Meskwaki Nation Times

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 18 Issue 06 | June 2021

The Swans, the Meskwaki Nation's first female Lacrosse team, shown above after winning the Lacrosse Tournament recently held in Omaha, Nebraska.

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
• Higher Education	484-3157
• Historical Preservation	484-3185
• Housing/Realty	484-4972
• Human Resources	484-4678
• Information Technology	484-9245
• Language Preservation	484-3185
• Media Services	484-9439
• Natural Resources	484-3511
• Police	484-4844
• 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

June 9 @ 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:

JUNE 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.

TRIBAL COUNCIL LIFTS COVID-19 RESTRICTIONS

Due to the high vaccination rates in our community and the substantial decrease in the number of positive Coronavirus (COVID-19) cases in Iowa and across the Sac and Fox Tribe of the Mississippi in Iowa (Meskwaki Nation), the Tribal Council will lift all restrictions across the Meskwaki Settlement.

The Meskwaki Nation's mission is "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." With this mission as its foundation, the Tribe now seeks to move forward toward normal operations following a year of COVID-19 protocols including mask mandates, restrictions on social gatherings, and mandatory temperature checks.

The Tribe slowly and methodically began bringing back its day-to-day operations back in June of 2020. The Tribe followed the guiding principles as decisions were made in the best interest and safety of the community during the height of the pandemic including:

- Served and supported the needs of the Meskwaki community with compassion and flexibility.
- Prioritized and reopened programming and services with regard to their impact to the community based on the health and safety of the Meskwaki people, community members, staff, and visitors – with extra care and consideration of the most vulnerable populations on the Settlement, its elders and youth.
- Followed medical advice and directions from Meskwaki Health Services and CDC guidelines.

Beginning June 1, 2021, Tribal Council will lift all restrictions put into place by the approved Meskwaki Nation Reopening Plan. In order to continue to serve the Meskwaki community in a more expanded capacity, the following activities are included:

- Administrative buildings will open at pre-COVID-19 status with access to anyone. Temperature checks will no longer be required.
- Only those community members and staff who are NOT fully vaccinated against COVID-19 will be required to wear a mask. The "honor system" for mask requirements will be put in effect. All non-Settlement visitors to the community will still be required to wear masks.
- Buildings will no longer hold limits on capacity. Programmatic activities may resume full-time as deemed fit by the program director.
- All social, community, recreational, leisure, and sports gatherings and events are now allowed at all locations and venues on the Meskwaki Settlement.
- In-person meetings may resume in all Tribal buildings. Non-vaccinated employees and guests must wear masks for the duration of the meeting unless eating or drinking. Fully vaccinated employees and guests are not required to wear masks unless they choose to do so.
- The Tribal Center gym and snack bar will re-open for community use.

Tribal Council is grateful to every community member who has demonstrated incredible resolve and support for one another during the pandemic. The Tribe vows to continue taking the necessary actions to promote safety on the Meskwaki Settlement and seeks to re-enlist the community's ongoing support to keep the coronavirus at bay through ongoing education, communication, and vaccine availability.

For more information and/or questions on the Meskwaki Tribal Operations Reopening Plan, contact Executive Director Lawrence SpottedBird at (641) 484-9229.

**The above information relates to administrative buildings and departments associated and connected to the operations of the Meskwaki Tribal Government. Guidelines for the Meskwaki Bingo Hotel and Casino, the subsidiaries included within Meskwaki, Inc., and other Tribally owned entities may and will differ.*

HISTORICAL PRESERVATION

A NOTE FROM HISTORIC PRESERVATION

Hello Meskwaki Community!

Summer is almost here but it doesn't really feel like it with the cool, rainy weather we had while I was writing this. I know this cool weather will pass as it always does and summer will be here soon enough. Hopefully everyone is getting their gardens in and enjoying the warmer weather. I'd like to thank Food Sovereignty for the beautiful seeds and seedlings that were shared with our community. The seeds will go a long way towards helping our community eat better and healthier in the coming months. It's also an opportunity for us to grow our traditional corn and our Indian corn is one of the most valuable things we carry as a people and we cannot place a monetary value on it. Making these seeds available to our community is one of greatest things this program does for us. Ketebi Food Sovereignty for everything you do!

As I write this, families in our community are getting ready for graduation celebrations and High School, and College students have walked or will walk the stage to accept their diplomas. I celebrate every one of you and wish you nothing but success in whatever you choose to do. You have made us all proud! Doing this during a pandemic is nothing short of a miracle, so congratulations!

Since the weather is beginning to warm up, our museum may be opening our door to visitors again but we haven't been given a go ahead yet. It's also time for us to begin working on our cattails again. We need to continue cleaning and cutting cattails in order to start weaving mats again. Each step of this process is important and making these mats is an old cultural practice for our tribe, which means we follow traditional protocols. We use tobacco for prayer and we give thanks to creator for these plants.

We intend to follow this practice and hope that anyone involved will do so as well. Our people have been very fortunate to have been able to retain cultural integrity when it comes to respect and observance of protocols regarding tobacco. That being said I ask women that are on their time to refrain from participating. Be respectful of these rules because it will reflect on our work if you don't. We use tobacco before we start working, and we treat our plants with the upmost respect. Prayer is an important aspect of everything we do. We pray before we harvest and we make a promise to these plants that we will be respectful and use them to help our families, we let them know when it's our time to pass, our bodies will return to the earth and will take care of their families. This is a teaching I was given and I do my best to practice and share.

~ Bonabiga- Mary Young Bear

COVID SAFETY

MESKWAKI COVID-19 UPDATE

As of May 25, 2021 the COVID-19 positivity rate for the Meskwaki community remains at zero. The Clinic, while conducting substantially less daily testing, has had zero positive cases of COVID-19 in well over two weeks. This is amazing news as we have not had this success against COVID since the pandemic was first realized back in February of 2020. The vaccines have played a major role in this reduction of cases. The Clinic has received a total of 6,880 vaccine doses and have administered 4,014 doses to date. This includes vaccinating the Meskwaki community and assisting schools, businesses, and other outside communities in Iowa. Staff continue to provide the vaccine to anyone wanting one and will continue to provide outreach to other communities in the months ahead.

The CDC recently updated much of the guidance with regard to those individuals vaccinated. Fully vaccinated people can now go without masks, do not have to quarantine if/when exposed to a positive COVID-19 individual, and are for the most part, back to pre-COVID activities. For those non-vaccinated individuals, the rules of exposure and quarantine will remain in effect. Overall the response to the vaccine has been very positive. Anyone 12 and older is currently eligible with studies being done on the efficacy in children as young as 2 years old. The initial hope is to have the vaccine ready for all school aged children by this fall to ensure a safe and productive learning environment for the next school year.

We will continue to monitor and share factual information on any changes that come to us regarding COVID-19 and/or vaccine updates. Finally, the Health Clinic encourages everyone to get the vaccine to help protect yourself, loved ones, and others from the Meskwaki community.

Thank you,
~ Rudy Papakee, MHA
Health Director

LACROSSE MAKES A COMEBACK ON THE MESKWAKI SETTLEMENT

Picture by Tashina Azure

In 2016, Britt Mitchell and Youth Services Director Tashina Azure began reintroducing the game of lacrosse to the Meskwaki Nation. Starting with just 10 boys, Mitchell brought out all his old sticks and gave them to the kids to use. The program grew from there.

After teaching the youth the basics, he had enough kids to field three boys' teams across the Iowa Lacrosse Association, with one team capturing second place their first year. Adding more kids each season, the program saw 55 boys participate before COVID-19 halted their season.

This spring, Mitchell added a girls team named the Swans.

After an undefeated first season, the Swans recently traveled to Omaha, Nebraska to play in a tournament held at Creighton Preparatory School. They played 3 games and won, taking them to the championship game where they defeated the West Des Moines Tigers in the final game to take 1st place. (See picture on the cover of this month's Meskwaki Nation Times.)

Participants included: Karsyn Wolf, Dorothy Bear, Eva Roberts, Genecia Cooper, Sade Kapayou, Cahysia Kapayou, Isabella Kapayou, Miley Perez, Johnelle Roberts, Isabella Bear, LaLaya Shuckahosee, Sunshine Youngbear, Bree Scabbyrobe, Nevaeh Buffalo, Aurora Bear (Not pictured: Viviana Wanatee). Coaches were Britt Mitchell, Zane Old Bear, Darrion Murray, and Jenn Wanatee.

Lacrosse is a team sport played with a lacrosse stick and ball. It is the oldest organized sport in North America, with its origins coming from a tribal game often called "stickball" played by Native people across the Eastern Woodlands areas. In its beginning, it was played to thank the Creator for the life and gifts given. Sometimes it was played to settle tribal differences or to prepare warriors for hunting and battle. It was often played with no set number of players. The game was originally played with a wooden ball, which was later upgraded to a ball made of deerskin and stuffed with fur and included wooden sticks topped with a net made of deer sinew.

IHSAA

2021 TRACK & FIELD STATE QUALIFIERS

MAY 20-22 DRAKE STADIUM DES MOINES, IA

Sia Bear (FR) - Girls Long Jump

Trusten Rosenberger (JR) - 4 x 800M Relay & 800M

Taurice Grant (SR) - 100M, 400M, & Boys Long Jump

Eli Keahna (SR) - Boys Shot Put

Shye Johnson (JR) - 1500M & Girls Long Jump

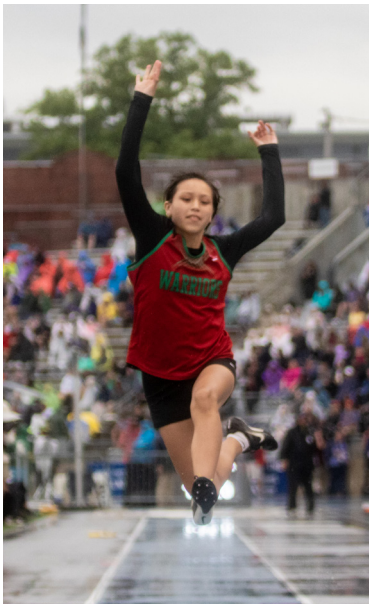
Aaron Campbell (JR) - Boys Discus

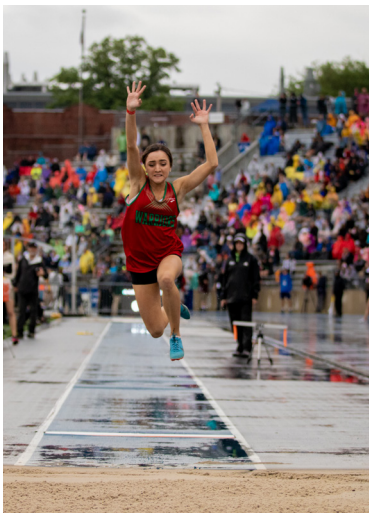
CONGRATULATIONS!

2021 IHSAA Track & Field State Meet

I had the opportunity to see and capture some Meskwaki athletes participate at the 2021 IHSAA Track & Field State Meet on Thursday, May 20 at the Blue Oval. Rain or shine, it was awesome seeing these amazing student-athletes competing against the best in the state. Congratulations and job well done to all of our state qualifiers. We are all very proud of each and every one of you. ***~ Kiyanna Pushetonequa, Media Services.***

Pictured are:
Sia Bear (Freshman at MHS)- Daughter of Shoshonis Brown and Matt Bear
Shye Johnson (Junior at MHS)- Daughter of Stephanie Vest and Jeremiah Johnson
Trusten Rosenberger (Junior at STC)- Son of Tamara Mauskemo and Ty Rosenberger
Taurice Grant (Senior at MHS)- Son of Christina Alamo and Garner Grant
Eli Keahna (Senior at STC) - Son of Marsha and Verlyn Keahna
Aaron Campbell (Junior at GHS) - Son of Kathleen and Dan Campbell





LANGUAGE PRESERVATION UPDATES

The Meskwaki Language Preservation Department resumed the Meskwaki Language for Adult Beginners classes in March of 2021. All classes are meeting via Zoom Video Communications.

Group 25 of the Level I Learners meet with Kidasea on Wednesday morning from 10:00 A.M.-12:00 P.M. Group 26 of the Level I Learners also meet with Kidasea on Wednesday evening from 6:30 P.M.-8:30 P.M.

Group 12 of the Level II Learners meet with Netawi on Tuesday evening from 6:30 P.M.-8:30 P.M. Group 13 of the Level II Learners also meet with Netawi on Wednesday evening from 6:30 P.M.-8:30 P.M.

Group 7 of the Level III Learners meet with Ketabia on Monday evenings from 6:30 P.M.-8:30 P.M. Group 8 of the Level III Learners meet also meets with Ketabia on Thursday morning from 10:00 A.M.-12:00 P.M.

Group 5 of the Level IV Learners meet with Medenea on Tuesday evenings from 6:30 P.M.-8:30 P.M.

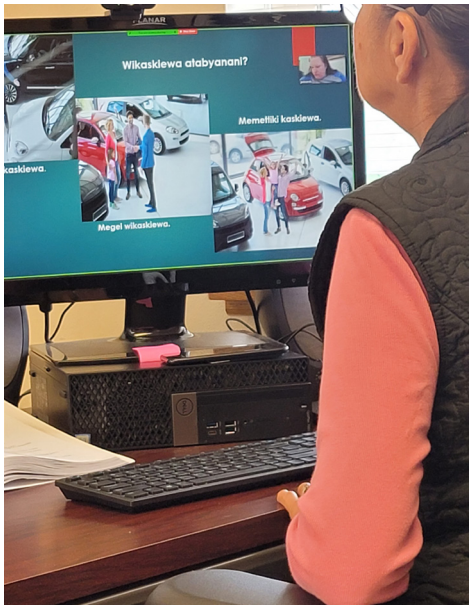
There are currently sixty-one (61) active learners participating in this current 16-week session of the Meskwaki Language for Adult Beginners classes. We anticipate all Groups to complete the session by the end of July 2021. Fifty-two (52) learners are ikwewaki while nine (9) are neniwaki.

To date, 282 metoseneniwaki have contacted our program to express their interest in participating in our Meskwaki Language for Adult Beginners classes.

To date, seven learners have successfully completed all five levels of the Meskwaki Language for Adult Beginners classes currently being offered. These seven learners have participated in over 120 hours of class time. Wettitawi to Ladonna, Wanasattia, Kiyasikwa, Bemisekwa, Wakosige, Bemosaha, kaoni Ttinabia!!

If you're interested in participating in our adult beginner class please contact us at 641.484.9288; send us a message via Messenger; send us a message on our Facebook page "Meskwaki Language Preservation" or send Anemakekwa an email at oa.languge@meskwaki-nsn.gov.

Thank you!



Are you at risk for diabetes?

MESKWAKI HEALTH CLINIC dietitian

UPCOMING EVENTS

June 8th and 9th - 8 to 10am Sign-up for the Red Earth Gardens Share program at Health Clinic. Call for details.

June 9th at Noon @ Zoom "Cooking for One or Two" from the Iowa State University Extension and Outreach Nutrition Program. Call to sign up.

June 23th from 1-4 pm Red Earth Gardens Share program. All diabetes participants can pick up a bag of veggies.

JUNE 27th from 10-2 pm GOLF OUTING (See flyer printed on the right.) Please sign up by June 18.

July 5th - 5K WALK/RUN Registration start at 9 am, run starts at 10am!

July 5 from 11am - 1 pm Community Holiday cookout. Watch for details.

Have you been diagnosed with prediabetes?

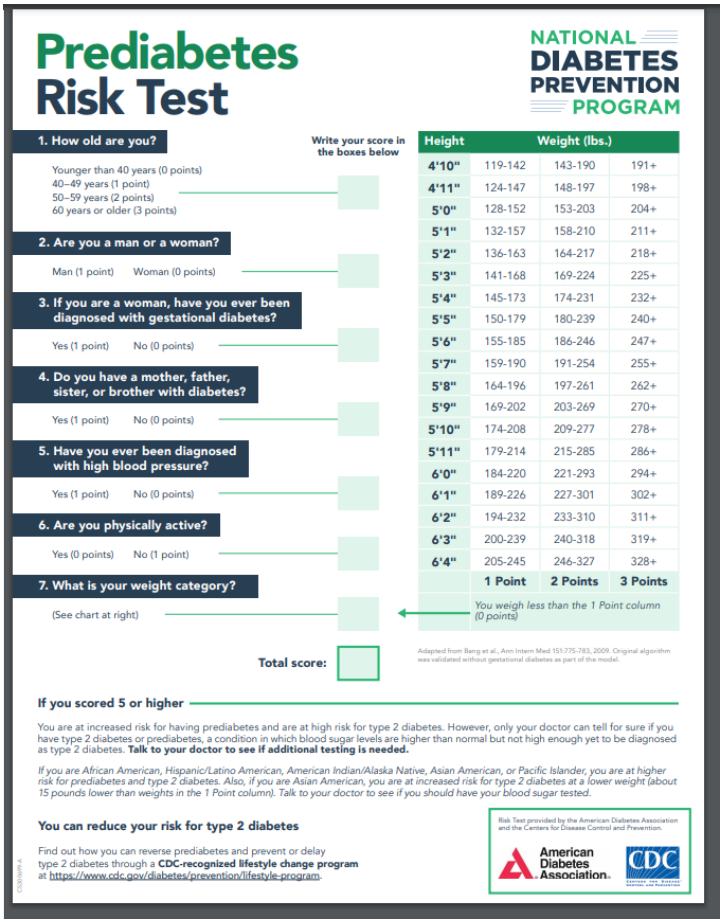
Did you know more than 1 in 3 American adults has prediabetes? 90% of Americans with prediabetes but don't know it.

We are here to help you learn about ways to prevent or delay developing diabetes. Prediabetes is treatable! Here's how:

- **Lose weight!** Helping participants lose 5-7% of their body weight is the goal for our diabetes prevention program. (That equates to 10-14 pounds for a person who weighs 200 pounds.)
- **Become more active!** We help participants gradually increase their physical activity to 150 total minutes per week.
- **Eat heathy foods!** By eating smaller portions, participants can reduce fat in their diets and discover healthier food options.

We are looking for community members who want to make changes in their health by participating in the Diabetes Prevention Program offered by the Halt Iowa app. Participants are able to learn from a trained lifestyle coach, gain support from other community members, and learn skills to be successful. The program is a year in length.

If you would like to sign up for the Diabetes Prevention Program, call (641)484-9421 or email Jennifer Scales at jennifer.scales@meskwaki-nsn.gov.



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

Case no.: NC-2021-0003

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)
   JENNIFER DAWN WANATEE

   To proposed name (first, middle, last)
   JENNIFER DAWN SEABOY

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: **June 22, 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: April 8, 2021

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

Case no.: NC-2021-0002

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)
   AMARIS LYNETTE LENORA WALKER

   To proposed name (first, middle, last)
   AMARIS LYNETTE LENORA ROBERTS

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: **June 2, 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: March 31, 2021

TRIBAL EMERGENCY RENTAL ASSISTANCE PROGRAM

Frequently Asked Questions

The Sac and Fox Tribe of Iowa Meskwaki Housing Program will administer the Tribal Emergency Rental Assistance Program (TERAP) through local networks of nonprofit agencies is coming soon. TERAP can provide rental and utility assistance for eligible renter households so they can retain their housing stability.

WHO IS ELIGIBLE

TERAP can serve renter households that have incomes less than 80% of Area Median Income (AMI) of their County of Residence and who can meet the following:

A. Adults over the age of 18 (Valid ID)
B. Native American (CDIB OR Tribal ID)
C. Obligated to pay rent on a residential dwelling
D. Household member can demonstrate a risk of experiencing homelessness or housing instability
E. Proof of household total income is at or below 80% of area median income
F. Proof that at least one household member had one of these COVID Hardships

1	2	3	4
Qualified for unemployment during pandemic	Experienced reduction in household income due to COVID	Experienced financial hardship due to COVID	Incurred significant costs due to COVID

WHO IS NOT ELIGIBLE

Households with income above 80% of Area Median Income
Households that cannot prove a COVID hardship
Households that cannot prove risk of homelessness or housing instability
Households that are homeowners, land contract holders, or those living in commercial properties

HOW DO I APPLY?

By Paper	Digitally or Online
If you do not have access to a printer or like using pen and paper, an Applicant Packet can be picked up at the Tribal Center, the Health Clinic, the Tribal Court, Family Services Office, Child Support Office, or the Meskwaki Housing Office.	If you do have access to a computer and a printer, you can download the Applicant packet by going to. URL

HOW MUCH ASSISTANCE CAN I RECEIVE?

The amount of assistance you can qualify to receive depends on how much rent and/or utilities you owe. This program will formulate your household's total income during the pandemic and determine how much funding to award. Our program assistance is meant to help your household fill the gap between your income and expenses for the size of your household.

IS THERE A LIMIT OF ASSISTANCE?

YES. Payments are made in three month increments. If you are in arrears more than 3 months, we can pay what you owe every 3 months until the payment is fulfilled if you qualify for more than 3 months. Allowable rent or utility owed can only go back to:
March 13, 2020

WHAT TYPE OF RENTAL COSTS QUALIFY

Rent in arrears or owed
Housing Stability Services like:

- Rental deposit and first month's rent
- Renters who live in unsafe or unhealthy living conditions. If your rental is being repaired and you are temporarily living in a motel, the cost of the motel room is considered an eligible service. The applicant will need to provide the landlord's statement proving the repair and your temporary living arrangement. A copy of the motel bill will also need to be provided. An approved amount is limited to the cost of the room and does not cover other incidentals.

WHAT TYPE OF UTILITIES QUALIFY

Past due or shutoff notified renters
Types of Utilities:

- Electricity
- Fuel Oil (Propane)
- Natural Gas
- Water and Sewer
- Trash Removal
- Internet Service: internet service is a vital service that allows renters to engage in distance learning, telework, telemedicine and obtain government services. Applicant will need to provide a bill or invoice, some evidence of payment to a utility provider.

WHAT TYPE OF APPLICANT DOCUMENTS ARE REQUIRED TO DETERMINE ELIGIBILITY?

A valid driver's license, State or Tribal ID
A Certificate Degree of Indian Blood (CDIB) from their Tribe or Tribal ID
A Copy of Rent or Lease Agreement OR Landlord Attestation of obligation to pay rent
Provide an acceptable form of documentation such as:

- Determination letter of unemployment benefit
- Employer letter stating reduction of hours OR
- Applicant Attestation

A notice of past due rent or eviction letter OR an attestation from Landlord or the Applicant
Paystub, W2, other wage statement, tax filing (Tax Year 2020), bank statement, or employer verification letter, or written attestation
Provide the determination letter received from a Federal Government Assistance Program
Applicant Attestation

This program is tentative - but should be approved this month.
Checkout www.meskwaki.org/TERAP for more info.

Sec. 3-5: Application Approval & Selection Process

1. A COMPLETE application is submitted & an Approval and Selection Acknowledgment is provided
2. The Realty Officer (RO) will run a complete background check make an initial determination of eligibility based upon the background check.
3. After the RO verifies basic eligibility criteria, the application will be submitted to the Housing Committee (HC) for review. If the HC finds the application eligible, the applicant shall be added to the waiting list and the RO will send a certified letter with return receipt notifying the applicant.
4. If the HC finds the applicant ineligible to be placed on the waiting list, RO shall send a certified letter with return receipt within thirty (30) days of date of denial.
5. Upon completion of HC review, the HC will submit to the Tribal Council a recommendation for approval **after a homesite is available** and prior to the time of turnover.
6. Once approved by the Tribal Council, the Tribe and the assignee shall enter into a written Homesite Assignment Agreement as approved and adopted by the Tribal Council
7. Once the Tribal Council approves an application and a homesite assignment has been approved, the Housing Department will assist the assignee in the selection of a homesite.

This is the third highlighted portion of the Housing Policies & Procedures. We intend to strengthen communication and build understanding of how the department operates. Each department has their own set of Policies and Procedures or Standard Operating Procedures (as some are called) to aid in consistent operations. Some departments also have desk guides to outline the activities of a specific position and they help during times of turnover.

Why is this important to you? We want to share how departments operate. We are responsible to follow execution of fair and equal practices set inside our codes and/or policies. And we don't all do the same job, each of us have a guiding document to fulfill the tasks associated with our individual responsibilities. This is how we can start building a shared understanding of how we operate.

If you would like to sign up to be added to our email list, copy and paste this web address to a browser:
https://forms.gle/yDePonVQrwWeeouE6

Meskwaki Elders Circle

WORKING TOWARDS BRIGHT FUTURES

The Meskwaki Elder Circle (MEC) will be in transition over the summer. The MEC monthly meetings have been on hold due to COVID-19. Recent progress from the vaccine clinics and relaxing restrictions throughout the counties and state may enable the MEC to meet sooner. MEC members will receive notice on timelines via MNT newsletter and direct mail. Once meetings resume we hope to organize a MEC Team meeting to discuss further updates and get back on track with our mediation trainings/meetings. MEC will resume monthly meetings, lively discussions, and mediation training to prepare for full family mediation sessions.

MEC is welcoming new team members, so if you are interested in joining our MEC team please reach out to Kayla Wanatee at 641-484-9333.

The current MEC Coordinator, Kayla Wanatee will be concluding her duties in the next few months with MEC. She will be leaving to further her education. Kayla will continue to work with the MEC to assist with the transition by getting future meetings and trainings organized before her departure. The new MEC Coordinator will be introduced and trained for a smooth transition. Kayla supports the Meskwaki Elders Circle team members and families through competent mediation services provided to the families served by the MNCSS and providing a collaborative platform to address child support matters in an environment of respect, honesty, humility and compassion.

"Thanks to the MEC members and their efforts to creating a support system for the families of our Tribe. With the care and understanding they carry, I believe the MEC and families they serve have a bright future."

-Kayla Wanatee, MECC

Benefits of Mediation

	MEDIATION	LAWYERS + COURT
time	days or weeks	months or years
money	$1,000 - $3,000 (usually)	$20,000 - $100,000 (usually)
feelings	keep distress to a minimum	anxiety, depression, hostility
power	YOU decide	a judge tells you what to do
later	improved ability to cooperate for children's benefit	long-term resentment and bitterness

700 TAX RETURNS COMPLETED THIS YEAR

The 2020 tax season is finished! I would like to send a big thank you to the volunteers Amy Dye, Tiffany Kunkel, and Dalyn Wabaunasee for helping complete just over 700 tax returns this year. The Tama site was one of two locations to increase the number of tax returns completed over the 2019 tax season with a 27.2% increase. Through completion of returns, the group compiled $1,053,925 in federal refunds and $93,039 in state refunds. We will bring the free tax services back again next year so if you are interested in volunteering, please let me know and I can keep your information for training next tax season. The more volunteers, the more availability we have to help the community.

I would like to thank you all for allowing us to complete your returns and will see you again next year. If you still have not filed and/or need assistance, please don't hesitate to reach out and I can assist.

Thanks again,

~ Rudy Papakee - Tama Tax Site Coordinator

MNR

NOT SURE WHO TO CONTACT ABOUT WILDLIFE AND HUNTING ISSUES?

Phone:	484-3511	484-4844	484-9386
Concern	MNR	MNPD	MAP Pest Control
Hunting regulation	X	X	
Hunting Enforcement		X	
Domestic animal concerns		X	
Domestic animal health programs	X		
Wildlife habitat management	X		
Wildlife health (e.g. CWD, rabies, etc)	X		
Wildlife surveys & data collection	X		
Wildlife Identification and desired habitat	X		
Injured wildlife concerns	X	X	
Wildlife in resident buildings (garages, sheds, etc)		X	X
Deer in roadside ditches		X	

BUFFALO EXPANSION PROJECT

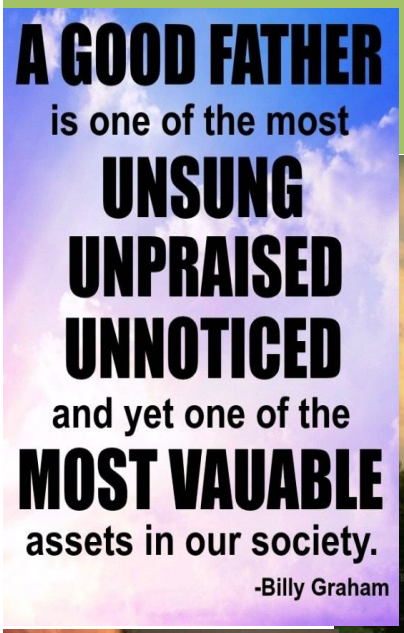
MNR is excited to finally announce the completion of the 72 acre buffalo expansion project. Over the past 4 years, MNR staff have worked tirelessly to complete the fence, restore the prairie habitat, and complete the watering systems for the herd for additional summer grazing land. Starting as early at this week (May 26), the expansion gates may be closed and locked for a period of time, up to 2 weeks, to allow the buffalo to graze the new paddocks! If you need access to the area during the short period of time, please use the outside perimeter or trails throughout the east forest.

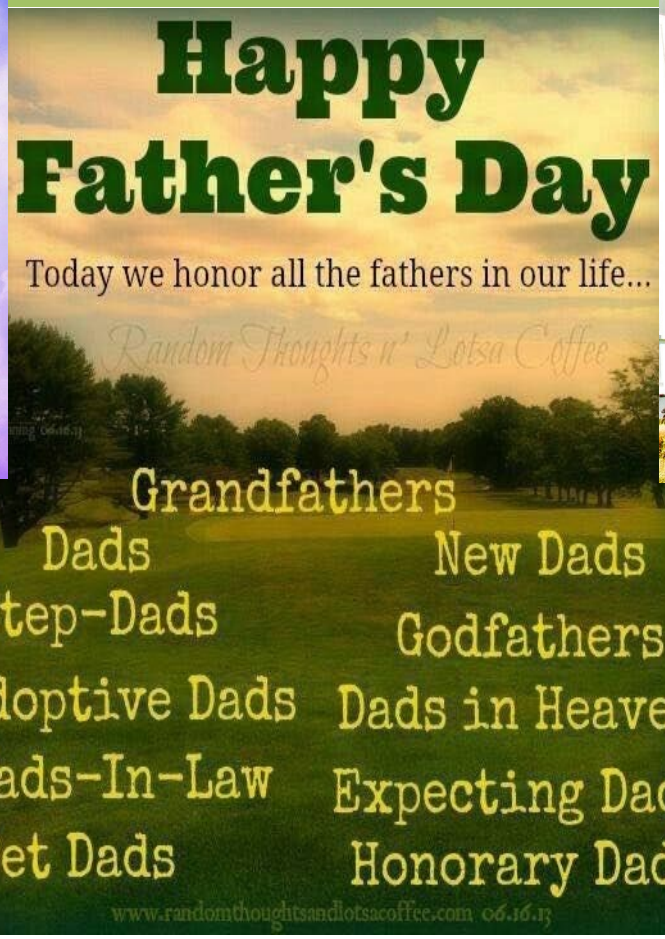
As a reminder: if you damage any fence from driving, please notify MNR staff immediately at 641-484-3511.

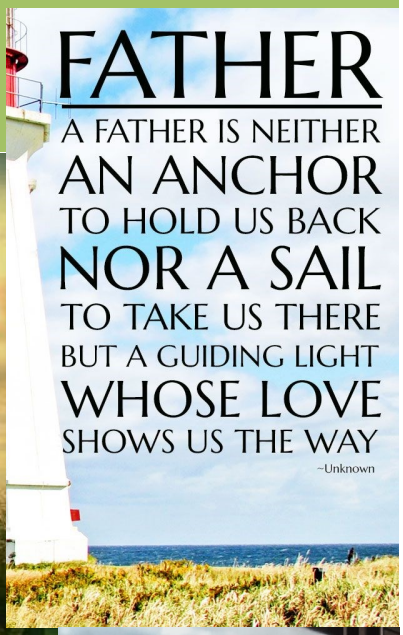
Kudos to Kelly Schott for achieving her 15th year Anniversary working for the Tribe in the Natural Resources department. MNR would like to thank her for all your hard work and dedication!

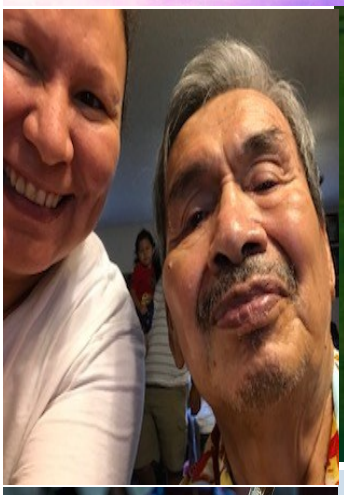
MNCSS HONORS ALL THE FATHERS & FATHER FIGURES

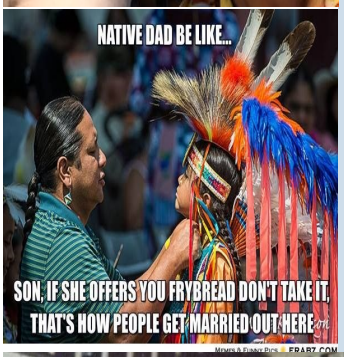
"MY GUIDING LIGHT" VIRTUAL PHOTO CHALLENGE











Meskwaki Nation Child Support Services (MNCSS) honors all the amazing Father figures & how they teach & guide you to live a healthy life!

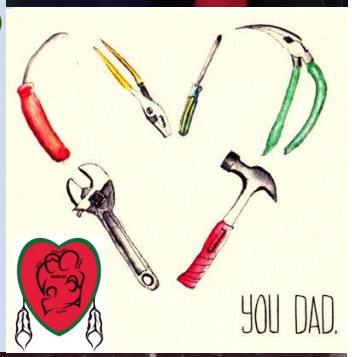
How to Enter: Submit photo (up to 3) of you and your Father figure (s) making healthy lifestyle choices.

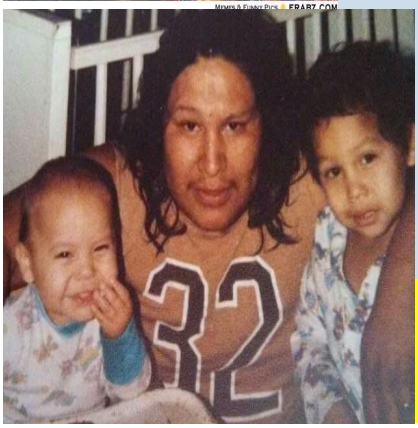
Where to Enter: Meskwaki Nation Child Support Services Facebook page, Meskwaki Nation Child Support Services FB Messenger, or send via text to Kimberly's cell #641-481-0847.

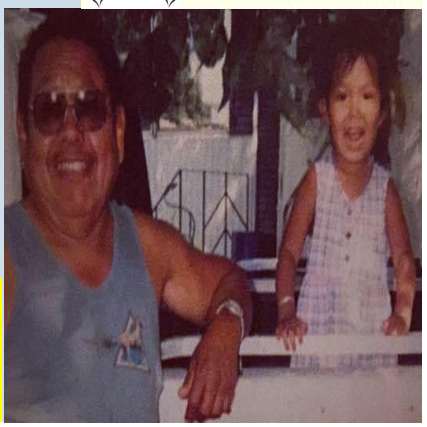
Dates for Submission:
NOW until June 30, 2021.

***T-Shirts will be given to those in the photos in July. ***

Add phone # & T-shirt sizes for those in photos; Photos will be displayed on the MNCSS Facebook Page & in an upcoming special edition newsletter





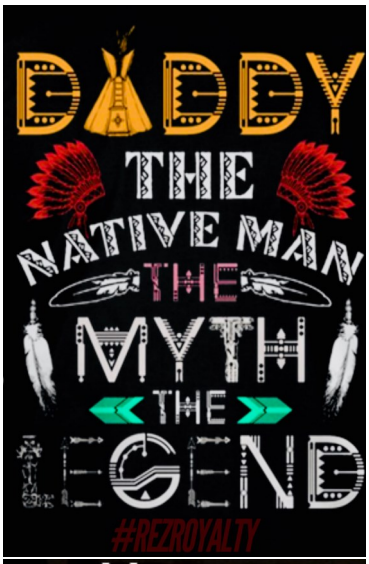


PARENTING SKILLS CHECKLIST

Each area is important in rearing healthy, happy, & successful children. The Checklist is for you to use.

- I'm consistent, firm, fair when I discipline my child.
- I teach them to identify choices & make decisions.
- I know where my child is, what he or she is doing, and with whom.
- I create family routines, meals, & activities together.
- I require my child to do chores & work for family.
- I put my child's school work on a wall, refrigerator, or bulletin board.
- I teach my child to respect other adults & authority.
- My child knows the rules/expectations in our house.
- I read & respond to information sent home regarding achievement of my child.
- I teach my child to tolerate differences in others.
- I help my child when they have difficulty in school.
- I am an example by not abusing alcohol or drugs.
- I hug and show affection to my child daily.
- I stress education by daily reading, checking homework, participating in teacher conferences, open houses, and volunteering my time or resources.
- I know my child's teachers & keep in contact.
- My child is in school, on time, every day.
- I show hard work & personal responsibility.
- I set aside time each day to share their school day.
- My child has sufficient rest and nutrition daily.
- My child receives regular medical & dental care.
- I praise my child for good behavior & efforts.
- I volunteer at my child's school & the community.
- I plan a family meeting once a week.
- I encourage regular family involvement activities.
- I know the importance of avoiding drugs, alcohol, and medications during pregnancy.
- I read with my child often. www.parenting.com

June 1-July 4: Fireworks Safety
Professional Wellness Month
National Great Outdoors Month
National Safety Month
1-7: Sun Safety Week
14-20: National Men's Health Week
Helen-Keller Deaf-Blind Awareness
1: Stand for Children Day
5: National Hunger Awareness Day
6: National Cancer Survivors Day



Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.

Carl Sandburg

www.TheSilverPen.com

APPRENTICESHIP STUDENTS WIN AWARDS

Meskwaki Nation Apprenticeship brings home the hardware and champion banners from Skills USA Post-Secondary College Trade Skill Contest!

Congrats to all of our players and thank you for getting out of your comfort zone and representing Meskwaki Nation at this contest.

This State Contest consisted of:

1) Resume
2) Technical Test
3) Professional Development Test
4) Hands-on Project

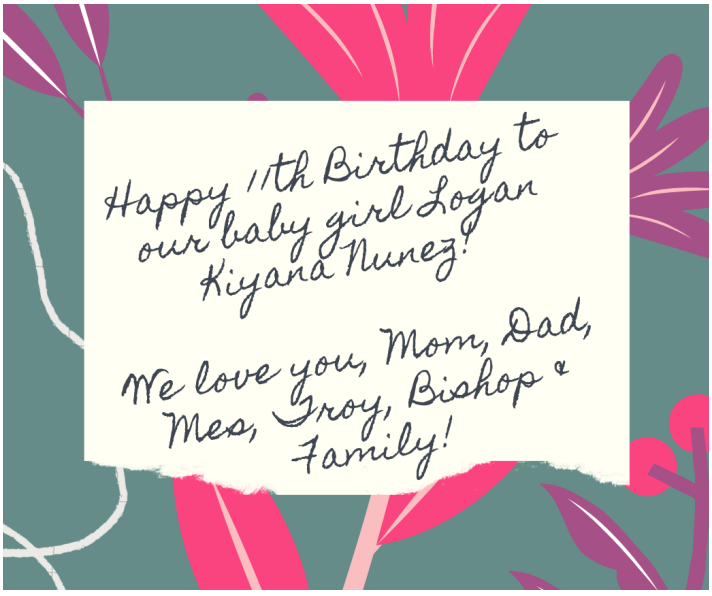
College Plumbing:
Jacob Youngbear (Gold Medal)

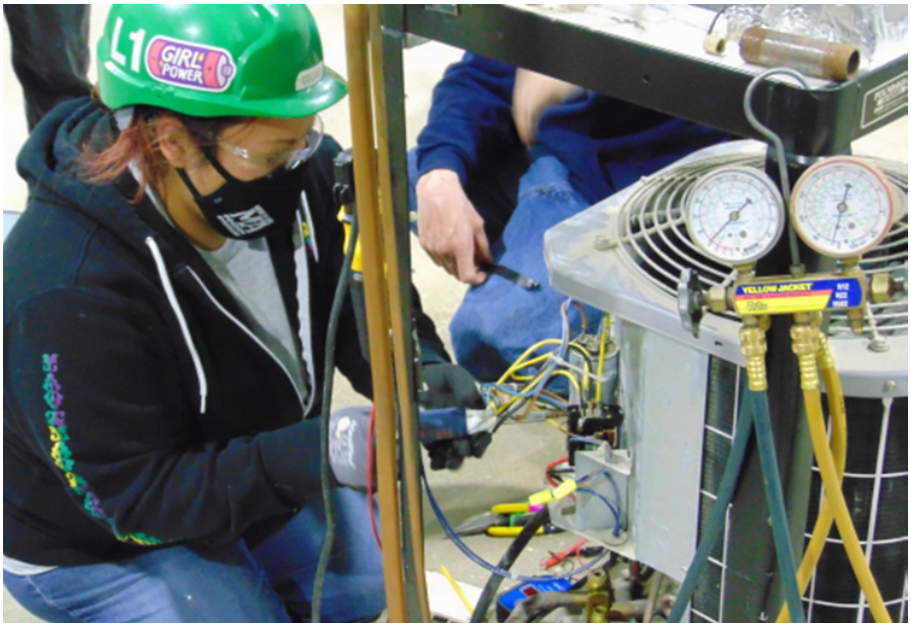
College Electrical:
Pfieffer Brown (Gold Medal)
Sky Walker Tyon (Silver Medal)
Aaron Davenport (Silver Medal)

College HVAC/R:
Corey Dye (Gold Medal)

College Carpentry:
Winston Wolf (Bronze Medal)
Celsie Van Wey (Silver Medal)
Michael Youngbear (Not Placed)

Thanks again to our coaches and staff for all the effort to get our first competition team started. We look forward to 2022!





Congratulations

CALLING ALL ANGLERS

The Meskwaki PD is hosting a "2021 Meskwaki Heavyweight Catfish Tournament" on Saturday, June 19th and Sunday, June 20th.

Here are the details:

Register and check in on Saturday, June 19, from 11 AM to 12 PM at the Meskwaki Powwow Grounds and then feel free to fish anywhere in the state.

Then, return to the powwow grounds the next day, Sunday, June 20th from 11 AM to 12 PM to weigh-in your fish.

The winner will be determined by the highest combined weight for a five (5) fish limit.

Fish must be living at time of weigh-in. Dead fish will result in a .5 lb reduction in total combined weight.

Meskwaki anglers of all ages are invited to participate. There will be no pre-registration required and at no cost. The event is open to tribal members and descendants.

All fishing laws apply.

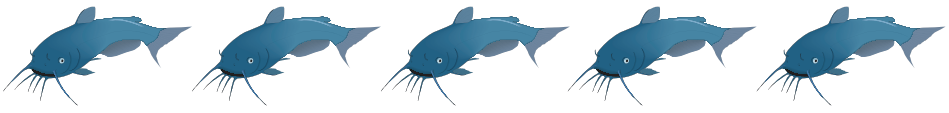
Participants may catch their fish anywhere in the State of Iowa, but failure to appear before 12 PM (noon), for weigh-ins on Sunday, June 20th will result in disqualification.

The winner will be announced following the completion of weigh-ins!

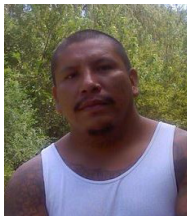
The catfish tournament winner will receive a custom "2021 Meskwaki Catfish Heavyweight Belt" (shown in pictures right) and the undisputed glory as WINNER!

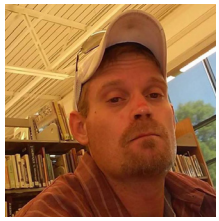
*Alternate dates: June 26-27

Contact MNPD Conservation Officer Caleb Boyles at (641) 481-5916 or by email, cboyles.mnpd@meskwaki-nsn.gov, with any questions.

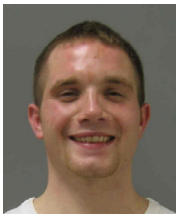


*** EXCLUDED SUBJECTS *** These subjects are not permitted on the Meskwaki Settlement. Violations by non-natives are a Federal Offense. Violations by natives are a mandatory minimum 30-day sentence. Harboring an excluded subject is also a mandatory minimum 30-day sentence. We encourage you to report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


Douglas Cadotte

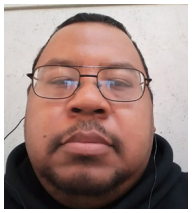

Aaron Dolash

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

ARPA Funding Assistant (Temporary)

Executive Management

DUTIES & RESPONSIBILITIES:

- Assist Executive Director in composing letters and other relevant correspondence.
- Help upkeep stakeholder database with relevant information.
- Work with Executive Director to input, gather and analyze data, statistics, demographic data and/or testimonials for use in applications, reports, and other supporting material.
- Aid Executive Director in gathering or creating any and all assets needed to generate reports and submissions for ARPA funded projects, such as photos, success stories, testimonials, etc.
- Perform other tasks and administrative support to the Executive Director as assigned.
- Maintains all ARPA funds grant records/files

REQUIREMENTS:

- BA/BS in related field
- Exceptionally strong writing and editing skills with experience in grant writing
- Proficient computer skills, especially Microsoft Office and Adobe
- Ability to organize and synthesize large amounts of data
- Skilled in analyzing and presenting data in compelling and informative ways
- Ability to work independently, be flexible, and manage multiple priorities and deadlines
- Desire to learn about grants and the inner-workings of a Tribal organization
- Cultural competency to work with individuals form diverse backgrounds

HOURLY SALARY: $21.97 - $33.08

POSITION OPEN UNTIL FILLED

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

ARPA Grant Application Specialist (Temporary)

Executive Management

DUTIES & RESPONSIBILITIES:

- Assists Coordinator in submitting applications through appropriate systems
- Collaborate with members of grant team in developing applications for submission.
- Prepare all supporting documentation for grant application submission.
- Review and recommend funding opportunities for application
- Edit application documents for accuracy in addressing grantor requirements
- Assure timely completion and submission of applications
- Present grant application status reports to Grant Committee
- Assist Grant Writer in quantifying grant performance goals and objectives
- Review components of grant submissions, as needed by the Grant Coordinator/Administrator, to help ensure that grant proposals are formatted, packaged, and submitted in accordance with granting agency requirements
- Review project and program documents, as requested by Grant Coordinator/Administrator
- Assist project managers with grants administration and overall technical issues during the project execution phase
- Track in-progress, pending, submitted and awarded proposals, and submit status reports as requested by Grant Coordinator
- Other duties as assigned

REQUIREMENTS:

- Bachelor's degree in Communications, Public or Business Administration or related field
- Must possess strong writing and editing skills
- 2-3 years of experience working with deadlines and must possess organizational skills and communication skills and the ability to assist in coordinating multiple initiatives within given priorities.
- Previous experience working in Tribal Government, preferred.
- Some proficiency in researching, interpreting and analyzing grant and financial data.

HOURLY SALARY: $21.97 - $33.08

POSITION OPEN UNTIL FILLED

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

ARPA Grant Manager Assistant (Temporary)

Executive Management

DUTIES & RESPONSIBILITIES:

- Help the Grant Office implement strategies for grant program sustainability, system capacity building, and stakeholder engagement, including enhancing external partnerships to support Tribal programs.
- Assist project managers in understanding and performing grant program management, compliance oversight and reporting responsibilities.
- Work to finalize program documents including applications, reports, budgets, and guidelines.
- Oversees grant activities to ensure compliance with budgets, guidelines, and processes including quality assurance and control.
- Generates reviews, reports and supporting documents for the Grant Committee.
- Compiles financial data, reports, and records including expenditure and budgetary reports, funder and board reports.
- Assists with reporting metrics and data tracking, program measurement, verification and evaluation activities.
- Maintains project records and assists in preparing modifications to resolve various application issues for grant funds.

REQUIREMENTS:

- One year experience in program or grant management, preferable.

- BS/BA in grant management, business administration, community development, or communications
- Ability to multitask
- Some knowledge and experience with grant management and oversight
- Ability to perform simple data analysis through spreadsheets.

HOURLY SALARY: $21.97 - $33.08

POSITION OPEN UNTIL FILLED

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

APRA Grant Writer (Temporary)

Executive Management

DUTIES & RESPONSIBILITIES:

- Developing relationships and collaborating with Department Directors.
- Displaying adherence to the organization's mission.
- Maintaining proficient knowledge of the organization's history and programs.
- Assisting with the execution of the Tribal government strategy and Executive Office priorities.
- Analyzing grant solicitations for application requirements.
- Coordinate with Department Directors and the Grant Office in writing grant narratives, budgets, and budget narratives.
- Assisting Application Specialist in identifying due dates, developing supporting documentation, and coordinate grant application process with Grants Office.
- Maintaining records in hard copies and computer databases.

REQUIREMENTS:

- Bachelor's degree in Communication, writing, or related field.
- 2+ years of grant writing experience preferred.
- Proficient with measuring and reaching income goals.
- Proficient with Microsoft Office, Word, and Excel.
- Excellent communication skills, both verbal and written.
- Excellent organizational skills.
- Ability to meet deadlines.

HOURLY SALARY: $24.92 - $41.06

POSITION OPEN UNTIL FILLED

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

Behavioral Health Services Director

Health Clinic - Behavioral Health

DUTIES & RESPONSIBILITIES:

- Develop annual budget and program to meet the needs of the Meskwaki community
- Ensure that services are culturally competent, strengths based, recovery based, focused on rehabilitation and are inclusive of Person preferences. Ensure that the Person is at the center of all care and that all interventions are developed and provided in a manner consistent with Person preferences.
- Oversee all administrative and clinical functions of team and oversight of services for all Persons. Monitor overall service delivery and utilization of supports for up persons served.
- Oversee the completion and direction of clinical assessments and assessments related to risk and crisis management. Ensure that assessments are inclusive of the Person's preferences, are strength based and culturally competent.
- Ensure that clinicians complete intakes in timely manner and that risk is appropriately assessed.
- Ensure that staff members are focused on independence and strength based intervention in order to assist Persons in their goals.
- Provide direct clinical interventions and adapt the individual's treatment plans as needed.
- Provide on-call backup clinical support to staff on a rotating basis.
- Supervise staff, develop assignments and duties, and coordinate training, education, prevention and community involvement.
- Implement the MBHS policies and procedures manual during daily operations.
- Maintain appropriate licensure standards for facility and staff.
- Implement education and prevention activities.
- Develop and implement quality assurance and quality improvement standards to all program goals and objectives.
- Comply with Indian Health Services Tribal 638 Contract requirements.
- Assist with counseling, referrals and follow-up for individuals, groups and families, as necessary.
- Evaluate staff and program in regard to program goals and scope of work.
- Other duties as assigned.

REQUIREMENTS:

- Master's Degree in Mental Health Counseling, and 5 years of experience in treatment program administration OR an equivalent combination of education and experience.
- Must possess independent clinical licensure in the state of Iowa (LISW, LMHC, LMFT or equivalent certification.
- Prefer experience working the Native Americans.
- Must possess valid driver's license and be willing to travel to attend workshops, seminars and meetings.
- Must respect Meskwaki cultural beliefs.
- Have ability to make sound decisions.
- Demonstrated knowledge and experience in teambuilding and teamwork.
- Must submit to and successfully complete background investigation.

SALARY: DOQ

POSITION OPEN UNTIL FILLED

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

Dental Hygienist

Health Clinic - Dental

DUTIES & RESPONSIBILITIES:

- Complete patient screening procedures such as assessment of oral health conditions, reviewing health history, oral cancer screening, head and neck inspection, dental charting and taking blood pressure and pulse.
- Taking and uploading dental radiography.
- Removing calculus and plaque from all surfaces of the teeth.
- Applying preventive materials to the teeth such as sealants and fluoride.
- Instructing patients on appropriate oral hygiene strategies to maintain oral health such as tooth brushing and flossing.
- Counsel patients about good nutrition and the impact on oral health.
- Make impressions of patient's teeth for study cast models.
- Documentation and office management activities with Nextgen Software.
- Administer local anesthetic agents.
- Other duties as assigned.

REQUIREMENTS:

•.Must be a Registered Dental Hygienist in good standing with licensure board.

- Must have at least 2 years of experience after clinical rotation.
- Prefer employment as clinical dental hygienist in 12 of the last 36 months.
- Must be able to work independently with minimal supervision.
- Must possess CPR Certification.

EMPLOYMENT

• Must submit and pass a federal background check.

• Must adhere to confidentiality guidelines.

SALARY: DOQ

POSITION OPEN UNTIL FILLED

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

Farm Team Member (Seasonal)

Workforce Development/Red Earth Gardens

DUTIES & RESPONSIBILITIES:

• This is a seasonal, hands-on organic farming position involving seeding, transplanting, weeding, harvesting, washing, packaging and distribution of produce, some maintenance and repair and other farming tasks.

• Operate farm equipment required for mowing, tilling, cultivating, seeding and harvesting produce. Training will be provided to ensure safety and proper use of equipment, including tractors and mower.

• If a task is completed before another task is assigned, make use of time by doing a job on the packhouse whiteboard, such as cleaning or weeding ends of vegetable rows in the field.

• Able to staff the Red Earth Gardens Farm Stand as needed, providing customer service, totaling produce purchases and providing correct change.

• Other duties as assigned.

REQUIREMENTS:

• High School Diploma or GED.

• PTEC preference preferred.

• Experience working in positions that require effective communication and teamwork.

• Some knowledge of gardening, greenhouse work, farming or local foods required.

• Ability to work outdoors for long periods of time.

• Requires someone to be willing to learn and to multi-task with attention to detail.

• Prefer Valid Driver's License and qualifies to become an acceptable driver under the Tribe's insurance.

HOURLY SALARY: $12.00

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.

- **Administrative Assistant (Temp.)**
  - Housing Department
- **Baseball Coach (1) Head (1) Asst.**
  - Meskwaki Settlement School
- **Coaching Positions (4)**
  - Meskwaki Settlement School
- **Custodian (2nd Shift)**
  - Meskwaki Settlement School
- **EC-12 Literacy Instructional Coach**
  - Meskwaki Settlement School
- **EC-12 Math Instructional Coach**
  - Meskwaki Settlement School
- **Environmental Technician**
  - Meskwaki Natural Resources
- **Gaming Commissioner**
  - Sac & Fox Gaming Commission
- **HVAC Service Manager**
  - Housing Department
- **Land Specialist**
  - Meskwaki Natural Resources
- **Lead Solar/Classroom Instructor**
  - Meskwaki Apprenticeship
- **On-Call Assistant**
  - Senior Services
- **Police Officer (Non-Certified)**
  - Meskwaki Nation Police Dept.
- **Softball Coach (1) Head (1) Asst.**
  - Meskwaki Settlement School
- **Speech-Language Pathologist**
  - Meskwaki Settlement School
- **Substitute Teacher (2)**
  - Meskwaki Settlement School
- **Teacher Associate: Spec. Education**
  - Meskwaki Settlement School
- **Temporary Food Service Worker**
  - Meskwaki Settlement School
- **Temporary Utility/Grounds Worker**
  - Meskwaki Settlement School

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

MESKWAKI

EMPLOYMENT OPPORTUNITIES

1-888-797-0049

meskwaki.com/careers

JOB SPOTLIGHT

SURVEILLANCE OBSERVER
FT - $14 PER HOUR

Observes casino or casino hotel operations for irregular activities such as cheating or theft by either employees or patrons in order to protect casino assets and assist in efforts to maintain adherence to internal controls, departmental procedures and other company policies.

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!

NEW: Masks are not required for those who are fully vaccinated.

For everyone's health and safety, we strongly encourage those who have not been fully vaccinated to follow CDC guidance and continue to wear masks while on property.

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.

Next Per Cap distribution: Friday, June 11, 2021

Congrats to all the 2021 Graduates! Great job on all your hard work!

Look for a Meskwaki Nation Times Special Edition featuring the grads to come out soon. If you have a graduate that you'd like to congratulate in the edition, please email to: media@meskwaki-nsn.gov before Thursday, June 10, 2021.

class of 2021

June 2021

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.

- F. Scott Fitzgerald, The Great Gatsby

Meskwaki Senior Services

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Turkey Sub w/ Wheat Bun Baked Plain Chips Watermelon	2 Meatloaf Slice of Bread Green Beans Mashed Potatoes Pears	3 Fish Sticks Wheat Bread Corn Cottage Cheese w/ Peaches	4 Chili w/ Frito Pie Cucumber Slices Blueberries	5
6	7 Hotdog w/ Wheat Bun Potato Salad Cantaloupe	8 Tuna Salad w/ Wheat Bun Celery/Carrot Sticks Strawberries	9 Chicken & Noodles Oyster Crackers Orange Fluff	10 Hamburger & Pork n' Beans Wheat Bread Broccoli Grapes	11 Chicken Strips Slice of Bread Mashed Potatoes Blackberries	12
13	14 Dave's Special (Maid-Rites) Wheat Bun Baked Beans & Chips Watermelon	15 Baked BBQ Chicken Bread Roll Coleslaw Mandarin Oranges	16 Fish & Cheese Sandwich on Wheat Bun Steamed Carrots	17 Beef & Egg Noodles Peas Tropical Fruit	18 Indian Tacos w/ Frybread Lettuce/Onion/ Tomato/Cheese Mixed Berries	19
20	21 Green Beans & Eggs Wheat Toast Cherry Yogurt	22 Beef Lasagna Bread Sticks Green Beans Cantaloupe	23 Pork Fritters w/ Gravy Wheat Bread Cauliflower Mashed Potatoes	24 Chicken & Wild Rice Soup w/ Frybread Wabikoni (Squash) Berries	25 Tater Tot Casserole Mixed Veggies Cottage Cheese Apple Sauce	26
27	28 Spaghetti w/ Beef Garlic Toast Broccoli Peaches	29 Tuna & Noodle Casserole w/ Bread Mixed Veggies Tropical Fruit	30 Roast Beef Bread Celery Sticks Steamed Carrots Grapes		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!**