
NAhtAsuutaaka' (White Shield) Newsletter

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News Stories

White Shield elders get new bus



*(L to R) Connie Howling Wolf, Sylvia (Bitsy) Spotted Horse, Yvonne (Bonnie) Fox, Joyce Kruger, Aldine Hosie, Mertle Good Left wait to see inside new Elder Bus.
(Story continues on page 3)*



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

We have a great start to a brand New Year for the White Shield segment and most recently the replacing the elder bus. For that change, I would like to thank Pat Packineau, General Manager, 4 Bears Casino for his help in working out the details. Our staff is working on some of the minor problems of the bus to get it on the road safely for our elders. We have also replaced the Complex Maintenance pickup and also purchased a new security pickup. We added our logo, light bars and sirens to the pickups.

We are currently working on the street lights for the walking path, Nishu Store and Nishu Lodge Elder Center. We hope to have these lights in place by spring. The complex staff is continuing to make the necessary repairs on the aging community building, such as new doors, completing a much needed conference room, and looking into the repainting the building. The complex will also be getting a marquee sign to get the information out to the community and the Nishu Elder Lodge marquee sign will be for the Elder Center and White Shield field clinic.

We are working on the grand opening of the White Shield Cultural Center this spring. Dancing Eagle is working hard on getting the building ready for the public. It's currently in operation. We had elder story and are planning another one. The Culture Center was a long time coming. The Block Grant was awarded to White Shield in 2003 (FYI this was the last time the White Shield segment applied for and received this grant). Ten years ago, White Shield worked toward getting everything in place for the Culture Center. It is finally becoming a reality.

We recently completed our 4th segment/community meeting. We had great turnouts and speakers. The list for the last meeting was: Blaine Flynn, Chief of Police; Edmund Baker, Environmental Director; Bill Hale, FBHA; Duane Fox, Chairman of the Elder Board; Waylon Goodleft, Chairman of the community board and Denby Deegan, architect. I would also like to thank Dave Bren, 4 Bears Casino Promotions Manager for donating the concert tickets for door prizes.

I want to thank all the White Shield staff for their hard work during this transition period. We meet regularly for staff meetings and address the needs of the White Shield Community. I also offer the condolences of the staff to all those who have lost loved ones this year. And I would like to thank the entire community for their participation in all the Segment meetings and their valuable input. Thank you and God Bless.

(Continued from front page)

After years of waiting for a new ride, the bus is more than they expected, said Yvonne Fox.

Fred Fox, vice-chairman, segment up-date

Elders in local hospital look forward to visitors



Bismarck – Birdie (Bertina) Chase, Arikara elder, is in Stanford Health Center recovering from a fall resulting in a broken hip. She is living in Bismarck with her daughter Bell Dean Chase, but because of some health problems, she is currently in Stanford hospital room.

Before moving in with her daughter, Birdie, 73, lived in the New Town area.

Chase remembered those old days at White Shield and remembered her many friends from there. She said she misses being involved in community events, her friends and all those programs. She looks forward to visiting

friends from home, she said. Best time is to talk with her in the morning. 9:30 to 10:30. She is on dialysis. Short term memory but should understand.



Garrison Hospital – Gloria Yellow Bird is in the nursing home at Garrison recovering from some health problems that resulted after a fall in her Parshall home. She lives in Parshall with her daughter, Monica and granddaughter, Haley. They helped Gloria who needs some assistance living at home.

Gloria graduated from Stephen Indian Mission, Stephen, South Dakota and married Charles “Bunda” Packineau. They had four children: Monica, who has four children Marimum Packineau Fixico who has four children; Dorothy Packineau, a son; and Phil Packineau, who lives in Portland, Ore. They have two children.



Beverly Wilkinson has been sick for several months. She is now recovering at her home. If you would like to call or visit her, her telephone number

(No photo available) Marie Voight has been ill for several months and is home bound. If you would like to call or visit her, her phone number is

Tips on preventing falls especially dangerous for elders

Enroll in strengthening and balance exercise. Exercises are offered by Elbowoods Memorial programs. Researchers found that classes help elders keep their balance.

Eat right and do not become overweight. General good health and obesity prevention make people much less likely to fall and, when they do fall, reduce the extent of injury. The more weight on bone and tendons that are stressed by a fall, the more likely they are to tear and break. At community events like funerals, weddings and so on, take containers to carry home food home rather than trying to “clean your plate.” Choose to pass on fried bread and other fatty foods.

Organize your home to eliminate obstacles that cause trips. Lessen clutter around your house. Give away some of the extra furniture that makes it hard to get around. Wear your Life Alert, if you have one.

Light your home so you can see where you are going. Make sure that stairways, entrances and commonly-used areas are well-lit, and leave energy-conserving nightlights on near bathrooms and in hallways.

Avoid risky situations. Even if you’ve always gotten up on your roof or used an extension ladder to clean your gutters, you may want to ask a friend or relative for help or call the elder center or complex office and ask for help. Try to find out if you can do certain chores. Sometimes, improved equipment will allow you to continue to do maintenance tasks that require strength, coordination and balance. Investigate these aids to see which may be useful for you. If not, get help. Do not attempt to climb ladders without help or having someone to help you.

Academic carnival draws large crowd

White Shield School - The White Shield School board, teachers, administration and Kim White Bull, Gift and Talents Program director, put together an Academic Carnival for the community. Unlike the traditional carnivals where fun is the only goal, this carnival is a way to increase knowledge of the students in a fun way.

The event started by the staff, teachers and students sharing a meal.

There was anticipation among the students because they could hear sounds of things to come and they could smell popcorn and hotdogs.

As soon as the mile was over, most everyone deserted the cafeteria and headed for the gym.

There were games of chances and skill: a shooting range, putting with a golf putter, tossing toilet paper rolls into a commode, decorating cupcakes, pulling out suckers, tossing bean bags into targets, hula hoops and more. Prizes were tickets that could add up to prizes that included iPads, and other goodies. When all the games were over and prizes won, student went home with new knowledge and perhaps one of the big prizes.



Delilah Yellow Bird, Language and Culture teacher; Kingston Norselle, And Christian Nomee.



Alex Bourdeau, Fran kie Wilkinson, Alanson Connors, Taylor Wilkinson, and Julian are some of high school students who attended the academic carnival.



Kim White Bull, 40, new Gift and Talented Program director, came to

White Shield from the Standing Rock Reservation and the Kenel community program.

“There are about 30 kids in the program,” she said. In order to become part of the program, they are tested in five areas, talent, creativity, academics, leadership and culture.

They are nominated by parents, teachers, or anyone in the community who feels a student has special skills and/or talents. White Bull said they have two students who will be going to the Inauguration of President Barrack Obama in Washington, D.C.

White Bull lives in school housing. She has four children, Alexis, 20, Gaberial, 19, and Dennis 15, Archambeau and Cash, 9, Drapeau.



Madison McKinney, Nahzoni Haycock, Azglynn Trevino listen as Charlotte Coleman, Home Economic Teacher demonstrates the art of muffin decorating.



Cianna Rozella, Hula Hoop champion



Gregg Johnson, Principal White Shield school, is new to the community but thinks he can make some good changes for the community

\$300 to \$400. That will eliminate buying textbooks and open up many opportunities for teachers and staff. Students can get assignments on e-mail and teachers can receive assignments by e-mail.

Johnson lives in Garrison with his wife, Earleen. He has four children: Christine 21, who is married and lives in Seattle, Washington; Brad, 19, in the military and stationed at Stewart, Georgia. At home he has Payton, 8, and Casey 6, both in school at Garrison.

Keith Jacobson is the superintendent of White School, but has been ill.

and school.

Johnson came from Madison, Wisconsin where he received his Master Degree in educational leadership and policy analysis from the University.

“We currently have 104 grade school students and 47 high school students” and he says it has been a wonderful experience so far.

“No child left behind has been left behind,” he said. They need a common set of standards for each child. One of the exciting things they are implementing at White School is using iPad instead of textbooks because there is a small number of students and which makes it affordable. The cost will be



Fred Fox, President White Shield School Board, Don Yellow Bird, member

Our Environment: Birds, Animals and Pets



Moose are the largest of all the deer species. Although many of us don't remember them among us until recently, a small group has been spotted frequently in fields or shelter belts near White Shield. The young ones seem less afraid of humans and will stand their ground if they have found a good source of food.

Moose have been photographed in the White Shield area. In fact, the moose in the photographs were found about four to six miles west of White Shield. Some people in the area have heard their whistles, while other people have seen them nosing around their mail box.

Males recognizable by their huge antlers, which can spread 6 feet (1.8 meters) from end to end and are far more scarce in this area.. Moose have long faces and muzzles that dangle over their chins.

the flap of skin known as a bell sways beneath each moose's throat.

Moose are so tall that they prefer to browse higher grasses and shrubs because lowering their heads to ground level can be difficult. In winter they eat shrubs and bark, but they also scrape snow with their large hooves to clear areas for browsing on grass and leftover crops.

Moose are at home in the water and, despite their bulk, are good swimmers. They have been seen paddling several miles at a time, and will even submerge completely, staying under for 30 seconds or more.

Moose are similarly nimble on land. They can run up to 35 miles (56 kilometers) an hour over short distances, and trot steadily at 20 miles (32 kilometers) an hour.

Males, called bulls, bellow loudly to attract mates each September and October. The usually solitary bulls may come together at this time to battle with their antlers for mating supremacy. After mating, the two sexes go their separate ways until the following year. Though they may occasionally feed in the same grounds, they tend to ignore each other.

Females give birth to one or two calves in the spring—each weighing some 30 pounds (14 kilograms). These calves grow quickly and can outrun a person by the time they are just five days old. Young moose stay with their mothers until the following mating season.



*Photo by Karen Lonefight
(Some of information about moose taken from Wikipedia)*