

NORTH SEGMENT

OFFICE OF COUNCILWOMAN MONICA MAYER, M.D.



**LARGEST
NORTH SEGMENT
COMMUNITY
CHRISTMAS PARTY!**



NORTH SEGMENT WINTER WONDERLAND

**NORTH SEGMENT PAYS MEMBERS' WATER BILL.
CHECK PRESENTED TO DAN URAN, NEW TOWN MAYOR.**



NORTHERN LIGHTS WELLNESS CENTER

M-F 6AM-11PM | SAT 10AM-11PM | SUN 10AM-8PM



It's Time To Take Your Progress Tracking To The Next Level!

Northern Lights Wellness Center offers InBody Scan services **FREE** for all members.

InBody

See What You're Made Of

An Inbody Scan will give you an accurate look at body fat, lean muscle mass, basal metabolic weight, water retention, and muscle mass in your arms, legs, and trunk. Once you know your biometrics, you are able to formulate a plan based on what YOU need to help you achieve the results you are looking for!

NORTH SEGMENT VETERANS WELLNESS DAY



December 11, 2019 MHA MENS WELLNESS DAY held at Northern Lights Wellness Center. VFW Post 9061, Little Shell Singers, MHA Nation Veterans Affairs Director Lavetta Fox and Speaker Delmer Crows Breast. During the event VA Informational Booths included, Fort Berthold Diabetes Program Blood Sugar checks, ND Military Outreach, EMHC Behavior Health, and Haircuts provided by Savoy Foginthemorning the owner of OAK 87.



NORTH SEGMENT VOTED AS GOVERNOR'S CHOICE

December 7, 2019 North Segment Property Management office for receiving Governor's Choice during the City of New Town Parade of Lights Holiday Event.



NORTH SEGMENT CHRISTMAS LIGHT CONTEST



Congratulations to the winners of the 2019 North Segment Community Christmas Lights Contest!

1st Jon Brady \$2,000.00
2nd Rich Mayer \$1,500.00
3rd Bill Hale, Jr. \$1,000.00
4th Rose Nagel White Body \$500.00



1st Place: Jon Brady



2nd Place: Rich Mayer



3rd Place: Bill Hale Jr.



**4th Place: Rose Nagel
White Body**



2019 Elders Christmas Dinner

December 17, 2019 Three Affiliated Tribes Elders Christmas Party. North Segment wanted to share a extraordinary Segment Booth. "DOC'S WILD WEST" welcomed the day to Elders. North Segment Councilwoman Monica Mayer, M.D., Northern Lights and North Segment Home Services Staff worked together to provide a fun and happy holiday season. Each North Segment Elder Recieved a Satin Star Quilt courtesy of Councilwoman Monica Mayer M.D. and North Segment Staff.





2019 Elders Christmas Dinner



NORTH SEGMENT HOLIDAY ARTS & CRAFTS

In the month of December, North Segment Arts & Crafts created Christmas Wreaths and decorated Gingerbread Houses for the Holiday with North Segment Elders. Craft supplies provided by North Segment.



NORTH SEGMENT HOLIDAY ARTS & CRAFTS

December Crafts: Creating Holiday moments with North Segment Youth. North Segment Arts & Crafts Program painted Ornaments with TAT Headstart Students. As well as decorating gingerbread houses with New Town Boys & Girls Club.





2019 North Segment

December 18, 2019, over 1,200 children, adults, and elders gathered for an evening of food catered by Homesteaders restaurant, holiday music by DJ Rocks, and Christmas gifts and gift cards for all ages. There was something for all MHA enrolled members of the North Segment Community. A water credit check for \$442,800 was presented to Dan Uran, Mayor of New Town, for every tribal household to receive credit to their water bill account. That's one less bill for tribal members to personally worry about during the busy holiday season. We were thankful to have the Little Shell Drumgroup sing a special song for all in attendance, and to Ms. Crystal Hosie's Head Start class for performing classic Christmas songs. The night's emphasis was on family, but more specifically elders and children. North Segment wishes everyone a Happy Holiday and a Happy New Year!



Community Christmas Party





2020 Spring Registration Now Open

Register TODAY
with NHSC!

Nueta Hidatsa Sahnish College
301 College Drive/PO Box 490
New Town, ND 58763
www.nhsc.edu

Important Onsite Registration Dates:

Onsite Registration begins at 1PM	January 6th, 2020
Onsite Registration 9AM - 6PM	January 7th-9th, 2020
Onsite Registration 9AM - 4PM (Last day to register for Spring semester)	January 10th, 2020
New Student Orientation 9AM-1PM	January 13th, 2020
Orientation Check-in will begin at 8:30 AM in the NHSC Clan Room	
First Full Day of Classes	January 14th, 2020
Martin Luther King Jr. Day No Classes	January 20th, 2020
Last Day to add courses or drop without record	January 23, 2020

What you will need to be admitted:

High School Transcripts or Proof of GED
Transcript(s) from previous college(s)
Certificates of Degree of Indian Blood (CDIB) If applicable
Social Security Card
Driver's License
Completed FAFSA

All new students go through **Door A** check-in with Admissions to make sure all documents are turned in. All Academic Advisors, Financial Aid, Student Accounts, and Registrar will be in the NHSC CLan room 73A/B.

IT - Make sure you check with IT for ID and web-mail. All students must meet with your advisor before registration!

For questions about Admissions/Registration please contact:

Director of Admissions:
Colton Larrison ~ clarris@nhsc.edu/ 701-627-8049

Registrar:
Joetta McLeod ~ jmcleo@nhsc.edu/701-627-8047

For questions about Financial Aid please contact:
VP of Student Services
Dr. Constance King-Gottschall
cfrank@nhsc.edu/701-627-8015

Financial Aid Director: Jacquelyn Zeltinger
jzelti@nhsc.edu/701-627-8031

Financial Aid Assistant: Michelle Graham
mfisch@nhsc.edu/701-627-8013

* All students Must complete a **FAFSA application** online for Financial Aid eligibility for the 2019-2020 Academic year using 2017 taxes. FAFSA applications are available online now at <https://studentaid.ed.gov/sa/fafsa>
January 10th is the final day to complete the registration process. Students must have started registration prior to or on January 10th.

NUETA HIDATSA SAHNISH COLLEGE WINTER 2019 GRADUATION



Nueta Hidatsa Sahnish College
2019 Fall Honor's List
Full-time Student's Maintaining a 3.00 to 3.49 G.P.A.

Telicia Baker	Kristin Freeman
Alize' Good Bird	Elizabeth Lockwood
Thad Baker	Goddeua Weiler
DaMya Goodall	Francis Short Bull
Tammy Hammer	LeeAnna Nation
J'Shaun Gillette	Bryann Rainbow
Sydetta Askie	Robert Lee
Trinetta Pretty Weasel	Averyl Taft



Nueta Hidatsa Sahnish College
2019 Spring President's List
Full-time Student's Maintaining a 3.80 to 4.00 G.P.A.

Samantha Dumont	Rebekah Wells
Courtney Grammentz	Ethan Wells
Idalyss Ibarra	Jeannie CrowsBreast
Riannon Charging	Bheri Hallam
Joni Foote	Chelsey Quick Bear
Shayla Gayton	Michael Medeiros
Jezamyn Ibarra	Keauna Fox



Nueta Hidatsa Sahnish College
2019 Spring Dean's List
Full-time Student's Maintaining a 3.50 to 3.79 G.P.A.

Heather White Owl	Patricia DuBois
Kylea Driver	Jericho Stierwalt
Twila Reed	Brett Baker
Wallace Chase	Christopher Church
MacKenna Murdock-Moore	Loren Fox
Lexus Steyen	Champion Stevenson
Morgan Tveter	Maelene Nez



Photos from Nueta Hidatsa Sahnish College Facebook Page

NORTH SEGMENT ICE SKATING RINK

NOW OPEN!

HOURS:

10:00AM - 10:00PM

CONTACT:

Northern Lights Wellness Center

(701) 627-3456





Happy Birthday!

TO NORTH SEGMENT ELDERS
BORN IN JANUARY

Cheryl Fox

Myrtle Goodleft

Anthony Hale

Joann Mandan

Estelle White

Doreen Yellow Bird

Magdaline Yellow Bird

North Segment Office of Councilwoman Monica Mayer, M.D.

UPCOMING EVENTS

NORTH SEGMENT
ARTS & CRAFTS
JANUARY

.....

 Monday
Open to Community 9am-6pm

Tuesday
January 21st - Elders' Crafts 11am

Wednesday
Youth Arts&Crafts 3pm

Friday
Women's Talking Circle 5pm 

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 CONTACT
NORTHERN LIGHTS WELLNESS CENTER
(701) 627-3456

NORTH SEGMENT
OFFICE OF COUNCILWOMAN MONICA MAYER, M.D.

Elders' BINGO

WEDNESDAY
JANUARY 15, 2020
1:00PM

FOR MORE INFORMATION CONTACT:
NORTHERN LIGHTS WELLNESS CENTER
(701) 627-3456



NORTH SEGMENT OFFICE OF COUNCILWOMAN MONICA MAYER, M.D.

RECOVERY JAM

SAVE THE DATE

JANUARY 25, 2020
10:00AM-8:00PM

NORTHERN LIGHTS WELLNESS CENTER



Fort Berthold Native American Church Chapter

Prize Bingo

January 20, 2020

Northern Lights Wellness Center
1:00 Early Bird Session
1:30 Regular Sessions





Three Affiliated Tribes
Mandan, Hidatsa, and Arikara Nation
Office of Tribal Enrollment

P.O. Box 100
 New Town, ND 58763

Phone: (701) 627-4238
 Fax: (701) 627-4252

Three Affiliated Tribes Enrollment Report

Friday, December 6, 2019

Gender (ALL)

Female	8,610
Male	8,006
TOTAL	16,616

Age Categories (ALL)

0-17	5,492
18-59	9,622
60+	1,502
TOTAL	16,616

2019 Enrollments

01/10/2019	10
02/14/2019	35
04/12/2019	72
05/09/2019	32
06/13/2019	27
07/10/2019	30
08/07/2019	53
09/12/2019	46
10/10/2019	39
11/26/2019	41
12/02/2019	68
TOTAL	453

2019 Reported Deaths

Male	65
Female	42
TOTAL	107

2019 Average Life Span

Male	50.52
Female	55.05
Avg All	52.29

Segment Population by Age

Segment	0 - 17	18 - 59	60+	TOTALS
New Town	718	1,186	220	2,124
Mandaree	329	470	93	892
Four Bears	339	416	71	826
Parshall	239	443	74	756
White Shield	217	396	112	725
Twin Buttes	135	210	51	396
ON FBIR	1,977	3,121	621	5,719
OFF FBIR	3,513	6,503	881	10,897
TOTAL ALL	5,490	9,624	1,502	16,616

Sevant S. Taft

Sevant S. Taft, TAT Enrollment Director

Note

These numbers are current as of the date listed above.



Come join us as we learn to recover with our Native American ways and Teachings.
Facilitator: Morgan Tveter

MONDAYS: 3pm-4pm Wellbriety Book Study
4pm-5pm Wellbriety Talking Circle
WEDNESDAYS: 12pm-1pm Wellbriety Talking Circle
THURSDAYS: 3pm-4pm Wellbriety Book Study

THE DOOR RESOURCE AND RECOVERY LODGE
329 MAIN STREET
(UNDER THE POST OFFICE)
NEW TOWN, ND 58763
701-627-4358
THEDOOR@MHNATION.COM

WALK/RUN CIRCLE

WEDNESDAYS
10:00AM - 11:00AM
NORTHERN LIGHTS WELLNESS CENTER

FOR MORE INFORMATION:
CONTACT
THE DOOR (701) 627-4358
NLWC (701) 627-3456

THE DOOR
Resource & Recovery Lodge

Noon NA Meetings

MONDAY-SATURDAY
12PM
SANDWICHES, CHIPS AND FELLOWSHIP PROVIDED

THE DOOR RESOURCE AND RECOVERY LODGE
329 MAIN STREET
(UNDER THE NEW TOWN POST OFFICE)
NEW TOWN, ND 58763
701-627-4358
THEDOOR@MHNATION.COM

Hours of Operation: Monday-Friday: 9:00 am to 8:00 pm, Saturday: 10:00 am – 6:00 pm
Contacts: The Door: 701-627-4358
Tellea: 701-421-1615 Ethel: 701-421-0497 Mark: 701-421-0380 Morgan: 701-421-3025
Shylene: 701-421-7698 Rachelle: TBA Sam: TBA

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		HOLIDAY/CLOSED 1	AA: Noon Wellbriety Book Study: 3pm 2	NA: Noon Women's Talking Circle: 5pm 3	NA: Noon Open/Big Book Study: 3pm 4
AA: Noon Wellbriety Book Study: 3pm Talking Circle: 4pm 6	NA: Noon Reflections & Meditations: 3pm Veteran's Night: 6pm 7	Talking Circle: Noon 8 Walk/Run Circle: 10-11am Youth Night: 3-7pm	AA: Noon Wellbriety Book Study: 3pm Speaker Meeting: 6pm 9	NA: Noon Women's Talking Circle: 5pm 10	NA: Noon Open/Big Book Study: 3pm 11
AA: Noon Wellbriety Book Study: 3pm Talking Circle: 4pm 13	NA: Noon Reflections & Meditations: 3pm 14	Talking Circle: Noon 15 Walk/Run Circle: 10-11am Youth Night: 3-7pm	AA: Noon Wellbriety Book Study: 3pm 16	NA: Noon Women's Talking Circle: 5pm 17	NA: Noon Open/Big Book Study: 3pm 18
HOLIDAY/CLOSED 20	NA: Noon Reflections & Meditations: 3pm Veteran's Night: 6pm 21	Talking Circle: Noon 22 Walk/Run Circle: 10-11am Youth Night: 3-7pm	AA: Noon Wellbriety Book Study: 3pm Culture Speaker: 6pm 23	NA: Noon Women's Talking Circle: 5pm Healing Horse: 1-3pm 24	Recovery Jam 25 10 AM – 8 PM Northern Lights Wellness Center
AA: Noon Wellbriety Book Study: 3pm Talking Circle: 4pm 27	NA: Noon Reflections & Meditations: 3pm 28	Talking Circle: Noon 29 Walk/Run Circle: 10-11am Youth Night: 3-7pm	AA: Noon Wellbriety Book Study: 3pm 30	NA: Noon Women's Talking Circle: 5pm SOBRIETY DINNER: 6pm 31	

DETAILS

Speaker Meeting Host:
The 9th: Jack H.
Culture Speaker Host:
The 23rd: T.J.P. C.

The Door
The Door is open to everyone. All are welcome! We want to create an encouraging safe environment for all. We do not favor one recovery road over another. Our overall goal is to promote healthy, structured and responsible living through peer support, community support, and our culture. We have many events scheduled, but at any time you may come in and receive peer support, journal, search the web, play pool or air hockey, or simply relax. We hope to see you!



Resource & Recovery Lodge

CENSUS 2020 in INDIAN COUNTRY

We Have Always Counted



No matter where you are, be counted on Census Day: April 1, 2020

-Verlin



Roo nuute'sh! Nueta
 Niyawawichakhiya! Lakota
 Iyekiyapo! Dakota
 Egimaad! Ojibwe
 Tiiha' siino wetAhnahunuwa! Sahnish
 Hiro mahahguac! Hidatsa

Shape our future START HERE >



I CAN BE A CENSUS TAKER

APPLY ONLINE!
2020census.gov/jobs

2020 Census jobs provide:

- ✓ Great pay
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

For more information or help applying, please call 1-855-JOB-2020

Federal Relay Service:
 1-800-877-8339 TTY/ASCII
www.gsa.gov/fedrelay

The U.S. Census Bureau is an Equal Opportunity Employer.



January 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ***CLOSED*** Happy New Year 2020	2 Baked chicken Rice, Green Beans and Cookies	3 BREAKFAST TIME: 8-9 AM Boiled Egg, Sausage, Hash browns, Oatmeal & Toast	4
5	6 Mickeys Choice Corn Soup Homemade buns Dessert	7 Pork Chops w/mushrooms and gravy, Boiled Potatoes, Peas & Carrot mix, Pudding	8 Debbie's Choice Indian Tacos with all the fixings and fruit salad	9 Spaghetti w/Garlic Bread, Corn on Cob and Cake	10 BREAKFAST TIME: 8-9AM Breakfast Burritos, Orange slices.	11
12	13 Chicken Alfredo with Steamed Broccoli and Fruit Cocktail	14 Roast Beef Hash Potatoes w/gravy, Carrots and apple sauce	15 Tator Tot Hot Dish Cottage Cheese Butterscotch pudding	16 Sub Sandwiches Baked Beans, Chips and a cookie	17 BREAKFAST TIME: 8-9AM Biscuits & Gravy, Boiled Egg, Oat Meal and Toast	18
19	20 ***CLOSED*** 	21 Potato Soup Turkey Sandwiches with a Banana	22 Chili Corn Bread Cottage Cheese and Pears	23 Hot Hamburger Carrots Fruit Cocktail	24 BREAKFAST TIME: 8-9AM Pancakes, Bacon, Hash browns, Oatmeal & Toast	25
26	27 French Dip w/aju Mixed Veggies Cake	28 BBQ Ribs Baked Potatoes Green Beans Fruit Salad	29 Beef Stew Fry Bread Peaches	30 Hamburger gravy over mashed potatoes, Carrots and Pudding	31 BREAKFAST TIME: 8-9AM Egg Bake, Potatoes Obrien, oatmeal & Toast	
<p>We hope that you enjoy your meals that we provide for you. If you have any questions, feel free to give us a Call @ 701-627-4547. Thank You, and Have a Blessed New Year and Month!</p> <p>**THE MENU IS SUBJECT TO CHANGE AT ANY TIME**</p>						



**PRSR T STD
US POSTAGE PAID
NEW TOWN, ND 58763**

Office of Monica Mayer, M.D.
North Segment Councilwoman
404 Frontage Rd
New Town, ND 58763

Local Postal Customer

NORTH SEGMENT OFFICE *Tribal Councilwoman Monica Mayer, M.D.*

Main Office, Tribal Admin Building

(701) 627-8234

Monica Mayer, M.D	Councilwoman	701-421-0140
Lori Agyemang	Exec. Admin Asst.	701-421-8485
Jennifer Wells	HR Specialist	701-421-2383
Lexi Taft	Office Manager	701-421-7394
Vonnie Jo Alberts	PR Director/Legislative Aid	701-421-2642
Coulter Dixon	PR Assistant	701-421-3648

Northern Lights Wellness Center

(701) 627-3456

Nathaniel Mayer	Chief of Staff	701-421-8219
N. Scott Baker	Executive Assistant to COS	701-578-4448
Jena Johnson	Assistant to COS/Asst. Projects Manager	701-421-6877
Devin Fox	Administrative Assistant	701-421-7433
Enos Baker	Maintenance Director	701-421-0634
Devon Davis	Security/Surveillance Supervisor	701-421-7651
Cheyenne Brady	Grants Manager	701-421-1330
Sydetta Askie	PR Specialist	701-421-5513
Victoria Mandan	Special Projects	701-421-2983
Thomas Nash	Special Projects	701-421-6474

North Segment Property Management

(701) 627-3270

Becky Lyson	Office Manager	701-898-1447
Terri Logg	Accounts Receivable	701-421-0754
Jackie Benson	Admin. File Clerk	701-421-2106
Kathleen Hall	Admin Assistant	701-421-8268
Danielle Rivera	Business Clerk	701-421-0063

North Segment Home Services

(701) 627-3456

Melissa Spotted Bear	NSHS Administrator	701-421-9390
Trista Marssette	Admin. Assistant	701-580-2332
Rose Davis	Clinical RN Supervisor	701-421-0888
Brianna Foote	LPN	701-421-2004
Chris Ann Demary	Elder Rehab	701-421-2824
Marilyn Albano	Benefits Coordinator	701-627-3456

