buddy of mine from Standing Rock, he's an older guy about fifteen years older than me. He had the same experience it was in junior high where certain things were closed off to him. So that's bias in our education system it's inherent, it's insidious and sneaky nobody should ever say those words to you. They said those words to my mother, when she was in typing class in high school. A teacher said to her; you guys are all Indians don't you forget that. That was in Flandreau. So that feeling of being a doctor went away for a while and that feeling didn't come back until I was in college at UND. I took a difficult biology course and I did well in it. So I thought well maybe I can do this so that's when the idea of me being a doctor came back.

Throughout his journey, Biron had gone through a lot just because he was a doctor now it didn't make it any easier simply because he got treated like everybody else. Especially when you're away from home and decide to come back. “When I did go home, I was a tribal employee, I wasn't Indian Health Service, I found out then there was a political element to your job and I didn't like that. So I had to try to explain things to the council, it's hard to teach somebody something when they think they already know it better than you do. I found myself repeatedly telling them and they didn't believe me. I told the council what reason would I have to lie to you. I'm from here, and some of you are my relatives, my friends and family use this clinic. There was never an answer to that. It was hard for me to put up with that because there were things we needed to do to make the clinics better but those guys stood in the way. After a while, I just couldn't do this anymore and on my worst day that I was having I got a call from Med Center One. They wanted to hire me and I told them I owed some time to the Indian Health Service, and they told me not to worry about that and said we got it. So Med Center One bought out the rest of my contract. I was in for thirty nine months out of forty eight so I was nine months shy. Med Center One found out how much the amount was and they paid it off. I thought to myself, wow they must really want me to work there so I worked pretty hard for them.

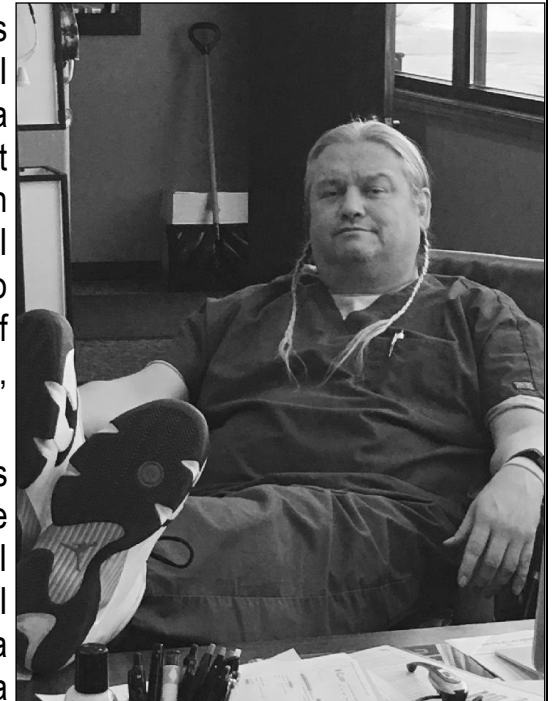
Then of course like all things happen they started to change. I then decided I didn't want to be a part of it. So I pulled out and got my own practice and that's been good now for the past ten years. I always thought the ability to function in both worlds was more of an advantage than a disadvantage, I think any one of us can learn it.

When you first leave home, it's really hard to be away. The loneliness and the desolation. I missed the land and the people, I would go home on weekends on a Thursday and come back on a Tuesday, you know that's how bad it was for me. So that part is hard but if somebody can get to where they understand this world than they can go back and fourth then it's okay.

There's always a balance in life to everything like positive and negative, so with in mind, Biron shares with us in his journey of the positive and the negative living where he is now. “For the negative part for me being a doctor, I would say for me, about half of time when I ran into a colleague, they would test me.” They wanted to know what I knew, so they would get me to talk about something to see if I was good enough. I knew they were doing that too because some of them think if you went through the IMED program that you would not have gotten through medical school. Otherwise, they looked at you as an imposter. So I had to prove myself to all of them. I did whether or not they said anything to me so by the time I was done working with whoever this was, maybe they don't like me but they had to respect me. This all goes back to what my grandpa told me he said; you outwork those white guys maybe they won't like you but they will respect you because that's what they respect.

As for positives, those attitudes come from my patients, sometimes they come in and they just want to talk about things. Some of my patients we have a lot of fun with because they have known me for years. This one woman was telling me her hips hurt but she didn't want surgery. I said “well, you can do some stretches lay on your back and I'll show you, bring one leg up and then bring the other leg up then hold your knees to your chest. That's one stretch, now the other one you got to lay like a shaaga, “here she said what the heck is a shaaga. I told her it's a frog then she started giggling. She really thought that was funny and she put her legs out like that and said like this? I said “yes, now you're a shaaga.” She laughed so hard she had tears in her eyes. So things like this come out after patients get to know me. My nurse is a little white girl from Napoleon, she got to the point now where she's recognizing where the Indians are from based on their last names. She knows if we have someone from Standing Rock or Fort Berthold. We had one patient in from Fort Berthold and that patient was going to get a shot. This patient asked her where that shot was going to be administered and she told them “it's going in your oshie” and their eyes get big and they started laughing.

Continue on next page.



Ah Gu Gah Naha~Naish “Stands Above” Shares His Story



Sometimes I'll be praying, burning sage, and cleaning the clinic and all my employees understand what I'm doing and why I'm doing it and they're okay with it. They feel good about it and sometimes they smell sweetgrass and ask me what's wrong, and I tell them nothing is wrong sometimes I do this because I'm happy and grateful. I have all these mashees working for me that have to understand me as opposed to the other way around. I used to call this Indianization where you get the mashees hanging around long enough than they

start to catch on.

My patients mix is pretty diverse, I have Indians, motorcycle guys, to rich people. I have quite a few Indians from Standing Rock and Fort Berthold. They come from New Town, Twin Buttes, and Mandaree. I always tell them that's a long drive but I'm glad to see you and that's the first thing I tell them. Right now I have eight employees working for me, I don't have any other doctors. I have a Physician Assistant and myself, we both see patients and take care of them so things are going pretty well. I've had this clinic now for the past ten years as it turns out, I felt like I should have done this a long time ago. Because you know if something goes wrong it's my fault, and if I want to holler at somebody, I'd have to look at the guy in the mirror. So far everything is good.

In closing Biron shares his advice. "I like to think that anyone of us is capable of doing anything that's good when you chose something good say you want to help people. You will always have a job and this job will never go away. So if somebody is thinking about the medical field in Mandaree if they want to be a doctor go for it. If you want to be a nurse, go for it. Nurses are in high demand there's a huge shortage now and they're bringing all these foreigners over because we don't have enough nurses. So why can't Indians fill that void. That's the way I see it. I always think things will start to turn around too because we all realize all we have is each other. Maybe people will conclude to that and start to make communities, organizations and societies, things we can be proud of and work together. So I'm optimistic, I have to be in my job. If there's anybody that thinks they can't do something, they should talk to me, because I did things the hard way.

Throughout his career, Doctor Baker, has earned many awards and recognitions. In the last year of residency, the North Dakota Academy of Family Physicians awarded him the William F. Buckingham outstanding resident of the year. Since then, he has worked for the Indian Health Service, Med Center One Health Systems, St. Alexius Medical Center. Biron is board-certified and is a fellow with the American Board of Family Medicine. In his doctoring journey, he received the following four awards; Castle Connolly Regional Top Doctors. Castle Connolly is America's

trusted source for the identification of Top Doctors. Their physician-led research team reviews and screens the credentials of tens of thousands of physicians who are nominated by their peers annually, via a nationwide online process, before selecting those physicians who are regionally or nationally among the very best in their medical specialties. Castle Connolly believes strongly that Top Doctors Make a Difference.

Patients Choice Award for the years of (2014, 2015, 2016). Patients Choice Recognition reflects the difference a particular physician has made in the lives of his/her patients. The honor is bestowed to physicians who have received near perfect scores, as voted by patients. Compassionate Doctor Recognition for the years of (2014, 2015, 2016).



Compassionate Doctor certification is granted to physicians who treat their patients with the utmost kindness. They honor is granted based on a physicians overall and bedside manner scores. On-Time Doctor Award (2014,2016) which recognizes doctors with consistent high ratings for timeliness of appointments. As you can see, to your left is another award he recently received in 2019. Dr. Baker received the Top Doctor For Family Medicine.

Dr. Baker is truly in a league of his own. He has his own style and unique ways of communicating with his patients. His sense of humor is awesome. He has shared an unseen part of himself and shared what he holds close to his heart in being raised by his grandparents. There was so much more that he shared with the West Segment News. Unfortunately, it wouldn't all fit in these pages.

On behalf of the West Segment News I would like to thank Dr. Baker for sharing his young life journey that he shared about being raised by his grandparents. Then sharing his doctoring journey with us as well. It was an honor for me to visit such a knowledgeable and impressive young man with a great sense of humor. I am very proud of him being a Doctor and I am more proud to say Mandaree is his home.

The Baker Family Medicine Clinic is located at 4401 Coleman St. #107 in Bismarck, North Dakota. The letters below you will see on his clinic stands for Biron Baker Family Medicine.

For Your Information

MHA Emergency Operations Center

All of Fort Berthold is under a Burn Ban with Fire Danger rated at Very High with a Red Flag Warning as of 4/2/21. This means that fire conditions are such ANY fires that ignite will spread rapidly and become difficult to control or suppress. Please see the Fire Danger Guide on the below link for more detailed information on restrictions. <https://ndresponse.gov/burn-ban-restrictions-fire-danger-maps>

In addition to this, due to all the grassfires occurring in elevated frequency throughout the state, Governor Burgum has issued a Statewide Fire Emergency (Executive Order 2021-07). With wildfires, there is also a public health concern: Older adults, pregnant women, children, and people with preexisting respiratory (such as asthma) and heart conditions (high blood pressure, A-Fib, Angina ect,) may be more likely to get sick and experience immediate health problems if they breathe in wildfire smoke. It is recommended these groups avoid smoke exposure as much as possible. You may stop by the MHA EOC Monday-Friday 8:00am-5:00pm CST where you can pick up copies of guides and other resources.

The ECO will maintain situational monitoring of the current fire weather conditions in coordination with local Wildland Fire and Fire/Rescue. Should any emergencies occur that have a high probability of threatening property and human life, Wireless Emergency Alerts along with Tribal Email, Various Community Social Media Pages, (KMHA 91.3), Emergency Services, Sirens, and other current resources will be used to send emergency notifications. Sharing this information out would be greatly appreciated. Any questions, please ask.

In Service

Emily Sitting Bear, Director

MHA Emergency Operations Center

603 1st St. N New Town, ND 58763

Cell: 701-421-2954

Office: 701-627-7300

Email: esittingbear@mhanation.com

Fax: 701-627-4733

Mandaree Intake Road Is Used As Dumping Area

Photo by LeeAnna Nation



This should be the last place for people to dump their trash. This is the Intake Road where our water comes in from. West Segment had a fenced area where these type of items and trash can go. It is disheartening to see that chairs, beds or other items being placed where ever there's a bare spot.



Here is another picture showing all the trash and waste that has been dumped on the Intake Road. This is not a dumping area. We hope to bring some awareness to those dumping in this area. Please put your trash or big items at the dump station we have in Mandaree located behind the Mandaree Elders' building.

Local & Surrounding Area Directory

Boys & Girls Club Branch Manager: Olivia: 759-3049 or 627-4415

Catholic Church Father Roger Synek: 759-3412 or 627-4423

Mandaree Clinic: 759-3422 Fax: 759-3209

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

Circle of Life: Director: Nellie Boyd: 627-4700 Fax: 627-4105

Mandaree Elder's Meal Site: 759-3092

Head Cook: Pamela Fox

Assistant Cook: Teressa Fox

Delivery/Helper: Brad Howe

Monica Nagel Henry: Helper/transporter

Mandaree Elders Program: 759-3092

Elder's Care: Nina Finley Newman

Aging Services: Director: Polly Chase: 421-0905

Aging Services Main Office New Town: 627-4913

NHSC Mentor's Office: 759-3545 or Fax: 759-3528

New Town NHSC College: 627-4738

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

Little Plume Head Teacher 1: 759-3369

Mandaree Post Office: 759-3370

Mandaree Roads Dept: 759-3420

Director Mandaree Roads Dan Hall: 421-7958

Donald Young Bird: 421-7534

Mandaree One Stop: 759-3609

Mandaree School Numbers:

Bus Garage: 759-3395

Business Office: 759-3120

Main School Office: 759-3311

New Town Tribal Office: 627-4781

Elbowoods Health Center: 627-4701

Mandaree MHA DOT Dispatch Operations: 759-3576

Motor Carriers:

Matthew Yellow Wolf: 421-8676

Michael Blacksmith: 421-5651

Ricardo Villagrana: 421-9121

Denver Spotted Bear: 421-3124

Thomas Fredericks: 421-3064

Jocko Frank: (701) 550-6797

Rylan Howling Wolf: (701) 805-5628

MHA Motor Carriers Continue:

Dane Fox: 421-1695

New Town Tribal Enrollment office: 627-4238

New Town Tribal Security: 627-0686

Mandaree Water Hauler: 759-3377 or 421-0458

Mandaree Water Treatment Plant: 759-3160 or Fax: 759-3199

New Town Animal Control: 627-2654

Delia Baker: 421-5214

Travis McCabe: 421-3095

Emergency or Ambulance: 911

For Mandaree Non-Emergency: Antoinette Kitagawa: 421-1361 or 421-1357

TAT Fitness Recreational Specialist: Tia Mandan: 421-0239 or tiamandan@mhanation.com

McKenzie County Sheriff: 444-3654

Poison Control: 1-800-222-1222

TAT CHR Main Office in New Town: 627-4240

New Town Tribal Court: 627-4803 or Fax: 627-4602

Tex Fox Justice Center: 627-3500

TAT Utilities: 627-5291

TAT Solid Waste Mandaree Transfer Station: 759-3614

Contact Patrick Dubois: 421-0143 Hours: M-F 7am-6pm

Saturday: 8am-4:30 pm

Sunday: Closed.

TAT Mortgage Program: 627-2560

Game Warden: Bradfield Sage: 421-6977

Beuford Joe: 421-1233

TAT Police Dept: 627-3617 or 1-800-952-7923

Chief of Police 627-3617 ext. 3

* North Dakota Travel Information service dial 511. When dialing out of North Dakota for weather /road conditions you can dial: 1-866-696-3511.

Economic Development: Carson Hood

Economic Development Assistant: Rosie Johnson:

West Segment Liaison BIA Roads Lloyd Vigen

Fargo Outreach Specialist Jolene Gonzales: 421-6200

Fargo Outreach: 701-478-6811 Fax: 701-478-6818

Please read: Some numbers have changed some removed. Some of the names changed. Please post this so you can find what numbers you need. Thank you for being a good reader.

West Segment Employee Directory

Councilwoman Turner-Lone Fight: 421-9820

Chief of Staff: Kevin Finley: 421-6399

Executive Admin.Assistant: Jodi Finley: 421-2011

New Town Office Admin: Florene Halvorson/Colleen Halvorson: 627-8202

CEO West Segment: Regina Yeahquo: 421-4611

West Segment Fire Chief: Marle Baker: 421-1423

Water Chief Hall Receptionist: 759-3377 ext. 206

Loretta Lone Bear Cell: 421-5510

West Segment Security Director: James Johnson: 421-9732

Security Receptionist: Rhonda Hall: 421-0547

Security Officers:

Robin Hall: 421-4599

Benner White Owl: 421-3122

Steven Good Bird: 421-4573

Frank Bear Claw: 421-0700

Hidatsa Housing Specialist: Shanna Fox: 421-6205

Jason White Owl Sr.

Norman Standish

Hidatsa Housing Office: 759-3399 Hours by Appt. Only.

Time Keeper Supervisor: Hailey Abbey: 421-7819

Sunshine Halvorson: 421-9127

Colleen Halvorson: 627-8202

West Segment Maintenance Specialist: Sam White Owl: 421-9170

Main Number: 759-3377 Ext. 209 & 219

Receptionist: Michaela Bacon: 421-6715

West Segment Maintenance Workers:

Ervin Halvorson Sr. 421-3257

Ervin Halvorson Jr. 421-5738

Julius Halvorson: 421-8093

Tyrell Halvorson: 421-4518

Jeremy Wounded Face: 421-3979

Wade Hunts Along: 421-6965

West Segment CARE Recovery Center Director: Vivian Lone Fight: 421-4631 Assistant Kyle Mandan 421. 0643

West Segment Health Dept: 759-3377 ext. 203

West Segment Health Director: Cathy Lone Fight: 421-5525

West Segment Custodian Supervisor Rosie White Owl: 421-9450

Mandaree Elders Building Custodian: Ken White Lightening: ext.213

West Segment Education Specialist: Sandy Young Bird 421.1754

IT Director: Aaron Abbey: 421-5076

West Segment Transportation Specialist: Curtis Hall Sr.: 421-7907

West Segment Transportation Office: 759-3766

West Segment Transportation Receptionist: Michaela Bacon: 421-6715

West Segment Fitness Center Specialist: Angela Stiffarm: 421-1091

Fitness Coordinator: Santos Casarez: 759-3780 **Fitness Hours:** 9am-9pm Monday—Friday

West Segment Events Department: Lindsey Fox: 421-6347

Lorraine Howe: 421-3835

Recreation Coordinator Merrill Howling Wolf: 421-9078

West Segment Cultural: Marbella Lone Fight: 421-2789

Cultural Coordinator: Roni Stiffarm: 421-2255

Cultural Coordinator: Aaron Abbey: 421-5076

Language Specialist: Lila Gwin 421.6605

Carol Newman

Martha Bird Bear

Mary Yellow Wolf—Gachupin

Land & Livestock Director: Ted Lone Fight III: 421-2481

Land & Livestock receptionist: Renay Brown 759-3978

Minot Outreach Director: Dusty Jackson: 701-839-3645 Fax: 701-839-0835

Bismarck Outreach Specialist: Leah Black Hawk: 651.0683

Assistant : Sharron Lone Fight: 751.0456

West Segment Facebook page: LeeAnna Nation: 421-1868 or Jordan Mann: 421-9214

West Segment News Editor: Lovina Fox: lovinafox@mhanation.com

West Segment News Assistant: LeeAnna Nation: 421-1868

***Keep in mind some cell numbers are not listed because they are personal cell and not tribal cell phones. Some of these numbers may have been moved to page 22. So if you can't find the number you are looking for please look on page 22. Some workers have yet to get a tribal cell number as soon as we know it will be posted. Thank you for being a good reader.**

Over grazed Dry Pastures in Our Area

Photos by LeeAnna Nation



This photo shows how over grazed this pasture is and it shows how dry our land is. This photo was taken on BIA route 17. With this very type of over grazed pastures one spark can take out many acres of land. We all need to heed the fire bans by the state of North Dakota and Red Flag warnings our own MHA Emergency Operations Center in New Town. Due to high winds, and the lack of moisture in and around our area, all residents are encouraged to be very vigilant in preventing any wildfires.



Here is a photo of the landscape of the badlands here in the Mandaree area. This picture also shows how dry our land is. Usually its grass turning green, not in this case, its all yellow and very dry. Stay vigilant and careful.



This is on route 12 as you can see we finally have some moisture. If you look closely you see the water tower in Mandaree. We hope to get more moisture our land needs it. Our land is very dry.



Happy Birthday Wishes to Our Elders!

- Wanda Sheppard
- Veronica Serdahl
- Ethan Hall
- Claryca Mandan
- Donna Standish
- Sheila Jenner
- Eldora Poitra



**remembering you
on your special day..
happy birthday !!**

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