

NAhtAsuutaaka' (White Shield) Newsletter

June 6, 2013

Volume 1

Issue 5

Dorreen Yellow Bird, Editor

Sahnish65@gmail.com/701-421-6494

News Stories

Memorial Day at Old Scouts Cemetery in White Shield



For many years the Sahnish people have celebrated Memorial Day on the calendar day rather than the weekend like much of the nation. This holiday was in the middle of weeks and rain filled fields, ditches and ponds to overflowing. Small flags and flowers decorated the graves in the Old Scouts that dripped with water. The rain and wind didn't stop the Post 253, Veterans and the community from the traditional salute to veterans.

*Junior Morsette, and Bernadette White Bear, Young Hawk Bear
Post 253, fold flag on a misty, rainy Memorial Day at the Old Scout cemetery.*

The cemetery, final resting place for the Sahnish Scouts who fought bravely during years of wars between the Sahnish, non-Natives and other tribes, is near highway 1804.

(story continues on page 3)



From the desk of Fred Fox, Vice Chairman & Councilman for White Shield
Fred's report to the community will return next month. Our prayers are with Fred and his family in this time of sorrow. In an effort to promote good thoughts, the following prayer is added for the community well-being.



*Oh, Great Spirit
Whose voice I hear in the winds, And whose breath gives life to all the world,
Hear me, I am small and weak,
I need your strength and wisdom.
Let me walk in beauty and make my eyes ever behold
The red and purple sunset.
Make my hands respect the things you have
Made and my ears be sharp to hear your voice.
Make me wise so that I may understand the things
You have taught my people.
Let me learn the lessons you have
Hidden in every leaf and rock
I seek strength, but not to be greater than my brother,
But to fight my greatest enemy – myself.
Make me always be ready to come to you
With clean hands and straight eyes.
So when life fades, as the fading sunset,
My Spirit may come to you without shame.*

(Memorial Day story from page 1)

The Old Scouts Cemetery originally lay in the bottom land near the Missouri River where the Arikara lived. In 1954 the Garrison Dam was built to stop flooding downstream and the Arikara people had to move to higher ground. It was then that the cemetery was moved to its current location.

The cemetery is the final resting place for Sahnish soldiers like Red Bear, Bears Belly, Little Sioux, Bloody Knife, Bob Tail Bull, Howling Wolf, Wagon and others. These Old Scouts are remembered for their bravery each Memorial Day. Today, alongside the Old Scouts, men and women who served in the military, are buried and honored.

Memorial Day is a United States Federal holiday which occurs every year on the final

Monday in May. It was known as Decoration Day originally. Many think of Memorial Day as the start of the summer season, while Labor Day marks its end. Memorial Day is not to be confused with Veterans Day; Memorial Day is a day of remembering the men and women who died while serving, while Veterans Day celebrates the service of all U.S. military veterans.

After the salute at the Old Scouts Cemetery, the community moved to the Ralph Wells Complex, where the people gathered for a big meal provided by the Women's Auxiliary and supported by the community. The Dead Grass singers sang all the military songs – Army, Navy, Air Force, and Marines – and people donated in honor of their relatives who were in the military.



White Shield Ladies Auxiliary selects officers



White Shield - Madonna Azure was unanimous voted in as president of the White Shield Women's Auxiliary at the meeting on Wednesday evening.

"The turn-out for the meeting was great," said Azure. There were about 30 women which means it was a good time for an election and meeting.

Discussions about the upcoming Memorial Day

determined the Auxiliary's role in the celebration. Most of the duties are planning and taking care of the food on the day of the celebration. The meal consisted of ham, roast beef, potato salad, salads, and desserts of all kinds.

In spite of all the planning, rain still put a damper on the activities, but the memorial celebration went on with rain gear and good cheer.

At the Auxiliary meeting, Azure set a time to sew auxiliary shawls for new members. The women and young girls were provided dark blue material and gold fringe. Azure said she would bring sewing machines for those who didn't have a machine.

Gerilyn Yellow Bird was elected vice president, Donna Lewis and Jennifer White Bear were selected

recording and correspondence secretaries. Cheryl Bruce, who did an outstanding job with bookkeeping, was unanimously selected treasurer. Deloris Wilkinson was selected Chaplin; Diana Poitra was selected historian. Flag bearers for the auxiliary will be: Genevieve Azure, Danile Henry, Shaunita Haycock and Raine White.

Azure said thank you to the community for their support with a rummage and lunch sale held in memory of Azure's sister, Loie White Bear. White Bear was a strong supporter of the Women's Auxiliary. "We made \$508 from the sale and donations. The proceeds were divided between the Post 253 American Legion Auxiliary (\$254) and the Arikara Congregational Church (\$254)," she said.

2013 White Shield High School graduation



Jon Howling Wolf, Layne Lewis, Virgil Wilkinson, Colette Youngbird, TaNiesha Gonzalez, Tashena Bird and Topi Perkins. (students are not in order in picture.)

School year 2013 is over and elementary summer school will end Thursday. It was especially a good year for seven seniors who graduated. Three are looking at the military as a career choice; three are college bound and two just aren't sure right now, they said. They need time to breathe a little before taking that step into a career.

The school is working toward getting a shop class into curriculum next year, said Principal Greg Johnson. The school is introducing the IPADS into the school. Text books will be down loaded so they will no longer need text book. It is the future of schools today.

Johnson said this year they will be infusing classes, which means English, for example, might be back-to-back with History. Something in history can be paired with historical stories in English class or the Arikara culture might be infused with math. The students may examining building an earth lodge using measurements, for example, to expand their knowledge of math.

White Shield school student population increased from 130 to 151. It is a reflection of the community growth rather than the influx of people for the Baaken.

The school graduated eight, 8th graders: Mya Dickens, Isaac Garcia-Medina, Aaliyah Howling Wolf, Lane Howling Wolf, Delmer White Bear, Myah Williams, Noah Winneshiek and Jim Wood.



Jazz Young Bear was chosen by the students as their commencement speaker. Young Bear is a well-known speaker and spiritual advisor for the community. He spoke to the students about their life roles and what it means to follow the traditional, spiritual way of life. He comments were well received by the students

ELDER NEWS

Elders celebrate birthdays and learn about healthy living



Marilyn Yellow Bird, PHSN

Nishu Elder Center –

Friday, during a break in a rainy week, White Shield planned an elder birthday picnic to take advantage of a warm sunny afternoon. Monthly birthday parties for elders will not be held during summer months of July and August because the board will not meet during the summer.

For this gathering, the elders brought in Judy Yessilth, health educator; Marilyn Yellow Bird, Public

health nurse to talk about good, healthy eating habits. Gerilyn Yellow Bird, Business Manager for the Elbowoods Health Clinic explained how to surf the rough waters of the Elbowoods clinic system.

Yellow Bird and Yessilth promised to cook the ribs, hamburgers and hotdogs for the birthday picnic **IF** they could also plan a healthy, low calorie, low fat and low sugar meal. “No potato salad,” Yellow Bird said. There was definitely grumbling and even plans to sneak in a calorie-rich potato salad when women were busy with the barbequing. It didn’t happen though.

Yellow Bird said she wanted to the community to know healthy food can be as tasty, or more so, than food filled with fat and sugar. Some lessons she taught were: Peanuts rather than peanut butter is better because of the unhealthy oil, yet it is tuna fish with the oil rather than water you should

choose because the fish oil provides important Omega good for the heart, bones and joints. For the potato group and carbohydrates, definitely choose sweet potatoes, she said. When you’re eating fast foods, try sweet potato chips. Choose oils like olive oil or Canola, because some oils have ingredients that cause cancer or heart disease.

There was a lively discussion about food and their effects on the body with a lot of laughter yet serious discussion. “Remember,” she said, “everything in moderation.”

Yellow Bird finished her presentation with chair exercises. Just 20 minutes a day can help the body keep diabetes, heart disease and arthritis at bay which will give you a better, longer life, she said.





Judy Yessilth, Health Educator, give elders a test. Most didn't pass it. The test was about foods and how and when to store them. "We don't

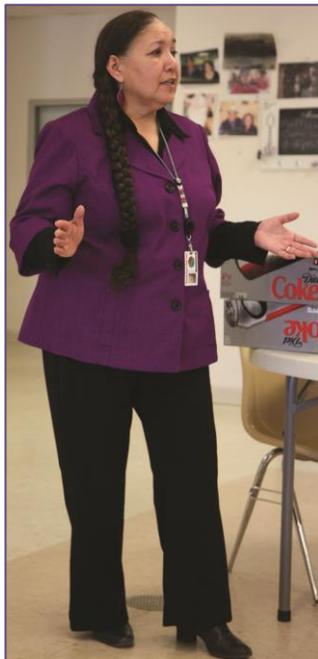
think about refrigerating foods that might be left over from a meal or brought home from a funeral or ceremony, she said, yet that can be deadly.

Food poisoning, she said, causes symptoms like diarrhea, nausea or stomach cramps. Food poisonings such as Salmonella, E. coli and Botulism can make life miserable or kill you, she told them.

Mayonnaise in potato salad is one of the things we think about when talk is about food poisoning, but Mayonnaise is not the culprit. It is the bacteria

that grow in food containing protein that are at temperatures between 40-140 degrees. When the weather is warm and you are eating outdoors, you need to take precautions. The only way to know for sure if your cooler or refrigerator is at the proper temperature is with a thermometer.

Pack raw meat in a separate cooler from other foods to avoid any potential cross-contamination. Pack your coolers tight with ice, store in a cool spot, and keep them closed until it is time to cook or serve the food, Yessilth said.



Gerilyn Yellow Bird, Buss. Manager

Lastly, Business Manager Gerilyn Yellow Bird handed out a full folder of information about the clinic. There were many questions about contract health and bills not paid. The woman who was to deliver information about contract health was not available so Yellow Bill filled in for her.

Emergencies need to be reported to the clinic within 30 days for elders. Another question that

comes up often is who can be seen? Only people who are members of a federally recognized tribe are eligible. The exceptions could be children. They are seen on a case-by-case basis.

The three women were asked to come back to the community again. There were more questions.

They said they would return to talk to the elders about the clinic when they could work out a schedule.

Photos from Birthday Picnic Friday, June 7



Yvonne "Bonnie" Fox and Gloria Yellow Bird wait for ribs and hotdogs.



Rhoda Star, in a saucy hat, waits for supper.



New elder, Delilah Yellow Bird, helps with low-sugar, low Calorie strawberry short cake.

Notes from monthly elder board meeting



**Gerald White, President
White Shield Elder Board**

Nishu Center - At the June 3 meeting, it was decided to have a birthday picnic for all those whose birthdays were in May, June, July and August. It

was decided to include July and August since the community voted not to meet during July and August because of the busy schedules. It was decided at the April meeting that birthdays for elders would be celebrated once a month.

Concerns were raised by the staff at the elder's center about the number of meals delivered each day. It would be greatly appreciated they said if elders would come to the Elders Center to get your meal if you can. They

don't always have someone to deliver meals.

The meals are for those who are 55 years of age or older. If you are a caretaker, you can also have your meal free but need to have some kind of document to indicate you are a caretaker. If you want to join elders during the noon hour for lunch but are not an elder, it is still only \$5.00.

Rates for flowers for those hospitalized, funerals and other needs are increased to \$75.

Fred Fox approves the following new rates for tribal members and rates for elder medical needs

Rates for medical events have been changed to the same rates as the rest of the segments on the reservation. The rates are as follows:

After all other resources are exhausted such as IHS, Medicaid, Veterans Benefits, and Vocational Rehab and so, you will be assisted with the purchase of:

Glasses:	Not to exceed	\$400
Dentures/Dental work	NTE	\$2,000
Hearing Aids	NTE	\$2,000

All costs over and above these amounts will be the responsibility of the elder. We do not cover medical prescriptions and doctor bills.

Medical catastrophe such as stroke, heart attack, cancer, 3rd degree burns and that require immediate emergency hospitalization in a major medical facility, we will provide financial assistance to help defray travel expenses so that either a family member can be with their elder or the elder can be with their sick relative. This assistance is given without consideration of elder's income or other resources. It is not intended to meet the total financial need of the elder's emergency situation, only to "help out."

In this situation the elder will receive:

\$250, in-state hospitalization

\$500 for out-of-state such as Minneapolis or Rochester and so on

This help is given once a month as needed and requires official documentation from the hospital describing the situation. The elder or their designated family member has the responsibility to provide the documentation. The elder, at the time they are enrolled in the program shall designate a family member to act in their behalf, should they become unable to make their own decisions. **Financial assistance is issued to one elder in immediate family.** An elder may also receive financial assistance as listed above if a member of their immediate family is likewise in an emergent/critical condition.

The elder must provide office documentation to the elder office from the hospital. Immediate family are blood relatives only and must be a father, mother, spouse, brother, sister, son, daughter, or grandchildren of the elder.

Based on the availability of funds, the elder program will financially assist elders who have medical appointments away from the reservation. The assistance will be as follows:

\$100 for same day medical appointments from any reservation community to Bismarck, Minot, Dickinson or Williston, provided they have adequate documentation. Adequate documentation will include an appointment slip showing time, date and physician/clinic.

If overnight stay is recommended by physician with whom the appointment is made, and there is appropriate documentation from the physician/clinic, an allowance of **\$150** will be made.

Medical appointments that occur in other areas such as Fargo, Grand Forks, etc. will be treated as an overnight stay and financial assistance is **\$150** provided no other sponsoring agencies such as vocational rehab or Veterans Administration provides the services. Elders must provide evidence of an appointment.

Out-of-state referrals such as Mayo Clinic, University of Minnesota Hospitals, Sturgis VA Clinic and so will be financially assisted with **\$150** provided there are no other providers. Elders must show written documentation.

If another agency like CHR, Vocational Rehab or Veterans provides transportation, you will be provided with a meal allowance of **\$50**. Adequate documentation is necessary.

Mandan helicopter assists Three Affiliated Tribes

June 7, 2013
Minot Daily News

NEW TOWN - The Three Affiliated Tribes have retained the services of a helicopter and its pilot for use on the Fort Berthold Reservation.

The bright yellow Bell 206 B-3 utility helicopter is owned by Double M Helicopter, a business owned by pilot Monte Myers of Mandan.

During a ceremony held May 29 at the Mandan, Hidatsa and Arikara Earth Lodge Village, west of New Town, the helicopter was renamed "Whistling Arrow" and an eagle feather was placed inside the body of the helicopter. Tony Mandan, a tribal elder, performed the renaming ceremony.

"You cannot imagine how proud I am to have my helicopter named 'Whistling Arrow,' said Myers at the renaming ceremony. He told Tex Hall, tribal chairman, "I will never bring you an aircraft that is not safe for your people and when the decal is placed on the helicopter wherever I go, your culture will be represented well."

Carson Hood Jr., director of the tribal Energy Department, said the helicopter will continue to be based in Mandan and will be "on call" for events for the tribes.

Myers and his helicopter previously have been called on a number of times by the tribes, including to give dignitaries aerial tours of the oil field.

The tribal ranch in the Mandaree area will use the helicopter for buffalo roundups and counts. Earlier on May 29, it was used to round up buffalo that escaped from their pens at the ranch, said Glenda Baker Embry, tribal public relations officer.

The Elbowoods Memorial Health Center in New Town is in its first phase the clinic and housing phase of construction, said Tex Hall, tribal chairman. He said the second phase in 2014 will include a 24-hour emergency room, ambulance services and the helicopter.

"We will use that to ferry our people to trauma centers and other needed medical services. We can use the helicopter for other aerial services such as firefighting," he said in a news release.

Jason Morsette, commander of American Legion Post 253 in White Shield who works for Tribal Tourism, said that he, Bill Hale Jr., commander of American Legion Post 271, and Mandan decided on the name "Whistling Arrow" for the helicopter based on an arrow going through the air and the whistling sound it makes in flight. "And we thought about that arrow carrying our people through the air to goodness and the sound of the helicopter was the whistle," Morsette said.

OBITARY – LABELL ANN FOX



LaBell Ann Fox was born on February 11, 1976, in Garrison, ND to Kim Dickens and Adrian Foote Jr. LaBell started her journey to the Spirit World on Thursday, May 16, 2013, from injuries sustained in a car accident.

LaBell grew up and attended school at White Shield, ND. She relocated to Spirit Lake Nation with her parents Max and Kim. She attended school at Four Winds, Prairie View Elementary and Devils Lake Middle School. While attending Devils Lake Middle School, LaBell was active in cross country. Her team took 2nd at state in the Class A division. Her parents relocated to New Town where she attended New Town High School. She furthered her education by obtaining her GED and her AA degree from Ft Berthold Community College.

LaBell was a very hard worker. She was employed all her life. This was a positive trait, role modeled for her by her step dad, Max O. Dickens. LaBell worked for Domestic Violence April 2006, Four Bears Casino June 2008, Commodity program August 2009, and the Social Services Program September to present. She was also a board member of the Ft Berthold Housing Authority.

LaBell and Fred were very family oriented. They always supported their children's activities. Lexus is starting to enter the pow wow circuit as a fancy dancer and they would take her to pow wows to gain experience.

Frederick, their son, is very active in sports boxing, basketball, dancing and track. Whenever he had a meet, or game, or was dancing at a pow wow, they were always there to support him. His dad is his coach and LaBell was his sideline coach and cheerleader. She could always be heard before you seen in the stands. If you knew LaBell, she always referred to her babies as "My Loves!" She would always SAY "Those are My Loves!" The support they showed for their children also carried over to their nieces and nephews. They were always present at as many sporting events they could travel to.

LaBell was the disciplinarian of the family. She wasn't afraid to speak her mind and tell you how she felt about anything. She kept all new nephews in line when they misbehaved. We would call in the Big Guns "Auntie Bell" and they would straighten up real fast. A life changing event was when her brother, Jonah, passed away since she spent so much time with him prior to his passing there was no question when it came to his four boys. Fred and LaBell stepped up to help raise them.

She had several favorite hobbies. One was "gambling." When Fred had meetings, she would often sit at the casino and wait for him. Another favorite was concerts, she made sure to attend as many as she could whether they were at the ND State Fair or Las Vegas. LaBell was a COWGIRL at heart. She was known for her western style of dressing. She loved extravagant boots. She loved to shop for boots, jewelry, belts and clothes – anything western. If she liked it, she bought it. She was Tiffany and the Sparkling Spur's number one customer.

She was her husband's biggest advocate, never reluctant to speak up and share her thoughts and ideas with others or Fred. She had a trip planned for the INFR in Las Vegas with her mom, sister and another planned to her second favorite place Denver with her mother-in-law. She loved to travel.

LaBell married Fred Fox Sr. January 1, 2001. They had two children, Frederick and Lexus. LaBell and Fred had a blended family. LaBell brought to their blended family TJ and Rainy. Fred brought Spencer, Sheyenne and Summer to the family.

LaBell is survived by her husband Fred; children Frederick (Handsome), Lexus (Pretty Girl), Spencer, TJ, Rainy, Sheyenne and Summer. Her mother Kim Dickens; sisters: Penny Hosie (White Shield), White Elk Woman (White Shield), Shauntee Foote (California), Brittney Foote (New Town), Brianna Foote (Devils Lake), and Chelsey Foote, (Ft Yates); brothers: Sky Eagle Deer Dickens (White Shield), and numerous nieces and nephews.

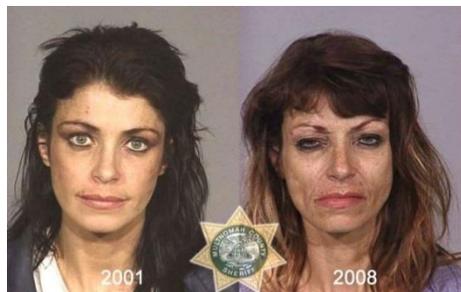
LaBell is preceded in death by her paternal grandparents, Adrian Foote Sr. and Dorothy White; maternal grandparents Gilbert Perkins Sr. Hope Plenty Chief and two brothers Jonah Dickens and Dallas Foote.

METH

Students from New Town High School made a presentation about Meth to the Tribal Business Council meeting. It is the students' presentation that inspired these articles with hope that the student presentations will have a wider reach and a bigger audience.

This second of five articles was taken, in part, from the Nat Youth Anti-Drug Media Campaign.

Highly addictive and toxic to the brain, meth will give you a high that can damage your body and brain for life.



AKA Meth, ice, crank, chalk, crystal, fire, glass, go fast, speed, Tina, T

WHAT IS IT? Meth, or methamphetamine, is a powerfully addictive stimulant that is both long-lasting and toxic to the brain. Its chemistry is similar to speed (amphetamine), but meth has far more dangerous effects on the body's central nervous system. Meth has a high potential for abuse and may lead to severe psychological or physical dependence.

THE RISKS Like cocaine and speed, even small amounts of meth can produce a rapid heart rate, irregular heartbeat, increased blood pressure and elevated body temperatures. These symptoms, especially when meth is taken at high doses, can cause death from stroke, heart attack or organ failure due to overheating.

Meth works by severely changing the way the brain functions. First, it increases the release of the brain chemical dopamine. At the same time, it blocks the brain from absorbing the dopamine released. Studies show that alterations in the dopamine system in the brain are associated with reduced motor skills and impaired verbal skills.

LONG-TERM EFFECTS Because it's such a highly addictive drug, using meth a few times can lead to getting hooked — and the long-term effects of this drug are ugly and scary. It can make you lose weight, lose your teeth and develop scabs and open sores on your skin and face. Chronic meth abusers can become anxious and violent. Meth users often display a range of psychotic behaviors, including paranoia, hallucinations and delusions. One of the most common meth delusions is the feeling of insects crawling under the skin.

THE BOTTOM LINE Powerfully addictive and powerfully damaging to your body and brain—you might ask yourself if meth is really worth the risk. If you get hooked, paranoia, skin scabs and a toothless "meth mouth" might be the best you'll get out of the deal. But long-term brain damage and death are the risks you also take.

Meth mouth and other photos



Environment: Birds, Animals and Plants



White Shield - A rarely seen bird, the white faced ibis, was photographed by Karen Lone Fight in the White Shield area.

It is seldom seen in this area but because the region had storm after storm after storm, and a late thaw, and these birds need open water - it was solid ice till April - the birds were "downed." They were visitors for a while said one of the birding experts from Grand Forks.

White faced Ibis photographer by Karen Lone Fight.

This is unusual, for any new birder, but certainly can happen because North Dakota is in the Mississippi flyway and at times we can see unusually birds that are blown off course. Or we can see the very famous Whooping Crane that is still on the endangered list but doing better since biologist, ornithologists have made an extraordinary effort to save them.

The white face ibis is a member of the Threskiornithidae family. This species breeds colonially in marshes, usually nesting in bushes or low trees. Its breeding range extends from the western USA south through Mexico, as well as from southeastern Brazil and southeastern Bolivia south to central Argentina, and along the coast of central Chile. Its winter range extends from southern California and Louisiana south to include the rest of its breeding range. It nests in low bushes or trees found in its natural habitat. The ibis diet is typically insects, seeds, berries and nuts.

Next month a bird that speaks Sahnish (Arikara) will be featured.

A trip for elders, destination not decided, is in the planning stage. Fred Fox said it will be similar to trips taken by elders in other segments, but nothing is final yet.

Dorreen Yellow Bird
1610 16th St. NW
Garrison, ND 58540



White Shield School

Dancing Eagle Perkins, program coordinator for the Culture Center, points to the new surveillance system set up for the museum. The shelves for artifacts are beginning to be filled and the museum is beginning to take shape. A story about the progress of the culture center and the new IPAD language project will be featured in the July issue of the newsletter.

