

# NAhtAsuutaaka' (White Shield) Newsletter

February 2014

Volume 2

Issue 17

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## Thursday was White Shield Fitness Center's Grand Opening



*Brad Kroupa, head coach of Reefit Nation*

**Ralph Well Complex** – Early historians who traveled the middle states, including the Dakotas, wrote about the tribes they encountered. The Arikara was one of those tribes. They said of the Ree they were healthy and fit. Historical documents said they were excellent swimmers and exceptional hunters. The people of White Shield have those genes in their body but as many will agree, they are far from fit and healthy today. In fact, diabetes, heart disease and cancer are common. With the windfall from the Bakken Oil, there is an opportunity the people to be fit and healthy. The dream of young people to be Olympians could be a reality.

With the help of Fred Fox, Community Representative; David Blacksmith, manager; Brad Kroupa, Amanda Meyers, Waylon Goodleft and Mark Nolan and other staff at the center, the

awesome idea of developing a state-of-art fitness center was born. An important part of curbing diseases, especially diabetes, is exercise and watching your diet.



*From the desk of Fred Fox, Vice Chairman & Councilman for White Shield*

Greeting Elders and Community Members,

I would like to thank everyone for attending this past Segment/Community update in February. We will be having one at the end of March or beginning of early April. The guest speakers will be Whitney Bell, CFO MHA Nation; Richard Mayer, CEO Thunder Butte Refinery; Pat Packineau, GM, 4-Bears Casino; and Mark Fox, Tax Director. We have a lot of developments throughout the reservation so we will bring in the managers to discuss the development of our tribal businesses.

We are still making updates to our new fitness and recreation center at the complex. Our staff that will be taking care of the center will be Amanda Meyers, Waylon Goodleft, and Mark Nolan. I do know they have a lot creative idea for our youth, such as basketball tournaments, pool leagues, fitness competitions and much more. I have confidence these individuals will strive for positive activities and create a healthy environment for Arikara Community members.

I know housing is a big issue in our community. We will be working very hard to get the applications out and get our contractors completing the new housing developments for White Shield before next winter sets in. I would like to invite anyone to come to the office in White Shield to discuss any ideas or suggestions on how we can get this process done a bit faster. We want to make sure everyone is accommodated by this time next year.

I would again like to congratulate our kids for a fantastic basketball season, we have a lot of young kids in our program and I want to make sure all of them get the encouragement that they deserved. We are all very proud of them for representing White Shield with their “never quit” attitude.

Thank you and everyone take care, Fred

These are the problems that inspired Brad Kroupa and his group. Kroupa came to White Shield as part of the staff for the Culture Center and has added to his duties volunteer time at the fitness center. He is historian for the Culture Center and head coach for ReeFit Nation.

“We brought together all the equipment we had. Then at my house, a core of us started to work-out daily. There more than 10 of us then. We named our group, ReeFit Nation,” Kroupa said.

As part of their fitness research, they attended a workshop at Fort Mohave, Arizona. While there, Timothy Williams, Mohave tribal chairman, introduced the team to the Cross Fit program. It is working, Williams said. They are saving millions of dollars in health care costs. The diabetes rates dropped dramatically. It is for community. It can be difficult but as a community, it can be done. They are trying to create a community dedicated to fitness. It doesn’t matter if you are 18 or 80 years old. It is for everybody, Williams said.

For these classes, the age limit is 18, but there is not an age limit in the White Shield School and “I would be more than happy to help the school and put together a program for the students,” said Kroupa.

The program is located in the Ralph Wells Complex. There is still more equipment to be added. They are offering classes Tuesday and Thursday from 6 to 7 p.m. “I am volunteering my time as an instructor because I believe in the program. Interval and cross fit is cardiovascular, like running, rowing, biking and strength movements –they are for the heart. Pushups, sit-ups, bench press, dead lift, kettle bell exercises, circular weight with a handle, medicine ball exercises are for strength” added Kroupa.



“The time and type are constantly varied – to keep our bodies constantly guessing. We are preparing for the unknown. Some are short or some longer. The science is all in the programing. The movements are scaled so we can motify all the movements for anybody,” he added.

Kroupa is posting daily on Facebook (ReeFit Nation)workouts and motivational pictures. He has some before and after pictures of people who have accomplish a high degree of fitness.

***Jaseyona Thomas, Sidney Hall, Sannah Thomas, Red Eagle Perkins perform box jumps. They are basketball players and these workouts are conditioning and sports specific.***



*Dancing Eagle, working on Cross Fit. Looks tough.*

The postings on Facebook are related to fitness and nutrition.

“Kids in Bismarck go to a fitness center, but here kids go home. Now we have the resources. We can put together a training program for the kids at the school. Other schools do that. Those kids are not just going to basketball practice, but they go to the gym. This is preparing overall athletes, overall fitnesses” Kroupa said.

Kroupa developed a logo for ReeFit Nation and will be putting out athletic apparel which will be for sale.



*Amanda Meyers helps her sister, Neva, on treadmill.*

**Fitness Center:** The programs at White Shield are varied and created to reach all tribal members. Amanda Meyers, director, teaches and oversees equipment which is similar to any fitness center anywhere. It includes treadmills, ellipticals, bench presses, ab machines, kettlebells, jump ropes, box jumps, slam balls, a sauna and more. It is open from noon to 10 pm. Meyers is also a skilled fitness expert and helps anyone who wants to become more fit. Call Meyers at 743-4637.



**Recreation Side:** Waylon Goodleft, director for recreation side. There are two pool tables, a pingpong table, video games for kids, televisions and more. The program is thinking about adding a juice bar

David Blacksmith is overall director Airkara Fitness and recreation center. 743-4639

## White Shield Elder's Valentine's Day party crown king and queen



**Nishu Center Center** – Valentine's Day in White Shield is a special day for the elders – they celebrated Valentine's Day by crowning a king and queen, a buffet with food cooked by Elder Center staff and pot luck from community; bingo and other games and a whole lot of smiles and laughter.

Jerry White, president of the elder's organization, was voted king and Connie Howling Wolf won the crown for queen.

Helen Kruger, elder liaison, reported there are 79 elders in White Shield.

At the recent Community and Update meeting, Councilman Fred Fox, announced they are planning another casino trip for the elders to Deadwood, South Dakota. Details will be announced at a later date.

*King and queen Connie Howling Wolf and Jerry White*



*Connie Howling Wolf assisting Gloria Yellow Bird*



*Myrtle GoodLeft*



**Bobbette Fox, Assistant Elders program**

Fox, is the new assistant for the elders program in White Shield.



**Bonnie Fox**



**Birthday Boy, Grover Yellow Bird**



**Bingo players, Winnogene White, Joyce Kruger and Karen Mulluck**

## IMPORTANT NOTICE



TAT'S "people's fund" is scheduled to pay approximate \$500 in July 2014.

The People's Fund is invested oil money. It is currently about \$200 million. The tribe will pay eligible tribal members the interest on that principal each year.

You must update your address. If you do not have an updated address on file at the enrollment office, you risk missing out on these funds.

Contact the enrollment office to make sure you are enrolled and have a current address listed. **John Charging and Sevant Taft** are contacts for enrollment office.

Enrollment office telephone number: **701 627-4238**

E-mail: [staft@mhanation.com](mailto:staft@mhanation.com) (include a current photo)

Send a letter or card to: Sevant Taft or John Charging, P.O. Box 100, New Town, ND 58763 (include photo)

**A One-Time Disbursement of \$500.00 (Five Hundred and 00/Cents)** is currently being put on hold for the following listed individuals until they have updated their contact information with TAT Enrollment.

TAT Enrollment may be contacted at any of the contact information listed above.

Adults age 18+ must update their own contact information. Minors age 17- must have their parent/legal guardian update their contact information for them.

If anyone knows the whereabouts of the following listed individuals please encourage them to contact Tribal Enrollment to update their contact information.

For those children under the age of 18, the DEADLINE for enrollment or making sure there is an updated address is **February 13**. On February 4, the tribe will begin doing \$500 checks for those who are already eligible or enrolled with an updated address. Remember the deadline for getting your children's name on the list is February 13.

# Tribal, State and National news



**MANDAN, HIDATSA, & ARIKARA NATION**  
*Three Affiliated Tribes • Fort Berthold Indian Reservation*  
404 Frontage Road • New Town, North Dakota 58763-9402

TRIBAL BUSINESS COUNCIL  
(701) 627-8100  
FAX (701) 627-3805

CONTACT:  
Office of Vice Chairman  
(701) 627-8249

## THREE AFFILIATED TRIBES' TRIBAL BUSINESS COUNCIL VOTES TO INVESTIGATE CHAIRMAN

*Council Approves Hiring of Former U.S. Attorney to Conduct Independent Review*

\* \* \*

NEW TOWN, Feb. 27, 2014 – The Tribal Business Council of the Mandan, Hidatsa & Arikara Nation unanimously voted on January 31, 2014 to authorize an independent investigation of the certain business activities of Chairman Tex G. Hall. Dentons US LLP has been retained to complete the independent investigation. The Dentons team will be led by Stephen L. Hill, Jr., a former U.S. Attorney for the Western District of Missouri.

“The Council had recently received information, including recent media accounts related to a business partnership(s) with James Henrikson, that raised issues regarding Chairman Hall that we felt needed an independent review,” said Tribal Business Council Vice-Chairman Fred Fox. “In all fairness to the Chairman, we have as a Tribal Business Council directed this third party investigation be conducted. However, it is important for the integrity of our tribal government and all our tribal members that we get to the bottom of this story,” said the Vice-Chairman.

The Tribal Business Council members will have no further comment on this matter until the review has been completed.

## Corps considers possible transfer to Three Affiliated Tribes

February 23, 2014

Excerpts from K. Fundingland Minot Daily New article

An upcoming series of meetings has the potential to become highly emotional. A major topic of discussion will be the proposed transfer of 24,000 acres of U. S. Army Corps of Engineers land to the Three Affiliated Tribes of the Fort Berthold Reservation. The land stretches along a significant amount of Lake Sakakawea shoreline.

Much of the discussion at the upcoming meetings will likely be over the existence of "excess" lands, which some public officials say ignores that wildlife and recreation remain an integral part of the original Garrison Dam/Lake Sakakawea project. Popular recreation areas such as Van Hook and Deep Water Bay are managed for wildlife production and contain boat ramp access to Lake Sakakawea. According to Hall, "the Army Corps will continue to manage the wildlife and recreation areas," including the "Van Hook and Deep Water Bay Wildlife Management Areas" if the proposed land transfer occurs.

Jim Hauge, agribusiness consultant for Eide Bailly in Bismarck, will be the chairman for the upcoming series of six public meetings on the proposed land transfer.

The state Legislature passed House Bill 1338 during the past session for the purpose of obtaining further input on the

proposed land transfer. However, the Corps believes it has the authority to sign the proposed land transfer regardless of state Legislature action. Corps progress on the proposed transfer was stalled following inquiries by Dalrymple and Sen. John Hoeven, R-N.D. Hoeven became familiar with the proposal during his time as governor. At the time, Dalrymple was Hoeven's lieutenant governor.

When asked to further describe the purpose of the upcoming meetings, Hauge responded, "To take a straw poll on opinions and see if there is a consensus amongst each special interest group to start to build different options that supports the special interest group's wishes. We expect a good turnout and open discussion, and to walk away with a feel of which options each group feels are viable."

Hauge further explained that the study will provide the next session of the Legislature with various options regarding the proposed land transfer and expressed the hope that "different groups will come together with a unified approach."

The proposed land transfer meetings will also consider acreage above 1,620 feet on land bordering Lake Oahe, which includes land within the boundaries of the Standing Rock Reservation.

## ***Rare Mutation Kills Off Gene Responsible For Diabetes***

By **GINA KOLATA** MARCH 2, 2014

A new study based on genetic testing of 150,000 people has found a rare mutation that protects even fat people from getting Type 2 diabetes. The effect is so pronounced — the mutation reduces risk by two-thirds — that it provides a promising new target for developing a drug to mimic the mutation's effect.

The mutation destroys a gene used by pancreas cells where insulin is made. Those with the mutation seem to make slightly more insulin and have slightly lower blood glucose levels for their entire lives.

Already Pfizer, which helped finance the study, and Amgen, which owns a company whose data played a key role in the research, are starting programs aimed at developing drugs that act like the mutation, the companies said.

But Timothy Rolph, a Pfizer vice president, cautioned it can take 10 to 20 years to get a drug to market after discovering something new about human genetics and disease.

The study, published Sunday in *Nature Genetics*, involved a mutation so rare that finding it was only recently possible, with vast data from large numbers of people, researchers said.

"The study is a tour de force, and the authors are the top people in the field," said Dr. Samuel Klein, director of the center for human nutrition at Washington University School of Medicine, who was not involved in the study.

This is the first time in diabetes research that a mutation that destroys a gene has proved beneficial, noted Louis Philipson, director of the Kovler Diabetes Center at the University of Chicago. For drug development, he said, "that is very powerful."

For scientists, the result was a surprise because the same mutation that protects people from diabetes, by destroying one copy of the gene, known as *ZnT8*, has the opposite effect in some strains of mice. Destroying that gene actually causes diabetes in the animals.

The work began four years ago when a group of geneticists from academic institutions and Pfizer decided to search for gene mutations that protect against diabetes. Usually researchers look for mutations that increase — rather than decrease — the risk of diseases, with the aim of determining who gets a disease, and why.

The group started with populations in Finland and Sweden, where 28,000 people had been studied for years. The data included their ages, weights and diseases, including diabetes.

They compared people at either end of the spectrum of diabetes risk. One group of 352 people had Type 2 diabetes even though their risk seemed low. Their average age was about 50, they were lean and they did not smoke. The other group of 406 people was just the opposite. Their average age was about 80, and, Dr. Rolph said, “they had all the bad habits — they were overweight, they drank, they smoked.” And yet these people did not have diabetes.

Two of the fat older people who were free of diabetes turned out to have a mutation that destroyed one copy of the ZnT8 gene. It was intriguing, but hard to know if the association was meaningful with only two people.

So the researchers expanded their work, studying the genes of 18,000 people in Sweden, fat and thin, old and young, with diabetes and without. They found another 31 people who seemed protected from diabetes and had mutations that destroyed the ZnT8 gene.

Then Dr. David Altshuler, deputy director of the Broad Institute of Harvard and M.I.T. and the study’s lead author, met with Dr. Kari Stefanson, chief executive of deCODE Genetics, a company with data on genes and diseases for the entire population of Iceland. The American drug company, Amgen, bought deCODE and its valuable genetic database.

Dr. Stefanson searched deCODE’s database and quickly found 39 people out of 5,440 who had a mutation that destroyed the gene and who did not have diabetes. In contrast, just nine out of 3,727 diabetes patients had the mutation.

“It took us five minutes,” Dr. Stefanson said. “It was a lovely little afternoon in our conference room.”

At that point, Dr. Altshuler said, the group wrote a paper and submitted it to a medical journal. It was rejected, he said, after one of the reviewers said it must be wrong because it contradicted what was known from studies with mice.

The group went back for more data. They mapped the genes of 13,000 more people and once again found mutations destroying the same gene and associated with a markedly reduced risk of Type 2 diabetes.

This time their paper was accepted for publication by Nature Genetics, Dr. Altshuler said.

Now the researchers are asking whether the mutation has any bad health effects.

So far, Dr. Stefanson said, none has been found. With his data he has established that people with the mutation are no more likely to get 750 diseases he searched for.

| ~ March 2014 ~   |  |                              |  |   |                            |  |
|--|--|------------------------------|--|---|----------------------------|--|
| ◀ February   |  |                              |  |   |                            | April ▶  |
| Sun  | Mon  | Tue                          | Wed  | Thu   | Fri                        | Sat  |
|  |  |                              |  |   |                            | 1 First Day of Spring<br> |
| 2  | 3<br>Elders Monthly Meeting – noon – Elder Center  | 4                            | 5<br>Lonnie Burr will meet about special projects at 10 am at Culture Center | 6   | 7                          | 8  |
| 9 Daylight Saving Times REMEMBER clock springs forward an hour | 10<br>March 10, 2014 at 10:00 AM in the TBC Chambers. Drug Awareness meeting             | 11<br>NCIA Winter Conference | 12   | 13<br>TAT Tribal Business Council Meeting 10:00<br>NCIA Winter Conference | 14                         | 15   |
| 16   | 17<br> | 18                           | 19   | 20<br>Community Up Date Meeting, 6:30, complex                            | 21<br>Denver March Pow wow | 22<br>Denver March Pow Wow   |
| 23<br>Denver March Pow wow                                     | 24   | 25                           | 26   | 27  | 28                         | 29   |
| 30   | 31   | <b>Notes:</b>                |  |   |                            |  |

More Calendars: [April](#), [May](#), [June](#)



**Spring Migration has begun. Snow Geese in flight near Garrison. Photo by Karen Lonelight.**

## White Shield School “Dare to Dream Winners”



*L to R: Delphine Bird Bear, Quintin Felix, Taylor Wilkinson, Savannah Thomas, Dawn Dixon.*

**White Shield School** – Five students at White Shield will be going to Washington D.C. on March 16<sup>th</sup> for one week. They were named winners in an “Dare to Dream” essay contest in February.

The winners were: Taylor Wilkinson, daughter of Desiree Acarrae-Rajas and Louie Wilkinson; Quintin Felix, son of Anthony Felix and Amber Warman; Dawn Dixon, daughter of Twila Hawkson; Savannah Thomas, daughter of Nichole White and Sylvester Thomas and Delphine Bird Bear, daughter of Twila Hopkins.

There were eight winner on the Fort Berthold reservation; one from Parshall;

five from White Shield; one from New Town; and one from Mandaree.

Taylor, 18, is the only senior. She wrote her essay about her grandmother Diane Monogram. Wilkinson is planning to go into nursing like her grandmother. She said her grandmother, who was a nurse, inspired her with her many stories about a career in nursing. She is considering taking basic classes at Ft Berthold Community College, UTTC or may go directly into the RAIN program at UND. Taylor would like to see the Museum of the American Indian or the Museum of Natural History where there is a lot of Native American history.

Quinton Felix, sophomore, plans to go to a sports college like Michigan State or Oregon State. He wants to play football or sports. While in Washington D.C. he would like to see the Vietnam Wall and the White House.

Dawn Dixon, sophomore, plans to go to the Kansas University, Haskell College or Oklahoma University. She is interested in seeing the Holocaust museum in DC.

Delphine Bird Bear, sophomore, would like to be a doctor and return to the reservation and serve the people here.

Savannah Thomas, sophomore, she is also interested in the Holocaust Museum. She still has many interests but right now is interested in Indian Law and business. She also likes college sports. Her college of interest is Kansas University, Harvard University which is an Ivy League university in Cambridge, Massachusetts, Notre Dame, a Catholic university in Notre Dame, Indiana.

The scholarships were funded by the Three Affiliated Tribes (\$250,000) through an organization called the National Coalition of Native American College Placement Services, Raleigh, North Carolina organized by Laurel Fricke.



**White Shield School**

## Are you ready for the Next Steps?

On Fort Berthold, there is a tremendous need for people in health careers. For example, local Elbowoods clinic is chronically short-handed and needs doctors, nurses, social workers and so on. That need can be filled by people on the Fort Berthold reservation through a program called Next Steps.

Next Steps program creates a career ladder allowing entry and promoting advancement within the healthcare workforce such as the local Elbowoods clinic which is growing and will soon include a hospital, emergency care, staff housing and more.

Next Steps will provide educational support services for the following programs: CNA (Certified Nursing Assistant); LPN (Licensed Practical Nurse); RN (Registered Nurse); LRD (Licensed Registered Dietitian); LSW (Licensed Social Worker); HIT (Health Information Technician); EMT (Emergency Medical Technician); Paramedic (Licensed paramedic); Phlebotomy (Licensed Phlebotomist) Pharmacy (Technician); CMA (Certified Medical Aides); Dietetic (Technicians).

The criterion for eligibility for this program is: documentation of tribal enrollment; verification of low income with preference given to TANF participants; and verification of acceptance into the training program.

The Next Steps also requires a background check of all participants.

The program provides mentoring, tuition and fee assistance, books and equipment support, childcare assistance, transportation assistance and counseling and academic advisement. However, because the funding ends in spring of 2015, the staff is currently focusing on short term healthcare training.

Next Steps is a federal grant program funded through the U.S. Department of Health and Human Services to the Candeska Cikana Community College in Fort Totten, North Dakota. However, all training must be completed by Spring semester of May 2015. Candeska college is eligible to reapply for the next funding cycle in June.

The Next Steps program has been in existence since 2011 and has worked with the FBCC nursing program. They have assisted 11 students who have graduated from the FBCC nursing program; seven of these students are now pursuing their Bachelors of Science in Nursing and will graduate by 2015.

If you have any questions please call Lizz Yellow Bird, the Fort Berthold Mentor at **701-317-6524**, or you may visit the Next Steps office located at the old Minnetohe clinic, now tribal administrative office areas.

## More Fitness Center Grand Opening Pictures



Playing pingpong good exercise too.



At the Grand Opening of the Fitness Center, people tried out new equipment and took advantage of the pool and ping pong tables. The Recreation Center has not only the ping pong and pool tables, but rooms with television just to relaxing and watching a show, but a place for video games and perhaps tournaments are in the future, said Waylon Goodleft, Director. Everyone who visited the center were pleasantly surprised and enjoyed themselves. They are thinking about added a juice bar - healthy juice bar for after workout rehydration.