

Country Road Chronicles Of West Segment

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West Segment Councilman Awards Elementary Students Science Fair



Quotes For The Heart & Mind:

- * "What lies behind us and what lies before us are tiny matters compared to what lies within us"~Ralph Waldo Emerson~
- * "The best weapon is to sit down and talk".~Nelson Mandela
- * "The future belongs to those who believe in the beauty of their dreams."~Eleanor Roosevelt~

Pictured above is the second grade class who held pictures of the solar system and sang a song about the solar system. Behind them are their bulletin boards of their science fair project. These students did an awesome job with the song along with guidance from their teacher standing on the right.

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Students from the Mandaree Elementary weren't able to participate in the MHA Science Fair which was cancelled. The students at the Mandaree School were all prepared and worked hard on their projects. So that's when our West Segment Councilman Phelan stepped in and wanted to encourage our students so he decided to offer awards to the elementary students in grades 1st through 4th graders and one 7th grade student. Councilman Phelan furnished the prizes for the kids who participated in this Science Fair. The first place winners received laptops, 2nd place winners received a mini iPad and 3rd place winners received a Samsung galaxy tablet. Other students received certificates for their participation. All the students who won laptops were so surprised and

happy not to mention those who won mini iPads and a Samsung galaxy tablet. Here is a list of the students who won in each grade. 1st grade: Tyler Grant. 2nd Grade: 1st- Pauline Yellow Wolf, 2nd- Alayna Walette, 3rd- Damiana Guzman. 3rd Grade: 1st- Tara Grizzle, 2nd-Kota Stiffarm, 3rd- Cash & Colte Phelan. 4th Grade: 1st-Terrel Martinelli, 2nd-Vanessa Sumampouw, 3rd-Karteri Hill, 4th- Jocelyn Grady. This year there was only one 7th grade who placed first and that was Alicia Mckenzie. The rest of the students received certificates, it was an awesome site to see how happy these elementary students were as they accepted their awards. Due to privacy the students are not identified.

More photos on pg. 6 & 7

West Segment Councilman Interviewed for Documentary



Pictured above is Councilman Phelan signing a release of information form that was given to him so he can be interviewed.

Today I decided to write on our councilman's page. As my day began at 6:45 am it was nice walking outside to my car and not having to deal with our cold weather. Now it's just the ice melting that we all have to be careful of.

Today was a very good day for me, I drove into New Town to the Tribal office and met some people who were there to interview Councilman Phelan.

The Documentary is based on the Xxosh-

Ga people. Liz Chapel is the Director of this Documentary along with her camera man, they both traveled from Los Angeles, California. She filmed the Xxosh-Ga riders during the 2016 Little Shell Celebration, and she will be around to do more interviews with members of the Xxosh-ga band.

Councilman Phelan began his introduction in his Native Hiraaca Language and he later translated. As he stated in his introduction, "First of all I ask forgiveness from our ancestors and relatives for talking about the Xxosh-ga's because there's a lot more people who know more about this than I do but I will do the best I can and share with you what little I know. "All my relatives and Xxosh-ga elders forgive me if I say something wrong or if I don't do things right. From what I was told the Xxosh-ga's went through a lot. They were a powerful people, they didn't want to be on a reservation or at a fort. They decided to leave the village and they went west to Powder River, which is by Terry, Montana. Then the Calvary caught up to them and brought them back. Back then, at that time our people weren't given a choice of where they wanted to live and settle.

The Xxosh-ga's were the last to come back so they got what was left of the land. The Xxosh-ga's are a strong group of people they didn't want to be under the government. They carried on the cultural and the ways of our people; like the Antelope Society, which we still have today and the Independence area of where I come from. The Xxosh-ga people today still carry on our cultural of our ways of life. For myself, I would look to the Xxosh-ga people and leave it up to themselves of how they want to tell their story".

As part of the interview Liz Chapel, the Director asked him how they would preserve the culture and language. As Councilman Phelan replies; "The best way to tell a story is to archive it, that way our generations can hear it, know it and have a better understanding of the Xxosh-ga's everything that was told to us was always oral history nothing was ever written down.

Like I mentioned earlier the Xxosh-ga people are very powerful people they are the ones who I will leave it up too so they can tell you their story".



Pictured above is Liz Chapel, who was asking Councilman Phelan questions about the Xxosh-ga's along with her camera man. Both traveled from L.A. California.

In his closing remarks he spoke in our Hiraaca Language. Than he thanked them for listening to him and thanked Liz for having this interview with him. Councilman Phelan did an excellent job. It always makes me proud of him when he speaks our Hiraaca language. It was a privilege for me to be present and to see him dressed in Native regalia like our chiefs did years ago. You don't see that too often, I know I was there and he sure made me proud. Thank you for being a good reader.



Hiraaca Elders



Greetings for the month of February to all community members from the Mandaree Elders staff.

We are looking forward to

the end of winter and planning for the spring events. Happy Valentines Day from all of us here at the Elders building.

We have compiled a booklet we will be disbursing to all elders on our policies, listing of numbers, plans for emergency events, i.e, winter storms, etc, and our drug and alcohol policy which applies to all program events.

To address the immediate needs such as snow removal fore country homes in rural Mandaree we have compiled a list of elder names that are a priority and will work with other service providers to establish communication when emergency situations arise.

It is a good idea to review the emergency planning in case who are in need of prescriptions or need someone to pick them up. Also to have a good contact list of names you can call in the event of a natural disaster. We would like to remind everyone that we have a limited amount of resources but these planning ideas are to make sure everyone is taken care of.

We have our next scheduled Mandaree Hiraaca Elders Organization board

on February 15, 2017 at 11:00am. In the last meeting we had received some concerns which were expressed for safety; i.e, generators and fire extinguishers, so we will be working on addressing these issues. Further concerns were cultural about our Hiraaca customs, clanships and teachings. We will be working on some ideas with the tribal leaders on what we would like to see to support and strengthen our cultural ways.

In addition, we are planning on our spring trip and so far we have planned for the month of May for our trip. Other activities include planning for some gardening ideas from the staff to produce fresh vegetables.

Currently, we are trying to address the issue of thistles that overtake the garden. We might have to consider an alternative site as we do not wish to use pesticides on our soil.

We need to exercise food growing traditions as our ancestors did.

We look forward to a good spring season.

Go wits



National Indian Gaming Association Session

The National Indian Gaming Association (NIGA), was established in 1985, is a non-profit organization of 184 Indian Nations with other non-voting associate members representing organizations, tribes and businesses engaged in tribal gaming enterprises from around the country. The common commitment and purpose of NIGA is to advance the lives of Indian peoples economically, socially, and politically. NIGA operates as a clearinghouse and educational, legislative and public policy resource for tribes, policymakers and the public on Indian gaming issues and tribal community development.

For Immediate Release:

Washington, D. C.-The National Indian Gaming Association (NIGA) hosted the first event of 2017 at the Stanley Crooks Tribal Leaders Conference Center with the NIGA Tribal Leaders Tax Reform Alliance and Economic Development Strategy meeting on Wednesday, January 18, 2017.

National Indian Gaming Association, Chairman Ernie Stevens Jr., joins tribal leadership from the MHA Nation, including Randy Phelan, Vice Chairman of the MHA Nation and Co-Chair of the NIGA/NCAI Tax Reform Alliance and U.S. Secretary Jerry Moran (R-KS), who addressed the tribal leadership with administrative updates.

Chairman Ernie Stevens Jr., opened up the discussion and said, "We're going to hit the ground running, so we are here to get to work. We come together to discuss key issues in Indian country. Working through and with a change in administration is nothing new to us, so it is important that we continue to build upon or relationships with the leadership, without regard to political affiliation, to keep Indian country's priorities in front of Congress and the White House, first and foremost."

Tribal leadership and representatives first met with Congressman Markwayne Mullen (R-OK-2nd Dist.) who also serves on the Trump Transition team. In the question and answer session, Mullen heard from tribal leaders and provided an overview of the administration initiatives and encouraged alignment of Indian Countries priorities with those of the new administration.

Indian Country leadership also heard from other members of Congress and the Senate, including Congressman Chris Collins (R-NY-29th Dist.), as part of the Congressional Partners for policy and Legislation Initiatives discussion. He shared some of the Administrations focus in the first 100 days. He said, "President Elect Trump wants to leave a legacy being a 'Game Changer' and the President for All Americans".

U.S. Senator Jerry Moran (R-KS), provided updates regarding the importance of nation to nation relationships and recognizing tribes as Sovereigns and stated that the goal of Economic Development in Indian Country should be to create a better, brighter future.

Tribal leaders then heard from Senator Jon Tester (D-MT), who also serves on the Senate Committee on Indian Affairs who emphasized the need to remove barriers to Economic Development in Indian Country. Some of the issues expected to be addressed early on include the overhaul of the Affordable Care Act, the 2017 budget bill and 2018 budget reconciliation and infrastructure development. This closed out the Congressional Partners discussions.

The day's agenda also included an Update on the House Ways and Means and Joint Tax Committees and Discussion on President-Elect Trumps Tax Reform proposal, presented by Earl Pomeroy, Senior Counsel at Alston & Bird LLP.

The day concluded with a roundtable discussion on developing tribal economies, which was moderated by Randy Phelan, Vice Chairman of the MHA Nation and Co-Chair of the NIGA/NCAI Tax Reform Alliance. It included discussion on the Indian Trader Statute and regulations, land issues, Infrastructure/Telecom/Broadband/Satellite, dual taxation, tax reform and regulatory permitting form.

The next National Indian Gaming Association tribal leaders meeting, the 2017 NIGA Winter Legislative Summit is scheduled for March 7-8, 2017 at the Stanley Crooks Tribal Leaders Conference Center at NIGA.

www.indiangaming.org

Around West Segment



It was a cool crisp morning as I walked around the community center, I spotted these horses in the photo to your left by the road I think they were looking for grass to eat. The picture was taken just before sunrise on this cool morning, we just got about 7 or more inches of new snow all around the state.

I just felt like walking around and taking pictures of the scenery we see everyday, but sometimes we take that for granted. Its beautiful around the community center in the early morning hours it was a good day there wasn't any wind at all.

In the picture on the top left is the entrance to our Mandaree's meal site and the Mandaree Elder's building. New snow covered the roadway into the elders building. Just around West Segment.



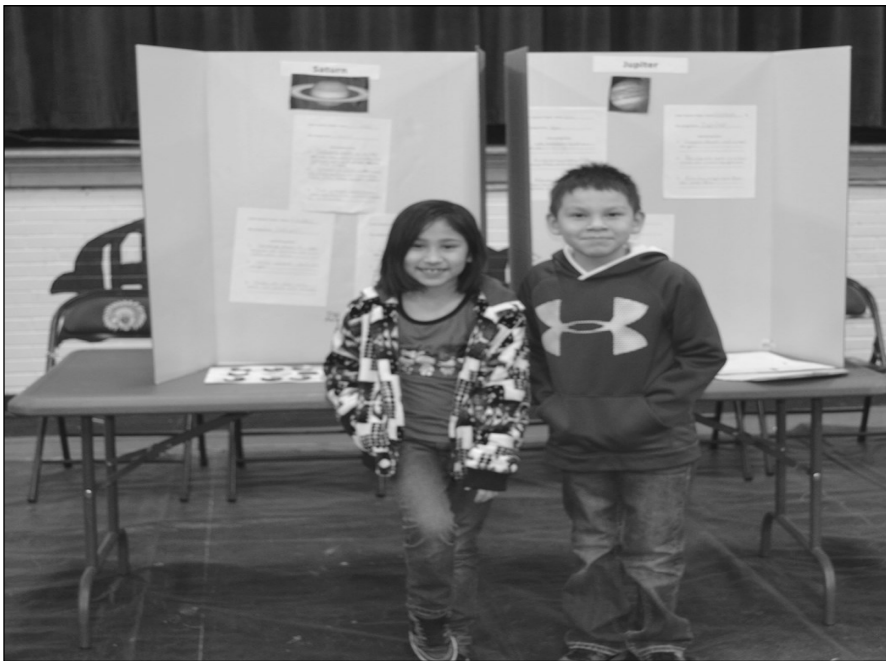
Mandaree Elementary Science Fair



Councilman Phelan was on hand to sign all the given certificates for the students in their designated grades. The certificates were nicely colored and presented to each student for their participation.



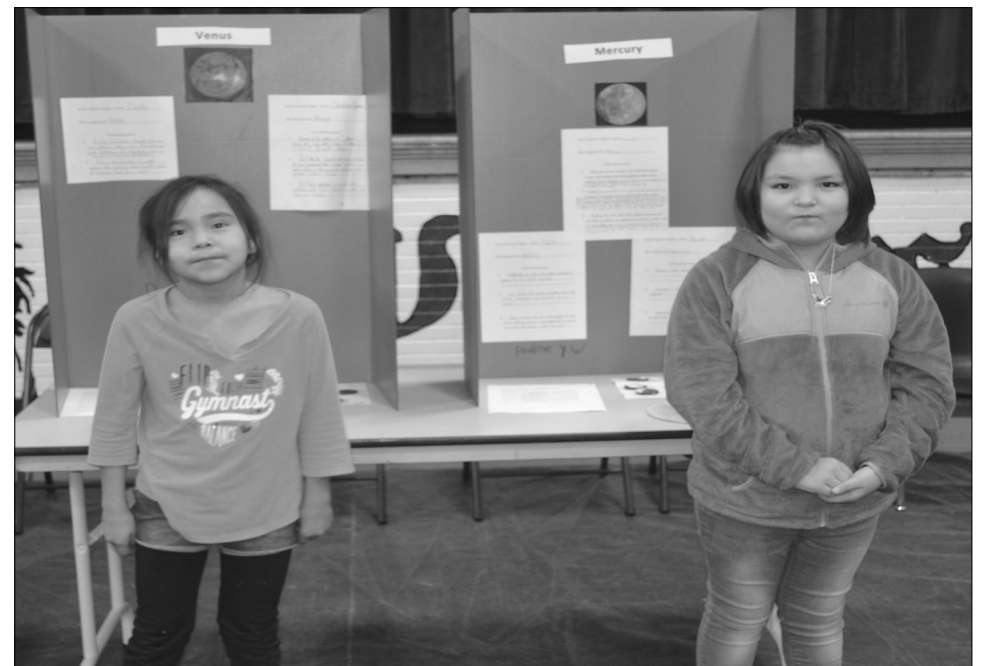
Pictured above are the Science Fair certificates that were given to each student.



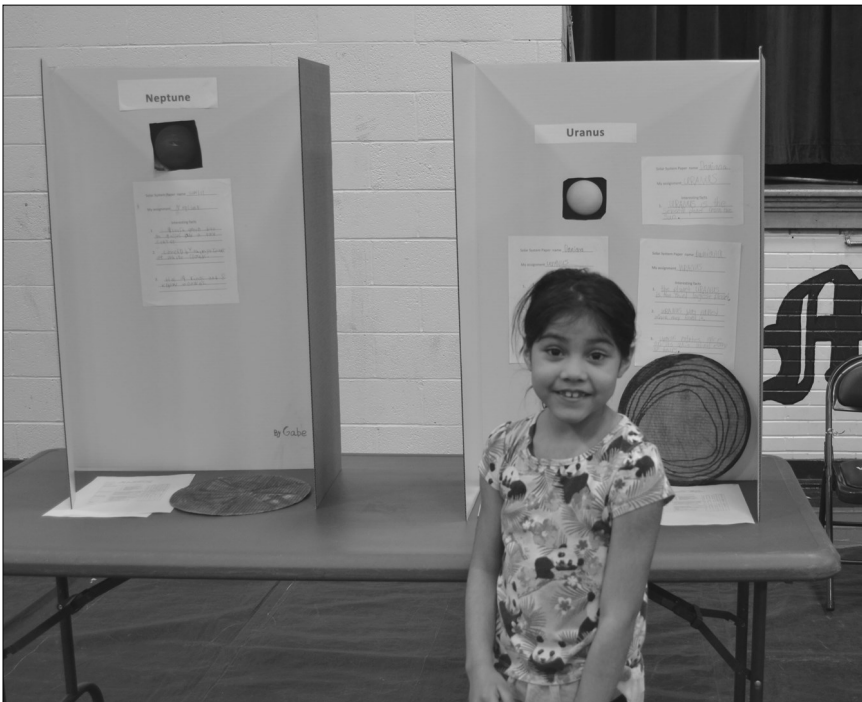
Pictured above and below are the 2nd graders who are standing in front of their Science projects.



Here are the prizes that were given to the winners. Laptops, mini iPads and Samsung galaxy tablets.



Mandarçe Elementary Science Fair



February Is Teen Dating Awareness



February is teen dating violence month and here are some tips you can use to be proactive in your child's relationships, these are good starting points to learn how you, as a parent, can impact your child's relationship in a positive way. If you need more individualized help, or if you have additional questions, please feel free to contact our office at (701) 627-4171. Knowing that your son or daughter is in an unhealthy relationship can be both frustrating and frightening. As a parent, you can be influential in helping your child develop healthy relationships and can provide life saving support.

Starting the Conversation with Your Child:

As a parent, your instinct is to often to react quickly, but sometimes what feels like the right plan of action could stop the conversation before it begins. Here are some tips to keep in mind when trying to help a child who is experiencing abuse.

Safety Planning:

A safety plan is a personalized, practical plan that can help your child avoid dangerous situations and know the best way to react when they're in danger. Even if your child isn't ready to end their abusive relationship yet, there are steps you can both take to increase safety and be prepared. Need a plan now? Check out our comprehensive interactive guide.

Misconception about Dating Abuse:

Feel like you have a handle on what dating abuse is like? It's often more complicated than you may expect, and the facts just might surprise you. We want you to have the full story.

Our Love Danger Assessment:

Often when you're in a relationship, it can be tough to step back and view it from an outside perspective. This assessment can help to offer that perspective, and to see if they're safe or at risk with their current or ex partner.

Abuse is a pattern of behavior used to gain and maintain power and control, and it can come in many forms. Experiencing even one or two of these in a relationship is a red flag that abuse may be present. Remember, each type of abuse is serious and no one deserves to experience any form of it. Physical abuse, emotional/verbal abuse, sexual abuse, financial abuse, digital abuse, stalking. Physical abuse is any intentional and unwanted contact with you or something close to your body. Sometimes abusive behavior does not cause pain or even leave a bruise, but it's still unhealthy. Examples of physical abuse include:

- Scratching, punching, biting, strangling or kicking.
- Throwing something at you such as a phone, book, shoe or plate.
- Pulling your hair.
- Pushing or pulling you.
- Grabbing your clothing.
- Using a gun, knife, box cutter, bat, mace or other weapon.
- Smacking your bottom without your permission or consent.
- Forcing you to have sex or perform a sexual act.
- Grabbing your face to make you look at them.
- Grabbing you to prevent you from leaving or to force you to go somewhere.

Escaping Physical Abuse:

Start by learning that you are not alone. More than one in 10 high school students have already experienced some form of physical aggression from a dating partner, and many of these teens did not know what to do when it happened. If you are in a similar situation:

- Realize this behavior is wrong.
- Take to an adult, friend or family member that you trust.
- Create a safety plan.
- Consider getting a restraining order.
- Do not accept or make excuses for your partner's abusive behavior.
- Remember that physical abuse is never your fault.

Emotional abuse includes non physical behaviors such as threats, insults, constant monitoring or "checking in" excessive texting, humiliation, intimidation, isolation or stalking.

There are many behaviors that qualify as emotional or verbal abuse, including:

- Calling you names and putting you down.
- Yelling and screaming at you.
- Intentionally embarrassing you in public

Continue on next page.

For Your Information

Teen Dating Awareness Cont.

- Preventing you from seeing or talking with friends or family.
- Telling you what to do and wear.
- Damaging your property when they're angry (throwing objects, punching walls, kicking doors etc.)
- Using online communities or cell phones to control, intimidate or humiliate you.
- Blaming your actions for their abusive or unhealthy behavior.
- Accusing you of cheating and often being jealous of your outside relationships.
- Stalking you.
- Threatening to commit suicide to keep you from breaking up with them.
- Using gas lighting techniques to confuse or manipulate you.
- Making you feel guilty or immature when you don't consent to sexual activity.

A relationship can be unhealthy or abusive even without physical violence. Verbal abuse may not cause physical damage, but it does emotional pain and scarring. It can also lead to physical violence if the relationship continues on an unhealthy path. Sometimes verbal abuse is so bad that you actually start believing what your partner says. You begin to think you're stupid, ugly or worthless. You agree that nobody else would ever want to be in a relationship with you. Constantly being criticized and told you aren't good enough causes you to lose confidence and lowers your self esteem. As a result, you may start to blame yourself for your partner's abusive behavior. Remember: emotional abuse is never your fault. In fact, your partner may just be trying to control or manipulate you into staying in the relationship. Talk to someone you trust, like a parent, friend or teacher about the situation and make a safety plan. Abuse is a pattern of behavior used to gain and maintain power and control, and it can come in many forms.

Remember emotional abuse is never your fault. Talk to someone you trust, friends or family about this and develop a safety plan.

2016– National Domestic Violence.



The Teachers at the Mandaree School choose a student of the month. It is an honor to recognize those children that have Exhibited excellent behavior and shown extra care and concern for others in their community. So we are proud to present to you the Good Citizens for the month.

Jaylyn Chappell, Tyler Grant, Grayson Standish, Pauline Yellow Wolf, Kota Stiffarm, Autum McKay, Aubrey White Owl, Tianna Lester, Joshua Jones, Alexandra Schwuchow, Peyton Yellow Wolf and Shauntera Sage.

If you have any questions or concerns, please feel free to call me at the Mandaree School at 701-759-3311 Ext. 117 for Mrs. Spotted Horse, Paraprofessional.



Attention Elders Of West Segment!

Upon delivery meals if you are not going to be home. Please call the Kitchen staff at the Elders meal site to let them know you will not be home. Calling ahead in advance is appreciated so the drivers would know ahead

of time.

Please call 759-3092.

Thank you

Elders Head Cook

February National Children's Dental Month

February is National Children's Dental Health Month

National Children's Dental Health Month is meant to raise awareness about the importance of oral health. Despite the fact that it's almost entirely preventable, tooth decay is the most common chronic disease in children.

Healthy Habits: Your child's baby teeth are at risk for decay as soon as they first appear which is typically around 6 months. Tooth decay in infants and toddlers is often referred to as Baby Bottle Tooth Decay. It most often occurs in the upper front teeth but other teeth may also be affected. In some cases, infants and toddlers experience decay so severe that their teeth cannot be saved and need to be removed. The good news is that tooth decay is preventable! Most children have a full set of 20 baby teeth by the time they are 3 years old. As your child grows, their jaws also grow, making room for their permanent teeth.

Cleaning your child's teeth: Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth. As soon as the teeth appear, decay can occur. A baby's front four teeth usually push through the gums at about 6 months of age, although some children don't have their first tooth until 12 or 14 months. Until you're comfortable that your child can brush his/her own, continue to brush your child's teeth twice a day with a child size toothbrush and a pea sized amount of fluoride. When your child has two teeth that touch you should begin flossing daily. For children younger than 3 years, caregivers should begin brushing children's teeth as soon as they begin to come into mouth by using fluoride in an amount no more than a smear or the size of a grain of rice. Brush teeth thoroughly twice per day. Supervise children's brushing to ensure they use the appropriate amount of toothpaste. For children 3 to 6 years of age, use a pea sized amount of fluoride toothpaste. Brush teeth thoroughly twice per day or as directed by a dentist. I encourage parents/guardians to speak with your pediatrician about your child's dental health and make an appointment with your dentist for a full oral check up.

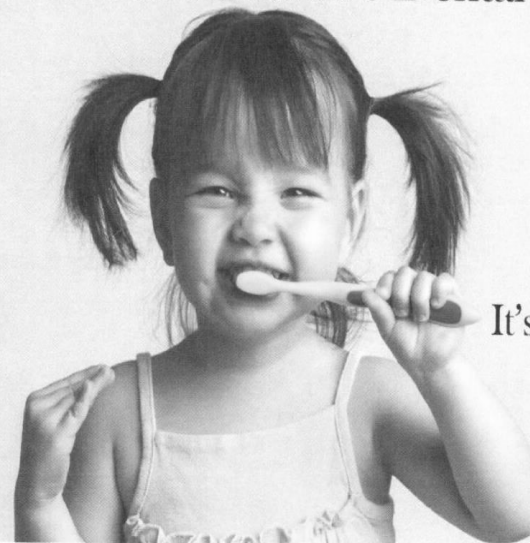
Red Fox Sanchez, Tribal Health Director

404 Frontage Road

New Town, ND

Office: (701) 627-6616 Cell: (701) 421-8393

It's National Children's Dental Health Month



It's kind of a
word of "mouth"
campaign

Every parent wants the best for their child, but just because it is Children's Dental Health Month it doesn't mean parents need to focus solely on their children's oral health while neglecting their own. Make this a month to work together to have the teeth you want your family as a whole to have.

Oral health really is a word for mouth campaign! Meaning that as a parent mentoring brushing, flossing, or visiting the dentist; regardless if you have 32, 20 or 2 teeth in your mouth can instill in your child the importance of take care of their mouth! It really is a monkey see monkey do type of thing.

Need some Tips?

Try to make brushing fun it doesn't have to be a chore, you can sing silly songs with your child while brushing, make silly faces in the mirror while brushing, find different color toothpaste or flavors to use (remember you only need a pea size), find fun looking toothbrushes, use child based dental health apps on your mobile device.

Looking for more fun interactive ideas?

Try sinking your teeth into a good tooth book. As you read use this time to not only bond with your child, but point out things about teeth and their importance.

Here is a few books you can look into: I brush! My teeth by Holli Seabury and Frances Brooks, ABC Dentist: Healthy Teeth from A to Z by Harriet Ziefert and Liz Murphy, Andrew's Loose Tooth by Robert Munsch.

And the list goes on. Remember parents we are only human and there are only so many hours in the day start small and work your way up! Let's celebrate your oral health and your child's because their precious smiles are worth it!

As always feel free to contact me with any questions at Elbowoods Dental: (701) 627-7927

Thanks, Tara Stockhausen, tarastockhausen@ihs.gov

Mandaree Boys & Girls Club February Calendar

FEBRUARY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY***
<p>*** Contact Us *** Club Phone : 701.759.3049 Facebook: @mandareebgc</p>	<p><u>Club Staff:</u> Ollie Spotted Bear (701)421-0161 Amber Gwin Peter Falcon</p>	<p>1. 3-4: Power Hour - homework 4-5: Triple Play - cup stacking challenge 5-6: STEM - Aerodynamics 6-7: Torch Club - Community involvement</p>	<p>2. 3-4: Power Hour - Homework 4-5: Triple Play - healthy habits 5-6: Project Learn - Heart people 6-7: Smart Moves - Trust Fall</p>	<p>3. 3-4: Power Hour - Homework 4-6: Triple Play - Movie Night - The last air bender.</p>
<p>6. 3-4: Power Hour - Homework 4-5: Triple Play - abc race 5-6: The Arts - V-Day wreaths 6-7: Music Matters - pvc pipes</p>	<p>7. 3-4: Power Hour - Homework 4-5: Triple Play - Parachute 5-6: Project Learn - Robo tech 6-7: Street Smart - make your street safe</p>	<p>8. 3-4: Power Hour - Homework 4-5: Triple Play - Card games 5-6: The Arts - stained glass hearts 6-7: Smart Moves - Human Chair/chain</p>	<p>9. 3-4: Power Hour - Homework 4-5: Triple Play - V-Day Boxes 5-6: Project Learn - Hershey Kiss Hearts (toothache day) 6-7: Drama Matters - Reading skits</p>	<p>10. 3-4: Power Hour - Homework 4-6: Triple Play - Lego Day - Best Lego Creation</p>
<p>13. 3-4: Power Hour - Homework 4-5: Triple Play - Relay races 5-6: The Arts - Bandid vday cards 6-7: Money Matters - Piggy Banks</p>	<p>14. 3-4: Power Hour - Homework 4-6: Triple Play - v-day party 6-7: Clean-up</p>	<p>15. 3-4: Power Hour - Homework 4-5: Triple Play - Angie - H.H. 5-6: The Arts - Valentine Heart Chains 6-7: Smart Moves - Fitness Challenge</p>	<p>16. Family Art Night @ Club 4pm-6pm</p>	<p>17. 3-4: Power Hour - Homework 4-6: Triple Play - Movie Night (parents welcome)</p>
<p>20. NO CLUB All Chiefs Day</p>	<p>21. 3-4: Power Hour - Homework 4-5: Triple Play - Nature walk 5-6: Project Learn - Tissue Paper Flowers 6-7: Street Smart - Safety Zones</p>	<p>22. 3-4: Power Hour - Homework 4-5: Triple Play - Pictionary 5-6: Project Learn - Lava Lamps 6-7: Drama Matters - Make your own skit/play in club</p>	<p>23. 3-4: Power Hour - Homework 4-5: Triple Play - Limbo Challenge 5-6: The Arts - Tips/lodges 6-7: Smart Moves - Fast food vs. good food</p>	<p>24. 3-4: Power Hour - Homework 4-6: Triple Play - Lego Day - Best Lego House</p>
<p>27. 3-4: Power Hour - Homework 4-5: Triple Play - Jump Rope Challenge 5-6: The Arts - Foil Creations 6-7: Money Matters - What are savings?</p>	<p>28. 3-4: Power Hour - Homework 4-5: Triple Play - Angie - H.H. 5-6: STEM - Volcanoes 6-7: Torch Club - pass the torch game</p>		<p>Office Hours: 10am-3pm Club Hours: Mon-Thurs 3pm-6pm Teens/Tweens - 3pm-7pm Fridays Club closes @ 6pm **Calendars are subject to change</p>	

Our Mission: To inspire, guide, and empower our youth, especially those that need us most, to realize and reach their full potential as productive, responsible, caring community members.

For Your Information

Tentative as of 01/09/17

AGENDA AT A GLANCE

16th Annual ND Indian Child Welfare & Wellness Conference

Baymont Inn and Suites, Mandan, ND

“Revitalizing Traditions in Honor of Our Children”

February 22-24, 2017

Registration: 7:00am – 5:00pm

Wednesday, February 22, 2017

Pre-Conference Institute for Child Welfare and Courts

08:30am-11:30am ☒ ICWA 101 – Judge William Thorne

Conference Day 1 – Wednesday, February 22, 2017

Moderator: Ina Olson

- 11:30am-12:00pm ☒ Prayer-, Flag Song
- 12:00pm-01:00pm ☒ Luncheon: Special Recognition
- 01:00pm-02:00pm ☒ Opening Address: Red Feather Woman, Rose Red Elk
- 02:00pm-03:00pm ☒ General Session: Dr. Tami DeCoteau
- 03:15pm-04:45pm ☒ General Session Panel: Grandparents Raising Grandchildren
- 04:45pm ☒ 1st STAR QUILT DRAWING – Must be present to win

Conference Day 2 – Thursday, February 23, 2017

Moderator: Vince Gillette

- 08:15am-08:45am ☒ Opening Prayer, Flag Song, Welcome
- 08:45am-09:30am ☒ General Session: Cheryl Kary
- 09:30am-10:15am ☒ Keynote Address: Sara Wisner
- 10:15am-10:30am ☒ Break
- 10:30am-12:00pm ☒ Break-Out Sessions: Set 1
- 12:00pm-01:30pm ☒ Luncheon: Baker Family Award
- 01:30pm-03:00pm ☒ Break-Out Sessions: Set 2
- 03:00pm-03:15pm ☒ Break
- 03:15pm-04:45pm ☒ Break-Out Sessions: Set 3
- 04:45pm ☒ 2nd STAR QUILT DRAWING – Must be present to win
- 06:00pm ☒ Evening Entertainment – Red Feather Woman, Rose Red Elk
- ☒ 3rd STAR QUILT DRAWING – Must be present to win

For Your Information

Conference Day 3 – Friday, February 24, 2017

- 08:00am-08:30am ☒ Opening Prayer, Flag Song, Welcome,
Moderator: Chuck Sanderson
- 08:30am-09:15am ☒ Address by Federal, Tribal & State Leaders
- 09:15am-10:15am ☒ Keynote Session: TBD
- 10:15am-10:30 am ☒ Break and Silent Auction Winners – Anita C. & Merle B.
☒ RAFFLE: SATIN STAR QUILT Drawing –
Need not be present to win
- 10:30am-11:45am ☒ General Session –
Linda Black Elk, Healthy Future w/ Healthy Food
☒ 4th STAR QUILT DRAWING – Must be present to win
- 11:45am-12:00pm ☒ Closing Remarks – Director & Closing Prayer

Conference Day 2 Breakout Session 1: 10:30-12:00

Wellness	Juvenile Justice	Child Welfare	Culture
Historical Trauma, Dr. Tami DeCoteau	LGBTQ, Sara Durbin	QEW Update: Melanie Sage	Strengthening Cultural Ties: Talking to our Kids During Current Societal Atmosphere Stephanie DeCoteau

*Off-Site: Youth Correctional Center - Red Feather Woman

Breakout Session 2: 1:30 – 3:00

Wellness	Juvenile Justice	Child Welfare	Culture
How to Talk About Race Cheryl Kary	Restorative Justice Joel Friesz	Youth Works Navigators, Amy Jacobson	Immersion School TAT Jasper Yellow Bird

Breakout Session 3: 3:15 – 4:45

Wellness	Juvenile Justice	Child Welfare	Culture
Play Therapy Valerie Meyer	E-filing	TED Talk, Anna Frissell	Oceti Sakowin Craig Howe

For Your Information



The Three Affiliated Tribes Fish & Wildlife will be having Hunter Education classes in these segments within the Fort Berthold Reservation on the following dates:

Twin Buttes Class: Twin Buttes Community Building on February 6-10th, 2017 at 6:00pm to 9:00pm.

Four Bears Class: Johnny Bird Community Building on February 10th, 2017 at 6:00pm to 9:00pm. On February 11th, 2017 at 9:00am to 3:00pm and February 12th, 2017 at 9:00am to 3:00pm.

White Shield Class: White Shield Community Building on February 13 and February 17th, 2017 at 6:00pm to 9:00pm.

Parshall Class: Parshall Red Hall Elder Room on February 17th, 2017 at 6:00pm to 9:00pm and on February 18th from 9:00am to 3:00pm and February 19th at 9:00am-3:00pm

Mandaree Class: Mandaree Elders Building on February 24th, 2017 at 6:00pm to 9:00pm and on February 25th from 9:00am to 3:00pm and on February 26th, 2017 at 9:00am to 3:00pm.

- Enrollee must be 11 years old within the calendar year. Attendance is mandatory. If you do not attend, you will lose the opportunity to take a class this year. You may not enroll in more than one course at a time.
- If you fail the course you will not be able to take another class until the following year.
- Students under the age of 18, please have your guardian come in the first evening of class to sign the Student Registration Card.

YOU MUST REGISTER FOR THE CLASS AT:

<https://apps.nd.gov/gnf/onlineservices/lic/public/hunterEducation/hunterEdCourseslist.htm>.

Any questions please feel free to contact the TAT Fish & Wildlife Office at (701) 627-4760 Thank you.



Three Affiliated Tribes Executive Committee:

Chairman: Mark Fox

Vice Chairman: Randy Phelan

Treasurer: Mervin Packineau

Natural Resource Committee:

Chairman: Randy Phelan

Member: Fred Fox

Member: Monica Mayer

Agenda Contact: Victoria Mandan (701) 627-2983

Judicial Committee:

Chairman: Fred Fox

Member: Monica Mayer

Member: Frank Grady

Agenda Contact: Jonelle Abe 701-627-4781

Health & Human Resource:

Chairman: Frank Grady

Member: Monica Mayer

Member: Fred Fox

Agenda Contact: Catherine R. Fox 701-627-4781

Economic Committee:

Chairman: Monica Mayer

Member: Cory Spotted Bear

Member: Mervin Packineau

Agenda Contact: Lori Henry: 701-627-8054

Education Committee:

Chairman: Cory Spotted Bear

Member: Monica Mayer

Member: Randy Phelan

Agenda Contact: Luke Lee 701-627-8255

West Segment Valentines Dance Party



What a great way to celebrate Valentines Day. The West Segment Staff put together a dance party on Friday, February 10th for all ages. Throughout the evening they had a DJ on hand for the most updated music for the younger ones to enjoy and dance too.

There was snacks provided such as Valentines cup cakes and the tables were decorated so nice. There was chocolate strawberries for everyone with a sweet tooth.

A dance contest will take place throughout the evening, the party dance was held at the Water Chief Hall here in the West Segment community from 6pm to 10pm. Special thanks to the West Segment employees who decorated and for those who helped make this evening a good time for everyone.



Nicely decorated cup cakes, pictured below is the chocolate tower for the strawberries.



The DJ played all the modern day music and he even had fog come out on the floor and some nice dance lights it was awesome!



North Dakota Department of Health Reminds Residents To Test For Radon



NORTH DAKOTA
DEPARTMENT *of* HEALTH

For More Information Contact: Justin Otto, Environmental Health Section

Phone: 701.328.5188

Email: jotto@nd.gov

Bismarck, N.D.– During National Radon Action Month in January, the North Dakota Department of Health (NDDoH) reminds residents that cooler weather months are a great time to test their home for radon, a leading cause of lung cancer among non-smokers. “Radon is a cancer-causing, naturally occurring radioactive gas that you can’t see, smell or taste, and it is found throughout the soil in North Dakota,” said Justin Otto, Indoor Air Quality and Radon Program Coordinator for NDDoH. “Its presence in the home can pose a danger to a family’s health.”

Radon is harmlessly dispersed in outdoor air at low levels, but when trapped in buildings, it can be harmful, especially at high concentrations. “The good news is that radon is a problem that can be managed”, said Otto. “By installing radon mitigation system, homeowners can effectively lower the level of radon in their homes. These systems use many conventional building materials and require few specialized tools to install..”

Radon is harmlessly dispersed in outdoor air at low levels, but when trapped in buildings, it can be harmful, especially at high concentrations. “The good news is that radon is a problem that can be managed” said Otto. “By installing a radon mitigation system, homeowners can effectively lower the level of radon in their homes. These systems use many conventional building materials and require few specialized tools to install.”

Systems may be installed by a homeowner or a radon mitigation contractor. A list of contractors is available on the North Dakota Department of Health, Division of Air Quality’s website at <http://www.ndhealth.gov/AQ/IAQ/RADON>. Once in place, a property installed mitigation system will reduce radon gas and safely vent it outside.

Radon related illness claims more than 21,000 lives in the United States annually. “In North Dakota, 63 percent of homes have an elevated level of radon above the U.S. Environmental Protection Agency’s (EPA) ‘Action Level’ of 4.0 picocuries per liter (pCi/L)”, said Otto.

“In fact, the EPA lists North Dakota as Zone 1, meaning the entire state has the highest potential for elevated radon levels.

The EPA and NDDoH are encouraging people to test their homes for radon and remedy any problems. During January, events nationwide will focus on testing and fixing problems in homes with a radon level of 4.0 pCi/L or higher.

Radon test kits are available by emailing Justin Otto at jotto@nd.gov and including a mailing address. The radon test kits are available at no cost to the general public, and they include all mailing and laboratory analysis fees. The test kits are very easy to use and come with easy to follow directions, says Otto. Test kits also may be available for purchase at local hardware stores, building supply stores or local public health units.

For more information about radon, visit www.ndhealth.gov/aq/iaq/Radon, or call contact Justin Otto, North Dakota Department of Health at (701) 328.5188.

For Your Information

Good afternoon everyone, I just wanted to send a notice regarding two new trainings offered by the North Dakota Safety Council.

Please see below and let me know if you have any questions!

ATV/UTV Safety Awareness – 2 hours

During this two-hour classroom course, attendees will learn how to safely operate and maintain an ATV and UTV. Course topics include: laws, personal protective equipment, proper operation (riding skill-equipment-maintenance), emergencies & survival considerations, location & GPS tracking, self-help first aid, and ethical/responsible riding. This awareness course is appropriate for ATV/UTV operators in both occupational and recreational settings. This course does not meet North Dakota's training requirement for riders under the age of 16.

Reasonable Suspicion for Supervisors – 4 hours

This classroom course will give supervisors from all industries valuable training on the management of drug and alcohol abuse in the workplace. Supervisors will learn what they need to look for, and actions to take if someone seems unfit for duty. In addition to learning how to perform reasonable suspicion/cause testing, they will also learn WHY it is important to do so. Other topics include: important elements of a comprehensive substance abuse policy, and the greatest risk categories for drug and alcohol abuse among worker populations. This information will help reduce overall risk in the workplace by assisting supervisors in maintaining a proactive approach to drug and alcohol use among employees. Course meets US DOT training requirements. *Each attendee will receive a copy of the 2016 Drug Identification Guide.*

Peter Pomonis

Home & Community Coordinator

North Dakota Safety Council

peterp@ndsc.org • www.ndsc.org

Direct: 701-751-6118 • Main: 701-223-6372

[Save the Date for the NDSC's 44th Annual Safety & Health Conference, Feb. 20-23, 2017 in Bismarck!](#)

SOAR: Stop, Observe, Ask, and Respond to Human Trafficking

Many victims of human trafficking come into contact with health care and social service professionals and remain unidentified. Potential victims can present with a wide range of physical and psychological health issues and social service needs. The SOAR to Health and Wellness training aims to educate health care and social service professionals on how to identify, treat, and respond appropriately to potential victims of human trafficking.

Training Calendar:

March 9, 2017: Social Work Providers

March 16, 2017: Health Care Providers

March 23, 2017: Behavioral Health Providers

This activity is designed to educate health care and social service professionals on how to identify, treat and respond appropriately to potential victims of human trafficking. The target audience includes: physicians, pharmacists, pharmacy technicians, registered nurses, dentists, psychologists, social workers, case managers, school counselors, public health professionals and health education specialist.

Educational Objectives: after completing this activity, the participant should be able to:

- Describe the types of human trafficking in the United States.
- Recognize possible indicators of human trafficking
- Demonstrate how to identify and respond to potential trafficking victims.
- Respond appropriately to potential trafficking in your community.
- Share the importance of human trafficking awareness and responsiveness with others in your work environment.

To sign up for SOAR updates, including new webinar and in person training dates, please email: info@nttac.org,

Updated Numbers For Mandaree

Boys & Girls Club Branch Manager Ollie Spotted Bear: 421-0161 or 759-3049

Catholic Church: Father Roger Synek: 759-3412

Mandaree Field Clinic: 759-3422 or Fax: 759-3209

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

Mandaree Elders Meal Site: 759-3092

Hiraaca Elders Program: Director: Mavis Young Bear: 759-3099 or 421-2991.

Hiraaca Elders Fax: 759-3095

Elders Meals Delivery: 759-3092 -Paul Rosario Sr.

Mandaree Fitness Center Dennis Fimbres: 759-3780

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

FBHA Compliance Office: Ursula Stiffarm: 759-3177 or Fax: 759-3182

FBHA Maintenance Office Raymond Yellow Wolf: 759-3577 or cell 421-0672

Fire Management : 759-3124

Little Plume Teacher 1: 759-3369

Road Department: 759-3420

Bus Garage: 759-3395

Business Office: 759-3120

Main Office: 759-3311

Mandaree School Fax: 759-3112

TERO Compliance Office: Lana Turner Office Manager: 759-3255 or Cell: 421-6052

Tribal Ranch & Lodge: 759-3176

Tribal Ranch Fax: 759-3133

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

In Case of Emergency call these cell numbers for water treatment:
Bruce Fox Sr.: 421-7512, Dillon Costello: 421-8462, John Osborne: 701- 609-0727

Water Chief Hall Office Receptionist: Rhonda Hall: 759-3377 or 421-1811

Water Chief Hall Fax: 759-3232

Mandaree Public Relations: Lovina Fox

Public Relations Fax: 759-3375

New Town Finance Officer: Martha Phelan: 627-8121 or 421-0606

Water Chief Hall Computer Tech: Jake Chappell: 759-3377

West Segment Custodian Supervisor: Valencia Antonio: 421-3082

Water Chief Hall Office Manager: Florene Halvorson: 421-2797

Water Chief Hall Education Department: Adele Phelan– 421-6600

Water Chief Hall Education Department: Lucy Hunts Along at 759-3377.

Water Chief Hall Events Coordinator: Lorraine Howe :759-3377

Water Chief Hall Youth Coordinator: DeRae Mann:759-3377 or 421-4127.

Water Chief Hall Security: Director: James Johnson: 759-3377

Water Chief Hall Maintenance: Dan Hunts Along: 421-2992

West Segment Maintenance Department: Receptionist: Merle Young Bird: 759-3766.

West Segment Maintenance Department Fax: 759-3768

Mandaree Hiraaca Housing: Will Reeves Director : 759-3399

Mandaree Hiraaca Housing Specialist: Shanna Fox: 759-3399

Hiraaca Language Department: Arvella White & Carol Newman: 759-3276

West Segment Development Corp: Trena Baker-759-3399

West Segment Regulatory Commission Office: 759-3576.

West Segment Regulatory Commission Fax: 759-3579

Mandaree CHR's: Jessica Spotted Horse: (701) 421-4188

Mandaree Post Office: Mon-Fri: 12-4pm: Sat: 11-1:15pm

Emergency or Ambulance: 911

Mandaree EMS Main Phone: 421-1357

Mandaree Police: 759-3226

McKenzie County Sheriff: 444-3654

Poison Control: 1-800-222-1222

TAT Animal Control: 627-2654

TAT CHR Main Office: 627-4240

TAT Commodities Program: 627-4292

TAT Game & Fish: 627-4760

Animal Control Wardens: Chance Fredericks-421-3879, Delia Baker-421-5214 Anthony Chandler– 421-1924

Local Game Wardens Cell Phone Numbers: Bradfield Sage: 421.6977 or Office: 627-4760

TAT Solid Waste: 627-2034

TAT Solid Waste Fax: 627-2035

Elbowoods Memorial Health Center: 627-4701 dial 4 for clinic

TAT Police Dept. 627-3617

TAT Chief Of Police: Nelson Heart Jr.

TAT Acting Lieutenant: Marvel Heart

TAT Detective Maroney: 421-7577

TAT Police Dept. Records: 627-3308 or Fax: 627-3113

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

For Your Information

Notice From The West Segment Maintenance Department

On behalf of the West Segment Maintenance Department we would like to inform everyone that we will only deliver water on the weekend for **EMERGENCIES ONLY**. The water delivered is for human consumption only and **NO LIVESTOCK**.

The West Segment Maintenance will help everyone with the following:

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

Community members who need water for their homes may contact the on call employees who are Vincent Hunts Along and Curtis Hall for water for your homes. Also the tow truck does run but only in our community. The Maintenance Department will not loan the truck out they have employees who will do the towing.

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

Dan Hunts Along: (701) 421-2992

Vincent Hunts Along: (701) 421-3576

Curtis Hall: (701) 290-1267

The Maintenance Department Receptionist is Merle Young Bird, she can be reached at 759-3766.

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

Our phone number for the Maintenance Department: 759-3766 and our Fax number is: 759-3768.

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

Thank you:

West Segment Phone Extensions:

Security (Jimmy Johnson) Ext. 201

Florene Halverson: (Office Manager): Ext. 216

Rhonda Hall Assistant: Ext. 213

Lorraine Howe: (Events Coordinator): Ext. 215

DeRae Mann: Youth Coordinator: Ext. 202

Adele Phelan: (Education Dept.): Ext. 208

Adam or Lucy : (Education Dept): Ext. 214

Loretta Lone Bear: Ext. 207

Lovina Fox (Public Relations): Ext. 212

Jake Chappell (Computers): Ext. 211

All Call: Ext. 297

Regulatory: 759-3572

EMS: 421-1357

Police: 759-3226

Hiraaca Mandaree Elders Program: Director Mavis Young Bear: 759-3099

Meal site: 759-3092

Fitness Center: (Dennis Fimbres): 759-3780

Hiraaca Language Program: Arvella White &

Carol Newman :759-3276

West Segment Maintenance: 759-3766

West Segment Health Technicians:

LeeAnna Nation: 421-1868

Vida Craig: 421-7461

Delreen Robertson: 421-7455

For Your Information

Northern Plains Healthy Start
& Native Pride invite you to attend:



The GOOD ROAD OF LIFE

A Fatherhood and Family Resilience Workshop

FREE

Save the Date!

March 1-3, 2017

Rushmore Plaza Holiday Inn, Rapid City, SD

Who Should Attend?

Fathers, families, PHNs, CHWs, Case Managers, community organizers, and anyone that works with Native men and their families and wants to help strengthen families in their community.

About the Good Road of Life:

A curriculum designed and presented by Clayton Small, founder and CEO of Native Pride, will assist Native men, women, and their children to address unresolved conflicts in relationships, improve communication skills, and keep Native families together.

Register online at:

<https://www.eventbrite.com/o/northern-plains-healthy-start-and-native-pride-10668891096>

Or Call 605-721-7548 for more information.

Registration is free; meals, travel, and lodging are on your own.
Eighty spaces available— bring your groups!

For Your Information



2nd Annual
MHA NATION
POLAR PLUNGE
2017

Hosted by Chairman Mark N. Fox and 4 Bears Casino & Lodge

FEBRUARY 28TH

10:00am: Polar Plunge Registration

11:00am: Polar Plunge Begins

*Winter
Festival*

Ice Fishing Tournament
Snowman Building Contests
Sled Pulling Competition

Details to be Announced

For Your Information

Please Read Below For Your Information:

Effective Immediately

Per Councilman Phelan:

- **Financial Requests will no longer be ran daily. We can only do them on Tuesday and Thursday, unless it is an extreme emergency.**
- **We can no longer run check requests in minor child name Must be 18 years or older, as requested from Tribal Finance.**
- **Each individual can apply once in a 30 day time frame.**

ABSOLUTELY NO ACCEPTIONS.



Three Affiliated Tribes Fish & Wildlife will be having Hunter Education Class for the Mandaree Area:

Mandaree Class: At the Mandaree Elders Building on Friday, February 24th, 2017 at 6:00pm-9:00pm and On Saturday, February 25th at 9:00am-3:00pm and again on Sunday, February 26th at 9:00am

-3:00pm.

- * Enrollee must be 11 years old within the calendar year. Attendance is mandatory. If you do not attend, you will lost the opportunity to take a class this year. You may not enroll in more than one course at a time.
- * If you fail the course you will not be able to take another class until the following year.
- * Students under the age of 18, please have your guardian come in the first evening of class to sign the Student Registration Card.

Any questions, please feel free to contact the TAT Fish & Wildlife Office at (701) 627-4760

YOU MUST REGISTER for the class at:

<https://apps.nd.gov/gnf/onlineservices/lic/public/hunterEducation/>



Job Opportunities in the New Town, Mandaree & Plaza, ND area.

This position includes limited benefits; raises, paid vacation days and access to health insurance. The USPS is an Equal Opportunity Employer of Veterans.

Jobs for:

- Rural Carrier Associate in New Town ...\$20.88/Hr
- Postal Support Employee in Mandaree ...\$16.42/Hr
- Postal Support Employee in Plaza..... \$16.42/Hr

For more information call 701-627-4698



LEARN MORE BY VISITING OUR WEBSITE
usps.com/careers

February is Heart Month



**American
Heart
Association®**
life is why™

It may surprise you to know that cholesterol itself isn't bad. In fact, cholesterol is just one of the many substances created and used by our bodies to keep us healthy.

What is cholesterol and where does it come from?

Cholesterol is a waxy substance that comes from two sources: your body and food. Your body, and especially your liver, makes all the cholesterol you need and circulates it through the blood. But cholesterol is also found in foods from animal sources, such as meat, poultry and full fat dairy products. Your liver produces more cholesterol when you eat a diet high in saturated and trans fats.

Excess cholesterol can form plaque between layers of artery walls, making it harder for your heart to circulate blood. Plaque can break open and cause blood clots. If a clot blocks an artery that feeds the brain, it causes a stroke. If it blocks an artery that feeds the heart, it causes a heart attack. There are two types of cholesterol: "good" and "bad". Too much of one type or not enough of another can put you at risk for coronary heart disease, heart attack or stroke. It's important to know the levels of cholesterol in your blood so that you and your doctor can determine the best strategy to lower your risk. Making healthy eating choices and increasing exercise are important first steps in improving your cholesterol. For some people, cholesterol lowering medication may also be needed to reduce the risk for heart attack and stroke. Use the information here to start a conversation with your doctor about how cholesterol affects your heart attack and stroke risk and what you can do to lower your risk.

Symptoms, Diagnosis & Monitoring of High Cholesterol:

Many people do not know their cholesterol is too high because there are usually no symptoms. That's why it is important to have your cholesterol levels checked by your doctor. Talk to your healthcare provider about assessing your risk for a heart attack or stroke. Cholesterol levels are an important factor in estimating your personal risk.

Good vs Bad Cholesterol:

Cholesterol can't dissolve in the blood. It must be transported through your bloodstream by carriers called lipoproteins, which got their name because they're made of fat (lipid) and proteins. The two types of lipoproteins that carry cholesterol to and from cells are low-density

lipoprotein, or LDL, and high-density lipoprotein, or HDL. LDL cholesterol and HDL cholesterol, along with one fifth of your triglyceride level, make up your total cholesterol count, which can be determined through a blood test.

LDL (Bad) Cholesterol:

LDL cholesterol is considered the "bad" cholesterol because it contributes to plaque, a thick hard deposit that can clog arteries and make them less flexible. This condition is known as atherosclerosis. If a clot forms and blocks a narrowed artery, heart attack or stroke can result. Another condition called peripheral artery disease can develop when plaque buildup narrows an artery supplying blood to the legs.

HDL (Good) Cholesterol:

HDL cholesterol is considered "good" cholesterol because it helps remove LDL cholesterol from the arteries. Experts believe HDL acts as a scavenger, carrying LDL cholesterol away from the arteries and back to the liver, where it is broken down and passed from the body. One-fourth to one-third of blood cholesterol is carried by HDL. A healthy level of HDL cholesterol may also protect against heart attack and stroke, while low levels of HDL cholesterol have been shown to increase the risk of heart disease.

Triglycerides:

Triglycerides are another type of fat, and they're used to store excess energy from your diet. High levels of triglycerides in the blood are associated with atherosclerosis. Elevated triglycerides can be caused by overweight and obesity, physical inactivity, cigarette smoking, excess alcohol consumption and a diet very high in carbohydrates (more than 60% of total calories). Underlying diseases or genetic disorders are sometimes the cause of high triglycerides. People with high triglycerides often have a high total cholesterol level, including a high LDL cholesterol (bad) level and a low HDL cholesterol (good) level. Many people with heart disease or diabetes also have high triglyceride levels.

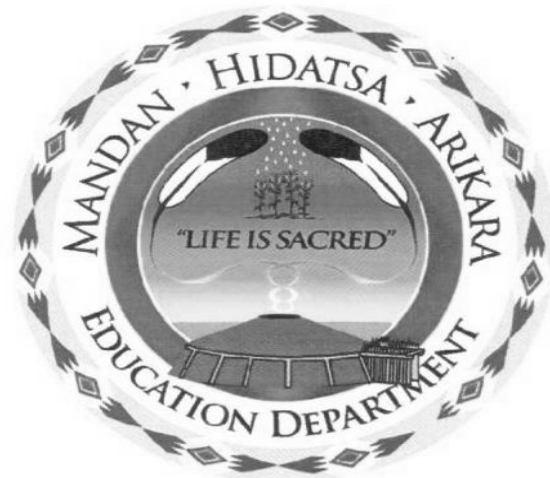
Lp (a) Cholesterol:

Lp (a) is a genetic variation of LDL (bad) cholesterol. A high level of Lp (a) is a significant risk factor for the premature development of fatty deposits in arteries. Lp (a) isn't fully understood, but it may interact with substances found in artery walls and contribute to the build up of fatty deposits.

To learn more go to www.americanheartassociation.com

For Your Information

2017



College & Career Fair

March 8

Four Bears Casino Event Center
202 Frontage Road
New Town, ND

9:00 AM Doors Open

Welcome Students of MHA Nation:
Grades 7-12

New Town, Parshall, White Sheild, Twin Buttes, Mandaree
Killdeer, Halliday, Nueta Hidatsa Sahnish Community College

11:30 AM Free Catered Lunch

Guest Speaker

Miss Indian World

Danielle Ta'Sheena Finn

Arizona State University, Juris Docorate Degree

1:00 - 5:00 PM Open to the Public



For more information and/or
to RSVP to:
Damon Brady 701-421-7150
Laurel Deegan-Fricke 919-842-6684



For Your Information

**Women united in spiritual circles will awaken the wisdom
in each other's spirit ...**

- Shikoba -

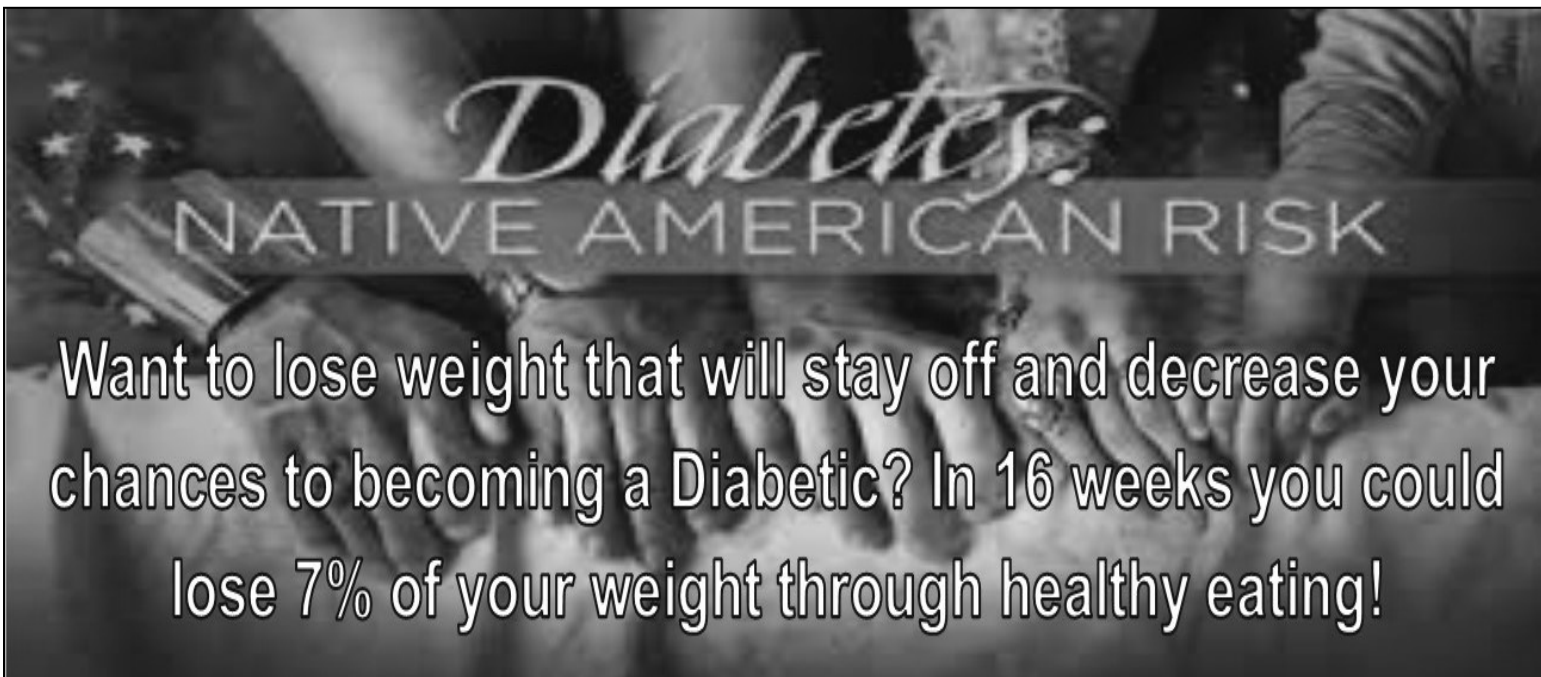


**Please join us and share without judgement.
All women are welcome!**

Women's Talking Circle

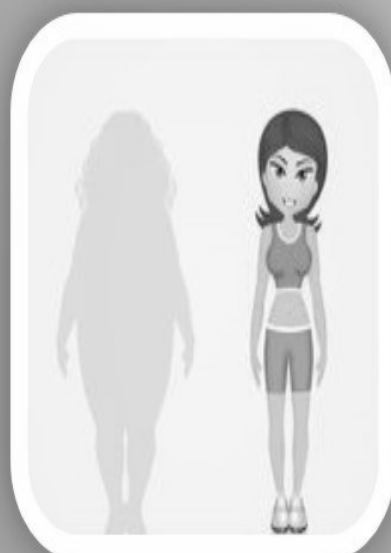
**Every Monday Evening
5:00 p.m. — 6:00 p.m.
Circle of Life
(back door)**

For Your Information



**Fort Berthold
Diabetes Program
701-627-7931**

Take CONTROL of your HEALTH and START MAKING POSITIVE LIFESTYLE CHANGES with the help of a TRAINED LIFESTYLE COACH and fun, engaging support groups!



WE CAN DO THIS TOGETHER!

National Diabetes Prevention Program is inviting you to come join us:

Where: Conference Room @ the TERO Building

Date: March 8, 2017-June 21, 2017

Time: 4:30pm-5:30pm

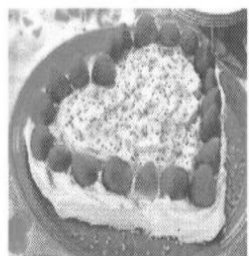
Cost: \$75.00 (1/2 off the regular price)



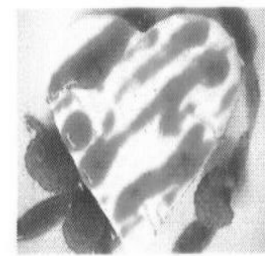
Contact: Celeste or Roselle @ 701-627-7931

There will be 24 educational and motivational meeting as part of the program. This includes 16 weekly meetings in the first 6 months of the program (8 weekly and 8 bi-weekly) followed by 6 monthly meetings.

February Mandarçe Meal Site Menu



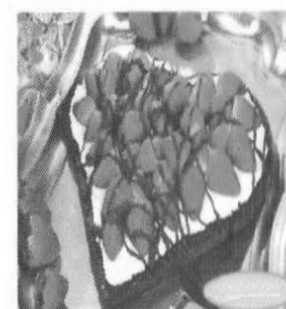
February 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Smoked sausage Mac & Cheese Normandy Medley Dessert	2 Tator Tot hot dish Cottage cheese Peaches	3 Tomato soup Egg salad sandwich Fruit cocktail cookie
6 Bean & Corn soup Fry Bread Berry Pudding	7 Pork chops Rice & Gravy Green beans	8 Goulash Lettuce salad Sherbert	9 Indian Tacos	10 Closed due to Cooks Meeting.
13 Beef stroganoff Normandy Medley Apple treats	14 Salisbury steak Mashed potatoes w/ gravy Broccoli Cookie	15 Lasagna casserole Apples Carrots	16 Hamburger Gravy Mashed potatoes Corn Pears	17 Breakfast
20 Chicken Alfredo Garlic Toast Oranges	21 Clean out freezer Tuesday so Be surprised	22 Chili Homemade bread Chocolate cake	23 Enchilada casserole Refried Beans Spanish Rice	24 Cooks Choice
27 Sweet and sour chicken Pot stickers Fortune cookie Egg roll	28 Knoephla soup Crackers Brownie Peaches			



We hope that you enjoy the meals provided.
 If you have any questions feel free to call 759-3092 or main office 627-4547
 Menu is subject to change for various reasons.





Early morning sunrise outside of the Mandaree Community Center.

A message from the Three Affiliated Tribes West Segment Maintenance:

Anybody under the age of 55 years will have to pay for their water deliveries for each month. Cost is \$80.00 dollars for each month, you are asked to make payments to the West Segment Maintenance Department. Costs will go for gas and maintenance of the truck.

Delivery for water is on Mondays and Fridays **ONLY.** Maintenance will deliver water on the weekend for **EMERGENCIES ONLY.**

Curtis Hall is the person who delivers water for West Segment his phone number is: 701.290.1267.

If you have any questions please contact the West Segment Maintenance office at 759-3766.



- Brenda Hale
- Belinda Beston
- Keith Mandan
- Fayettea Young Bear
- Arnie Guimont
- Roseann Johnson
- Ted Lone Fight III
- Leland Hall Jr.