

NAhtAsuutaaka' (White Shield) Newsletter

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Dorreen Yellow Bird, Editor

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ReeFit Nation finishes successful 2015 fitness event



1st Brad Kroupa (ReeFit Nation) 2nd Russel Scott (Beardy's Fitness Club) 3rd Guy Fox (ReeFit Nation). Women's Div. is Helen Kruger, White Shield



From the desk of Fred Fox, Councilman for White Shield

This summer will be very busy. We have a lot of projects that will be under construction. We had a slow start to the school and community buildings due to the switching of Prime Contractors. So hopefully this will be the only bump in the road. We have also begun the construction of the pow-wow arbor. The entire area had to be surveyed and the arbor had the design completed by White Shield Inc. The completion of the housing development by Sesame and at Awahu Village will be complete the beginning of this summer. The Elder apartment building has also started and they finished pouring the foundation and will be bringing in the apartment building, which was already built in Madison, South Dakota.

This past North Dakota Legislative Session had changed the structure of the Oil & Gas Tax in the State. Since we are currently in a Shared Oil & Gas Tax Agreement with the State of North Dakota, it will affect the Ft Berthold Reservation. The Tribal Business Council had asked to be exempt from the Triggers and the lower Tax but the Legislature did not accept our request. We have to take a look at the Tax Agreement and decide if we want to be a part of it. If we do decide to pull out of it, the reservation will have a Dual Taxation that will be assessed on the Oil Company. So that would bring a much higher Oil & Gas Tax rate on our Reservation compared to the rest of the State. So no matter if we do pull out of the Agreement with the State of North Dakota, they will still assess an Oil and Gas Tax due to the Cotton Petroleum Case Law. Currently under the Tax Agreement with the State the MHA Nation collects 50% of the Oil & Gas Tax from the Fee wells on the Reservation. There is roughly 420,000 acres of Fee minerals on the Reservation. We are one of the only Tribes that collects Tax from Fee land. So we also have to remember that in our assessment of the Tax Agreement. A lot of Tribal members believe that the Tribe collects from individual mineral owners. That is not true, the Oil & Gas Tax is assessed to the Oil Companies not the mineral owner or any Royalties. The Oil & Gas Tax is a funding mechanism to cover the cost of the Roads, Law Enforcement, Health Care, Housing, Education and Regulatory Programs that the Tribe has to implement do to short falls not covered by the Federal Government. All the infrastructure just named costs the Tribe well over \$200 million a year, and that number is well short of what our need really is. Hopefully this helps in understanding the Oil & Gas Tax.

On May 12 and 13 we will have educational classes on the Assurant Healthcare Coverage we just received. There has been a lot of questions about it so they will be present all day on Tuesday and Wednesday at the Complex. We will be having a Tribal Business Council meeting May 14th and a NRC Oil & Gas meetings May 12th and 13th. The White Shield Segment and the Community Board will be having an update on May 18th. We will be having dinner also and door prizes.

Finally I want to congratulate all our Seniors graduating from high school this year. The office will be giving a Satin Star quilt again to all the graduating Seniors from the White Shield School. We will also be giving a monetary incentive for all their hard work. Take care and God Bless.



White Shield - Coach Brad Kroupa (Kuunux Teerig) is one of the men behind the effort to bring ReeFit to White Shield. He was instrumental in the creation and progress of the program. It is a program that promotes exercise and good eating habits to the native communities in Indian country.

With diabetes and poor eating habits one of the diseases of most concern at Ft Berthold, Kroupa, and staff of the White Shield Culture Center (Dancing Eagle and Whirl Wind Bull Perkins and Agnes Woodward (wife of Whirl Wind Bull)) set out to reclaim the good health with the fitness that once belonged to the Sahnish people.

On April 11, more than 150 athletes and supporters attended the event at the

Brothers Blaine and Robert (Robin) Fox win men's master division

Ralph Well Memorial Complex. Athletes, supporters and community as far away as Saskatchewan, Canada; Turtle Mountain, ND; Indiana and those from Minot, Bismarck, and Fargo attended this all-day event.

With the CrossFit tournament in the bag, Kroupa and his crew are now planning a team event for the fall. They changed the events from individual to team each year. This summer, Kroupa said they are discussing a ReeFit Nation event for the young people in the community.

The result of their efforts has been astounding and the success more than they anticipated.

ReeFit Nation's most successful fitness event yet

By Coach Brad Kroupa - The spirit of camaraderie and community of ReeFit Nation was well represented yesterday. It was ReeFit Nation's most successful fitness event yet.

First off, the Spring Fitness Challenge wouldn't have been possible without all of the generous donations from community members and others. Thank you to community members Bonnie (Heart) Yellowbear, Paula Yellowbear, Richard White Tail, and Brain White Tail. We also



received funding from Four Bears Casino and Lodge, White Shield Community Board, Nichigay Corp., White Shield Segment, New Town Segment, Mandaree Segment, Parshall Segment, and Four Bears Segment. And a big thanks to Guy Fox for donating the awesome ReefFit Nation shirts!

Athletes, thank you for your passion, tenacity, and courage. It was a pleasure to watch each of you work hard and leave it all on the floor. You were each an incredible inspiration to all who attended. The gym was filled with amazing Native athletes, suffering together while challenging each other. And the first athletes finished were the first to support the others. The day had several awe-

inspiring moments. Recognition is deserved to the newer athletes who had the courage to step outside of their comfort zone, register and compete. Your bravery didn't go unnoticed. Just completing the workouts is a major achievement. Keep the courage, work hard, and strive to be better.

In addition to the great performances by the competing athletes, the volunteers, judges and staff did not disappoint. They put in countless volunteer hours and did a stellar job. Each of you made this event operate smoothly. A special thanks to coach's Ibrahim Dughaiash and Sean Medina for taking the time to travel from Indiana to direct the competition. Our athletes appreciated the mobility session to help get them "supple" before the event. And your programming definitely tested our skill, cardio and strength (I don't think any of us were expecting those wall climbs—ouch!). Your experience and knowledge brought high quality judging to the competition.

Thank you to the all volunteers! They helped with the setup, transitions, and cleanup. Our youth volunteers were great. It is important to have our youth involved in these events, witnessing their mothers, fathers, aunties, uncles, and others being active and working hard. These are positive moments for our youth. Hopefully soon we can organize an event for our youth athletes to compete! Thanks to all other judges and staff, Yesenia Cervera, Becky Bird, Codi Bird, Ste Perkins, Shikiya Chase, Shauna Elk, Jared (CrossFit Minot), and Stacey Blacksmith. Thank you to John Malnourie, Luanne Perkins, and others for preparing lunch. Thank you to the Gifted and Talented Program students from White Shield School for offering healthy food and drink options.

Lastly, thanks to our event photographer, Justin Deegan from Thunder Revolution Studio, LLC. His photos and video will help us all remember this amazing event.



Thank you to our spectators for being a part of the energetic environment! Your encouragement and cheering uplifted the athletes. Many of the spectators traveled from outside of White Shield, and even from Canada. We appreciate you coming out to show your support and being a part of our community!

Last but not least, I want to acknowledge members of ReeFit Nation who have remained committed since our beginnings. Your dedication and support is the backbone of ReeFit Nation. Keep the drive to always improve yourselves as athletes and our fitness community!

For any event to be successful, you need a mass of dedicated people. For our 2015 Spring Fitness Challenge, we were proud to have such generous donors, dedicated staff and volunteers, hard-working courageous athletes, and supporting spectators. ReeFit Nation extends a heartfelt thanks to all involved. This is what made the Spring Fitness Challenge a success—community.

Winners of the ReeFit Nation challenge

Men's Advanced Division

- 1st Brad Kroupa (ReeFit Nation)
- 2nd Russel Scott (Beardy's Fitness Club, Sakackwan Reserve)
- 3rd Guy Fox (ReeFit Nation)
- 4th Chris Robinson (Beardy's Fitness Club, Sakackwan Rsercve)

Women's Masters Division

- 1st Helen Krueger (ReeFit Nation)
- 2nd Kim Dickens (ReeFit Nation)

Men's Masters Division

- 1st Blaine Fox (ReeFit Nation)
- 2nd Robert Fox

Women's Scaled Division

- 1st Kimberly Peeteetuce (Beardy's Fitness Club)
- 2nd Agnes Woodward (ReeFit Nation)
- 3rd Shayla Weisbrot (Beardy's Fitness Club)
- 4th Tuesday Bird Bear (CrossFit Minot)

Men's Scaled Division

- 1st Christopher Gillis, Jr.
- 2nd David Blacksmith (ReeFit Nation)
- 3rd Caleb Sage
- 4th Darcy Krueger, Jr. (ReeFit Nation)

Women's Advanced Division

- 1st Tara Hill (CrossFit Bismarck)
- 2nd Destini Jackson (Beardy's Fitness Club)

New program takes aim at drug abuse on reservation

Warriors of the 21st Century steps toward a drug-free TAT



WHITE Shield – The Warriors of the 21st Century, a new program developed by Three Affiliated Tribes Justice Center, is in the communities to ease the widespread wave of drug abuse blamed on the influx of people coming to the reservation to partake in the riches the Bakken Oil fields.

Judge Diane Johnson, Chief Judge of the Three Affiliated Tribes, said a few years back, the tribal business council declared war on drugs, but it has been like “fighting a nuclear war with a slingshot.”

Part of the problem is the MHA District Court. It isn’t the same as two years ago when she first came to New Town and started work in the Court system. The statistics have increased by 2,000 percent and over 90 percent of all crimes are drug related and they are understaffed.

It is from those beginnings that this program took root. The Warriors of the 21st Century program, Judge Johnson said, is to help enrollees remember and act on the hopes and dreams they once had for their lives; to set them up for success by helping them regain respect from their loved ones and community and to have them serve as mentors to other young tribal members who may be heading in the wrong direction. They must also be aware of the tactics used by drug traffickers.

Randy Phalen, Vice Chairman of the Three Affiliated Tribes and council representative from Mandaree, one of the districts with a high rate of drug trafficking second only to New Town, has been instrumental in the growth of this program too.

It is a commendable program for those who are Meth and Heroin users and a program that both tribal officials, council and the state agree gives hope to curbing drug abuse.



Charles Hale, Warriors of the 21st Century director, agrees wholeheartedly. “I was in Federal prison at Yankton, SD, for 2 ½ years for drug abuse.”

Hale can attest to the depth of “hell” he went through before and while in prison. He was watched 24 hours a day. He could do nothing without eyes upon him. Hard work was part of his

daily activities as well as rehab courses he was forced to take. Intensive classes on drug rehab were an intricate part of his time in prison.

When he looks back at the road he traveled, he said it was tough knowing his “kids” were a part of a life where their parents and relatives were users. The kids saw all that, he said. While he was in prison many of his relatives and friends died and they left without a good-bye from him.

“I have all my kids back now, but I don’t tell them about my history with drugs. I tell them how drugs affect a person.

“I know it was toughest on my oldest daughter because she saw her family hooked on meth. She saw a lot of stuff she shouldn’t have,” he said.

Hale said he almost relapsed back into his old life because times were so tough. “But I remembered to take it one day at a time. I have the ability now to teach because I have seen all the dark places. “I was asked to help with this program because I can relate. I know what it’s all about.”

Hale went on to say they have mentorships that last eight to ten months to a year. After that, they continue to monitor the enrollees. Right now, they have six in the program two are going in and two are waiting to enter the program.

One of the problems is the budget. They have funding for only ten enrollees right now. The funding is very important because it can make a difference between staying drug free or relapsing.

It can really be hard to find work anywhere when you are a felon. Without work you can’t get food, gas or a place to live. You’re turned away from apartments because they won’t take felons.

The Warriors of the 21st Century program provides mentorships and it is hoped that the mentorship positions will pick up the employee permanently. They are trying to get the enrollees back into mainstream work and the assistances provided by the program helps with that. They also see those in the program appreciate the help, funding and mentorship they are given and work harder in the program

FACTS ABOUT DRUG ABUSE ON FT. BERTHOLD

Ninety percent of crimes are drug related. Judge Johnson the court's statistics are nearly as large as Burleigh County in Bismarck. The court in Bismarck has eight full-time judges and 10 full-time state's attorneys (prosecutors). The MHA Nation court system has one judge and one prosecutor.

"We need to change our attitudes in treating meth and heroin addiction; this is not the same as treating alcohol addiction. The addiction to these types of illegal drugs requires new and

innovative approaches in order to bring back the lives of our tribal members. The shame and disgrace of meth and heroin addiction is not the same as alcohol addiction," she said. Those once addicted to meth and heroin face greater challenges in their home and at work.

"The Warriors of the 21st Century Program was designed to restore the hopes, dreams and lives of former meth and heroin addicts while, at the same time, ensuring that tribal members are born healthy and given a fair start in life for future generations," Johnson said.

"Meth and heroin addiction is affecting our tribal members at an unprecedented rate. This represents a new battle, in a new era, and it is solely up to us as the Mandan, Hidatsa and Arikara Nation to rebuild the lives of our people," Johnson said.

U.S. District Court Judge Daniel Hovland, of Bismarck, said at a hearing for an MHA Nation tribal member, "The Warriors of the 21st Century Program is one of the best programs we've seen."

"It's been a tough road but where there's once hopelessness, there's hope," Connie Rae Azure said. She is an enrollee in the program. Azure is currently living with her mother, and working toward getting another home for herself and her children who range from ages 4 to 22 years.

So far, participants in the program have spoken to students in White Shield and Mandaree, and New Town.



Randy Phalen, Vice Chairman and Segment Representative of Mandaree (right) is a key figure in the development of the Warriors of the 21st Century.



Judy Yessilith, Program Coordinator

Some information for this article was provided by the Eloise Ogden, Minot Daily.

White Shield Seniors visit elders



Back: Jessie White Cederick Marsette, Front: Isley Price Olivia Bird Kaya Bowen Justice and Journey McKenna.

During lunch on May 4, the elders were pleasantly surprised by seven students from Delilah Yellow Bird's class who came to sing an Arikara song for them. They were a little giggly but smiling and had a good time.

The elders were impressed that they were chosen by these young people to sing for them and especially in Sahnish. It reminds the elders to keep in touch with young people so they can teach them about the culture of the Sahnish.

Dates to remember: Arikara Celebration Committee War Bonnet Dance May 8, 6:00 pm.; White Shield Prom, May 8, 6:00; Elder Fair at Northern Lights, transportation for elders will be provided. Check with Helen Kruger for time. Animal Vets all day May 14, Graduation, May 22, May 19, Celebration Committee; Memorial Day activities May 30



Elders gathered and listened to the BKV Group explain the drawings and plans for the future Veteran’s building (on the lower right side) and proposed Elder’s Center (on the lower left side) and some of the future sites such as the community market place. The architects took suggestion and listened to likes and dislikes of the plans.



Cobell's scholarships available

We are happy to announce the opening of the Cobell Scholars Program scholarship application. The American Indian Graduate Center will manage the Cobell Scholars Program which was established as a result of the /Cobell v. Salazar/ litigation. The Cobell Scholars Program is intended to provide financial assistance in the form of scholarships to American Indian and Alaska Native students to defray the cost of attendance at both post-secondary vocational schools and institutions of higher education, including graduate and professional schools.

ELIGIBILITY: Scholarships in various amounts are awarded to U.S. Federally-recognized American Indian and Alaska Native community members (students) who are vocational certificate-seeking or associate, bachelor, graduate and professional degree-seeking students in full-time, accredited, _non-profit_ institutions in the United States; and who are able to demonstrate financial need through the submission of the Free Application for Federal Student Aid (FAFSA).

A complete application will consist of:

1.A completed General Application (deadline June 1); *and*, 2.Completion of Cobell Scholars opportunity-specific questions (deadline June 1); *and*, 3.Tribal Eligibility Certificate <<http://www.aigcs.org/wp-content/uploads/2014/04/AIGC-Tribal-Eligibility-Certificate.pdf>>(due July 15) which is also available at [aigcs.org](http://www.aigcs.org)<<http://www.aigcs.org>> <<http://www.aigcs.org>> in the Scholarships section titled Online Application Instructions <<http://www.aigcs.org/scholarships/online-application-instructions/>>; *and*, 4.Financial Needs Form <<http://www.aigcs.org/wp-content/uploads/2014/04/AIGC-Financial-Need-Form.pdf>> (due July 15) which is also available at [aigcs.org](http://www.aigcs.org)<<http://www.aigcs.org>> <<http://www.aigcs.org>> in the Scholarships section titled Online Application Instructions <<http://www.aigcs.org/scholarships/online-application-instructions/>>.

All eligible students are highly encouraged to complete the Cobell Scholars application for funding consideration. Visit [aigcs.org](http://www.aigcs.org)<<http://www.aigcs.org>> <<http://www.aigcs.org>> for information regarding other AIGC opportunities.

The deadline to submit an online application is June 1, 2015.

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Best Regards,
AIGC Program Team

*Marveline Vallo Gabbard | Program Associate of Graduate and Special Programs * */Pueblo of
Acoma/*

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Tribal-Care Insurance, LLC

WHITE SHIELD EAST SEGMENT

Senior Survey

Location: Nishu Lodge

10:00 am – 1:00 pm Tuesday 5/12/15

10:00 am – 1:00 pm Wednesday 5/13/15

Topics of Discussion:

- Medicare and Medicare Supplements
- Presentation

Educational Seminar

Location: Complex

**1:00–5:00 pm & 6:00–8:00 pm – Tuesday
5/12/15**

1:00–5:00 pm & 6:00–8:00 pm – Wednesday

5/13/15 Topics of Discussion:

- How to use your Assurant Health Insurance Plan
- Webinar Presentation

OBITUARIES



Bernadine Yellow Wolf (Good Medicine) 72, was born March 2, 1943 at Elbowoods and died at Bull Head City, Az. March 13, 2015. Her parents were Fred and Anna (Mandan) Morsette. She was a member of the Low Cap Clan. She attended Catholic boarding school in Stephan, SD. She graduated from there in 1961. After graduation, she attended Wahpeton School of Science and Minot State University. She graduated with a BA in Psychology. After graduation, she returned to the Ft. Berthold and worked with the MHA Nation in Head Start and the tribal Health program.

She married Berthold Patrick Yellow Wolf. They lived in New Town most of their married life. While in Bismarck, she attended the University of Mary and received a BS in Social work. She became a licensed Social worker for ND and also worked for the tribe and Child Welfare, IHS Mental Health Dept. and Casey

Family Program. She retired in November 2008 and moved to Arizona so she could spend more time with her family.

Bernadine was a devoted Catholic and attended church regularly. She became active in several Catholic organizations and had a strong devotion to Saint Kateri and the Holy Mother Mary.

Her family included: Daughter: Marietta Morsette, Parker, Az; Sons, David L Morsette, Dulce New Mexico; and Erick Koob, CA; Step-daughter, Emily Yellow Wolf Connors, New Town, ND; Brothers, John H. (Rose) Morsette, Poplar, Mt; Jerome Morsette, Bismarck, ND; and Eagleplume Mandan Sr, Parker, AZ; grandchildren, Charlie, Justin, Kennesha, Zachary, Jamison, Dhane, Roberta, Greg, Joseph and Josh.

Maternal Aunt, Alfreda Good Iron, New Town, ND & Ft Mohave, AZ, Maternal Uncle, Adam Tony Mandan, New Town, ND; Paternal Aunt, Rose Drapeau, Garrison, ND.

She was preceded in death by her father Fred Morsette, her mother Anna Mandan Morsette and her husband Berthold Patrick Yellow wolf. On her maternal side aunts, Esther Mandan, Eloise Johnson and Rose Marie Mandan-Baker; Uncles, Victor Bernard and Richard Mandan. On her paternal side, grandmother Hanna Wash Fox, uncles Joe and Alfred Morsette Sr, Matthew Morsette, Robert John, Charlie, George and Lawrence Fox and aunts Rita Morsette, Melvin Everette and Gladys Drapeau.

WHITE SHIELD — **Antoinette “Toni” Mountain**, 53, White Shield, died April 19, 2015, at Trinity Hospital, Minot, from injuries sustained in a motor vehicle accident south of White Shield. Services were held at 11 a.m. Thursday, April 23, at Ralph Wells Jr. Memorial Complex, White Shield. She died 8 days after her son Nathan Mountain. **There was no photo or obituary available at the time the newsletter was published.**



Terry Lynn St John (*Tate Gaga Koksina* , Wind Maker), 45, began his journey to the spirit world on April 5, 2015 in St. Paul, Minn. St John was born in Garrison, ND where he lived with his mother, Cheryl Yellowbird; father, Phil St John and their children Sabrina (Caleb) Warren, Justin St John, Phillip Daren St John, Statten Cleveland, Oaklyn St John, Danen and Terry St John Jr.

His grandchildren are Ryann and her brothers Gunner and Gavin Warren. Brothers: Cisti'na, Brondon St John and Brian Thunderhawk.

Sisters: Shelly St John (Lloyd Howard), Tamara St John and Danielle St John. He is preceded in death by his maternal grandfather Willard Yellowbird Sr., uncle Charles Yellowbird, grandniece Gianna White-

cloud-Yellowbird.

Paternal grandparents, Edward and Celeste St John, aunts Yvonne, Patty and Jenny and uncles Sandford, Timothy and Marlin.

Services for St John were held in Minneapolis American Indian Center. Feast and celebration of Terry's life at 6 pm April 6, 2015. All night wake was held.

Services at Old Agency girls and boys club. Feast and celebration of Terry's life April 7. All night wake was held.

White Shield, ND at Ralph Wells Memorial Hall a feast and celebration of Terry's life was held April 8 with all night wake. Funeral Mass and services April 9, at 11 a.m.



Nathan Mountain was born January 27, 1983 and died April 11, 2015 at White Shield, ND. He was 32 years old. His mother was Antoinette Mountain. He was raised in the White Shield area by his grandmother, Anetha Mountain. More recently, he lived and worked in Mandan, ND with his love Melissa Mulluk.

He leaves behind four sisters; DeAnn Lambert, Ruth Mountain, Carol Kruger and Jere Mountain and many nieces and nephews who loved him dearly. He also leaves behind his mother Antoinette and his aunt/mom, Denise. He was surrounded by those who loved him and was held close as he took his last breaths. Faith tells us he is home, without the pain and suffering he carried through his short life, Thanks be to GOD.

~ May 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 WS Elders monthly meeting Noon, Culture Center	5	6 WS housing Meeting, 4:30 – Culture Center	7 FBCE Meeting – noon, MHA Times office	8 Elders Health Fair 9 am Northern Lights WS School prom – War Bonnet Dance 6:30	9
10 Mother's Day  Free Bingo Marcella White Memorial	11 11 Spring Concert, 7 pm White Shield school  COMMUNITY UPDATE Fred Fox	12 Academic Banquet 6 pm White Shield school Tribal –Care Insurance 5 to 8 & 6 to 8 each day	13 Tribal –Care Insurance 5 to 8 & 6 to 8 each day	14 TAT council Meeting 10 am Animal Vet 8 - 6 		16
17	18	19 2015 Celebration Committee BINGO 6:15	20	21 WS Class Trip	22 15 White Shield Graduation (Speaker Angelita Felix) 	23
24	25 Memorial Day Activities 	26	27	28	29	30
31	Notes:					

Elder Birthdays Bonnie Fox 5-2
 Phillip Ross 5-2
 Dana Howard 5-9
 Joyce Kruger 5-16
 Rose Drapeau 5-28
 Herman Mongram 5-31





“YUMMY! New, green-grass!”

Moose are out and about the White Shield area. Drive careful. They’re a pretty solid object and can do damage to you and your car.

Photo by Karen Lonelight taken west of White Shield.

Canada Geese passing through are North where they will nest. Some will stay in area because the area has crops where they can feed.

