Meskwaki Nation Times

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 18 Issue 02 | February 2021

DIRECTORY

TRIBAL POLICE 484-4844
FOR EMERGENCIES DIAL 911

Tribal Operations

Tribal Center Offices	484-4678
• Attorney General Office	484-4678
• Child Support Services	484-9301
• Economic Development	484-9501
• Enrollment	484-9233
• Executive Offices	484-4678
• Facilities Management	484-9255
• Family Services	484-4444
• Fiscal	484-4678
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• Historical Preservation	484-3185
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• Prosecutors Office	484-4678
• Public Defender's Office	484-9214
• Public Works	484-4600
• Senior Services	484-9224
• Victim Services Crisis Line	
* Answered 24 Hours	**481-0334**
• Youth Program	484-5369

Meskwaki Health Services

Health Clinic	484-4094
• Contract Health Services	484-9406
• Benefits Coordinator	484-9404
• Medical Records	484-9431
• CHR Program	484-9419
• Diabetes Program	484-9414
• MADAC	484-9482
• MADAC Crisis Line	
*Answered 24 hours	**481-0049**
• Pharmacy	484-9451
• Wellness Center	484-9272

Meskwaki Settlement School

• Primary	484-4990
• High School	484-9000

Meskwaki Entities

GAMING COMMISSION	484-1450
HOUSING AUTHORITY	484-6106
MESKWAKI CASINO	484-2108
TRAVEL PLAZA	484-9350
TRIBAL COURT	484-9300
MESKWAKI, INC.	484-3820
PINNACLE BANK (Mtown)	752-2393
PINNACLE BANK (Toledo)	484-7303

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

THE MESKWAKI NATION

349 Meskwaki Road
Tama, Iowa 52339

Phone: 641-484-4678 or 800-944-9503

Fax: 641-484-5424

"TO RELY ON THE KNOWLEDGE AND EXPERIENCES OF THE PAST, ALONG WITH THE WILL TO SURVIVE TO ADVANCE THE PEOPLE, CULTURE AND WELL-BEING OF THE MESKWAKI NATION."

Tribal Council

Chairwoman - Judith Bender
State, Local & Federal: Term expires November 2021

Vice Chairman - Drayton Roberts
Health Term expires November 2024

Treasurer - Delonda Pushetonequa
Enrollment: Term expires November 2021

Member - Clinton Bear
Agriculture: Term expires November 2024

Member - Jarvis Bear
Employment: Term expires November 2021

Member - Vern Jefferson
Housing: Term expires November 2021

Member - Zane Oldbear
Education: Term expires November 2024

If you have recently moved, please update your address with the Finance Office. Tax documents, checks, the MNT, and other notices are sent to tribal member's addresses on file. Address change forms are available at the front desk of the Tribal Center and available for download on our website at:

WWW.MESKWAKI.ORG
(Click on the Government/Finance links)

Forms can also be mailed, faxed or emailed to you upon request.

NO CHANGES WILL BE ACCEPTED OVER THE PHONE.

If you have questions, please contact Jordan Bear in the Finance Office at 641-484-9202.

Next TRIBAL COUNCIL Meeting

Feb. 2 @ 5 pm – 9 pm

Meeting dates / times are subject to change at discretion of the Chairman.

The Meskwaki Nation Times is a monthly publication available to all enrolled adult tribal members by mail. Meskwaki Media Services is a member of the Native American Journalists Association.

The deadline to submit articles for the next edition is:

FEBRUARY 22, 2020

Articles can be submitted via email to:

MEDIA@MESKWAKI-NSN.GOV

Or mailed to:
Meskwaki Nation Times, 1646 305th Street, Tama, Iowa 52339

All articles submitted are subject to approval and/or editing due to the space available.

FROM THE MESKWAKI NATION EXECUTIVE DIRECTOR

Greetings Meskwaki Nation citizens, coworkers and residents of the Meskwaki Nation Settlement. I am providing the following update on Tribal Operations going into the New Year 2021.

The Meskwaki Nation experienced far too many deaths within the community and I hope this trend ends soon. I'm sure you all have the same sentiment as I do regarding 2020 – I'm glad it's over! Now we can anticipate a much better year in 2021 and hopefully focus our energies on looking forward and planning for the future.

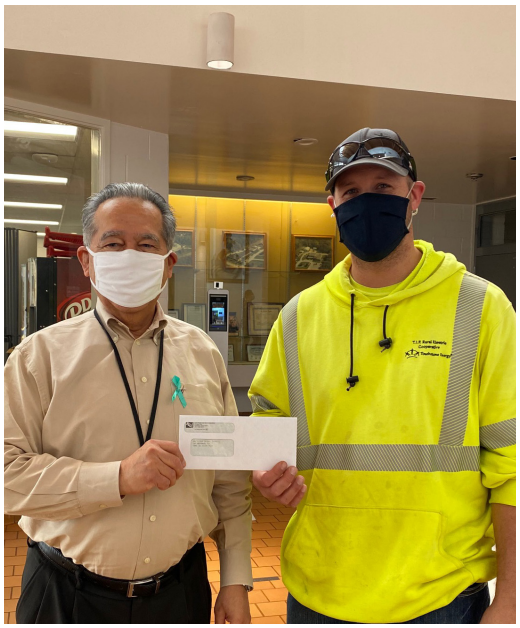
COVID-19 PANDEMIC:
We are very fortunate that we received the Moderna Covid-19 Vaccine in late December that the clinic started administering immediately. Although many have received the vaccinations, there remain so many more that are awaiting their turn to receive the vaccinations. As soon as the clinic receives a new shipment of the vaccine, they will coordinate with established protocols and priorities and notify the community. Please be patient as we appreciate all the hard work the clinic and its staff have been doing to help get the Settlement through this pandemic.

Reopening Plan: As you all know, we have been operating under the Reopening Plan that was implemented on June 15, 2020 and extended to December 30, 2020. At our next Tribal Council Meeting, I propose that we extend the Meskwaki Reopening Plan – with current safeguards on temperature testing, wearing masks, social distancing, and limiting face-to-face meetings and replacing them with Zoom meetings, telephone call or e-mails. I propose we extend our Reopening Plan to June 1, 2021. Everyone please continue to practice safe distancing and wear your masks.

AUGUST 10 DERECHO STORM DISASTER:
Work is finally underway on repairs to the 271 homes that were damaged during the storm. This took a long time as previously reported because of delays with FEMA, with the insurance provider, and with securing available contractors who were all dealing with a large portion of the State of Iowa that was also affected by the storm. We all appreciate the support we received from the Meskwaki community in your patience and cooperation during this trying time. It took far too long and caused many of you discomfort and frustration, but we all worked hard to help all our tribal members and community members as much as we could. I still am very thankful that there were no injuries or deaths because of the storm.

2020 ANNUAL AUDIT:
The 2020 Annual Audit is currently underway with the goal to complete this by the end of March, 2021. This will put us on schedule to complete this earlier than we have seen in many years. Thanks to our Fiscal staff and new CFO in working hard to close out 2020 and initiate the audit right away. The CFO has also started the process of providing monthly financial reports to the Tribal Council and Program Directors to ensure we all are up-to-date on the status of operations and especially on our budgets.

2015 STRATEGIC PLAN:
As previously reported, starting in early 2021, the Tribal Council will lead the way in updating the Meskwaki Nation Strategic Plan that was completed in 2015. This update will carry us into the future with new plans for growth and development for the Settlement and for an increase in services to the Tribal Members. Key to this strategy will be to position the Meskwaki Nation as a Self-Governance Tribe. This will enhance our status as a sovereign Tribal Nation and streamline how we receive Federal funds that will be spent as we determine. We will work with the BIA Regional Office to initiate steps to ultimately position the Meskwaki Nation to join the current 127 of the 574 Federally-recognized Tribal governments - who are now Self-Governance Tribes.



Pictured above: Executive Director Lawrence SpottedBird with Cole Calkins, Member Services for T.I.P. Rural Electric Cooperative. Calkins recently presented a donation to the Meskwaki Nation from T.I.P. Rural Electric in the amount of $1,200.00 to use for related Derecho Storm repairs.

Another key item is to develop a Tribal 477 Program which will enhance our Workforce Development and Apprenticeship Programs. This new program will not only prepare individuals for their careers in life, it will also support entrepreneurship and small business development on the Settlement. There are many other programs and services that could be brought to the Settlement and we all will work together to include this in the new Strategic Plan that will serve as a road map for the Leaders and Administration to move the Meskwaki Nation into the future.

The Workforce Development staff will be reaching out to the Meskwaki community to ask for input on what you want to see as priorities as we develop our Workforce Development strategies. We want to ensure that we will be able to support all those who want to advance their career or start a small business on or near the Settlement. We want to see more Tribal members employed in the Tribal operations and enterprises or running their own businesses.

ELDERS CARE PROGRAM
Through all the challenging times last year,

we were made aware that a number of seniors are living in less than healthy environments and are not able to maintain their homes in a clean and safe condition. Before their condition reaches a point of emergency and potentially causes them additional health and other issues, the Tribal Council has directed staff to develop a new Senior Care Program that will monitor and inventory Elders needs and identify resources to address these needs. By taking this proactive approach, it is felt that our Elders on the Settlement will continue to live in a clean, comfortable and healthy home on their Settlement. The plans are currently underway as several departments are coming together to develop this plan. If any community members have any ideas to contribute to developing this plan to ensure our Elders receive the care they need, please feel free to contact the Tribal office.

SAC & FOX HOUSING DEVELOPMENT

The Sac & Fox Housing Authority and Housing Commission were both officially dissolved in January 2020. We have since been working on transitioning operations for the HUD-funded projects under the Tribal Operations as the newly established Sac & Fox Housing Development. The Tribal Council oversees key decisions for all activities, funding and any reporting to HUD. We recently hired Larry Lasley as the new SFHD Manager – he reports to Kent Scheid – Housing Department Director. Adri Mauskemo still works as the Administrative Assistant.

Currently, the only project that is funded by HUD are the apartments adjacent to the Senior Services Program. Larry is focusing on catching up on administrative issues related to the transition and will then work on planning for the future housing development projects that will be funded by HUD.

STAFF/DEPARTMENT MOVES

Due to Covid and other expansion issues, the following departments are moving to other office spaces with renovations underway to accommodate the staff moves.

Child Support Services: Due to social distancing needs as well as additional office space needs to accommodate the Tribal Court staff, the Child Support Services staff will be moving to the Family Services Building at the South Farm. Renovations are currently underway to create more office space in the facility for the added staff.

Workforce Development: Due to expansion of services for Meskwaki, Inc. with its new acquisition of a federal contracting company, Workforce Development staff are planning to move to the house adjacent to the new Apprenticeship Building.

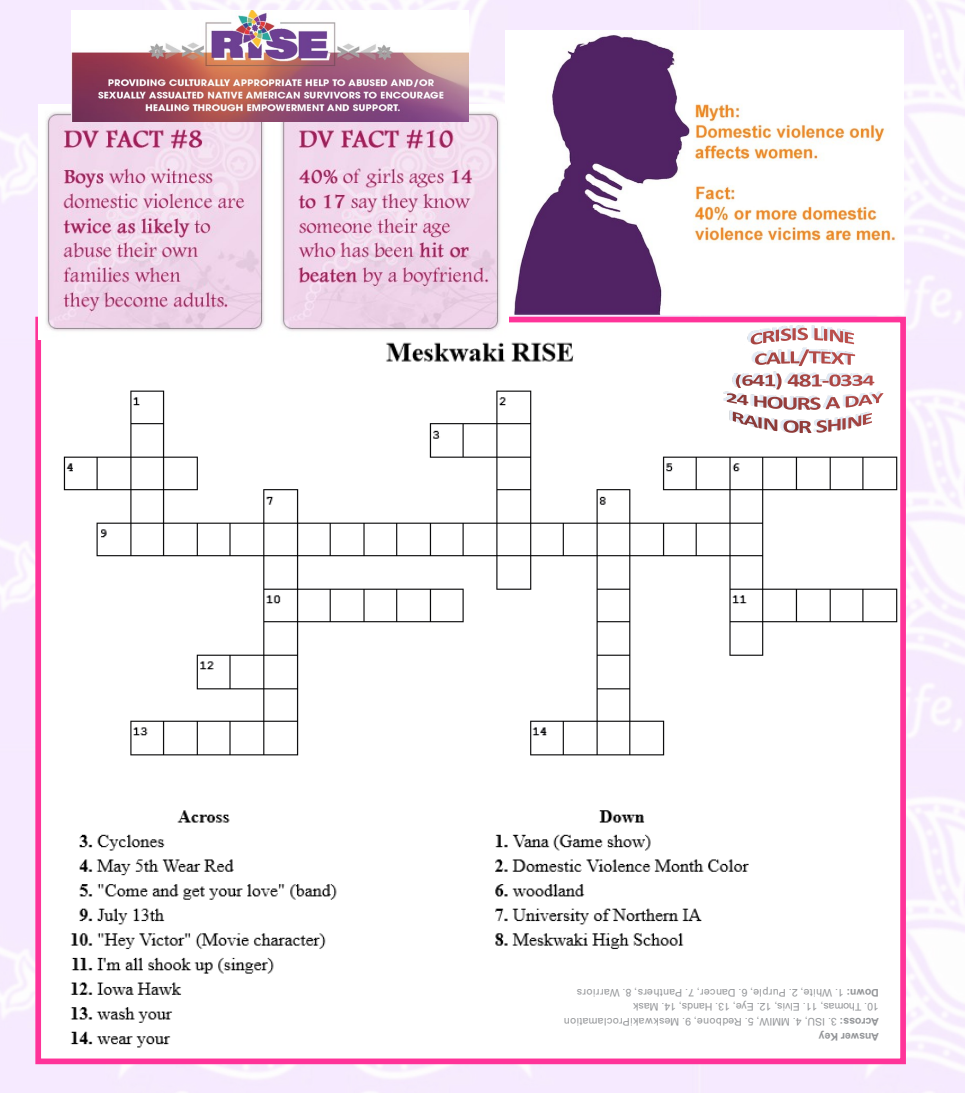
Youth Services: Also needing to move because of Meskwaki, Inc.'s expansion plans, the Youth Services staff are now housed in office space inside the new Apprenticeship Building.

THANK YOU MESKWAKI NATION:

I want to continue to remind all Meskwaki Nation citizens to help us carry on the work at hand with the priority to protect the health and wellbeing of every citizen, employee and visitor to the Meskwaki Settlement. Let us work together to keep each other healthy and free from the COVID-19 Virus by wearing masks at all times, washing hands regularly, maintaining social distancing and limiting group activities as much as possible. The life of everyone who lives and works on the Meskwaki Settlement – especially our elders and youth - is too valuable.

Always know that I am available for any Tribal Member to contact me at any time. Aho.

~ Lawrence SpottedBird, Executive Director

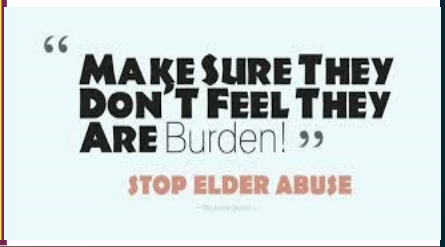


Meskwaki Elder and Vulnerable Adult Services

Comprehensive Services for Native Elderly & Vulnerable Adults

Comprehensive Services Include

- ◊ Advocacy during medical and legal proceedings
- ◊ Advocacy for instances of abuse, neglect, or financial exploitation.
- ◊ Referrals for medical, mental, health, and physical needs.
- ◊ Assistance with registering for services that will assist with current needs.
- ◊ Individual, family, and group counseling referrals.
- ◊ Transportation for necessary needs.



If you suspect abuse, neglect, or financial exploitation, call the Iowa Department of Human Services at

(800) 362-2178

or

Meskwaki Family Services

(641) 484-4444

RISE

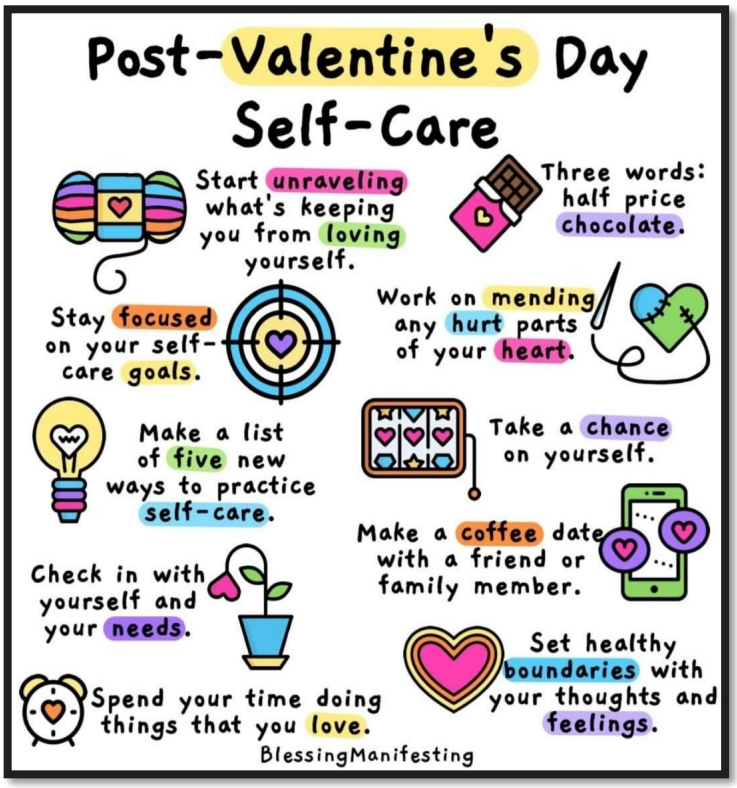
PROVIDING CULTURALLY APPROPRIATE HELP TO ABUSED AND/OR SEXUALLY ASSUALTED NATIVE AMERICAN SURVIVORS TO ENCOURAGE HEALING THROUGH EMPOWERMENT AND SUPPORT.

February is often associated with Valentine's Day, a time that focuses on love.

Too many times we are pushed to believe that a person's value comes from the affection of others.

Let us remember this month of February that a person's value comes from within themselves, and from there that same love can be shared with others.

Let us remember the importance of self-care, and how the value of self allows others to be loved at the greatest capacity.



February 14th

In memory of all
missing and murdered
Indigenous women and girls.

You are not forgotten.

#MMIW

It has been six years now since Rita Papakee was last seen. Papakee was last seen on January 16th, 2015, as she left the Meskwaki Bingo casino, never to be heard from again. Her family believes someone in the community holds the key that could unlock the closure they have been seeking. If you have any information that could help bring her home please call or text the Meskwaki Police Department at

(641) 481-0840.

BILLBOARDS

Meskwaki RISE will be putting up two billboards of Rita's Missing flyer to bring more awareness to the surrounding areas. The billboards will be located on US 330 North (Melbourne/Phillip 66) and US 30 East (Between two Marshalltown Exits).

Billboards will run from 2/15 thru 3/14

UPDATE

MMIW MARCH 2021

The Missing & Murdered Indigenous Peoples March held in Minneapolis

Will not take place this year due to Covid-19. However, there will be virtual events taking place via

Facebook, beginning February 11th thru February 14th.

The Minnesota Indian Women's Sexual Assault Coalition will have a listing of events posted on their Facebook page and website in the next week. Meskwaki RISE will also have the events listed on the RISE page as soon as they are available. If you have any questions regarding the events, please feel free to contact Meskwaki RISE via Facebook or call us at (641) 484-4444.

Miwsac.org

ADD Them on Faceboook for updates!

LANGUAGE LEARNERS UPDATE

The Meskwaki Language Preservation Program would like to acknowledge the learners who have successfully completed their respective levels of the Meskwaki Language for Adult Beginners session.

This session was abruptly halted when most of the Levels had reached the midway point of their 12-week session. Tribal Operations shutdown from March - June due to the Coronavirus pandemic. These learners persevered to continue attending classes via Zoom video communications with their instructors in August 2020. We appreciate our learner's determination to continue to learn our Meskwaki language and their patience with us as we had to utilize technology to bring the language to you outside our classroom.

Wettitawi to the Level I learners who met with Netawi, Level III learners who met with Ketabia, and Level V learners who met with Medenea.

At this time we are planning on starting a new 12-week sessions of the Meskwaki Language for Adult Beginners classes in the Spring. We will provide more information in the next Meskwaki Nation Times. Please contact us if you are interested in signing up for the next session. You can call our office at 641-484-9288, send us a message on our Facebook page, or send us a message via Messenger.

DEAR MESKWAKI COMMUNITY,

It's difficult to believe we've been living through a global pandemic for almost a whole year, but here we are still wearing protective masks and social distancing. It almost feels like we have developed a sense of normalcy about wearing masks everywhere, and that is a good thing. While we have grown more cautious, we have also seen some of our traditions shift.

This shift has been evident in how we work, how our children go to school and how we do or do not socialize. This virus dictates how we live due to the deadly nature of it's make up.

The COVID virus doesn't care who it infects or how many lives it impacts. COVID attacks without prejudice and will find the people that are unprepared, and the people that refuse to wear a protective mask. COVID will also find the people that believe social distancing isn't necessary, so I am urging everyone to please be thoughtful of all your loved ones and put a mask on, because we need to pull through this together!

I can also see another way this virus has impacted our community, and this is something that has an affect on all of us. When there is a loss of life in our community, we no longer gather together at a wake to sit all night with the family. Due to safety precautions, families put out notices for our community to stay away or keep at a safe distance. These notices are done with the safety of our community at heart, it is their way of expressing their care for their people.

The traditional four day mourning period doesn't always occur the way it used to, but it may be done at a family home site or sometimes it doesn't happen at all.

How much of our traditions will experience long term effects of our social distancing?

I believe this is something to think about. What will the long term effects of this pandemic be for our community? I surely hope it's minor and we can pick up where we left off. We may even have a greater appreciation for the ways we still have and practice them.

As a child I remember my dad talking about a time in our future when the people would stop praying and we would be poor, poor as in not having food or even firewood to burn for heat. I believe he told us that as a reminder of how important our ceremonies are and why we needed to participate.

I don't know what the future holds for our tribe, but we can still perpetuate all of the teachings and ways of our tribe. Appreciate our elders and don't be afraid to ask questions. It's cold outside and we have snow on the ground. This is the best time to ask your questions, share stories and learn about our history.

Our museum is still closed to the public and I don't know when we will open again, but that day is coming. I look forward to having guests, speakers and classes once again. In the mean time, I will be updating a few places in our gallery with different images and cases. The changes will be subtle in the best possible way.

Take of yourself, your family and check up on our elders!

~ Bonabiga
Mary Youngbear

Meskwaki HISTORIC PRESERVATION

MESKWAKI HEALTH CLINIC dietitian

UPCOMING DIABETES PROGRAM SCHEDULE

- **February 10, 2021 at Noon on Zoom**
  FEAST ON FRUITES & VEGETABALES
  ISU Extension's Outreach and Wellness Series

- **February 24, 2021 at 2pm Take and Make on Facebook Live on Wellness page**

  Take and Make Facebook Live event- Recipe Easy chicken salad Need to sign up by February 10 at noon,

  * February 23 pick up your ingredients to make them at home!

- **March 10, 2021 at Noon on Zoom**
  POWER UP WITH PROTEIN
  ISU Extension's Outreach and Wellness Series

- **March 24, 2021 at noon Take and Make on Facebook Live on Wellness page**

  Take and Make Facebook Live event- Recipe TBD

  * Need to sign up by March 10

  * March 23 pick up your ingredients to make them at home!

- **Zoom Diabetes Bingo**
  * To start in March please call Jennifer or Ashley to sign up!

  More information to come about date and time of event and when to pick up your bingo card.

COVID -19 EXPOSURE GUIDELINES

If you are wanting/needing a COVID test, please call ahead so we can schedule your appointment. Once the appointment is established and you arrive, **DO NOT COME INTO THE BUILDING.** Call and let the front desk know you have arrived and nursing staff will come to your vehicle in the front of the Clinic.

If you want more privacy we can complete the test in the back by the ambulance bay. Once the test is completed, nursing staff will reach out to you directly so be certain we have an updated phone number. Any questions on the above, please ask or call 641.484.4094

IT'S ALMOST TAX TIME!

The tax season is just around the corner and although COVID-19 has removed our ability to complete tax returns face to face, the volunteers for the Meskwaki site will still be helping this year using a drop off service. The IRS is not accepting returns until February 12th so services will begin on Wednesday February 10th. There will only be two days of service provided per week this year but will try to accommodate others as much as possible. Appointment times will be Wednesday from 1pm – 8pm and Fridays from 9am – 4pm. Everyone will be expected to wear a mask for entry and follow all physical distancing guidelines.

Individuals can call the Tribal Center at 641.484.4678 to set up an appointment with the receptionist.

The location this year will be at the Tribal Center gym. Individuals can plan on bringing all necessary documents including: photo ID, social security cards for anyone on the return, all tax documents including but not limited to: W-2's (work), 1099-MISC (typically per cap, minor's trust payouts, or contract wages), W-2G (gambling winnings), statement from casino to offset winnings if player's card used, any other tax documents, direct deposit information including name of bank, account type, routing and account number, and a copy of your 2019 tax return. We will also need to know if you and/or your dependents received both stimulus payments for 2020. This included the first payout: $1200 for adults and $600 for minors 0 – 16 and second payout $600 for adults and $600 for minor children. If for some reason you did not receive or get all that you were due for yourself or children, we can include on your 2020 return. We will also need a current phone number to contact you for any questions and/or pick up when they are ready. Ideally we will have them done the same day but with limited volunteers, this may push them back a couple days.

PHARMACY CORNER

The first Friday in February is designated as National Wear Red Day. National Wear Red Day recognizes heart disease as the #1 killer of women in the United States. Women are encouraged to take part in the observance by wearing an article of clothing or accessory that is red and to take care of their hearts by eating healthier, becoming active and talking to their doctor about their personal risk for heart disease.

Unfortunately, the pharmacy is not able to take back medications for disposal or destruction at this time. If you have any unwanted or unused medications in your home that you would like to dispose of follow these instructions. Mix the medications in used coffee grounds, dirt or kitty litter. Place the contents in a sealable container to prevent the medication from leaking or spilling out, then place the contents in the regular garbage. Be sure to remove the prescription label or blacken our any personal information on the label before you discard the prescription bottle in the garbage. You may also consult the FDA website for more information.

~Meskwaki Pharmacy

Meskwaki Health Clinic Transport

Tatum will be available to transport anyone during the week days (Mon-Fri) from 8:00am-4:30pm to and from any daily grocery runs, Walmart, bank, etc... Contact Tatum to set up a time for a transport. Please remember to wear a mask, it is required!

Contact Tatum at:

(641) 481-5067 or (641) 484-4094 ext. 9410

THE WELLNESS CENTER IS OPEN FOR BUSINESS!

Current Wellness Center Hours of Operation:

Monday through Friday
6:00 am – 9:30 pm

Saturday
8:00 am – 4:30 pm

Sunday
9:00 am - 2:00 pm

The Wellness Center has reopened but space is at a premium and time slots during the lunch hour and into the early afternoon are being reserved to accommodate our max capacity.

Call to reserve your spot for those times.

Meskwaki SETTFIT
KIWITTIKITO KEWIYAWI
(Make your body stronger)

SETTFIT CHALLENGE OFF TO A GREAT START

This year's SettFit Challenge kicked off on January 18th with 148 people participating for prizes including gift cards, tee-shirts, gym equipment, swag and 12 grand prizes to be determined at the end of the 12 week challenge.

After only 12 days, the challengers have traveled over 16,624 miles together and completed 975 check-in activities.

It's been fun watching everyone step up their workouts and eating healthy. If you didn't join this challenge, consider joining at the midway point (March 1st), you won't be in the running for the grand prizes, but it's fun working together and there are many other prizes along the way!

During our first half of this challenge, participants are learning about S.M.A.R.T. goals. Specific, Measurable, Attainable, Relevant, and Timely (S.M.A.R.T.) goals can provide focus and increase commitment to accomplishing goals.

To learn more or just watch the challenge as it progresses, consider joining the SettFit's Facebook group. Find it on Facebook!

WHAT IS MENTAL HEALTH THERAPY? A LOOK INSIDE:

Often when people consider coming to get mental health support for the first time, it is accompanied by a feeling of anxiety or apprehension about what to expect. Going to the doctor to get a shot, or going to the dentist to get a cavity filled, these experiences are more universally understood: you know what to expect. For many of us, we may be approaching therapy for the first time in our adult lives, and wonder what it is going to be like. Many people are not certain. Will we just talk? Will they "hypnotize" me? Why not talk to a friend? What is the point of talking to a therapist anyway?

I want to address some of the common questions that we get asked as therapists, and take you "inside" a session to help to hopefully make the process seem a little less shrouded in mystery and a little bit more accessible.

Do I have to be "seriously disturbed" or be "really sick" in order to meet with a therapist?

No. While some people may present for "more serious" issues, many people present to therapy during changes in their lives, or if they notice that they are feeling more stressed out or worried than normal. Often, people come to therapy to work through transitions like a divorce, starting school or work again, addressing issues with work/life balance, or wanting to improve the quality of their relationships with others and/or themselves. It is true that many therapists have "specialities" or areas of particular interest to them, and we are lucky to have a diverse array of clinicians with varying skills and areas of expertise here at the clinic.

What actually happens during a therapy session?

Therapy can look differently depending on you and the provider that you are working with. That being said, often therapy takes the form of a conversation or a problem solving session. You talk about what is going on for you in your life: symptoms or issues you might be having, stressful events that have come up for you in your day to day life, etc. and you would together with your therapist to develop a plan. You will be invited to speak openly, and you won't be criticized, interrupted, or judged when you speak. Your conversation will be kept in the strictest of confidentiality. This is a special, unique type of conversation in which you can say exactly what you feel—total honesty—without worrying that you're going to hurt someone's feelings, damage a relationship, or be penalized in any way. Anything you want—or need—to say is okay.

Will I have to talk about my childhood?

Many people come to therapy thinking that they will be asked to dig through old wounds from their past in order to "make progress" in treatment. What you talk about during a therapy session will largely depend on your unique situation and goals. And depending on your goals, you may not actually talk about your past that much. The focus of your therapy is as likely to be your present-day reality and the future that you wish to create. That being said, if you really do not want to discuss your childhood, the intensity of your desire not to talk about it might suggest that you should! When people have strong negative emotions—about their childhood or any other topic—it's typically worth doing some excavating to figure out why that is. Whatever is causing them to feel such strong emotions about the past is more than likely impacting their present-day life in some way, too.

How long will I have to go to therapy?

This varies from person to person. I've had clients who booked one session, we worked out their issue(s), and they were all set.

Other clients have booked sessions with me over a period of several weeks or months, focusing on one issue, resolving that issue,

then perhaps moving on to a different challenge. Then there are other clients who I've been working with for some time—they appreciate having a weekly, bi-weekly, or monthly "check-in." They may share their feelings, sharpen their life skills as needed, or put to words some of the things that they have been struggling with.

Therapy is really about whatever a client needs—a one-time conversation, a temporary source of support during a life transition, or an ongoing experience to optimize health physically, mentally, emotionally and spiritually.

Why not just talk to a close family member or friend?

If you are blessed with caring, supportive family members and friends, by all means, share your feelings, goals, and dreams with those people. They are a big part of your support network, and their insights and encouragement can be very helpful. However, people who already know you might not always be completely objective when listening to you. This is why working with a therapist can be so valuable. It's a unique opportunity to share everything you're feeling, and everything you want to create, without anyone interrupting you, imposing his or her own anxieties onto the conversation, or telling you that you're "wrong" or that you "can't."

A therapy session is a space where you don't have to worry about hurting anyone else's feelings—you can be totally honest. It also means you have the potential to solve problems faster and with greater success. In the long run, that's better for you and everyone else involved in your life, too.

FINANCE

GIFT CARDS

Dear Dr. Per Cap:
I got a bunch of gift cards for Christmas. Some are for stores I don't shop. What's the best way to exchange them?

Signed,
Too Many Cards

Dear Too Many Cards,

With so many people social distancing and staying away from stores, purchases of gift cards were way up this past holiday. Plastic or electronic, many people are stuck with gift cards they won't use.

Fortunately, there are options for unloading unwanted gift cards. A first step is to check out online gift card exchanges. Spoiler alert – there are a ton of them so do your homework.

Most exchanges are third party businesses that take a cut for connecting people looking to buy, trade, or sell gift cards. Pay close attention to fees and red tape. Some stores have kiosks where you can exchange gift cards too. Either way check reviews to make sure you're dealing with a reputable exchange that doesn't charge more than 15% of a card's value to take it off your hands.

Also, steer clear of consumer-to-consumer platforms like eBay and Craigslist. Both are loaded with gift card listings where buyers and sellers can deal directly. However, you face a much bigger risk of fraud so I don't recommend them.

Interestingly, many businesses count on their gift cards to be only partially used or not at all. In fact it's estimated annually over $3 billion of unredeemed gift card balances end of booked as revenue by the businesses that issued them. Gives a whole new meaning to the term "double dipping."

Don't let that happen. If you find yourself with a small balance on a gift card, states such as Montana, California, Oregon, and Washington have "cash back" laws that require stores to pay a card holder for any balance under a certain amount, although it's usually only between $5 and $10. But even if your state doesn't have a cash back law it doesn't hurt to ask a store for a gift card balance refund anyway. You might be pleasantly surprised.

Here's another cool hack. Amazon lets customers use small balances on competitors' gift cards to buy their gift cards. Since digital Amazon gift cards can be purchased in any amount, a few small gift balances applied to an Amazon account can up to a nice sum.

A final little known fact - some states will claim the balances of gift cards that have been lost or sitting around a few years. They might try to track down consumers or list the funds as unclaimed property. If you're bored some evening check out https://www.classaction.org/gift-card-laws for an interactive map listing every state's gift card fees and redemption laws.

Geez, I wonder if people that give gift cards realize how much of a hassle they can be. I think I'll take up knitting and give socks next Christmas instead of gift cards.

Ask Dr. Per Cap is a program funded by First Nations Development Institute with assistance from the FINRA Investor Education Foundation and submitted by the Meskwaki Financial Planning Committee. For more information, visit www.firstnations.org. To send a question to Dr. Per Cap, email askdrpercap@firstnations.org.

FEBRUARY AWARENESS'

Teen Dating Violence Awareness Month
2/3-2/9:Children's Mental Health Awareness Week & Children's Dental Health Month
*National Senior Independence Month
5: Give Kids A Smile Day
9: Safer Internet Day
14: National Condom Awareness Day
15-21: Random Acts of Kindness Week

MNCSS

Start your day with a deep breath, inhale all the love & goodness and exhale all the tears, fears, worries, and stress. Then Smile. HighAnxieties.org

Teen Dating Violence Awareness Month

For teens & young adults, dating relationships can be both exciting & confusing. What may start as teasing or harassing behavior in a relationship can set the stage for physical violence. Teens & young adults may have difficulty recognizing when things turn abusive. They're ill-equipped to handle complex situations and confusing emotions. Physical, sexual, or emotional abuse in a dating relationship or with a former dating partner could be happening, but they don't realize it. Learning the warning signs & developing relationship skills can help prevent or deter dating violence. THAT'SNOTCOOL.COM has relationship scenarios. *www.coolnotcoolquiz.org/*

The Father's Hand by Rae Stonehouse

A child that's been coddled, protected, and given everything he or she wants, develops a mentality of "I have the right" and will always put himself or herself first, ignoring efforts of parents, family, & friends. If we're this protective parent, are we really showing love or helping to destroy our children? You can give your child their own room in a big house, good food, a computer, tablet, cell phone, and a big screen TV, but when you wash the floor or paint a wall, children need to experience that too. After eating, have them wash dishes with their brothers & sisters, let them fold laundry or cook with you, pull weeds, or mow the lawn. Do this because you love them & want them to understand certain things about life. Children need to learn & appreciate the effort it takes to do a job right. They need to experience the difficulties in life we must overcome to be successful and they must learn about failure to be able to succeed. Children must learn how to work and play with others and know that they will not always win, but they can always work harder to reach their goals. If they've done their best, then they can take pride in all the effort they put forth. Life is about giving and serving, and these qualities are taught in our homes.

HOW CAN WE SHOW OUR YOUNG PEOPLE THEY MATTER TO US? BE DEPENDABLE, LISTEN TO THEM, BELIEVE IN THEM, BE WARM, ENCOURAGE THEM, AND SPEND TIME WITH TH

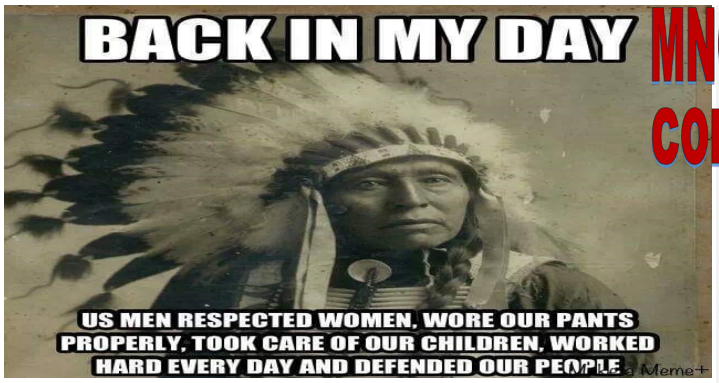
HOW TO BUILD RELATIONSHIPS TODAY & IN ANY CRISIS:

1. If you connect with young people through technology, send a text, email, video, or note that says they matter to you personally and you are thinking about them during this crisis.
2. Ask how they spend their time at home during the crisis.
3. Tell young people you believe in them, know they will get through this difficult time, move on with learning & growing.
4. Proactively let them know they can come to you if they need to talk about a problem or how they are feeling about life.
5. Actively listen when they talk to you. Undivided attention & demonstrating interest in what they have to say is key.
6. Do what you say you will do, and keep your promises. *https://www.search-institute.org/*

Teach good habits at a young age

Always believe something wonderful is going to happen. Even with all the ups and downs, never take a day for granted. Smile, cherish the little things and remember to hug the ones you really love.

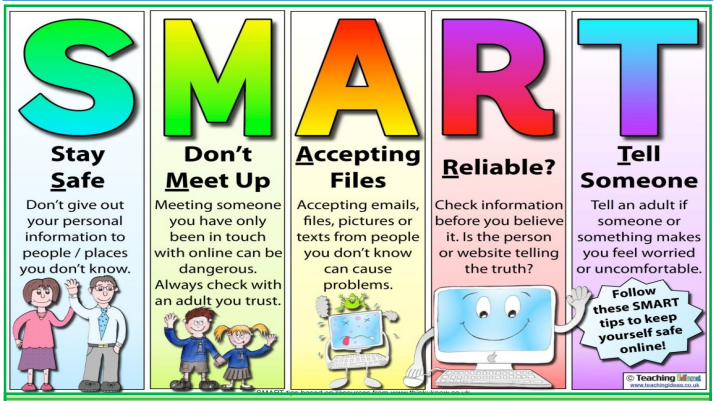
NATIONAL CONDOM DAY is on Valentine's Day & promotes the importance of sexual protection, sexual health, family planning and prevention. Condoms do not protect you from diseases!



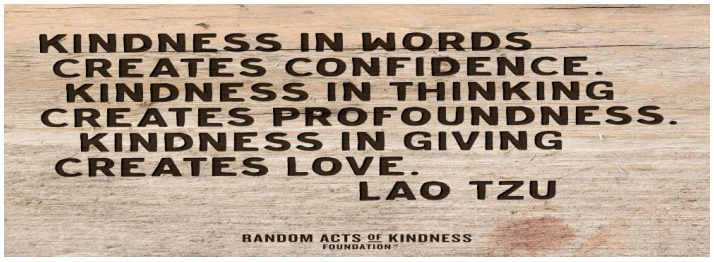
MNCSS cont...

Children of Alcoholics Week

happens this month. Many people in or out of recovery struggle because of growing up with a parent who had or still has an active addiction. It continues to plague their abilities to live balanced, emotionally healthy lives. A child who grows up and their parent/caregiver drinks heavily and/or uses drugs is never their parent's priority. They don't have positivity or guidance to learn how to take care of themselves, build proper & healthy relationships, or get a strong emotional start in life. Adult children of alcoholics (ACOAs) tend to face many typical difficulties in adulthood. These underlying issues can make it harder to find peace and balance, and many ultimately turn to use and/or abuse substances as a means of handling those challenges. https://americanaddictioncenters.org/



Due to school closings and stay-at-home orders from the COVID-19 pandemic, children's increased online presence puts them at greater risk of child exploitation. Parents, guardians, caregivers, and teachers take measures to protect children from being victims of online child predators. **https://www.justice.gov/coronavirus/keeping-children-safe-online**



Celebrating National

Senior Independence Month

February is National Senior Independence Month. This is a great time to reevaluate your current lifestyle so you can stay healthy and well in your home for years to come! Check out this reference guide for home safety and health tips for continued independence.

HOME SAFETY IMPROVEMENT TIPS

The following tips can help you live safely and independently in your own home.

EASY ACCESS

All of your belongings should be within an arm's reach so you can easily grab whatever you needy. This may include moving items to lower shelves in the kitchen, organizing desk drawers and keeping cabinets clutter free.

GRAB BARS

Install handrails and grab bars throughout your home to make moving around easier if mobility is an issue. Grab bars can be particularly helpful in your bathroom near the bathtub, shower and toilet.

CLEAR THE FLOOR

Remove unnecessary items off the floor so you can reduce your risk of tripping and falling in your home.

LIGHTEN UP

Replace burned out light bulbs and plug in night-lights around your home so you can see better at night or if you wake up and get out of bed in the dark.

HEALTH CHECK 101

DOCTOR'S APPOINTMENT

Schedule a checkup with your family doctor to monitor your current health status.

STAY ACTIVE

Daily exercise can reduce your risk of injury, improve balance and strength, and can also keep you mobile.

STOCK UP

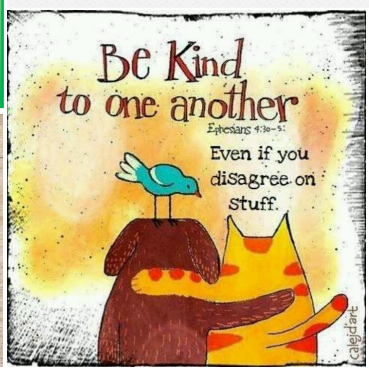
Be sure to have incontinence supplies, medication and food in stock at your home for emergencies, such as bad weather or power outages, when you can't get to the store.

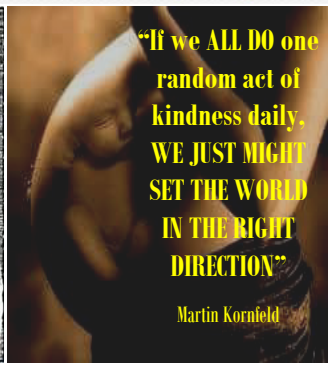
GET SOCIAL

Talk with friends and family regularly for fun social engagement and to stay connected with loved ones.

Celebrate National Senior Independence Month this February and take what you learn with you throughout the rest of the year!

DiaperBuys
855-289-3427
DiaperBuys.com





OUR WEBSITE IS NOW LIVE! SHOP ONLINE AT

WWW.MESKWAKIORGANIX.COM

Offering FREE SHIPPING over $50
Curb side pick-up (Tuesdays and Thursdays Only)
Local Delivery (Settlement Only)

Why use Meskwaki Organix?

- Mood and Hormone Balance
  - *Help manage stress and anxiety better*
- Discomfort Relief
  - *Assist in relieving dull/achy pains*
- Sleep
  - *Help ease mind, promoting a better night sleep*
- Immune Health
  - *Keeps the immune system in check and alert. Can help overactive or underactive function more efficiently.*
- Cancer Symptom Alleviation
  - *CBD can help in reducing side effects related to cancer treatments such as nausea, vomiting and pain relief.*
- Reduce Inflammation
  - *Carries anti-inflammatory properties for joints, internal organs, skin, etc.*

MESKWAKI ORGANIX

We offer a range of CBD products from Full Spectrum to Broad Spectrum. We know that every person is unique and that results will vary. Our goal is to help our consumers experience the benefits and results that are best for their own body. Stop in and visit us!

LOCATED INSIDE THE TRAVEL PLAZA
OPEN 7 DAYS A WEEK, 11AM-6PM

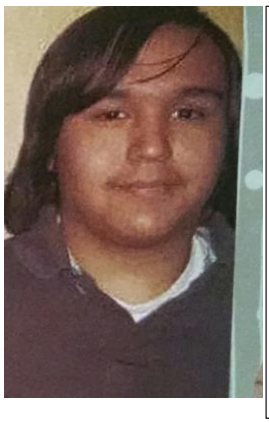
@MESKWAKIORGANIXCBD

Happy, Sweet 16th Birthday Dionysus (2/09)

Blessings for a beautiful new year, we love you!

Love always & forever,

The house



Happy 26th Birthday Jacob (2/11)

Blessings for an incredible new year as you surpassed a ¼ of a century!

We love you!

Love always & forever-

Your Fam

FROM THE FAMILY OF DARYL THOMAS YOUNGBEAR

On January 2, 2021, the tribe lost member Daryl Thomas Youngbear to complications of the Coronavirus and was laid to rest at the Ponca Tribal Cemetery. He was 46 years old. Daryl was born and raised by his mother (Thomasine Grass) and step-father (Wayne Blueback) in Ponca City, Oklahoma. Daryl leaves behind seven younger half-siblings and one sister, Tianna Leigh Youngbear, who also resides in Ponca City. Daryl also had numerous nieces and nephews whose company he enjoyed. Daryl is survived by his mother, Thomasine, and biological father, Fred Youngbear. Daryl was well-liked by those he met along the way and he provided assistance for his mother's people, the Ponca Tribe, at their doings and services. Daryl is missed by many.
Me ya wege bi ta (Fred Youngbear)

I wish to thank tribal employee, Penny Old Bear, for her assistance in putting together the financial arrangements which needed to be attended to during these trying Covid-19 times. May we all remain healthy and well in the coming year and beyond. Condolences to those families who've lost loved ones to the Coronavirus.

Me ya wege bi ta

BRING HER HOME. YOUR HELP IS NEEDED.

MISSING PERSON

$75,000 REWARD

The reward for anyone willing to come forward with new information that leads to finding Rita Janelle Papakee has been increased to $75,000.

On January 16, 2015 Rita Papakee was last seen at the Meskwaki Bingo Casino Hotel near Tama, Iowa. She has not been heard from since.

She was 41 years old at the time of her disappearance. She was described as a Native American female with brown hair and brown eyes. She was 5'4" tall and weighed between 145-170 lbs.

If you have any information about what may have happened to her, please contact the number below.

Missing since January 16, 2015

RITA PAPAKEE

Please contact the Meskwaki Nation Police Department with any information about what may have happened.

(641) 484-4844

Anonymous tip hot-line: (641) 484-5400
Text information to: (641) 481-0840

IOWA STATE UNIVERSITY
Extension and Outreach

Concerned About Your Finances?

FREE • CONFIDENTIAL
Financial Help from a Family Finance Educator

Many Iowans have experienced a sudden income drop, yet the bills keepcoming. Free and confidential individual conversations can help...

- create or revise a budget
- set priorities for bill payment
- connect with community resources to stretch incomes

Contact Jennifer Scales to set up an appointment for you
641-484-9421 or jennifer.scales@meskwaki-nsn.gov

You can also leave a phone message at Extension's toll-free Iowa Concern hotline 800-447-1985, and someone will call you back. For more information visit the Managing Personal Finances in Tough Times webpage - www.extension.iastate.edu/humansciences/finance.

The information provided is educational in nature to help you make your own informed decisions and is not intended to substitute for professional advice or serve as an endorsement of any financial product or service. Consult with licensed professionals prior to implementing any of the information provided to determine the course of action that is best for you.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.

Bison Meat Distribution

Open to ALL MESKWAKI COMMUNITY MEMBERS

Thursday & Friday, February 4th-5th
Delivery & Pick-up Options Available

PRIORITY GIVEN TO INDIVIDUALS WHO ARE AT HIGH RISK FROM COVID-19:

- Age 65 and older
- People with Medical Conditions
- Pregnancy and Breastfeeding
- People with Disabilities
- Developmental and Behavioral Disorders
- Drug Use and Substance Use Disorder
- Families facing food insecurity
- People Experiencing Homelessness

Sign up by visiting Meskwaki Food Sovereignty Initiative on Facebook

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The U.S. CENSUS BUREAU has the following position available:

FIELD REPRESENTATIVE

In addition to the decennial census, over 130 surveys are conducted by the U.S. Census Bureau. Join the Census team!

REQUIREMENTS

- Must be a U.S. Citizen
- Must be at least 18 years old
- Must complete an assessment and job interview
- Must have a valid driver's license
- Must have an insured and working automobile
- Must pass a security background check

DUTY LOCATION

- Applicants selected for this position will have their home as their Duty Station and will be required to travel throughout their local area on a routine basis.

SALARY

- $15.10 - $21.86 per hour
- 10% night differential for hours worked after 6 PM
- $.56 cents per reimbursable mile driven

HOURS

- Flexible and varied, dependent upon survey or program.

How to Apply:

Interested applicants — please contact the Chicago Regional Office to request an application packet that will be sent to your mailing address. To request your application: Call us at **800-865-6384, Ext 15,** or Email **Chicago.Recruiting@Census.gov**

THIS AGENCY PROVIDES REASONABLE ACCOMMODATIONS TO APPLICANTS WITH DISABILITIES. IF YOU NEED A REASONABLE ACCOMMODATION FOR THE APPLICATION AND HIRING PROCESS, PLEASE NOTIFY THE AGENCY at 630-288-9200. THE DECISION ON GRANTING REASONABLE ACCOMMODATIONS WILL BE ON A CASE-BY-CASE-BASIS. **THE DEPARTMENT OF COMMERCE, U.S. CENSUS BUREAU IS AN EQUAL EMPLOYMENT OPPORTUNITY EMPLOYER** THE U.S. CENSUS BUREAU DOES NOT DISCRIMINATE IN EMPLOYMENT ON THE BASIS OF RACE, COLOR, RELIGION, SEX, NATIONAL ORIGIN, POLITICAL AFFILIATION, SEXUAL ORIENTATION, MARITAL STATUS, DISABILITY, AGE MEMBERSHIP IN AN EMPLOYEE ORGANIZATION, OR OTHER NONMERIT FACTOR.

United States® Census Bureau

MNPD UPDATE

Chief Jacob Molitor was recently selected to be the Chairman of the Board of Governors for the Small & Rural Law Enforcement Association. Similar to the International Association of Chief's of Police, the organization is designed to bring a voice, perspectives, and advanced trainings to small, rural and tribal agencies.

Chief Jacob Molitor recently presented the FIRST EVER Officer of the Year Award in the MNPD's 15-year history. Officer Lee Simcox was chosen for this prestigious award because Lee is a true team player. He is always willing to help his fellow officers through training, technology, covering shifts, working together on projects, etc. He has also had several great ideas that have helped improve the processes and service of the agency.

Lee is always there when people need him most. In April 2020, Lee was the first officer on scene of a medical call on the Meskwaki Settlement that resulted in Lee immediately applying a tourniquet to a community member. Due to his swift actions and application of his training, the community member survived. Lee was subsequently awarded with the Life Saving Award.

A photograph of Lee will be placed in the "this could be you!" frame next to the wooden plaque. We are thankful for your service Lee! Please join us in congratulating Lee on the Officer of the Year Award!

POLICE CALL LOG

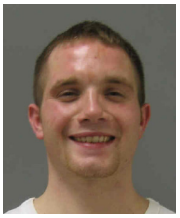
- **January 2020** – 231 calls (7.4 per day), 27 reports, 17 arrests, 1 use of force
- **February 2020** - 213 calls (7.3 per day) 32 reports, 11 arrests, 4 uses of force, 4 de-escalations
- **March 2020** - 223 calls (7.1 per day), 35 reports, 17 arrests, 5 uses of force, 3 de-escalations (COVID-19 crisis – ½ month)
- **April 2020** - 161 calls (5.3 per day), 14 reports, 6 arrests, 2 uses of force, 0 de-escalations (COVID-19 crisis – full month with the casino closed)
- **May 2020** – 242 calls (7.7 per day), 28 reports, 18 arrests, 1 use of force, 4 de-escalations (COVID crisis- full month with the casino closed)
- **June 2020** – 211 calls (7.03 per day), 28 reports, 14 arrests, 1 use of force, 6 de-escalations (COVID-19 crisis – full month with the casino closed)
- **July 2020** – 269 calls (8.68 per day), 41 reports, 23 arrests, 4 uses of force, 4 de-escalations (COVID-19 crisis - casino open, but closed at night)
- **August 2020** – 305 calls (9.84 per day), 40 reports, 25 arrests, 4 uses of force, 8 de-escalations (derecho disaster and COVID crisis)
- **September 2020** – 298 calls (9.93 per day), 25 reports, 15 arrests, 4 uses of force, 1 pursuit, and 0 de-escalations (casino open all night on weekends)
- **October 2020** – 352 calls (11.35 per day), 34 reports, 18 arrests, 3 uses of force, 7 de-escalations (casino open all night on weekends)
- **November 2020** – 272 calls (9.07 per day), 24 reports, 11 arrests, 0 uses of force, 0 de-escalations (casino open all night on weekends)
- **December 2020** - 357 calls (11.52 per day) 35 reports, 15 arrests, 0 uses of force, 5 de-escalations (casino open all night on weekends)

*** EXCLUDED SUBJECTS *** These subjects are not permitted on the Meskwaki Settlement. Violations by non-natives are a Federal Offense. Violations by natives are a mandatory minimum 30-day sentence. Harboring an excluded subject is also a mandatory minimum 30-day sentence. We encourage you to report violations for the safety of the community.

Douglas Cadotte

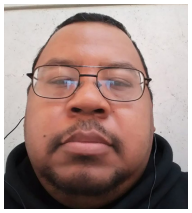
Aaron Dolash

James Ironshell


Nick Murty

Thomas Butler

Michael Wabaunasee


Tim Bullard

EVERY TEAM MEMBER MAKES A DIFFERENCE

CULTURE, COLLABORATION & COMMUNITY

Please take a look at the positions currently available to you.

We offer competitive wages, great group benefits (health, dental, life), paid vacation, sick leave, disability income protection, retirement benefits and more.

(Indian preferences given in accordance with Sac & Fox Code, Title 9, Sec. 9-1303.)

FOR FULL JOB DESCRIPTIONS GO TO: WWW.MESKWAKI.ORG & CLICK ON "CAREERS"

Please submit your application/ resume and salary expectations to Human Resources in one of three ways:

1. **Email:** applications@meskwaki-nsn.gov
2. **Online:** https://meskwaki.applicantpro.com/jobs
3. **Mail:** Sac & Fox Tribe of the Mississippi in Iowa
   349 Meskwaki Road
   Tama, IA 52339

HVAC Technician

Housing

DUTIES & RESPONSIBILITIES:

- Installing, maintaining and repairing heating, ventilation and air conditioning systems and equipment to code.
- Identifying maintenance risks on equipment.
- Diagnosing electrical and mechanical faults for HVAC systems.
- Cleaning, adjusting and repairing systems, and performing warranty services.
- Performing emergency repairs promptly and efficiently.
- Providing technical direction and on-the-job training.
- Keeping daily logs and records of all maintenance functions.
- Ensuring compliance with appliance standards and with Occupational Health and Safety Act.
- Complying with service standards, work instructions and customers' requirements.
- Other duties as assigned.

REQUIREMENTS:

- High school diploma, GED or suitable equivalent.
- Masters License in HVAC preferred, Journeyman's license required.
- 8+ year experience as an HVAC technician, and willingness to continue education in the HVAC field.
- Valid driver's license.
- Working knowledge of boiler systems.
- Proficient in balancing air and water treatment systems in line with HVAC protocols.
- Excellent written, verbal and interpersonal skills.
- Proficient in reading schematics and work plans.

SALARY: $37,960 - $55,307

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/

Registration Clerk (Temp/ On-Call)

Meskwaki Health Clinic

DUTIES & RESPONSIBILITIES:

- Receives incoming calls, greets visitors and schedules appointments utilizing current computer system. Directs them to appropriate staff members.
- Schedules appointments for all services provided within the clinic.
- Reviews RTS daily and informs Benefit Coordinators if no active insurance coverage.
- Scans and files all patient information in electronic health record
- Record all patient information utilizing specified forms and scan information into record.
- Promotes Patient Portal to meet meaningful use requirements.
- Works positively with all staff members to ensure quality patient care.
- Responsible of obtaining consents and maintaining current HIPAA on file.
- Other duties as assigned

REQUIREMENTS:

- High School Diploma or General Equivalency Diploma (GED) and two years of clerical experience within a medical healthcare setting.
- Must have at least one-year experience working with electronic medical record system.
- Must maintain patient rights and confidentiality.
- Must possess computer skills; prefer familiarity with Excel, other Microsoft Office programs. .
- Must be sensitive to the Tribal customs and health needs of the Tribe.
- Must submit to and successfully complete background investigation.

SALARY: $25,542 - $32,526

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/

Family Services Director

Family Services

DUTIES & RESPONSIBILITIES:

- Assess social service needs of tribal and community members.
- Develop program to meet social service needs of community based on assessment.
- Implement, maintain and manage social service program including Indian Child Welfare Act, protective payee and per capita on a day-to-day basis.
- Identify and develop various referral resources in the area to provide specialized services not offered by program.
- Directly or indirectly supervise activities of service delivery providers and clerical staff.
- Review case records and provide feedback to service delivery providers as needed.
- Counsel clients, provide referrals and perform home visits as necessary.
- Prepare reports as required.
- Other duties as assigned.

REQUIREMENTS:

- Master's Degree in Social Work or related field and five years of administrative experience including clinical supervision, grant writing and program development, implementation and management OR an equivalent combination of education and experience.
- Must be sensitive to the Tribal customs and health needs of the Tribe.
- Licensed as an Independent Social Worker (LISW) by the State of Iowa.
- Member of National Association of Social Workers.
- Must submit to and successfully complete a background investigation.

SALARY: $49,005 - $76,356

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/

Gaming Commissioner

Sac & Fox Gaming Commission

DUTIES & RESPONSIBILITIES:

- License all employees, agents or contractors requiring a gaming license related to the Tribe's gaming enterprise, monitor compliance with the Gaming Ordinance and take appropriate action when non-compliance or fraudulent practice occurs.
- Adopt standards under which all gambling operations shall be held, including internal controls, regulation of the prize and wagering structure, determine payouts from the gambling and payout rate of the slot machines.
- Inspect and examine all premises wherein gaming is conducted or gambling devices and equipment are manufactured, sold or distributed and any equipment and supplies which may or have been used in the gaming establishment, wherever located.
- Issue subpoenas for witnesses and subpoenas duces tecum for the production of books, records and other pertinent documents and administer oaths and affirmations to the witnesses when it is necessary to enforce the Gaming Ordinance or the rules and regulations of the Commission.
- Report preiodically to the Tribal Council as outlined in the Gaming Ordinance.
- Other duties as assigned.

REQUIREMENTS:

- Enrolled member of the Sac & Fox Tribe of the Mississippi in Iowa.
- Applicants must provide a current photograph and two (2) sets of fingerprints on forms commonly used by the Federal Bureau of Investigation and shall be submitted with a sworn statement **within the first two weeks following appointment as a Gaming Commissioner.**
- Applicants must complete and submit to a background packet **within the first two weeks following appointment as a Gaming Commissioner.**

SALARY: DOQ

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/

Human Resources Specialist

Human Resources

DUTIES & RESPONSIBILITIES:

- Prepare job postings announcements, update recruitment files, coordinate help wanted advertising, respond to questions from applicants, schedule interviews, participate in interviews as requested, initiate background checks, reference checks, coordinate pre-employment testing and drug screening and lead new employee orientations. May extend employment offers and prepare hiring statistics.
- Assist departments in tracking FML usage each month, update leave tracking spreadsheet and monitor expiration of leave. Assist with FML eligibility determinations and preparing required FML paperwork and forms to ensure compliance.
- Respond to questions about policies, procedures and personnel issues. Interpret policies, research and resolve issues. May conduct policy research and assist the HR Director in drafting policies and procedures.
- Oversee the performance evaluation system. Follow-up on late reviews and assist departments with tracking evaluation due dates.
- Maintain the highest standards of confidentiality.
- Perform various project work and other duties as assigned.

REQUIREMENTS:

- Associate's Degree in Business, Human Resource Management or Liberal Arts. Four (4) years of Human Resource generalist or specialist experience required OR an equivalent combination of education and experience. One-year experience working in a Tribal organization preferred.
- Prefer Bachelor's Degree
- Prefer ability to speak or understand the Meskwaki language.
- Prefer PHR (Professional in Human Resources) and/or THRP (Tribal Human Resource Professional) certification, must be willing to obtain either certification within the first year of employment.
- Must have a driver's license with an insurable driving record.
- Must submit to and successfully complete background investigation.

SALARY: $41,995 - $66,248

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/

Social Worker

Family Services

DUTIES & RESPONSIBILITIES:

- Provide services to Indian families in need of assistance.
- Manage cases, which include preparing case records, summaries, special and routine reports and other records including individual case plans.
- Provide court reports, recommendations, and testimony to Court.
- Counsel clients and provide referrals for other services as necessary for children at risk of out-of-home placement.
- Assist with child abuse assessments involving Indian children.
- Work with schools, agencies and other offices as required for case management.
- Prepare monthly, quarterly and annual reports as required.
- Other duties as assigned.

REQUIREMENTS:

- Bachelor's Degree in Social Work and two years of experience in social services case management OR an equivalent combination of education and experience. Prefer Master's Degree in Social Work.
- Must possess or be eligible for social work licensure by the State of Iowa.
- Must have excellent counseling, communication, and interviewing skills.
- Must possess a valid driver's license.
- Willingness to learn and incorporate skills in the cultural context of the Meskwaki community.
- Must submit to and successfully complete a background investigation.

SALARY: $38,209 - $48,401

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/

Workforce Education Coordinator

Workforce Development

DUTIES & RESPONSIBILITIES:

- Responsible for facilitating the Promoting Tribal Economies & Communities and Indianpreneurship curriculum, employment trainings, and work readiness activities such as but not limited to resume and interview workshops and soft skills development to the Meskwaki community.
- Coordinate an employment skills curriculum designed to increase employability, enhance client motivation, improve life skills, offer referrals and support to employment.
- Coordinates speakers, trainers, and facilitators for employment trainings or presentations.
- Coordinate with the Farm Production Manager and Food Sovereignty Coordinator the PTECers on-the-job training schedules.

- Assist the clients with cover letters, resumes, job search, and completing job applications.
- Other duties as assigned.

REQUIREMENTS:

- Bachelor's Degree in Human Resources, Human Services, Education, Business Management or related field,
- Three (3) years' experience in developing, facilitating and coordinating trainings required, or an equivalent combination of education and experience.
- Understanding of financial accounting principles, budget and grant compliance.
- Must possess a valid driver's license and be able to upgrade to a chauffeur's license.
- Must have excellent organizational and interpersonal skills.

SALARY: $41,264 - $65,312

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/job

Certified Police Offier

Meskwaki Nation Police Department

DUTIES & RESPONSIBILITIES:

- Provide law enforcement services to the tribal community, co-workers and public in a tactical, ethical, pleasant and courteous manner.
- Patrol settlement community to control traffic, prevent crime and disturbances of the peace, and to arrest violators and wanted persons.
- Respond to emergency and non-emergency calls and complaints involving fires, traffic situations, robberies, disturbances, public safety and other law enforcement issues, and provide appropriate law enforcement action(s).
- Collect, secure, examine, process and analyze evidence.
- Cooperate with tribal, local, state, and federal law enforcement officials in the investigation, apprehension and detention of wanted persons, and with other agencies where activities of the MNPD are involved, as directed or approved by the Narcotics and Taskforce Coordinator or the Chief of Police.
- Perform related duties and responsibilities, as outlined in the Meskwaki Nation Police Department Policies and Procedures Operations Manual.

REQUIREMENTS:

- Must be at least 21 years of age.
- Must have a High School Diploma or equivalent (GED).
- Must be currently Iowa Law Enforcement Academy (ILEA) certified as a Police Officer with no breaks in employment.
- Must submit to and successfully pass an extensive criminal background investigation and receive Adjudication Certification.
- Must be available for emergency law enforcement duties at any time. Must establish residency within a thirty-minute emergency response time radius, within six months of hire date.
- Must successfully complete a one-year probationary period
- Must have the ability to analyze complex problems and determine valid, effective and efficient resolutions.
- Must possess and maintain a valid Iowa State Driver's License, and be eligible for the Tribe's vehicle insurance.

SALARY: $23.45 per hour

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/job

Education Technology Specialist

Information Technology

DUTIES & RESPONSIBILITIES:

- School Wide Systems including Content Management, Telecommunication, Physical Access and Safety, Virtual Machinery, Active Directory, JAMF, CIPA Filters, Interactive Whiteboards, Google Suite, Student Information systems, Weather, Clocks and Time Clocks
- All datacenter equipment (virtual and physical)
- All Network routers and switches (managed and unmanaged)
- All Hardware devices used at the school
- Work collaboratively with school administration, staff, students, and other stakeholders to address specific technical needs, coordinate training and assist with issues as they arise
- Administration of trainings and documentation (ex. security awareness) as required
- Maintain all appropriate e-rate materials for the school internet
- Maintain all documentation related to Physical and Logical systems

REQUIREMENTS:

- Bachelor's in computer technology, 4 years of tech work in a school environment or combination
- Expert in Apple products
- Extensive experience with Microsoft products especially (Active Directory, Exchange, Terminal Services)
- Experience in management of Virtual Machine Systems (VMware); Firewall and network switches (SonicWALL and Cisco)
- Experience with backup and restore procedures
- Excellent troubleshooting skills

SALARY: $50,710 - $75,008

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/

Non-Certified Police Officer

Meskwaki Nation Police Department

DUTIES & RESPONSIBILITIES:

- Provide law enforcement services to the tribal community, co-workers and public in a tactical, ethical, pleasant and courteous manner.
- Patrol settlement community to control traffic, prevent crime and disturbances of the peace, and to arrest violators and wanted persons.
- Respond to emergency and non-emergency calls and complaints involving fires, traffic situations, robberies, disturbances, public safety and other law enforcement issues, and provide appropriate law enforcement action(s).
- File paperwork, record detailed data and prepare investigative reports.
- Cooperate with tribal, local, state, and federal law enforcement officials in the investigation, apprehension and detention of wanted persons, and with other agencies where activities of the MNPD are involved, as directed or approved by the Narcotics and Taskforce Coordinator or the Chief of Police.
- Perform related duties and responsibilities, as outlined in the Meskwaki Nation Police Department Policies and Procedures Operations Manual.

REQUIREMENTS:

- Must be at least 21 years of age.
- Must have a High School Diploma or equivalent (GED).
- Must meet the Iowa Law Enforcement Academy requirements and be able to successfully complete the pre and post Iowa Law Enforcement Academy requirements and become a Certified Police Officer in the State of Iowa within one year of hire, OR must meet the Bureau of Indian Affairs (BIA) Police Academy requirements and become a BIA Certified Law Enforcement Officer within one year of hire.
- Must successfully complete the department's pre-academy evaluation period prior to Iowa Law Enforcement Academy or BIA Police Academy enrollment.

- Must possess and maintain a valid Iowa State Driver's License, and be eligible for the Tribe's vehicle insurance.
- Must submit to and successfully pass an extensive criminal background investigation and receive Adjudication Certification.

SALARY: $19.20 per hour

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/

Farm Sales Coordinator

Workforce Development - REG

DUTIES & RESPONSIBILITIES:

- Work in tandem with the Farm Production Manager in overseeing the pack shed responsibilities, which include washing, packing, and weighing produce, and recording in harvest and inventory logs, while maintaining excellent food safety protocols by maintaining a clean and organized pack house work area.
- Manage the online market program "Build Your Own" produce box. Assist with the Farm Crew picking and packing produce per invoices for delivery and distribution of custom online orders.
- Transport and deliver produce to online order pick-up points.
- Assist in developing marketing strategies for the farm stand coolers, mobile trailer, and online sales, and order pick-ups.
- Develop and maintain social media presence through the REG Facebook page, informing customers of produce available
- Maintain sales data through accounting of invoices.
- Collaborate with Workforce Development Administrative Assistant for accurate and timely recordkeeping of revenues.
- Develop and maintain customer accounts both on and off the Settlement
- Other duties as assigned.

REQUIREMENTS:

- Associate's degree in Business, Marketing, Public Relations, or Communications Preferred.
- Some experience with Square or other electronic payment services.
- Knowledge of accounting and record keeping.
- Knowledge of farming or local foods required.
- Must have excellent customer service skills.
- Must possess a valid driver's license and be eligible for the Tribe's vehicle insurance.
- Must be able to lift up to 50lbs regularly.

SALARY: $33,300 - $51,043

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/

Fitness Specialist (Temp/ Part-Time)

Meskwaki Health Clinic - Wellness Center

DUTIES & RESPONSIBILITIES:

- Plan and implement community and Wellness Center fitness activities and programming based on community needs and in collaboration with other community organizations (Youth Program, Settlement School, Senior Center).
- Implement Wellness Center policies and procedures.
- Complete necessary documentation and collect data.
- Assessing physical activity needs of the community.
- Ensure Wellness Center is a safe environment; perform general maintenance duties.
- Ensure Wellness Center is clean and sanitary.
- Ensure Wellness Center is a safe environment; perform general maintenance duties.
- Ensure Wellness Center is clean and sanitary.
- Perform fitness assessments; conduct exercise prescriptions and orientations with a focus on patients with diabetes.
- Supervise exercising participants and monitor accordingly.
- Instruct exercise classes for all fitness levels.
- Provide community education about physical activity through newsletter articles and teaching curriculum.
- Assist with community and other events as required.
- Other duties as assigned.

REQUIREMENTS:

- Must have a High School Diploma or GED.
- Must have one-year experience in personal training and leading/instructing physical activity classes.
- Must have certification as a Group Fitness Instructor &/or Personal Trainer or similar certification.
- Prefer knowledge of diabetes &/or experience working with people with diabetes.
- Must be willing to work varied hours as determined by Coordinator.
- Must be First-Aid and CPR Certified or complete within one month.
- Must have valid driver's license.
- Must be able to maintain confidentiality.
- Must be able to communicate effectively with Meskwaki community members and be sensitive to tribal beliefs and traditions.
- Must submit to and successfully complete background investigation.

SALARY: $13.00 per hour

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit: https://meskwaki.applicantpro.com/jobs/

These current jobs are still open and will remain open until filled unless a closing date is posted on our website.

- **Asst. Varsity Boys Baseball Coach**
  - Meskwaki Settlement School
- **Asst. Varsity Girls Softball Coach**
  - Meskwaki Settlement School
- **Custodian - 2nd Shift**
  - Meskwaki Settlement School
- **Dentist**
  - Meskwaki Health Clinic - Dental
- **Elder/Vulnerable Adult Case Manager**
  - Meskwaki Family Services
- **Head Varsity Boys Baseball Coach**
  - Meskwaki Settlement School
- **Head Varsity Girls Softball Coach**
  - Meskwaki Settlement School
- **HVAC Instructor**
  - Meskwaki Apprenticeship
- **Lead Solar/Classroom Instructor**
  - Meskwaki Apprenticeship
- **PT-Cert. Police Officer** - **Sign-on Bonus**
  - Meskwaki Nation Police Dept.
- **Plumbing Trainer**
  - Meskwaki Apprenticeship
- **Substitute Bus Driver**
  - Meskwaki Settlement School
- **Substitute Teacher**
  - Meskwaki Settlement School
- **Tribal Response/Emergency Manager**
  - Executive Management

NEW HIRES

LUKE KAPAYOU
Meskwaki Food Sovereignty Initiative

Hello, my name is Luke Kapayou. I am the Ancestral Farming Manager for the Meskwaki Food Sovereignty Initiative. I have worked for the tribe for about 26 years in the Housing Program before moving in to this new position. Our focus this year will be to assess and strengthen MFSI while continuing to provide help and support to our community gardeners. I look forward to working together with our community, our families, and our gardeners.

JENNIFER LOPEZ
Meskwaki Family Services

Hi, I am Jennifer Lopez and I am an intern with Meskwaki Family Services. I have lived in Tama my whole life, so I have been around the Meskwaki Community, culture, and people. I want to be able to provide my knowledge and abilities to the Meskwaki Nation as I learn more about it. I received my AA at Indian Hills Community College. I have been in school and will be graduating from UNI in May with my BA. I am the first in my family to graduate from college! I have volunteered at the Department of Human Services in Waterloo.

ADONICA HENNESSY
Behavioral Health Services

Hello, my name is Adonica Hennessy. I am a licensed independent social worker and can provide clinical services such as individual mental health therapy. I come from a Trauma Informed Care perspective, which means that I have been trained in understanding and recognizing the effects that trauma can have on the mind, body and soul. My clinical skills incorporate not only the things I have learned in school and in trainings but also the things I have learned along my own life's journey (successes, mistakes/failures and all). I am thankful for this opportunity to serve my community and to help those who desire to improve their mental health and overall wellbeing. My intentions are to provide a safe, confidential and non-judgmental therapeutic experience to facilitate empowerment and healing.

MESKWAKI, INC.

Facilities Maintenance Technician

FOX PROFESSIONAL SERVICES

Fox Professional Services/MESKWAKI, INC.

DUTIES & RESPONSIBILITIES:

- Performs quality checks on structural integrity, HVAC, air conditioning, plumbing, electrical, and other utility systems that is required for Meskwaki, buildings.
- Monitors and adjust the heating and cooling systems to keep buildings comfortable.
- Performs floor care by scrubbing, stripping, waxing, and extracting as needed.
- Perform minor fixes such a repairing broken lock, filling gaps on wall, etc.
- Conduct maintenance tasks such as replacing light bulbs.
- Inspect and troubleshoot equipment and systems (e.g. ventilation).
- Checking/responding of security systems and safety issues (e.g. fire alarm) on-call after hours.

REQUIREMENTS:

- High School Diploma or G.E.D (vocational certification desired)
- Minimum three (3) year experience in building maintenance work is desirable.
- Journey level trained in Electrical and/or Mechanical systems (desirable).
- Knowledgeable of OSHA Safety regulations and familiar with disaster recovery.
- Must possess a valid driver's license and satisfactory driving record.
- Experience using hand and electrical tools.

SALARY: DOQ

POSITION OPEN UNTIL FEBRUARY 5, 2021

If interested in applying, please contact Meskwaki, Inc. Human Resources at:

(641) 484-9567

Or if you would like, please send resumes to Human Resources email:

hr@meskwakiinc.com or mail resume to:

Meskwaki, Inc. Human Resources
1496 Hwy 30
Tama, Iowa 52339

IN THE TRIBAL COURT OF THE
SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA
MESKWAKI TRIBAL COURT
MESKWAKI SETTLEMENT

Case no.: NC-2021-0001

ORDER TO SHOW CAUSE

RE: NAME CHANGE

1. Petitioner, through himself/herself or a representative, is requesting the Court legally change Petitioner's name:

   From the present (first, middle, last)
   TYREE VICTORIA VICTOR-CASTELLANOS

   To proposed name (first, middle, last)
   TYREE VICTORIA DAVENPORT

2. The Court orders that all persons interested in this matter shall appear before it for a hearing to show cause, if any, why the petition for name change should not be granted.

NOTICE OF HEARING
Date of Hearing: **March 24, 2021**
Time: **11:00 AM**
Location: Meskwaki Justice Center
307 Meskwaki Rd.
Meskwaki Settlement
Tama, IA 52339

Maurice R. Johnson, Associate Judge of the Tribal Court

Dated: January 28, 2021

MESKWAKI

EMPLOYMENT OPPORTUNITIES

1-888-797-0049
meskwaki.com/careers

JOB SPOTLIGHT

CAGE MAIN BANK CASHIER FT $17.00

Handles all transactions with Employee Windows and Front Line Cashiers and maintains ATM/Ticket Redemption Kiosks during an assigned shift. Requires high school diploma or GED. Must successfully complete a Cage Aptitude test. Previous Front Line and Employee Window Cashier experience is desirable.

Visit the Meskwaki Bingo Casino Hotel's website and scroll to the bottom of the page, click 'Career' to see the most up-to-date job opportunities!

MNT

Meskwaki Nation Times

Preserving sovereignty, protecting traditions, promoting culture and building a stronger community through information, communication, and support.

Sac & Fox Tribe of the Mississippi in Iowa

MESKWAKI NATION
349 Meskwaki Road
Tama, IA 52339-9634

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WWW. MESKWAKI.ORG

- Community Calendar
- Career Opportunities
- "In The News"
- & more!

Tribal Council Minutes, Election info, and more is located in the "Members Only" section of the site.

February 2021

Happy Valentine's Day

Meskwaki Senior Services

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Beef stroganoff Corn Peaches	2 Chicken taco salad Orange fluff	3 Pork chop Steamed rice Peas Cottage cheese/pears	4 Buffalo & Indian corn Cowboy bread Wabikoni Blueberries	5 Shepard's pie Bread Apple slices	6
7	8 Tuna casserole Garlic bread Salad Banana	9 Lima beans/bacon soup Biscuit Broccoli Grapes	10 Beef patty/gravy Mashed potatoes Green beans Berries	11 Turkey sub Baked chips Watermelon	12 Indian taco Strawberries Valentine cake	13
14 Happy Valentine's Day	15 Beef chili Cornbread Salad Tropical fruit	16 Salmon patty Wheat bread Asparagus Pineapple chunks	17 Meatloaf Bread Carrots Mandarin oranges	18 Chicken & wild rice Crackers Cucumber Cherries	19 Tater tot casserole Cottage cheese Apricots	20
21	22 Fish sticks Coleslaw Steak fries Pears	23 Porcupine balls Bread Corn on the cob Grapes	24 Tuna tetrazzini Garlic stick Peas Apple upside down cake	25 Pork ribs/green beans Frybread Tagaani Blackberries	26 Cold cut combo -lettuce -tomato -onion Cantaloupe Cookie	27
28	Please call before 10:00 a.m. if you know you will not be home for your meal! Call 484-9224. Thank you.	**Meals are subject to change without notice!**				