The growing season has begun and Red Earth Gardens has opened its tiny farm stands at the Meskwaki Health Clinic and Tribal Center locations. Look for flowers and fresh produce to be available all summer long!
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.

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:

JULY 21, 2021

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.
COMMUNITY CONNECTIONS

STRATEGIC PLAN APPROVED

The Workforce Development Department is pleased to announce that the Meskwaki Nation Workforce Development Strategic Plan has been approved by Tribal Council on June 9, 2021. The strategic plan will help guide the Nation’s efforts to develop the current and future workforce.

The next major project the department will be working on is to develop a 477 plan. Once approved, this plan will allow us to pool federal funds into a single consolidated plan intended for employment, training, and services that empowers an individual’s ability to become self-reliant (Division of Workforce Development BIA, 2019). These are the 12 federal programs accessible: U.S. Department of Labor, U.S. Department of Health and Human Services, U.S. Bureau of Indian Affairs, Department of Agriculture, Commerce, Energy, Homeland Security, Housing and Urban Development, Transportation, Veterans Affairs and Justice.

We will also be focusing on developing career pathways to encourage and expand the number of students, current and future workforce, with quality education and training that aligns with the skill needs of industries in our local economy. We look forward to working with all the Meskwaki Tribal Entities and the Community.

Thank you to all the members of the Core Team for your time and efforts in the development of the Meskwaki Nation Workforce Strategic Plan, great job everyone!

~ Wakosige ~ Shelley Kapayou
Workforce Development Director

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TWO (2) SPACES OPEN TO BEGIN IMMEDIATELY!

Application/Intake forms are available at the Workforce Development Office located at 3154 H Ave or you can visit the Tribal Center Front Desk and HR Office. You can pick up and drop off completed applications at any of the locations listed above.

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2021 PTEC
Promoting Tribal Economies and Community

PTEC is a workforce program for Meskwaki Community members interested in enhancing their workplace skills and learning about food, farming and related business.

---

HAPPY 4TH OF JULY
Join us for a walk-run, lunch & family fun games
At Meskwaki Health Clinic

4th of July 8am-2pm
Call the health clinic @ 641-484-4094

Walk-run registration to at 8am, run starting at 8:30am followed by food & games.

---

Who is eligible?
Meskwaki Tribal Community members and other Native Americans within the community are invited.

Important details to know:
Accepting applications for two (2) openings <
Longer season, through November <
Various placement locations <
20 hours classroom training <
On-the-job training for duration <
Transportation available <
Certification upon successful completion of program <

In an effort to mitigate the spread of Covid-19 within our valued tribal community, interested persons are highly encouraged to get vaccinated. Unvaccinated individuals will be asked to continue to use a mask.

STEPHANIE SNOW, Workforce Education Coordinator
3154 H Ave, Tama IA 52339 (641) 481-1855

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f @meskwakinationworkforcedevelopment
This annual report is about the quality of the drinking water provided by the Sac & Fox (Meskwaki) Tribal Public Water System in 2020. All Public Water Systems (PWS) in the United States are required by the EPA to test for specific chemicals or contaminants in the drinking water being served. The Sac & Fox (Meskwaki) Tribal Public Water System was required by the EPA to test for 90 chemicals or contaminants in 2020 and 0 were in violation of the EPA-accepted limits for drinking water. We are committed to providing you with information because informed customers are our best allies. It is important that customers be aware of the efforts that are made to continually improve their drinking water systems. To learn more about your drinking water, please attend any of the regularly scheduled Tribal Council meetings. Please check the Tribal Office for the monthly meeting schedule dates and times. For more information about this report please contact, Roger Eberhart at: (641) 325-1062.

Your drinking water comes from a ground water source using five wells located on Springs Road. Your water is treated with chlorine to protect against microbial contaminants.

Sac & Fox (Meskwaki) Water Quality Data
The tables on the next page list most of the drinking water contaminants, which were tested for during the 2020 calendar year. The presence of these contaminants does not indicate the water poses a health risk. Unless noted, the data presented in this table is from testing done January 1- December 31, 2020. The EPA requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. Some variances were granted in the monitoring of inorganic chemicals, asbestos, and some synthetic organic contaminants as recent results from the Sac & Fox (Meskwaki) PWS suggest that the system qualifies for a reduced frequency. Some of the data, though representative of the water quality, is more than one year old.

The Safe Drinking Water Act (SDWA) requires the primary agency to develop a Source Water Assessment (SWA) for each public water supply that treats and distributes raw source water in order to identify potential contamination sources. The Indian Health Service has completed an assessment of our source water. For detailed results of the assessment, please contact Roger Eberhart at: (641) 325-1062.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as those with cancer and undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA’s Safe Drinking Water Hotline (800-426-4791).

The sources of drinking water (both tap water and bottled water) included rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:
- Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
- Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.
- Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.
- Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA implements regulations which limit the amount of certain contaminants in water provided by public water systems. We treat our water according to EPA’s regulations. FDA regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

The Sac & Fox (Meskwaki) Tribal Public Water System tested a minimum of five samples per month in accordance with the Revised Total Coliform Rule for microbiological contaminants. In 2020, there were 0 samples that tested positive for total coliform. Coliform bacteria are usually harmless, but their presence in water can be an indication of disease-causing bacteria. When coliform bacteria are found, special follow-up tests are done to determine if harmful bacteria are present in the water supply. If this limit is exceeded, the water supplier must notify the public by newspaper, television or radio.

Additional Information for Lead
If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The Sac & Fox (Meskwaki) Tribal Public Water System is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at http://www.epa.gov/safewater/lead.

Terms & Abbreviations
- Maximum Contaminant Level Goal (MCLG): the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
- Maximum Contaminant Level (MCL): the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
- Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.
- Secondary Maximum Contaminant Level (SMCL): recommended level for a contaminant that is not regulated and has no MCL.
- Action Level (AL): the concentration of a contaminant that, if exceeded, triggers treatment or other requirements.
- Treatment Technique (TT): a required process intended to reduce levels of a
contaminant in drinking water. 

**Maximum Residual Disinfectant Level (MRDL):** the highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

**Maximum Residual Disinfectant Level Goal (MRDLG):** the level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

**Non-Detects (ND):** lab analysis indicates that the contaminant is not present.

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### Testing Results for: Sac & Fox (Meskwaki) Tribal Public Water System

<table>
<thead>
<tr>
<th>Microbiological</th>
<th>Result</th>
<th>MCL</th>
<th>Violation</th>
<th>Typical Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Coliform / Fecal Coliform</td>
<td>0 positive TCR samples 0 positive <em>Eschericia coli</em> samples</td>
<td>No more than one positive sample per month</td>
<td>None</td>
<td>Naturally occurring in the environment</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Regulated Contaminants</th>
<th>Collection Date</th>
<th>Highest Value</th>
<th>Range</th>
<th>Unit</th>
<th>MCL</th>
<th>Violation</th>
<th>Typical Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluoride</td>
<td>July 2016</td>
<td>0.63</td>
<td>0.63</td>
<td>ppm</td>
<td>4</td>
<td>No</td>
<td>Erosion of natural deposits; Water additive which promotes strong teeth.</td>
</tr>
<tr>
<td>Nitrate</td>
<td>June 2020</td>
<td>&lt;.50</td>
<td>&lt;.50</td>
<td>ppm</td>
<td>10</td>
<td>No</td>
<td>Runoff from fertilizer use</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Disinfection Byproducts</th>
<th>Monitoring Period</th>
<th>Highest Value</th>
<th>Range</th>
<th>Unit</th>
<th>MCL</th>
<th>MCLG</th>
<th>Typical Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlorine Residual</td>
<td>2020</td>
<td>1.7</td>
<td>4</td>
<td>ppm</td>
<td>MRDL=4</td>
<td>MRDLG=4</td>
<td>Water additive to control microbes</td>
</tr>
<tr>
<td>Total Trihalomethanes (TTHM)</td>
<td>August 2020</td>
<td>10</td>
<td>10</td>
<td>ppb</td>
<td>80</td>
<td>0</td>
<td>By-product of drinking water chlorination</td>
</tr>
</tbody>
</table>

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**MARK YOUR CALENDARS FOR MESKWAKI NATION DAY**

**Meskwaki Nation Day 2021**

Tuesday, July 13, 2021

at Meskwaki Powwow Grounds

Events begin at 8AM

- **8AM - Walk/Run**
- **10AM - Flag Raising**
- **10:30AM - Oral History Significance of Meskwaki Nation Day**
  - Bags Tournament
  - Hand Drum Preliminaries
  - Game Shelter: Bone Dice Games
- **11:30AM - Lunch**
- **4PM - Traditional Meal Dinner**
- **6PM - Grand Entry**
  - Hand Drum Finals
  - Specials
  - Meskwaki Dances
- **11:30PM - Ceremony**

**ALL DRUMS WELCOME**

Come out and celebrate Meskwaki Nation Day!
1st Annual Meskwaki Catfish Tournament

Congratulations to our 43 participants of the 2021 Meskwaki Heavyweight Catfish Tournament! Also thank you to all of our other supporters. It was a successful event. We hope you had a great outdoor experience, fish or no fish. Thank you to Kiyanna Pushetonequa with Meskwaki Media for capturing the weigh-in! Thank you to Conservation Officer Caleb Boyles and MNPD Office Manager, Melinda Diego, as well. They had a great time!

**1st Place Champion:** Trevor Mauskemo - 13 lbs 11 oz.  
(Meskwaki Heavyweight Championship Belt and undisputed glory!)

**Youth Champion (14 and under) and Overall 2nd Place Finisher:** Tanner Large - 11 lbs 3 oz.  
(Zebco Bigcat 50 catfish rod and reel AND large Plano 3700 tackle box (Marshalltown Theisen’s))

**3rd Place Finisher:** Zane Oldbear - 9 lbs 13 oz.  
(Plano 3600 soft-shell tackle box (Marshalltown Theisen’s))
Taurice Grant signing Letter of Intent

Family, coaches and friends gathered in the MHS commons on Thursday, June 24 to celebrate Meskwaki Warriors senior Taurice Grant signing his letter of intent to study and continue his basketball career at Bacone College (Muskogee, OK) next school year. After playing four seasons for the Warriors, Grant wrapped up his senior season by earning Iowa Star Conference South Division Player of the Year honors, second-team All-State honors from the Iowa Print Sports Writers Association, and 2020-2021 Times-Republican All-Area Co-Player of the Year. Good luck on your next adventure!

SYEP Summer participants recently attended Camp Dodge in Johnston, Iowa where they worked together in teams on an obstacle course meant to teach leadership and team work building skills. They ate a lunch that consisted of military MRE’s and spent much of the day at a MRAP rollover and shooting simulator. They ended the day with a visit to the Freedom building.
HEALTH & WELLNESS

JULY 5, 8AM-2PM
COMMUNITY COOKOUT
5K Walk/Run Registration at 8AM, Walk/Run Starts at 8:30AM.

JULY 7, 1PM-4PM
REG SHARE PROGRAM
Pick up a bag of veggies! Cooking Demo Starting at 1:30PM at REG.

JULY 14, 12PM/NOON
DIABETES BINGO
At the Meskwaki Convention Center. Snack provided and prizes for all! Call 484-9414 to sign up.

JULY 20, 12PM/NOON
DIABETES SUPPORT GROUP MEETING
At the Meskwaki Convention Center. Meal provided. Call 484-9414 to sign up.

JULY 21, 1PM-4PM
REG SHARE PROGRAM
Pick up a bag of veggies!

EVERY TUESDAY THIS SUMMER, 12PM/NOON
HEALTHY WALKING CLUB
At Toledo Heights every Tuesday at 12PM/Noon this summer!

EVERY THURSDAY THIS SUMMER, 2PM
HEALTHY WALKING CLUB
At the Powwow Grounds every Thursday at 2PM this summer!

**WEIGHT MANAGEMENT**

Chronic Disease Prevention
Lifestyle Management

Say Hello to the Online DPP

An innovative online program preventing diabetes, heart disease, high cholesterol, obesity

- National Diabetes Prevention Program online
- Proven curriculum and program approved by the CDC
- Work with a Lifestyle Coach from your own community
- Photo-journaling and in-app messaging with your Lifestyle Coach
- 26 video and lesson modules
- 12-Month program
- Participants engage at their convenience each day/week
- Participants can engage from their computer or phone app (iOS & Android)

You can engage in the program and with your coach via computer or mobile app.

Meskwaki Diabetes Program plans to begin July 15, 2021.
To sign up email Jennifer Scales at jennifer.scales@meskwaki-nsn.gov or call (641) 484-9421.

**A REMINDER ABOUT HANDLING FOOD SAFELY WHILE EATING OUTDOORS...**

Organize cooler contents. Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won’t be exposed to warm outdoor air temperatures.

**KEEP HOT FOODS HOT AND COLD FOODS COLD!**
The Meskwaki Diabetes Program hosted their 2nd Annual Golf Outing on Sunday, June 27th at the Tama-Toledo Country Club. The Diabetes Program provided the two-person teams with free 9-holes of golf, a golf cart and lunch at this alcohol free event. There were a total of 9 teams that participated in the golf outing.
PHARMACY CORNER

You may have already noticed a new face in the pharmacy. We would like to welcome Laicy Marotti to the pharmacy team. She is a pharmacist and will be working full-time to provide pharmacy services for our patients. Please feel free to stop in and say “Hello!” next time you are in the clinic.

Summer brings swimming pools, softball, gardening and grilling, some of my favorite hobbies. If you plan to enjoy the hot weather, use caution and don’t overdo it. Increased activity in the hot summer sun can lead to heat stroke. Muscle cramps are usually the first sign of overdoing it. If the activity continues it can lead to heat exhaustion which is associated with heavy sweating, nausea, light-headedness and feeling faint. If not treated, heat stroke can then occur. The very young and the elderly are at a higher risk of developing heat stroke, but heat stroke is preventable. Wear loose fitting clothing which allows the body to cool. Don’t wear dark colored clothing which can absorb heat. Stay well-hydrated by drinking plenty of water and take it easy during the hottest part of the day. Enjoy the summer, but enjoy it responsibly. And don’t forget to wear sunscreen!!!

Please remember to allow plenty of time for the pharmacy to prepare your refills. Calling at least 24 hours or more in advance will allow us to contact your provider, if necessary, to obtain more refills or to order a medication that we may not have in stock. Prescriptions without refills require extra time to contact the provider for approval and providers are often busy with scheduled patients and may not get to refill requests until late in the day. To prevent any delays in receiving your medications, please call at least 24 hours in advance. The refill line is available 24 hours a day, 7 days a week. You may leave your requests at any time of the day. Thank you for your consideration!

~Meskwaki Pharmacy

STEP INTO SUMMER PRIZE WINNERS ANNOUNCED

Congratulations to everyone who finished the “Step into Summer” SettFit Challenge. We had 141 people who stepped it up and won prizes!

Winners of $150 Amazon Gift Cards were:
• Shawn Roberts
• Ferol Ward
• Lucie Roberts
• Leah Slick Driscoll
• Jordan Kapayou

Winners of a $75 Amazon Gift Cards were:
• Shantel Bear
• Lana Roberts
• Mike Keahna
• Shelley Kapayou
• Karac Davenport
• Mai Young Bear

Additionally....
• 36 people stepped into a SettFit Embroidered Jacket
• 18 people stepped into their choice of a Fitbit or Earbuds
• 20 people stepped into a Bluetooth Speaker
• 22 people stepped into a SettFit Hoodie and
• 33 people stepped into a SettFit Gym Bag

Winners have been sent emails with details on how to obtain their prizes. Participants, please check the email associated with your Wellable account to see when to pick up your prizes.

If you have questions, email settfit@meskwaki-nsn.gov
LOSS OF TWO TEAM MEMBERS

It is with heavy hearts that we announce the passing of two Sac and Fox of the Mississippi in Iowa executive staff members. Peter Quam, the tribe’s Chief Financial Officer who passed on Friday, June 25, 2021, and Robert Bills, Chief Executive Officer for Meskwaki, Inc., who passed on Saturday, June 26, 2021.

In unrelated occurrences, the two executive members of the tribe’s management will be missed greatly.

Peter Quam came to the Meskwaki Nation in July of 2020, having previously held the CFO position at Gila River Telecommunications, Inc. With an inquisitive mind and friendly demeanor, he quickly dove into the position updating financial policies, cultivating productivity, and helping to improve the financial performance of the organization after the COVID-19 shutdown.

Robert “Bob” Bills, was a U.S. Army veteran who worked with tribal businesses throughout his career as well as in mining and energy-related industries. He began employment with Meskwaki, Inc. in January of 2019. In his role, he provided executive oversight to the Meskwaki Nation’s economic development efforts and worked to diversify the tribe’s financial portfolio through new tribally-owned business opportunities.

Please send prayers for both families. Peter and Bob will both be missed as part of the Meskwaki Nation executive staff.

May they rest in peace.

~ Lawrence SpottedBird, Executive Director

CULTURAL EXCHANGE

To help the tribe achieve its goals, Tribal Council is leading the way in updating the Meskwaki Nation Strategic Plan. The update will carry us into the future with new plans for growth and development for the Settlement and for an increase in services to Tribal Members.

Pictured left are staff from the Chief Strategy Group, members of the Eastern Band of Cherokee Indians in North Carolina, as they present gifts to Tribal Council.

Tribal members interested in participating in the community involvement portion of the project are encouraged to contact the Tribal Center for more information.

* 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.

~ Lawrence SpottedBird, Executive Director

**COMMUNICATION EXCHANGE**

Pictured left are staff from the Chief Strategy Group, members of the Eastern Band of Cherokee Indians in North Carolina, as they present gifts to Tribal Council.
PURPOSE:
To promote interest in and good will towards all activities of the Meskwaki Senior and Junior High Schools. To collaboratively work to assist in meeting all the ongoing needs of the schools extra-curricular programs. To encourage and motivate all community members and businesses in supporting our Meskwaki Settlement schools student’s extra-curricular activities.

WHY:
Promote community engagement through the collection of membership dues, fundraising activities and donations from businesses and individuals to enhance and support all extra-curricular activities at all Meskwaki Settlement schools.

WHEN:
Booster meetings are held each month at a designated location or via zoom. Boosters are encouraged to attend all meetings to share ideas, participate in Booster events and to vote.

HOW TO JOIN:
If you would like to join the Booster Club, please complete the form on the bottom of this page and return it to the address listed or at the Tribal Center front and desk.

Joining the Booster Club is easy... just complete this form and return to the Tribal Center Front Desk or the MSS High School Front Desk!

Meskwaki Warrior Booster Club
Membership Registration Form

NAME: __________________________________________________
ADDRESS: ________________________________________________
PHONE NUMBER: ____________________________ home or cell (circle one)
EMAIL ADDRESS: __________________________________________

I CHOOSE TO: (CHECK ONE BOX)
☐ PAY $35.00 ANNUAL MEMBERSHIP DUE (will receive booster t-shirt) T-shirt size _________
☐ WAIVE MEMBERSHIP DUES IN LIEU OF ASSISTANCE AT A MINIMUM OF 6 BOOSTER SPONSORED EVENTS
☐ MAKE A DONATION TO THE MESKWAKI WARRIOR BOOSTER CLUB IN THE AMOUNT OF $ __________.

PLEASE MAKE CHECKS OR MONEY ORDERS PAYABLE TO: MESKWAKI WARRIOR BOOSTER CLUB

I WOULD LIKE TO BE CONTACTED BY:
☐ CELL PHONE ____________________________ call or text (circle one)
☐ EMAIL _____________________________________

Meskwaki Warrior Booster Club
349 Meskwaki Road
Tama, IA 52339-9629

Behavioral Health
CRISIS LINE
(641) 481-0049
Answered 24 hours a day

Healthy Walking Club
-Get more movement-
Starting May 4th
Tuesdays 12pm @ Toledo Heights
Thursdays 2pm @ Powwow Grounds

Contact Ashley for more info, 641-484-9426

RED EARTH GARDENS
SHARE PROGRAM
1PM TO 4PM
1506 350 St, Tama, Red Barn Behind The Casino

Date to pick up produce:
June 30
July 14 and 21
August 4 and 18
September 1 and 15

Cooking Demo will be first Wednesday of every month at 1:00pm starting July 7th!
For patients with Diabetes or Prediabetes. Sign-up today!
**SENDING PRAYERS FOR A SPEEDY RECOVERY**

Today is a good day to be living on the Meskwaki Settlement, and as I get older these words ring more true than ever before. Sitting outside of our home as the sun prepares to set, all I hear are birds singing or talking while a breeze blows cooler air across our yard. There is shade and the smell of cut grass everywhere and I can think of no place else on earth I would rather be. While I live east of highway 30, away from the original Settlement, I am still living on our land. I truly feel blessed to be here with my family as well as the rest of our community.

Last weekend I suffered a stroke, which affected the right side of my body, I could not stand on my own and couldn’t use my right hand, leg or even speak properly. I was taken to the local hospital, then on to Des Moines for treatment. As the staff at Lutheran Hospital in Des Moines attended to me, I realized how fortunate I really was. My symptoms were addressed and my body was carefully monitored. The first days were scary and I wasn’t sure how much of my brain had been lost. I found out that a stroke kills a part of your brain, and your brain cannot grow back or rejuvenate. It is simply not there anymore. My doctor, and his staff were able to show me the image of my CT scan and exactly what part of my brain was gone and they also explained what part of my body the area controlled. It was so small it was hard to believe that I had lost so much control. Factors that ultimately caused my stroke are: not getting enough sleep at night, not taking my diabetes seriously enough, not getting enough exercise and not eating right. I was also busy with outside projects like sewing and cooking and thought I would always have time later to take care of myself. That didn’t happen and I just kept going thinking I was fine.

The reason I am sharing this is because I care about all of you, and I do not wish this condition on anyone. I especially want to reach out to my peers, and ask you to slow down and make time to get a physical. Ask the doctor about your blood pressure, your A1C and follow their instructions. Our quality of life is in our own hands and if you’re diligent about your health, your life can be long and full. If you have grandkids like I do, do it for them. I consider myself lucky, I am alive and I can recover. Manitou gave me a second chance and I don’t intend to waste it.

Sincerely,

~Bonabiga- Mary Young Bear

**FINANCE**

**OVERWHELMED**

Dear Dr. Per Cap:
I've just been appointed to my tribal investment committee and I'm pretty clueless.
Do you have any advice for an inexperienced investor?
Signed, Overwhelmed

Dear Overwhelmed,
Many who serve in Indian Country find themselves thrust into positions of leadership without a lot of experience. For better or worse most tribes have a shortage of members willing or able to sit on various boards, committees, task forces, and other roles that add up to a lot of late evenings and missed family dinners. Trial by fire is more often the norm than the exception.

Acknowledging your lack of experience is a good thing and might actually mean you're more capable than you think. Here’s why.

Do you know what type of investor is most likely to take on too much risk or fall for an investment scam? The answer is an experienced one.

That’s right. Many experienced investors are over confident and think they’re too smart to make a mistake or get conned. This means they can be prone to bad investment decisions.

As an inexperienced investor you have an opportunity to pay extra close attention and think very carefully before making decisions that impact your tribe’s financial future. Sure, you’ve got a little catching up to do but you’ll learn fast.

Start by making a point to read one finance article a day. Any article that pertains to the stock market, overall economy, or business in general is a worthwhile read. The internet is loaded with great finance websites so pick a few and dig in. You’ll learn enough to talk some shop and ask the right questions in no time.

I served on my tribe’s investment committee for several years and learned a lot from the experience. One thing to remember is that when managing money the same principles apply whether it’s an individual investing a few thousand bucks in a 401k or a tribal government investing millions on behalf of a community. It all starts with three simple questions.

What do we need? When do we need it? How will we achieve it?

Once a committee answers these questions overseeing an investment plan to achieve a community’s goals is not as hard as you might think. Stay focused, don’t be afraid to ask tough questions, and remember - humility is not a weakness, it’s a strength.

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 askdpercap@firstnations.org.
MESKWAKI NATION CHILD SUPPORT SERVICES TO HOLD POSITIVE PARENTING CLASSES

WHY?

• To encourage parenting conversations in strengths-based methods traditionally used by the Meskwaki and other Native families/communities
• To build positive Meskwaki parenting skills that will build stronger children because we know stronger children build stronger communities
• Seeking to re-build, preserve and teach Meskwaki traditions to future generations

PROGRAM INFO:

The program includes constructed learning about Meskwaki traditional and cultural dialogs, parenting tips and provides awesome information to improve your relationships with family and friends.

WE NEED YOUR INPUT!

Please fill out the survey on page 17 to let us know the best time(s) to schedule programming. Return a completed survey to be entered into a drawing for your chance to win a $25 gift card. We will be giving away four (4) $25 gift cards in a drawing to be held on July 15th.

Call MNCSS for questions at (641) 484-9301.

more info @ MNCSS
641-484-9301

COMPLETE THE MNCSS SURVEY AND BE ENTERED INTO A DRAWING FOR YOUR CHANCE TO WIN A $25 GIFT CARD!

Choose to cut-out the survey page to the right (page 17), fill out and return to Meskwaki Nation Child Support Services OR use your smartphone to scan the bar code below.

If you complete the survey by paper, you can drop it off at any of the drop boxes in the following locations: Health Clinic, Seniors, Tribal Center, or Justice Center.

To scan the barcode below, simply take a photo of it via your smartphone. Your phone will direct you to the website where you can fill out the survey online.
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
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</thead>
<tbody>
<tr>
<td>1. Do you know what Positive Meskwaki Parenting is?</td>
<td>YES NO</td>
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<tr>
<td>2. Are you raising children?</td>
<td>YES NO</td>
</tr>
<tr>
<td>3. Would you like to improve your parenting skills?</td>
<td>YES NO</td>
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<tr>
<td>4. Which best describes your relationship to a child/ren?</td>
<td>PARENT</td>
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<td>GRANDPARENT</td>
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<td>ADOPTIVE PARENT</td>
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<td>FOSTER PARENT</td>
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<td>CARETAKER</td>
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<td>OTHER</td>
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<td>5. What is your relationship status?</td>
<td>MARRIED</td>
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<td>SINGLE</td>
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<td>WIDOWED</td>
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<td>OTHER</td>
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<td>6. Are you employed?</td>
<td>YES NO</td>
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<td>YES NO</td>
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<td>YES NO</td>
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<td>Full-time? (30+ hours per week)</td>
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<tr>
<td>Part-time? (Less than 30 hours per week)</td>
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<td>7. Are you a student?</td>
<td>YES NO</td>
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<td>YES NO</td>
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<td></td>
<td>YES NO</td>
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<td>Full-time</td>
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<tr>
<td>Part-time?</td>
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<tr>
<td>8. What day(s) are you able to attend a parenting class?</td>
<td>MONDAY</td>
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<td>FRIDAY</td>
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<td>SATURDAY</td>
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<td>9. Which time of the day are you available?</td>
<td>MORNING</td>
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<td>AFTERNOON</td>
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<td>NIGHT</td>
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</table>
WHAT ARE YOU WORTH?

A well known speaker started his seminar by holding up a $20 bill. In the room of 200, he asked, “Who would like this $20 bill?” Hands started going up. He said, “I’m going to give $20 to one of you but first, let me do this.”

He crumpled up the $20 bill. “Who wants it…?” Hands went up in the air. “What if I do this?” He dropped it on the ground & ground it into the floor with his shoe. He picked it up, now dirty, crumpled. “Who still wants it?” Hands went up in the air again. “My friends, we have learned a valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth $20. Many times in our lives, we are dropped, crumpled, & ground into dirt by the decisions we make & the circumstances that come our way. We may feel like we are worthless. But no matter what has happened or what will happen, you will never lose your value.” “Dirty or clean, crumpled or finely creased, you are still priceless to those who DO LOVE you. The worth of our lives comes not in what we do or who we know, but by WHO WE ARE.” “You are special, don’t EVER forget it.” Count your blessings, not your problems. Please pass these words along, you never know the lives it touches, the hurting hearts it speaks to, or the hope that it may bring. By Matt Hogan 7/06/2019

JULY AWARENESSES 2021

American Artist Appreciation Month
American History Essay Contest
Bereaved Parents Awareness Month
Family Fun Month
Family Reunion Month
National Blueberry Month
National Culinary Arts Month
National Fireworks Safety Month
National Foreign Language Month
National Grilling Month
National Hot Dog Month
National Ice Cream Month
National Peach Month
National Picnic Month
Purposeful Parenting Month
Read an Almanac Month
National Make a Difference for Children Month

125 YEARS AGO YOU DIDN’T HAVE TO ASK PERMISSION FROM THE GOVERNMENT TO:

- Collect rain water
- Go fishing
- Own a property
- Start a business
- Renovate your home
- Build a home
- Use a transportation vehicle
- Get married
- Hunt
- Own a weapon
- Cut hair
- Sell a product
- Protest
- Grow food on your property
- Set up a lemonade stand
- Sell food

You can do virtually nothing without being extorted by government and obtaining their permission first. If you still think you’re free, you’re deluding yourself! You live in a tax farm as free range humans.

FB: David.AvetideWolf
DID I MAKE PROGRESS IN THE 5F’S TODAY?
The uncertainties of 2020 continue to influence goals & plans, keeping many in "status quo" mode. Since 2021 began, what are your professional & personal goals? It's important to assess daily progress & overall use of time & energy. John Maxwell says "The secret of your success is found in your daily routine."

WHAT DID I MOVE FORWARD TODAY?
"When a problem appears too large, too intractable and too unspeakable to deal with, it's easy to give up." The key is to challenge yourself to take that right next step, no matter what your issues or concerns are.

WHAT DID I FINISH TODAY?
If you're feeling weighed down by tasks you started but didn't finish, set a time block in your day this week for the sole purpose of "finishing."

WHAT DID I FIGURE OUT TODAY?
This is important because it will feel good to figure out what to do. And never restrict yourself when figuring out the big stuff.

WHAT DID I DO TO FOCUS TODAY?
Don't expect focused work to happen... create your environment for it to happen.

WHAT DID I FAIL AT TODAY?
Change is not easy & many use what worked before instead of trying something new. Ask this question at the end of each day. This will encourage you to take more risk and seek better solutions.

Using this simple tool can be used for improvement. What questions assess your progress toward goals? Jones Loflin

If you fail, never give up because F.A.I.L. means First Attempt In Learning.
End is not the END. In fact, E.N.D. means Effort Never Dies.
If you get NO as an answer, remember N.O. means Next Opportunity.

CHANGE YOUR MINDSET!
Upon the death of an assignee:

1. The assignee is in compliance with the agreement of assignment and the provisions of this Article; and

2. The person named in the agreement of assignment needs the Tribal land for his own use and is able and willing to use the Tribal land.

Transfers or inheritance of homesite assignments are governed by the Policies & Procedures Manual as adopted and approved by the Tribal Council in Resolution No. 11-2019.

The words “shall revert back to the tribe” in paragraph (c) were added by Res. No 11-2019 as well as section (d). Paragraph (c) was modified to delete land assignments being devised.

Portions of Title 16 Property Code for Beneficiaries

Sec. 16-2210. Transfer and Inheritance of Land

If an assignee desires to transfer his land assignment to another eligible member of the Tribe, it will be the responsibility of the assignee to obtain the approval of the Tribe for the transfer. Such request shall be made in writing and shall follow the same procedures outlined in this Article for the initial assignment of Tribal land. Any purported transfer of a land assignment or any portion thereof or interest therein by an assignee not in conformance with this subsection shall be void and the land assignment shall be deemed vacated and relinquished.

In the event the person designated in an agreement of assignment is ineligible, a land assignment shall revert back to the tribe.

Portions of Housing Policies & Procedures for Beneficiaries

Sec. 3-6. Specific Requirements for Beneficiaries and Caretakers.

A beneficiary must be eligible for a homesite assignment under the Property Code. Beneficiaries aged 18 and over must undergo the Tribal Access Program and Tribal Court Records background checks.

If the beneficiary is a minor residing in the home at the time the home is assigned, the Tribal Council shall be the Trustee for the home until such time that the beneficiary reaches the age of eligibility. The Tribal Council shall appoint a caretaker for the home on behalf of the beneficiary.

Any such caretaker shall be required to sign a letter of agreement outlining the requirements and responsibilities of the position. Should the appointed caretaker fail to comply with the terms of the agreement, the Tribal Council shall revoke the agreement and name a replacement caretaker.

No person can be named as a beneficiary if they already have been granted a homesite assignment.

If a beneficiary does not live in the home at the time of the assignee’s death and does not wish to reside in the home, the homesite assignment shall be forfeited.

A beneficiary upon assignment must physically reside at the homesite, or else forfeit the homesite and the homesite shall revert back to the tribe.

Any caretaker will be subject to and must be able to pass the Tribal Access Program and Tribal Court Records background check.
July birthdays

Happy 68th Birthday Mama
I think sometimes a person’s spirit
is so strong that it never completely
leaves the Earth but remains
scattered forever among
all those who love them.

July 21st
Miss you every day

Happy Birthday Michelle!
We love you!

July 25th

Happy 2nd Birthday to our big Texas boy
Braxton
on July 6th!

We love you so much son

Love Mommy, Daddy, Gabby, Grandma, Grandpa, Auntie Cristina & Izzy

Have you ever wanted to work from home?

The Master Remote Work Professional Certificate is designed to equip people with the skills and tools needed to transition from on-site work into a virtual career. This course sets you up for success in working as a remote employee, online freelancer, or e-commerce entrepreneur!

Meskwaki Nation
Workforce Development Contact:
Stephanie Snow, Education Coordinator
stephanie.snow@meskwaki-nsn.gov
(641) 481-1855
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.)

Maintenance Tech I
Facilities Management

**DUTIES & RESPONSIBILITIES:**
- Performs specific cleaning and sanitary standards that is required for all Tribal Facilities.
- Monitors and adjust the heating and cooling systems to keep buildings comfortable.
- Performs floor care by scrubbing, stripping, waxing, and extracting as needed.
- Replenishes restroom supplies as needed.
- Performs snow removal of sidewalks and parking areas at Tribal Facilities.
- Performs grounds keeping tasks.
- Reports any malfunctions or emergency repairs in facilities, i.e. heating/cooling systems and electrical/plumbing fixtures to the Facilities Manager.
- Other duties as assigned.

**REQUIREMENTS:**
- High School Diploma or G.E.D.
- One (1) year experience in maintenance work is desirable. 
- Prefer prior experience and knowledge of infection control and Hazmat procedures.
- Prefer Commercial Driver’s License (CDL).
- Must possess a valid driver’s license and satisfactory driving record.
- Must be flexible and willing to work hours as specified.
- Ability to work with limited supervision.
- Must be willing to obtain training and certification for maintaining health care facilities.

**ANNUAL SALARY:** $22,609.60 - $33,571.20

**POSITION OPEN UNTIL FILLED**

*For full job descriptions & information visit: [https://meskwaki.applicantpro.com/jobs](https://meskwaki.applicantpro.com/jobs)*

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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

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**Meskwaki Language Teacher**
Meskwaki Settlement School

Shall be responsible for the daily operation, development, and implementation of the Meskwaki Language/Culture in the classroom, including teaching traditional Meskwaki values and related areas. Plan and organize the learning activities of the class with due regard to the individual differences and needs of the students.

**DUTIES & RESPONSIBILITIES:**
- Maintain order in the classroom and school premises, consistent with the Meskwaki Settlement School PBIS guidelines.
- Prepare unit plans and lessons for the class, in accordance with the Meskwaki Language & Culture Curriculum.
- Evaluate each child’s progress and plan instructional methods accordingly.
- Maintain all necessary records and enter grades for each student quarterly and at the end of each semester.
- Develop and maintain a positive learning environment for the utmost learning of each student.
- Attend student conferences and report regularly to the parent/guardian in regard to their child's progress, as needed.
- Work with general education teachers to incorporate Meskwaki Language & Culture into general education units and lessons.
- Attend all required staff meetings and professional development as directed by the Administration.
- Sign up for and carry out duties for extracurricular events.
- Plan and assist with Language/Cultural activities through the school year.
- Establish and maintain favorable relationships with tribal and local community groups.
- Encourage the use of the Meskwaki language school-wide.

- Comply with all employment-related policies, including but not limited to, the Staff Handbook.
- On a continuous basis, work with Language Staff members on materials and methods to continually improve the learning opportunities of all children.
- Other duties as assigned.

**REQUIREMENTS:**
- Minimum of a high school diploma or GED. Prefer AA Degree or equivalent post-secondary education.
- Prefer ability to speak, read and/or write Meskwaki Language fluently.
- Working knowledge of the Meskwaki Language/Culture.
- Must possess a valid driver’s license.
- Must pass a pre-employment drug screen.

**SALARY: DOQ**

**POSITION OPEN UNTIL FILLED**

*For full job descriptions & information visit: [https://meskwaki.applicantpro.com/jobs](https://meskwaki.applicantpro.com/jobs)*

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**Laborer**
Public Works

**DUTIES & RESPONSIBILITIES:**
- Perform road maintenance as required by road conditions.
- Perform maintenance related to sewer and water.

---

*Are you awesome? we’re hiring.*
Records Management Clerk

Tribal Court

Responsible for performing specialized records management duties, primarily the scanning and importing of all Meskwaki Tribal Court case file documents into electronic records.

**DUTIES & RESPONSIBILITIES:**
- Electronic scanning of paper records to convert into electronic format.
- Add electronic files into computer in digital database.
- Ensure paper case file records are accurately documented and complete.
- Disassemble and re-assemble case files.
- Create new folders and files.
- Perform data entry.
- Store and extract information from computer programs.
- Generate records management reports.
- Strictly adhere to all confidentiality procedures and privacy policies.
- Provide staff support to the Clerk of Court’s.

**REQUIREMENTS:**
- High School Diploma or GED required.
- Possess a minimum of 1 – 2 years’ relevant experience required, preferably in a professional services environment, or working in a file or records clerk capacity, or equivalent.
- Excellent communication (verbal and written) and organizational skills.
- Detail oriented and exceptionally attentive to accuracy.

**Solid Waste Technician**

Public Works

**DUTIES & RESPONSIBILITIES:**
- Operate garbage or recycling trucks on assigned routes.
- Collect waste and load it into bins or trucks.
- Operate compacting equipment.
- Inspect mechanical and safety gear on trucks daily.
- Report mechanical problems with equipment.
- Document commercial waste disposal loads and frequency.

**REQUIREMENTS:**
- High School Diploma or GED and one (1) year of experience in solid waste.
- Must possess a valid Driver’s License.
- Must possess a valid CDL.
- Other duties as assigned.

**HOURLY SALARY:** $11.33 - $17.31

**POSITION OPEN UNTIL FILLED**

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

RILEY BULEY
Senior Water Program Lead

Hi there, I’m Riley Buley and I’ve recently began working with MNR as the Senior Water Program Lead. I will be helping to implement Tribal Water Quality Standards and the Water Quality Certification Program.

I have a Ph.D in Fisheries and Aquatic Sciences from Auburn University, B.S. and M.S. in Aquatic Sciences from the University of Wisconsin-LaCrosse. I am eager to use what I have learned in my education towards protecting midwestern waterways.

Before taking the position with MNR, I worked with the US Geological Survey, researching ways to stop the spread of aquatic invasive species.

My fiancé, Sam, and I are looking forward to exploring the area!

THOMAS PETERS
Conservation Aide

Hello, I am Thomas Peters and recently took on a new position with Meskwaki Natural Resources as a Conservation Aide. In my new role as a Conservation Aide I will be working with the buffalo herd as well as other project such as forestry and agriculture.

Prior to this I was a Seasonal Field Technician with MNR, though more recently I had been working as a Utility Locator.

I enjoy being outside as well as working with animals.

EMPLOYMENT OPPORTUNITIES

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

JOB SPOTLIGHT

BUFFET HOST/HOSTESS FT $9.50/HR

Welcomes guests, seats them at tables, and helps ensure quality service. Frequent lifting and carrying up to 25 pounds will be required. Previous host/hostess experience preferred.

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!
106th Annual
MESKWAKI POWWOW
Where East Meets West

2021 AUGUST 12-15 EVERYONE WELCOME!

- Competition Dancing
- Native Arts & Crafts
- History Exhibit
- Food & Fun

MESKWAKI POWWOW GROUNDS
4 MILES WEST OF TAMA, IA

For Hotel Reservations Call 1-800-728-4263

Meskwaki Powwow Association is not responsible for accidents, thefts, or vandalism

www.MESKWAKIPOWWOW.com

Vendor Information
Vendor application forms are available at the Tribal Center or on-line at www.meskwakipowwow.com.
Contact Cheyenne Jefferson at (641) 691-0131 for more information.

Are you interested in sponsoring a family special? If so, please contact Jerod Pushetonequa at (641) 481-1328.

106th Annual Meskwaki Princess Contest
Weds, Aug. 11th at 7 PM
Contestants can sign up at the event!

Thursday: Grand Entry at 7 PM
Friday & Saturday: Grand Entry at 1 & 7 PM
Sunday: Grand Entry at 1 PM

PLEASE NOTE: NEW GRAND ENTRY START TIMES!
**JULY 2021**

“Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.”

- Langston Hughes

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**Meals are subject to change without notice!**

1. Pork Brisket
   Confetti Rice
   Peas & Carrots
   Watermelon
2. Ham & Cheese w/ Wheat Bread
   Tomato Soup
   Pears
3. Ham & Eggs
   Breadstick
   Chef Salad
   Yogurt w/ Fruit
4. Garden Salad w/ Turkey
   Garlic Toast
   Cantaloupe
5. Walking Tacos w/ Ground Beef & Chips
   Lettuce/Tomato/Onion Watermelon

**Meskwaki Nation Times**

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

VISIT US ON-LINE FOR THE MOST UP-TO-DATE INFORMATION POSTED DAILY!

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.

**Sac & Fox Tribe of the Mississippi in Iowa**

**MESKWAKI NATION**

349 Meskwaki Road
Tama, IA 52339-9634

**Meskwaki Nation Times**

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

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**MESKWAKI TRIBAL OPERATIONS INCLUDING THE HEALTH CLINIC AND PHARMACY WILL BE CLOSED FOR THE HOLIDAY ON MONDAY, JULY 5TH AND AGAIN ON TUESDAY, JULY 13, 2021 IN OBSERVANCE OF MESKWAKI NATION DAY.**

**JULY 2021**

Please call before 10:00 A.M. if you know you will not be home for your meal! Call 484-9224. Thank you.

Menus

1. Pork Brisket
   Confetti Rice
   Peas & Carrots
   Watermelon
2. Ham & Cheese w/ Wheat Bread
   Tomato Soup
   Pears
3. Ham & Eggs
   Breadstick
   Chef Salad
   Yogurt w/ Fruit