Meskwaki Nation Times

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 18 Issue 03 | March 2021

DIRECTORY

TRIBAL POLICE 484-4844
FOR EMERGENCIES DIAL 911

Tribal Operations

Tribal Center Offices	484-4678
• Attorney General Office	484-4678
• Child Support Services	484-9301
• Economic Development	484-9501
• Enrollment	484-9233
• Executive Offices	484-4678
• Facilities Management	484-9255
• Family Services	484-4444
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• 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
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• 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

March 3 @ 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:

MARCH 22, 2021

Articles can be submitted via email to:

MEDIA@MESKWAKI-NSN.GOV

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

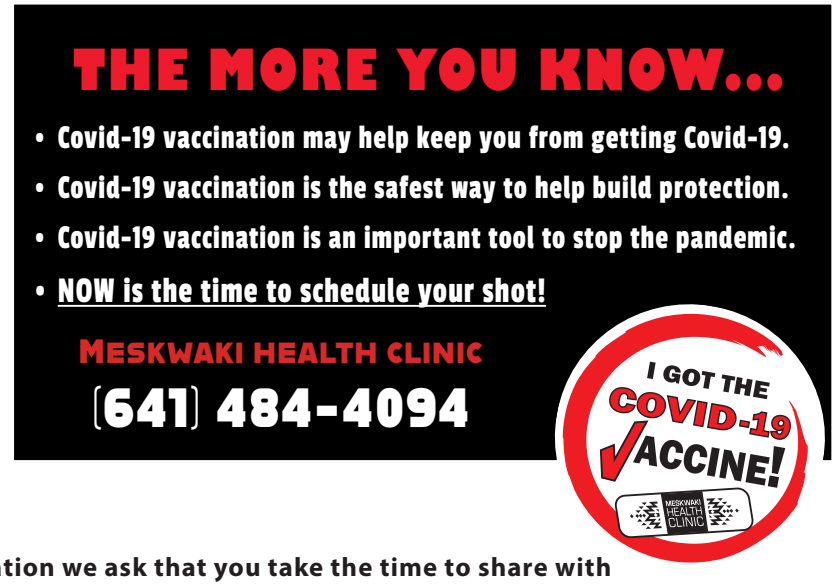
All articles submitted are subject to approval and/or editing due to the space available.

MESKWAKI HEALTH CLINIC IS VACCINATING AGAINST COVID-19

Are you a Meskwaki Tribal Member, a Descendant or a member of a different tribe? You are now eligible to receive the Moderna Covid-19 vaccination from the Meskwaki Health Clinic.

If you are interested in receiving the Covid-19 vaccination, please call the Health Clinic so you can be added to our list. As shipments come in, we'll be using this list to call and schedule people to get the vaccine.

CALL THE CLINIC NOW TO GET ON THE LIST!



If you have already received the Covid-19 vaccination we ask that you take the time to share with family and friends about your experience and help them understand why it is important to get vaccinated. Ask them to call us to get on the list!

LOOKING FOR MEMBERS

Tribal Coronavirus Emergency Relief Funds for the end of year 2020 were made available to all Tribal members. A letter describing the additional relief funds, along with a form to be filled out for payment, were mailed on December 18th, 2020 to all Tribal members at their addresses on file with the Meskwaki Nation's Finance Department.

A number of forms have been returned due to incomplete or inaccurate addresses on file.

In an attempt to locate all members eligible for the funds, the department is listing below members who have NOT yet returned the forms and claimed their funds. These payments are available now but must be claimed before March 26th.

If you or a family member is listed below, please contact Tribal Operations so the department can update your address and make the funds available to you.

To contact Tribal Operations, call (641) 484-4678 with updated information and they can help you/your family member obtain the emergency financial assistance that is now available.

Redacted for public viewing.
Please see printed version or contact Executive Offices for full list information.

* On this month's cover, pictured are Gail Walker with Officer Jon Keen. The MNPD recently held a photo shoot with Meskwaki Media to help engage/bring awareness to the MMIW project and the PD's new involvement with the Small and Rural Law Enforcement Association. Usually held in February, the annual MMIW Memorial Walk was postponed this year due to COVID-19, but we felt it important to continue to bring awareness about those who have been murdered or gone missing like Tribal Member Rita Papakee, missing since 2015.

To All Meskwaki Graduates

Class of 2021

The Meskwaki Higher Ed program requests ALL Meskwaki high school seniors and college/ university graduates to let MHE know on how we can help recognize your achievements.

Please call the MHEP office at (641) 484-3157

Or

Email: hdwhitefish@meskwaki-nsn.gov

WORKFORCE DEVELOPMENT UPDATES:

Workforce Development has temporarily relocated to the Apprenticeship Building while renovations are being completed at their new H Ave location

Workforce Development: (641) 484-9508

Food Sovereignty: Luke Kapayou can be reached at (641) 481-6449
(Please note: Luke is currently working remotely while renovations are being completed)

Red Earth Gardens (REG): Grant Shadden can be reached at (641) 481-0330

Coffee & Culture

A beautiful collaboration with the

Meskwaki Nation Police Department,

Meskwaki Elders Circle & community elders.

Who: Community elders, members of the Meskwaki Elders Circle, & members of the Meskwaki Nation Police Department

What: Discuss Meskwaki life and Police life to strengthen relationships between two unique cultures

When: Every 2nd Wednesday each month from 8 to 10 AM. Alternate date: last Wednesday of the month

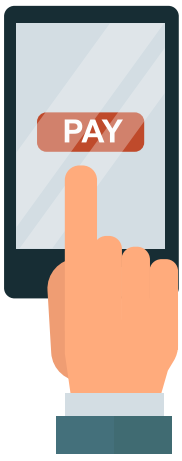
Where: Lucky's meeting room located at the Meskwaki Bingo Casino & Hotel (coffee provided)

Why: Increase knowledge of both cultures to grow, blend, understand and share….knowledge is power!

How: By inviting a group of like-minded individuals to a well-rounded conversation about Meskwaki and Police Culture.

**Safety Precautions: Due to the COVID 19 pandemic, please maintain safe distancing and wear a mask when consuming beverages or eating (optional/eat at own cost).*

TRIBAL COURT ACCEPTS PAYMENTS ON-LINE



Meskwaki Tribal Court can now accept payments online for fines and fees, including traffic violations. You may make payments in full or partial payments. Please note: If making partial payments you must pay in full by the deadline given in your order.

To make a payment, visit WWW.MESKWAKICOURT.ORG and click on the "Make a Payment" tab located at the top of the home page.

To pay a fine or fee, the user must enter their date of birth (DOB) and either citation number and case number. Contact Tribal Court with questions at (641) 484-9300.

HOUSING REPAIRS FROM DERECHO

Greetings Community Members,

I want to take this opportunity to provide the community with a quick update on the status of the Derecho storm damage repair efforts currently underway. As we all know, the storm left the community reeling with damage to the homes, the land, and our everyday way of life. But like the tight knit community we are, we pulled together and helped out one another. To this day through hard work and determination, we continue working to put things back together.

The Housing Department, with the help from the Apprenticeship program and various other construction professionals, are working hard to repair the 249 homes that sustained damage during the 140 mph wind storm that swept through Iowa and several other neighboring states.

Damage reported to community homes included broken windows, missing siding, soffit and fascia, damaged gutters, many roofs with missing shingles causing leaks, blown in entry doors, and even some with severe structural damage because trees landed directly on them. Even though our community was severely impacted, we suffered no major personal injuries or fatalities.

To the right, please review a chart showing the extent of the damage our department is currently working to repair.

- Of the 340 homes covered under the insurance policy on the Settlement, 249 sustained reportable damage
- 141 of homes sustained roof damage
- 96 homes sustained broken windows or entry doors
- 15 homes sustained interior damage

What is unique and challenging about our situation is we must work with our insurance company for each of the 265 homes affected with damage. This has proven to be a laborious but necessary effort. We must also work with contractors and subcontractors who are performing the work and their schedules and timelines for estimated completion dates. You may have noticed contractors "making the rounds" to assess home sites for materials and scopes of work. This process is important as it gives the tribe an extensive look at its overall costs and total reportable damage to the homes.

The weather also plays a role on when work can be performed for things like roofing and siding. Mother Nature hasn't been the most cooperative this winter. So with that all being said, to date, we are at an estimated 10-15% completion rate with repairs. Our goal is to be completed with all repairs by June of this year.

We understand things may seem to be taking longer than we would like to see, but we are working day after day to try to help put our community back together.

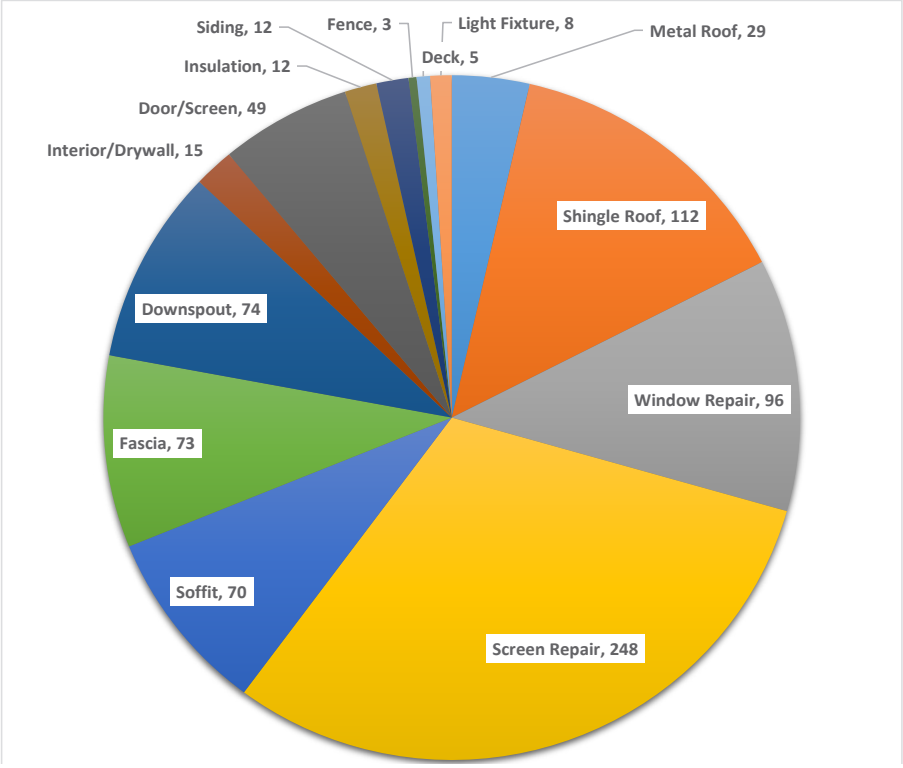
Please continue to be patient and understanding. The community and its members are important to US ALL.

Thank you,

Arlan Whitebreast
Assistant Housing Director

Thank you for your support and patience.

Total number of houses on the Settlement are 340. The total number of houses that are being repaired due to the Derecho Storm of 2020 is 249.



A GREAT STORY AND HISTORY LESSON

Hello Meskwaki Community,

I am at my desk in the museum right now and there is still snow everywhere, yet the temperature is a balmy 24 degrees. That feels like a heat wave after the past 2 weeks.

Although it's warming up outdoors we all know how quickly things can change. Yet, I have to say that it's been nice to have a real winter again. The cold is good for us, good for our environment, and the snow has been beautiful.

I have to appreciate the generations that came before us and the hard winters they survived. My parent's generation still experienced life without electricity, running water and cars. There were cars, but not everyone had them. Our community was still centered around the main settlement and nobody lived across Highway 30 yet, at least the present Highway 30. Old Highway 30 ran along the powwow grounds and Stone House, and onwards east and west.

I look at old family pictures and all the women and girls are wearing dresses in the winter. My Koko talked about how she and her sister would go out and gather wood in the snow for cooking on their woodstove. Everyone did this and it was normal.

I remember one particular story Koko shared with us about gathering wood with her sister.

She said on one particular snowy day, her dad sent them out to pick up smaller wood for kindling. Since they didn't have snow boots, they wrapped rags around their shoes and ankles to try and keep as dry and warm as possible. They ventured out and proceeded to gather kindling in the woods around their house with their wrapped feet. After they finished, their dad (being a storyteller himself) sat down by his daughters and proceeded to tell them about what had happened to him while he was out cutting wood that day. He said he noticed something he had never seen before... elephant tracks!

He said he stopped cutting wood so he could follow this elephant because nobody would ever believe what he saw. He said he followed the tracks through the woods, and much to his surprise, they led him home!

As he finished telling his daughters his incredible story, they finally realized he was teasing them about their homemade snow gear!

I use to sit by my Koko as much as possible when I was growing up because she was an excellent storyteller, and winter is the ideal time to share stories like this one.

While I know family gatherings can't happen like they used to (at least not right now) but our elders have many wonderful stories to share. If you are fortunate enough to have an elder in your family, spend some time with them. These family gems are priceless!

Next, from our community history comes cattail mats. Pictured are large mats woven from dried cattail reeds that are harvested from marshy areas, usually along the edges of lakes or rivers. Our people always made these woven mats regardless of whatever part of this continent we happened to be at during the winter months. Cattail mats were used to cover the winter wikiups for our people. Each family wikiup or home needed several cattail mats tied over the frame in order to provide a warm, dry place to live. Since the dried cattails would swell from the moisture snow or rain would bring, they created an insulated environment for families to thrive in through the harsh winters.

Aside from harvesting the cattails themselves, needles were created from the rib bones of deer of buffalo and these were used to sew the reeds together. Furthermore, the twine used to sew the cattail reeds together was created from the inner bark of basswood trees, which had to be processed continually. I am always amazed at the history and ingenuity of our ancestors and I hope you will take a moment and really consider how remarkable they were. If you are interested in joining a few of us on this journey of revitalizing old skills let me know. Call the museum and leave your name and contact information. It will only cost you some time and you could be the person that passes it to the next generation.

Sincerely,

Bo na bi ga Mary Young Bear

MCC&M Registrar/Community Outreach

LANGUAGE UPDATES

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

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

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

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

Boys Front Row: Larnell Bear, Daymon Rosenberger, Desmond Kapayou, Evan Nelson, Bishop Chavez, Kallen Whiteyes, Taurice Grant, Blake Seymour. Boys Back row: Osceola Tyon, Dayvin Guevara, Reimundo Balderas, Wyatt Kapayou, Clayton Brown, Zayton Weninger-Brown

Girls Front row: Geanna Bear, Sia Bear, Deandra Navarro, Genesis Ramirez, Shye Johnson, Sitara Xaivong. Girls Back Row: Irene Keahna, Agnes Sanache, Leticia Washington, Summer Youngbear, Kalayna White, Sophie Balderas, Aerial Albert, Sarayna Mauskemo

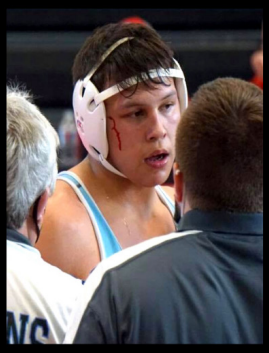
MESKWAKI WARRIOR BOYS BASKETBALL TEAM MAKES HISTORY

On Tuesday, February 23rd, the Meskwaki Warrior boys basketball team defeated the #1 seeded Grundy Center Spartans 64-54 in the District Final. **For the first time ever, the Meskwaki Warriors are the new Class 1A District 10 District Champions!**

The Warriors advance to the Sub-State 5 Championship, which is this Saturday, February 27th against North Linn (24-0) at Jesup High School with tip-off starting at 7:00pm. There will be no online ticketing for this game, so all tickets will need to be purchased at the door. Go Warriors!!!

2021 State Wrestling
RUDY PAPAKEE

Congratulations to Rudy (Sophmore) for qualifying for the IAHSAA State Wrestling Championship! Rudy competed in Class 2A at 285 lbs with a record of 20-10. Way to go Rudy!



Student of the Month
SHYE JOHNSON

Congratulations to Shye, who has been nominated and selected for KCRG-TV9's February Student of the Month. Shye is a Junior at Meskwaki High School who maintains a 4.0 GPA while also participating in Volleyball, Cross Country, Basketball, Softball, and Unity. In her 2020 Cross Country season, Shye made history by being the first to qualify for the State Cross Country Meet in which she finished with a time of 22:13.1. Way to go Shye!

1,000

Congratulations to both Deandra Navarro (Senior) and Taurice Grant (Senior) for reaching 1,000 points!!

South Tama Varsity Wrestling

Pictured below (L to R): MaCael Bear (113), Amare Chavez (120), Kalem Shrock (220), and Rudy Papakee (285).

Great job on an awesome season! Way to represent!

READY TO QUIT SMOKING?

IT'S TIME TO QUIT!

Native Nations like ours have tobacco traditions that have been passed down for generations. But those traditions have also been corrupted by the commercial tobacco industry, which today profits off the recreational abuse of plants that were sacred medicines for indigenous people. This commercialization has led to an epidemic-level health problem in many tribal communities.

Today, the cigarette smoking rate for American Indians is 59 percent – four times that of the general population (14 percent). High commercial tobacco use rates among American Indians and Alaska Natives are directly reflected in the disproportionate rates of chronic diseases in native communities, where six of the top eight causes of death are linked to smoking. Today, the leading cause of cancer death is lung cancer.

As Native Nations like ours work to restore traditional tobacco practices, and to reduce commercial tobacco abuse like cigarette smoking, along with the prevention of secondhand smoke exposure, the Meskwaki Nation is now offering a new way to help you quit smoking through called Wellable.

Through the Health Clinic's new on-line wellness platform called Wellable, you can enroll in the EX Program, a digital quit-smoking program offered FREE to our community. Whether you're trying to quit smoking for the first time or the fifth, the EX Program will support you on your journey.

Along with all the health benefits associated with quiting smoking, participants who successfully give up smoking and remain active in the quit smoking program for 30 days will be awarded a **$25 Amazon gift card. Those who remain successful for six months will receive $100!** Are you ready to quit?

Register today, and you'll have access to premium features, such as live chat coaching, free quit medication, and more.

TO ENROLL, LOG ON TO: https://app.wellable.co/EXProgram or contact Ashley Aylsworth at (641) 484-4094 to find out more.

PHARMACY CORNER

The first week in March is National Sleep Awareness Week. Sleep experts say that most adults need between seven and nine hours of sleep each night and children need even more. Not enough sleep can lead to health problems, such as obesity, high blood pressure, bad mood and behavior, decreased productivity and safety issues at home and on the job. If you are having difficulty sleeping, talk to your healthcare provider. More information can also be found on the National Sleep Foundation website at www.sleepfoundation.org.

The week of March 21 through March 27 is National Poison Prevention Week. More than 2 million poisonings are reported each year with 90% of these poisonings occurring in the home. Prescription medications are one of the leading causes of accidental poisonings. Here are some ways that you can protect your home:

- Never rely on any kind of packaging to protect kids.
- Don't keep medications in diaper bags or other places where children have access to them.
- Don't take your medication in front of children, because children often imitate adults.
- Never refer to medicine as "candy."

If you have any expired or unused medication in your home, contact the pharmacy to find out how to best dispose of your medications at home. Unfortunately the pharmacy cannot accept medications for destruction at this time due to the Covid pandemic.

~Meskwaki Pharmacy

SETTFIT CHALLENGE HITS HALF WAY MARK

The Meskwaki Settfit Challenge hits its half way mark on Monday, March 1st.

137 participants are currently earning Wellable points for exercising, watching their food intake, and participating in healthy activities. During the 2nd half of the program, the SettFit team is collaborating with Behavioral Health Services to incorporate "happy habits". These activities and exercises aim to engage participants in mindful, satisfying everyday activities that help them search for meaning outside of themselves and contribute to more life satisfaction.

It's not too late to join in on the fun. If you'd like to participate, contact Ashley or Jennifer to learn how at (641) 484-4094.

PROBLEM GAMBLING

As March Madness reaches a crescendo this month with an estimated $10 billion in bets placed on the NCAA basketball championship games each year, calls to the National Problem Gambling Helpline (1-800-522-4700) spike an average of 30% during the month. March is Problem Gambling Awareness Month (PGAM), a grass roots effort to raise awareness about gambling disorder. The American Psychiatric Association classifies problem gambling as a behavioral addiction that affects millions of Americans who struggle directly with gambling related difficulties or who are adversely impacted by a loved one's gambling problem.

This past year, the world has been grappling with severe challenges related to the Covid-19 pandemic. Many are struggling with unforeseen circumstances. Major triggers for problem gambling are being exacerbated during this time of isolation such as depression, anxiety, loneliness, boredom and stress. Financial uncertainty can also drive a person to gamble in hopes of boosting income. Unfortunately, the end result may be further debt and greater feelings of despair.

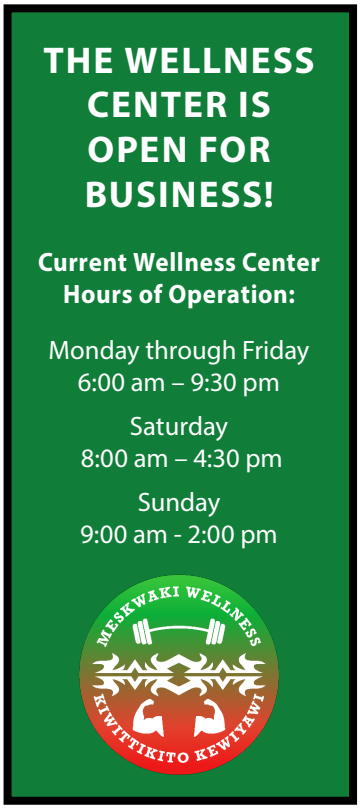
Problem gambling or gambling addiction includes all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. In addition to sports betting and casino gaming, the proliferation of technology and software for online, mobile, and video game applications, are becoming more geared toward youth of all ages as well as adults. The similarities of some of these games mimicking gambling characteristics can often serve as pathways and indoctrination from free-to-play to pay-to-play gaming/gambling sites.

Some warning signs that gambling might be a problem include: thinking about gambling often; lying or covering up gambling behaviors; missing time with friends and loved ones to gamble; gambling to escape negative feelings or problems; gambling more money than a person can afford or planned; unsuccessfully trying to cut back or stop gambling.

Although most adults who gamble can do so for a fun recreational activity, for others it may become a problem with negative consequences. Approximately 2 million U.S. adults are estimated to meet criteria for gambling disorder. Another 4-6 million are considered to meet criteria for problem gambling. And yet, for many residents of the US, gambling remains a hidden addiction. If you or someone you know has a gambling problem, call or text the National Problem Gambling Helpline Network at 1-800-522-4700 or visit www.ncpg.org/chat for confidential help. Additionally, Your Life Iowa includes a state-wide problem gambling help line (1-800-BETS OFF) and website (yourlifeiowa.org/gambling.

For more information on problem gambling, watch the MBHS Facebook page throughout this month or call to speak with one of our behavioral health therapists.

Reference: https://www.ncpgambling.org



MESKWAKI HEALTH CLINIC dietitian

MARK YOUR CALENDARS FOR THESE MARCH EVENTS!

SETTFIT CHALLENGE PART 2
Starting March 1st ending April 11.

NUTRITION TIPS
Each week Jennifer will share Nutrition tips, recipes, or information on Wellness Facebook.

POWER UP WITH PROTEIN
Iowa State Stay Independent Series
March 3 at Noon via Zoom

EXERCISE YOUR INDEPENDENCE
Iowa State Stay Independent Series
March 10 at Noon via Zoom

BRAIN HEALTH
Iowa State Stay Independent Series
March 17 at Noon

COOKING FOR 1 OR 2
Iowa State Stay Independent Series
March 24 Noon via Zoom

TAKE AND MAKE COOKING DEMO
March 24 at 2 PM via the Meskwaki Wellness's Facebook page

DIABETES BINGO
March 31 at noon the Diabetes Prevention Program via zoom.

MESKWAKI DIABETES PREVENTION CELEBRATES MARCH'S NATIONAL NUTRITION MONTH

Developing a healthful eating pattern is not a one-size-fits all endeavor. The key is tailoring your favorite foods to meet your individual nutrient needs.

In March, the Academy focuses attention on healthful eating through National Nutrition Month® and the Meskwaki Diabetes Prevention Program is happy to participate. This year's theme, Personalize Your Plate, promotes creating nutritious meals to meet individuals' cultural and personal food preferences.

"America is a cultural melting pot, so you can't expect everyone's food choices to look the same," said registered dietitian nutritionist Su-Nui Escobar, a national spokesperson for the Academy of Nutrition and Dietetics in Miami, Fla. "Eating is meant to be a joyful experience. As supermarkets increasingly diversify their shelves to meet the needs of their customers, it's becoming easier to create nutritious meals that align with a variety of cultural preferences."

During National Nutrition Month®, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. "Variety is the spice of life and that's how people should view their meals," Escobar said. Spice up your menus with the foods and flavors you enjoy and add new flavors to spark excitement in your cooking. "Developing healthful eating habits does not require drastic lifestyle changes. A registered dietitian nutritionist can help you incorporate the foods you enjoy into your life."

At Meskwaki Health Clinic Dietitian Jennifer Scales and the Wellness team will host some fun events in March to promote learning more about healthy eating including:

SETTFIT CHALLENGE PART 2
Starting March 1st ending April 11.

NUTRITION TIPS
Each week Jennifer will share Nutrition tips, recipes, or information on Wellness Facebook.

POWER UP WITH PROTEIN
Iowa State Stay Independent Series
March 3 at Noon via Zoom

- Food sources of protein
- Recommendations for daily intake and portions of protein
- The importance of eating protein
- Ways to include protein food in the diet

EXERCISE YOUR INDEPENDENCE
Iowa State Stay Independent Series
March 10 at Noon via Zoom

- Benefits of physical activity
- Tips for staying physically active
- Ways to incorporate physical activity into daily routine

BRAIN HEALTH
Iowa State Stay Independent Series
March 17 at Noon

- Explain how aging affects the brain.
- Review the MIND diet.
- Provide resources that support brain health
- Discuss ways to participate in brain simulating activities.

COOKING FOR 1 OR 2
Iowa State Stay Independent Series
March 24 Noon via Zoom

- Recommended intake and how to incorporate different food groups according to MyPlate
- Appropriate cooking tools to prepare simple, semi-homemade recipes
- Importance of following safe food preparation methods
- Planning for grocery shopping and items to stock up on

(CONTINUES ON NEXT PAGE)

TIPS FOR KEEPING YOUR CHILDREN IN SCHOOL

- Tell your child the importance of school
- Help your child develop and achieve academic goals
- Show interest in your child's schoolwork
- Ask your child about their day and offer praise when they do well
- Schedule time to do homework after school
- Help your child develop an interest in school activities like sports, band and clubs

Strongly encourage your children to attend school at scheduled times both in person and for online learning. Show your children you support them and their learning!

The Meskwaki Youth Justice Code (Sec. 20-2906) states that all youth 17 and younger residing on the Meskwaki Settlement shall attend school full-time when school is in session, up to completion of secondary school. On-going truancy may result in Juvenile Court action.

For families that need help with addressing their child's truancy, please contact the Meskwaki JPO's office at (641)484-9285.

Meskwaki Higher Education STUDENT HIGHLIGHT

CELESTE BORREGO

Institution: The University of Texas at San Antonio
Major/program of study: Masters in Public Administration
Graduation date: December 2020

What would you say was the most challenging, most rewarding for you throughout your journey?

The most challenging part for me was the last semester. It was very difficult to write and conduct research without some of the tools I was used to having. My whole family was either working or going to school at home, therefore, it was very hard to balance everything at that time. Even though I had a good support system at home, it was still difficult. I learned how to deal with those obstacles and make the most of what I could. The most rewarding part is the people that I met. I had very good counselors and academic advisors. I had excellent professors as well. Since I was also pursuing a certification in nonprofit management, I was able to meet quite a few of some well-known CEOs in the San Antonio area. It's great to network with them and get your name out there in the nonprofit sector.

What was the focus of your thesis?

My research paper was on being enrolled in a federally recognized tribe and how it does or doesn't define you. I was able to read a lot of journals and articles pertaining to tribal enrollment. This was a very interesting topic to me therefore the research was not difficult. I found that if you present something on a topic you are interested in, it goes a long way in terms of how well your presentation goes. My paper was a minimum of 25 pages, but I also had to present my topic to two UTSA College of Health, Community, and Policy professors, via Zoom.

What advice would have for anyone who is thinking about doing a Master's degree?

If you plan on pursuing your Master's degree, make sure you have the dedication and time to complete the program. It is very time consuming and if you fall behind for some reason, it's difficult to get back on track. I did not skip any semesters or take time off, I would not recommend that. You will feel like you may want to drop a class and if you do not drop it promptly it will affect you financially and your GPA too. I took two classes during the regular semesters and several in the summer semesters. Although the summer semesters are short, the work will feel like double or triple the workload that you are used to. The first summer I took one class, I vowed to never take another summer class. I did though, to stay on track for graduation. Time management is critical and a planner is your best friend. If you plan and balance out your assignments it is easier to manage. There is nothing worse than trying to turn in an assignment and the professor has locked you out because you missed the deadline. Take advantage of internships if they are offering them. Right now it's a little difficult but some may let you work from home. Internships get your name out there and the experience will help you tremendously.

TAKE AND MAKE COOKING DEMO
March 24 at 2 PM via the Meskwaki Wellness's Facebook page

Jennifer and Health Educator Ashley Aylsworth be going "live" to showcase a quick and easy breakfast.

DIABETES BINGO
March 31 at noon the Diabetes Prevention Program via zoom. Contact Jennifer to obtain your bingo card and zoom link.

Let Jennifer know how she can help you Personalize Your Plate during National Nutrition Month!

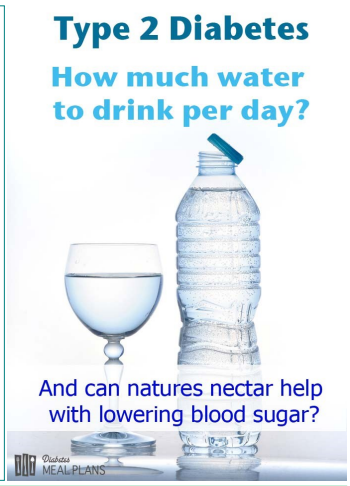
National Nutrition Month® was initiated in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. As part of National Nutrition Month®, the Academy's website will host resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for all. Follow National Nutrition Month® on the Academy's social media channels including Facebook and Twitter using #NationalNutritionMonth.

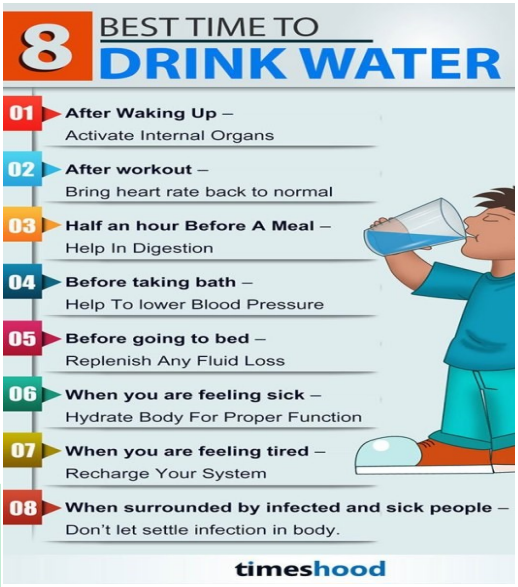
Visit the Academy at www.eatright.org for more information.

Jennifer Scales, RDN, LD
MESKWAKI DIETITIAN
641-484-4094
email: jennifer.scales@meskwaki-nsn.gov

MARCH 2021 AWARENESSES:

National Youth Violence Prevention Week
National Professional Social Work Month
National Problem Gambling Awareness
National School Breakfast Week
National Youth Violence Prevention Week
World Kidney Day
(third Thursday) Companies That Care Day
Native American HIV/AIDS Awareness
22nd: World Water Day
23rd: American Diabetes Alert Day
24th: Kick Butts Day
(Campaign for Tobacco-Free Kids)



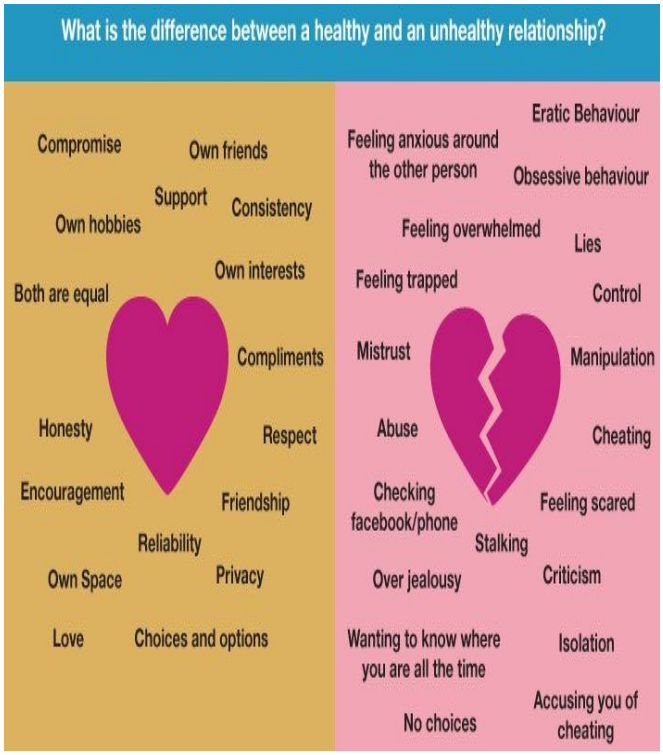


GAMBLING can have long-lasting consequences; relationship issues, financial problems including bankruptcy, legal problems or imprisonment; poor work performance or job loss, poor general health; suicide, suicide attempts and/or thoughts
https://www.mayoclinic.org **1-800-BETS-OFF**

Have breakfast with your child for quality time at the start of each day

VIOLENCE & FAMILY

"I know of no tradition, belief, ceremony, or teaching that allows family members to abandon, abuse, neglect, ignore, harm, injure, or molest other family members, specifically children." -Albert M. Pooley



YOUTH INTIMATE PARTNER VIOLENCE/TEEN DATING VIOLENCE

- 81.2% of parents do not think teen dating violence is an issue.
- 16–24yrs old experience domestic violence at the HIGHEST rate of any group. This is almost 3X the national average.
- 33% that experienced dating violence never told anyone.
- Those that have been physically/sexually assaulted, 50% attempted suicide.
- When youth suffer violence, it usually begins ages 12-18.
- 42% of college kids are stalked by ex-intimate partner.
- 78% of Native bi-sexual, lesbian, Two-Spirit, and LGBTQ experienced physical assault, 85% experienced sexual violence.
- 75% of transgender men & 20% of transgender women do not get needed medical attention after assaulted.
- 50.1% of Two Spirit and Native LGBTQ survivors didn't report to police.
- More than 40% of Native children experience two or more acts of violence by the age of 18.
- 25% of Native kids exposed to violence have PTSD at a higher rate than soldiers returning home from Afghanistan.
- 92% of Native girls having sexual intercourse have been forced against their will to have sex.
- 62% of those girls have been pregnant by the 12th grade.
- Native females are 2.5 times more likely to experience sexual assault crimes compared to all other races.
- 1/2 of all Native women have been raped, beaten, or stalked by an intimate partner
- 1 in 3 females will be raped in their lifetime.
- Native women are murdered10x higher than national average.

https://nativelove.niwrc.org/resources/

TALKING TO YOUR KIDS ABOUT CIGARETTES

Kids & cigarettes are a bad combo- 90% of adult smokers started as kids. Each day 3,200 under age kids smoke their 1st cigarette. Children think it makes them look cool, appear older, fit in, lose weight, seem tough, feel independent, or they seen it all their life & it's normal.

Start talking about tobacco use at age 5 or 6, and continue through the years. Many use tobacco by age 11, and many are addicted by age 14. Talk about smoking before school, on the way to practice/rehearsals, or after dinner.

Any time is the perfect opportunity.

The best ways to prevent your children from smoking are to:

- Encourage involvement in activities that prohibit smoking, including sports.
- If friends or relatives died from tobacco-related illnesses, let your kids know.
- Ask what they find appealing, or unappealing about smoking & the dangers of it.
- Know if your kids' friends use. Urge your kids to have friends who respect not smoking.
- Make & abide by rules for no smoking at home.
- If you smoke, quit. Set a good example.
- If you smoke, let them know it's a huge mistake starting and you will try to stop.
- Never smoke in front of them, do not offer cigarettes, or leave them out in the open.

If you notice signs of smoking, don't overreact. Ask your child first. Smelling smoke on clothes, for example, may mean your child's been around friends who smoke. It could mean they tried a cigarette. Remember, many kids try a cigarette at one time or another, but don't necessarily go on to become regular smokers. **www.healthline.com**

HIV/AIDS & American Indians/Alaska Natives

- American Indians/Alaska Natives (AI/NA) have 2x the rate of HIV infection compared to white population.
- American Indian/Alaska Natives have 2x the AIDS rate as compared to white population.
- In 2016, American Indian/Alaska Native women were 3x more likely to be diagnosed with AIDS infection, as compared to white female population.

Diabetes and American Indians/Alaska Natives

- American Indian/Alaska Native adults are 3x more likely than white adults to be diagnosed with diabetes.
- American Indians/Alaska Natives were 2.5x more likely than whites to die from diabetes, in 2017.
- In 2016, American Indians/Native Americans were 2.4x more likely to be diagnosed with end stage renal disease than non-Hispanic whites. **WWW.HHS.GOV**

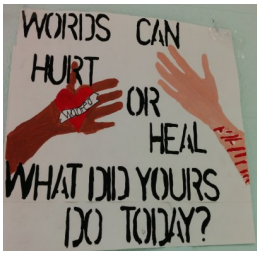
PRACTICE SAFE SEX & HEALTHY EATING

THE 2018 REPORT FROM NAP FOUND THERE'S EVIDENCE E-CIGARETTE EXPOSURE HAS ADVERSE EFFECTS ON OUR RESPIRATORY SYSTEM; ADDITIONAL STUDIES ARE REQUIRED TO KNOW THE EXTENT TO WHICH VAPING IMPACTS RESPIRATORY DISEASES.

LUNG HEALTH EFFECTS ARE NOT EXPECTED TO BE SEEN FOR 20 TO 30 YEARS. THIS IS WHY IT TOOK AS LONG AS IT DID FOR THE NEGATIVE HEALTH EFFECTS OF CIGARETTES TO BE WIDELY RECOGNIZED. THE FULL MAGNITUDE OF EFFECTS OF TOXIC E-CIGARETTE INGREDIENTS MAY NOT BE KNOWN FOR ANOTHER THREE DECADES. THAT IS 30 YEARS!

Manufacturers must include a warning label on products that contain nicotine. Some harmful flavoring chemicals found in vape fluids include: Acrolein, acrylamide, acrylonitrile, benzaldehyde, citral, crotonaldehyde, ethylvanillin, eucalyptol, formaldehyde, propylene oxide, pulegone, and vanillin. Manufacturers aren't required to provide a list of e-liquid ingredients, which make it hard to know which products to avoid. Avoid flavors associated with respiratory irritants. This includes: almond, bread, burnt, berry, camphor, caramel, chocolate, cinnamon, clove, coffee, cotton, candy, creamy, fruity, herbal, jam, nutty, pineapple, powdery, red hot, spicy, sweet, thyme, tomato, tropical, vanilla, woody. **www.healthline.com**

Kids do what they see adults doing - be aware of how drinking, smoking, or taking medicines and/or drugs may appear to them.



THANK YOU FROM RISE

RISE would like to thank the Meskwaki Bingo Casino Hotel and Travel Plaza for their donation of over 500 candy bars!

The candy bars were used during presentations at local high schools. Each candy bar was wrapped with **Teen Dating Violence Awareness** information, along with bringing awareness to Rita Papakee, who has been missing since 2015.

Also, thank you to all the students and faculty from the following schools:

- Marshalltown High School
- Meskwaki Settlement School
- South Tama Community High School

RISE

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

Be sure to like us on Facebook!

24/7 Crisis Line: (641) 481-0334 **Toll Free: (855) 840-7362**

Spring into Safety!

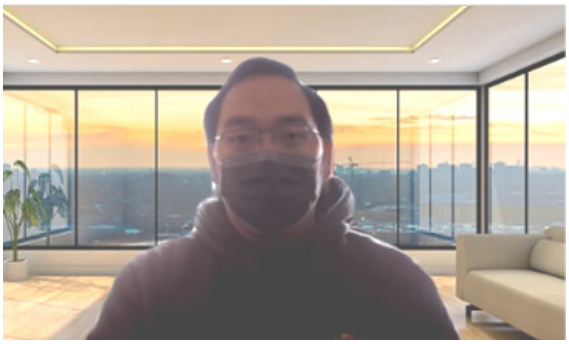
Dating & new relationships can be exciting and fun, but they should always be **SAFE**. Here are online dating tips to use and red flags to look out for.

Online Dating Red Flags	Online Dating Tips
An incredibly vague or incomplete profile.	Don't be afraid to say "no" if you're not ready to meet up
Sending sexually-explicit messages right away.	Have your own transportation to the date.
Becoming irritated by the lack of haste in your reply and/or over-messaging.	Tell a friend or relative the details of your date.
Not respecting your digital boundaries.	Meet in a public space (when pandemic restrictions allow)
The relationship begins with hard to reach expectations.	Meeting your date virtually before actually meeting them in person.

These safety tips come from StrongHearts Native Helpline. To learn more about Online Dating Safety and Healthy Relationships, visit "strongheartshelpline.org", or speak with an advocate with Meskwaki RISE Victim Services by calling the 24 hour Crisis Line.

Jourdan Reynolds - Rise

Victim Advocate for Meskwaki Victim Services



WHAT'S NEW???

RISE has recently started a weekly vlog titled "Ask an Advocate". This video series will cover topics concerning domestic violence, sexual assault and general questions regarding healthy relationships.

Jourdan Reynolds will be hosting this vlog and is looking forward to your feedback and answering any of your questions you may have regarding the RISE program and what an Advocate does. Please keep an eye out for our videos.

RISE - Iowa

@ResourcesforIndigenousSurvivors · Community Organization

FREE TAX PREPARATION

OPEN TO
MESKWAKI COMMUNITY MEMBERS
& ALL MESKWAKI EMPLOYEES

Beginning February 10th

2020 Stimulus Payments

We will need to know if you and/or your depends recieved both stimulus payments for 2020. This includes the first payout of $1200 for adults and $600 for minors 0-16 and second payout of $600 for adults and $600 for minor children. If you did not receive or get all you were due, we can include on your 2020 return.

Days of Service:
Wednesday from 1PM - 8PM
Friday from 9AM - 4PM

Documents Needed:

>> Photo ID
>> Social security card(s)
>> All tax documents: W-2's, 1099-MISC, W-2G, Statement from casino to offset winnings if player's card used
>> Any other tax documents
>> Direct deposit information (bank name, account type, routing/account number)
>> Copy of your 2019 tax return
>> Current phone number to contact you for any questions

Need help filing your taxes? WE CAN HELP YOU!

Call the Tribal Center Receptionist at (641) 484-4678 to set up an appointment!

NOW ONLINE!

OUR WEBSITE IS NOW LIVE! SHOP ONLINE AT

WWW.MESKWAKIORGANIX.COM

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

Why use Meskwaki Organix?

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

MESKWAKI ORGANIX

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

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

@MESKWAKIORGANIXCBD

SAFETY

MESKWAKI NATION POLICE DEPARTMENT

1632 305TH STREET
TAMA, IA 52339

Admin. Office Hours
Monday - Friday
8:00am - 4:30am
Ph: (641) 484-4844
Fax: (641) 484-4843

ANONYMOUS DRUG TIP HOT LINE LEAVE A MESSAGE/TEXT AT (641) 481-0840

For non-emergencies please call Tama Co. Dispatch at **(641) 484-3760**
Press option '1', ask to speak with an MNPD Officer on duty.

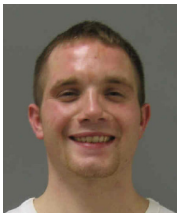
EMERGENCY? DIAL 911

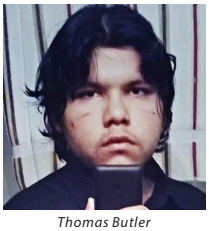
*** EXCLUDED SUBJECTS *** These subjects are not permitted on the Meskwaki Settlement. Violations by non-natives are a Federal Offense. Violations by natives are a mandatory minimum 30-day sentence. Harboring an excluded subject is also a mandatory minimum 30-day sentence. We encourage you to report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

Douglas Cadotte

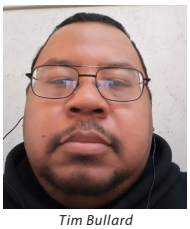
Aaron Dolash

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

Dental Hygienist

Health Clinic - Dental

POSITION OPEN UNTIL FILLED

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

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.
- 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.
- Must submit and pass a federal background check.
- Requires Hepatitis B series vaccinations.
- Prefer experience working with Native American populations.
- Must adhere to confidentiality guidelines.

SALARY: DOQ

Environmental Technician

Natural Resources

POSITION OPEN UNTIL FILLED

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

DUTIES & RESPONSIBILITIES:

- Assist in the implementation of Tribal Environmental programs and projects.
- Assist in field sampling of Environmental Branch programs: Air and Water.
- Conduct/assist in the development of resource assessments and inventories including: Maintain and develop related maps and databases for the Environmental Branch.Maintain accurate records of work activities, data, and information gathered for Environmental reporting requirements.
- Assist in the development and implementation of research methods and procedures for monitoring environmental components.
- Collect and organize data for monitoring Tribal Natural Resources
- Attend training conferences and meetings as appropriate to assigned responsibilities.
- Other duties as assigned.

REQUIREMENTS:

- Associates degree or Bachelor's degree
- Broad knowledge of the physical and life sciences (e.g., land, soil, water)
- Ability to analyze data and communicate results in oral and written presentations.
- Physical ability to collect field data in all sorts of weather conditions.
- Ability to effectively communicate both orally and in writing.
- Must possess a valid driver's license and be insurable.
- Must successfully pass a background investigation.

SALARY: $16.00 per hour

Food Sovereignty Coordinator

Workforce Development - MFS

POSITION OPEN UNTIL FILLED

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

DUTIES & RESPONSIBILITIES:

- Develop and deliver programing opportunities based on community needs and interest as outlined in the Meskwaki Food Sovereignty (MFS) Strategic Plan.
- Supervise MFS program staff, including full time and seasonal staff.
- Conduct outreach, awareness, and educational campaigns in the interest of food sovereignty throughout the community and region. Meet with community members, Tribal Department staff, potential producers, committees, food outlets, businesses, consumers, and others concerning local food system
- Oversee communication and ensure visibility of MFS through newsletter articles, press releases, website content and social media.
- Recommend food policies and regulations that impact or affect the local food system.
- Develop and manage annual MFS community program budget.
- Research and apply for grants that support local food planning & development. Develop reporting format and data-tracking system to utilize in making assessments and reporting results.
- Assist with community-based gardening and coordinate annual seed and transplant giveaway. Develop and manage a community seed and resource library.
- Coordinate with the Ancestral Farming Manager the Meskwaki Kinship Garden program. Partner with Red Earth Gardens staff to provide tools, training and technical assistance to program participants.
- Other duties as assigned.

REQUIREMENTS:

- Bachelor's Degree preferred in public health,

sociology, planning, agriculture, environmental science, or related field and two years of experience.

- Minimum of one-year experience in farm or food system/food sovereignty program development.
- Minimum of one year direct supervisory experience.
- Prefer prior grant writing and reporting experience.
- Experience working in positions that require effective communication and teamwork.
- Ability to speak in public and provide guidance on food and farming topics during administrative planning, community meetings and events.
- Knowledgeable and proficient in word processing, spreadsheet, internet, and email.
- Must possess a valid driver's license and submit a certified driving record.
- Must be physically able to work outdoors.

SALARY: $29,910 - $47,154

POSITION OPEN UNTIL FILLED

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

Senior Water Program Lead

Meskwaki Natural Resources

DUTIES & RESPONSIBILITIES:

- Serve as lead and daily operations manager of Tribal water program.
- Implement Tribal Water Quality Standards and Water Quality Certification program
- Serve as member of the Iowa River Watershed Coalition, building effective partnerships with government agencies, non-government organizations and other stakeholders.
- Collect, assess, and report on chemical, physical, and biological water quality monitoring data.
- Assist in grant development, management, and deliverables reporting.
- Monitor and evaluate local, state, federal, and Tribal laws, regulations, and policies pertaining to the Tribal water program.
- Develop and implement outreach and education activities including events and print/electronic media.
- Identify and implement nonpoint source pollution management projects to improve water quality of Tribal waters.
- Other duties as assigned.

REQUIREMENTS:

- Bachelor's degree in Natural Resources, Environmental Science, Biology or related field, with 2 years of full-time experience managing and/or working on water related projects and writing technical reports.
- Possess knowledge and experience in federal environmental policies and regulations that pertain to water, with working knowledge of: Lab Work; Water Quality Standards and their interpretation; Groundwater/Surface Water; Assessment of Analytical water data; Macro & Micro invertebrates & Aquatic life.
- Ability to operate the following computer programs: Word, Excel, Outlook and ArcGIS
- Must successfully pass a background investigation
- Must have a valid driver's license and be insurable
- Preferred experience in working within the Native American Community and/or knowledge of the Meskwaki culture and the Sac & Fox Settlement
-

SALARY: $34,195.20 - $52,832.00

POSITION OPEN UNTIL FILLED

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

Director of Special Education

Meskwaki Settlement School

DUTIES & RESPONSIBILITIES:

- Provides leadership and vision to ensure continuous organizational development and improvement.
- Collaborates effectively with District staff, families, special education teachers, and the community
- for the purpose of planning, developing, implementing, maintaining, and evaluating educational services and/or programs.
- Develops proposals, new programs, budgets and grants for the purpose of meeting the District's Strategic Plan and goals.
- Evaluates District and school Special Education programs and monitors the implementation of special education and compliance with regulations in each location, for the purpose of carrying out and achieving objectives within area of responsibility.
- Manages special education complaints, for the purpose of providing required services.
- Coordinates with outside agencies to provide services to students and staff, for the purpose of offering appropriate services.
- Maintains a high level of knowledge regarding developing special education issues, changes in the laws and case law, and educational methods of educating students with disabilities, for the purpose of managing an excellent special education program.
- Incorporates policies and procedures in accordance with laws and regulations. Ensures that all practices in the district are legal and ethical for each student/family so that each child has the opportunity to achieve at a high level and be prepared for post-secondary success.
- Prepares documentation and reports data to the Bureau of Indian Education for the purpose of grants, providing written support, conveying information, and complying with federal and state regulations.
- Serves as district representative for IEP meetings as needed.
- Performs other related duties as assigned.

REQUIREMENTS:

- Master's degree in Special Education, Education Administration, or related field.
- Minimum of five years experience working directly with students.
- Education administration experience.
- Iowa Administrative and Evaluator Certification.
- Knowledge of organizational systems, the role of public education in the United States, racial equity, social justice, culturally relevant instruction/practices, and special education laws and practices.
- Strong law understanding.
- Knowledge of curriculum and research-based programming.

SALARY: DOQ

POSITION OPEN UNTIL FILLED

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

MESKWAKI

HUMAN RESOURCES

1-888-797-0049

meskwaki.com/careers

SECURITY EMT FT $16.00

Assesses injuries, administers emergency medical care, and performs the duties of Security Officer. High School Diploma or GED preferred. Cert. Iowa EMT or current Registered Nurse with up to date credentials and prove use of skills and equipment described above to meet an Iowa EMT-B level non-transport service and preferred one (1) year experience.

MSS Superintendent

Meskwaki Settlement School

DUTIES & RESPONSIBILITIES:

- Initiate and direct the development of policies for the approval to the Tribal Council and to delegate such responsibility to associates and subordinates as may be deemed desirable.
- Direct, assign, and assist all teachers and all other educational employees in the performance of their duties; classify, assign, and control the promotion or students; and perform such other duties as the Tribal Council determines.
- Approve and direct, in accordance with the law and rules of the Sac & Fox Tribe of the Mississippi in Iowa, purchases and expenditures, within the limits or the detailed budget approved by the Tribal Council.
- Represent the school in all dealings with other school systems, social institutions, business firms, agencies of government, and the general public.
- Serve as the Administrative Leader of the School by assuming full responsibility for the planning, development, and implementing of all school programs.
- Facilitate the visioning process to create an excellent student-learning environment and promote professional growth for school faculty.
- Provide for the effective and efficient management of the organization, operations, facilities, and resources to ensure the highest levels of safe and meaningful instruction.
- Establish and maintain positive relationships with community groups, families, and individuals to foster understanding and support of school goals and objectives.
- Incorporate a program for interpersonal and professional staff growth by leading, coaching, evaluating, and training all school staff.
- Systematically evaluate and improve programs, curriculum, policies, and procedures to enhance academic standards.
- Plan, develop, and implement a sound and efficient school financial system pursuant to federal and tribal requirements.
- Identify and pursue additional funding sources to supplement existing monies or fund new programs.
- Submit reports as required.
- Work toward integration of the Meskwaki language, and culture into all school programs.
- Perform all other duties which may be necessary to insure the proper functioning of the educational program of the district and which are related to the position of district Superintendent.
- Monitors fiscal and reporting requirements from the BIE and assures compliance with such.
- Prepare and submit annual transportation report and Part B budget to the BIE.
- Responsible for the efficient and effective administration of Lease Agreements and school agreements.

REQUIREMENTS:

- Master's Degree in Education Administration and five years of experience in education administration and professional teaching experience OR equivalent combination of education and experience.
- Must be certified or able to meet the Iowa Education License requirements with the Superintendent endorsement.
- Be knowledgeable and experience in teambuilding; strong communication skills.
- Knowledge of principles and practices of school organization, supervision, staff development, and staff evaluation.

SALARY: DOQ

POSITION OPEN UNTIL FILLED

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

EMPLOYMENT

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

- **Certified Police Officer**
  - Meskwaki Nation Police Dept.
- **Coaching Postitions Available**
  - Meskwaki Settlement School
- **Custodian (2nd Shift)**
  - Meskwaki Settlement School
- **Dentist**
  - Health Clinic - Dental
- **Education Technology Specialist**
  - Information Technology
- **Elder/Vulnerable Adult Case Manager**
  - Family Services
- **Family Services Director**
  - Family Services
- **Farm Sales Coordinator**
  - WFD - Red Earth Gardens
- **Gaming Commissioner**
  - Sac & Fox Gaming Commission
- **HVAC Instructor**
  - Apprenticeship Program
- **IT-Education Tech Specialist**
  - Information Technology
- **Lead Solar/Classroom Instructor**
  - Apprenticeship Program
- **Natural Resources Tech - Seasonal**
  - Natural Resources
- **PT Cert. Police Officer**
  - Meskwaki Nation Police Dept.
- **Registration Clerk (Temp/On-Call)**
  - Health Clinic
- **Social Worker**
  - Family Services
- **Substitute Bus Driver**
  - Meskwaki Settlement School
- **Substitute Teacher**
  - Meskwaki Settlement School
- **Workforce Education Coordinator**
  - Workforce Development

PAPA'S PIZZA DELIVERS TO THE SETT!

COVID -19 EXPOSURE GUIDELINES

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

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

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

Case no.: NC-2021-0001

ORDER TO SHOW CAUSE

RE: NAME CHANGE

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

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

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

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

NOTICE OF HEARING
Date of Hearing: **March 24, 2021**

Time: **11:00 AM**

Location: Meskwaki Justice Center
307 Meskwaki Rd.
Meskwaki Settlement
Tama, IA 52339

Maurice R. Johnson, Associate Judge of the Tribal Court

Dated: January 28, 2021

MNT

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

PRESORTED
STANDARD MAIL
US POSTAGE PAID
TAMA, IOWA
PERMIT NO. 7

March 2021

"By March, the worst of the winter would be over. The snow would thaw, the rivers begin to run and the world will wake into itself again." Neil Gaiman

Meskwaki Senior Services

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Pork belly patty Steamed rice Brussel sprouts Raspberries	2 Baked haddock Breadstick Broccoli Blueberry crisp	3 Black eyed peas soup Biscuit Salad w/ dressing Pineapple chunks	4 Chicken noodle soup Crackers Carrots/Celery Applesauce	5 Boiled egg Squash & sweet potato soup Apricots	6
7	8 Fish sticks Wheat bread Green beans Tropical fruit	9 Noodles & beef gravy Garlic toast Salad w/ dressing Apple cinnamon slices	10 Loaded baked potato -fixings Strawberries	11 Turkey slice Wheat bread Stuffing Yams Peaches	12 Hamburger rice soup Wheat bread Vegetables Mixed fruit	13
14	15 Hamburger gravy Biscuit Green beans Tropical fruit	16 Buffalo stew Frybread Vegetables Blackberries	17 *St. Patrick's Day* Beef Steamed cabbage Green applesauce St. Patty's cake	18 Ham & potato soup Cornbread Cottage cheese Pears	19 Black eyed peas soup Biscuit Fried okra Pitted cherries	20
21	22 Roast beef sub -sub fixings Baked chips Watermelon	23 Hamburger rice stew Wheat bread Steamed spinach Cherry crisp	24 New England clam chowder Oyster crackers Salad w/ dressing Mandarin oranges	25 Ground pork goulash Wheat bread Carrots Peaches	26 Chicken salad sandwich Wheat bun Grapes	27
28	29 Loose meat sandwich Wheat bun Baked chips Watermelon	30 Garden salad -boiled egg -diced ham Celery sticks Cantaloupe	31 Grilled chicken sandwich Flatbread Carrot sticks Apricots	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!**	