

Meskwaki Nation Times

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 19 Issue 01 | January 2022



DIRECTORY

TRIBAL POLICE 484-4844
FOR EMERGENCIES DIAL 911

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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.”**

Chairman - Vern Jefferson

State, Local & Federal: Term expires November 2025

Vice Chairman - Drayton Roberts

Housing: Term expires November 2023

Treasurer - Yolanda Pushetonequa

Health: Term expires November 2025

Member - Clinton Bear

Enrollment: Term expires November 2023

Tribal Council

Member - Vance Brown

Agriculture: Term expires November 2025

Member - Apollo Davenport

Employment: Term expires November 2025

Member - Zane Oldbear

Education: Term expires November 2023

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

January 5 @ 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:

JANUARY 20, 2022

Articles can be submitted via email to:

MEDIA@MESKWAKI-NSN.GOV

Or mailed to:

Meskwaki Nation Times, Shannon Mitchell - Editor, 1646 305th Street, Tama, Iowa 52339

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



DESCENDANTS NOW ELIGIBLE FOR BUFFALO ORGANS AND NON-EDIBLE PARTS

At a recent council meeting, Tribal Council has approved Meskwaki Natural Resources to distribute non-edible buffalo parts (i.e. hides, ribs, skulls, etc) and edible organs if still available to Meskwaki descendants starting February 1st of each year.

MNR can only hold edible items for 3 business days for an individual. Non-edible items can be held for 30 days after a request has been made to ensure you have the space to take the item. Contact information is required upon request. If you don't pick up the item after 30 days, MNR staff will contact you as a reminder. If no response/item pick up is made in 48 hours your reserved item becomes available to other community members for request. If a request is made after September 1, the person has until September 30 to pick up the item. This is to ensure MNR has the opportunity to distribute all items prior to September 30 of each year. Upon pick up, the requester must sign a form for record keeping purposes.

If you are an enrolled member, nothing changes from previous years. You can request non edible buffalo parts and edible organs at any time, pending availability of the items.

If you are a descendant, please submit requests for non-edible buffalo parts or edible organs that are still available starting February 1st . If February 1st lands on a weekend, the following business day is the first available day for requesting items. Requests can be made by stopping by or calling the MNR office to ask about the availability of an item.

As always, there are no guarantees on the availability of any item. Roasts, stew meat, and ground meat are still only available at scheduled distributions to enrolled members only.

As always, if you have any questions, comments, or concerns please feel free to reach out to MNR at 641-484-3511.

REMINDER EVENTS BEING HELD AT MESKWAKI BINGO CASINO HOTEL

The Gaming Commission would like to send out a reminder concerning Banned Individuals wishing to attend Tribal events on Meskwaki Bingo Casino Hotel property. If you are interested in attending upcoming events or any Tribal events, you will need to request a temporary waiver in order to attend. The request for a temporary waiver should be submitted as soon as one has knowledge of a function they are wishing to attend or at least seven (7) days in advance of the event. Failure to submit a request seven (7) days prior to the event will result in a denial of the request. When submitting such a request, please include a valid phone number and a mailing address. All correspondence will be sent through postal mail.

You may contact the Gaming Commission office at 641-484-1450. Our office hours are Monday through Friday from 8:00 a.m. – 4:30 p.m.
Sac & Fox

GAMING REGULATIONS

Patronage is a Privilege, Not a Right. The Gaming Commission hereby declares that being allowed entry into licensed Gaming Facilities is a privilege, not a right.

REINSTATEMENT OF PATRONAGE PRIVILEGES

It is the responsibility of any person petitioning the Gaming Commission for the reinstatement of their patronage privileges to

prove to the Gaming Commission they no longer present a risk to tribal assets, the integrity of the gaming on Tribal property or the safety of the public and employees.

(1) A patron who has a voluntary ban may petition for reinstatement after one year but must prove that the conditions for the voluntary ban no longer exist.

(4) A banned patron may petition the Commission for a temporary waiver to attend a tribal event or ceremony in the convention center or on casino grounds. The temporary waiver shall be restricted as to both the location and times.

BAN APPEAL HEARINGS

When the Gaming Commission schedules ban appeal hearings, there are two (2) letters that are mailed to inform the individual of the hearing. One letter is sent via Certified Mail (must be signed for) and another letter is sent via regular mail. The Gaming Commission asks that if you are unable to attend your ban appeal hearing, please call the office at 641-484-1450 prior to your hearing so that we may try to work with you.

Thank you for your cooperation.

~ Sac & Fox Gaming Commission





ACCESS TO INFORMATION

In partnership with the Media Services, Meskwaki Emergency Management is hoping to gather more contacts in regard to emergency/informational text notifications.

These notifications are used to distribute information like weather delays and cancellations, road closures, emergency weather alerts, etc., and is used to send out other announcements regarding Tribal Operation's programming like community meetings and events.

Community members wishing to receive instant text alerts should subscribe using their cell phone. (See information right.)

Meskwaki Emergency Management is a newly formed department within Tribal Operations created to assist with preparedness, response, recovery, and mitigation of emergency events within the Meskwaki Nation. Its aim is to reduce the harmful effects of all hazards, including disasters, and assist the community during an emergency.

For more information, please contact Mark V. Bear, Emergency Manager at (641) 484-4678.

COMMUNICATION IS KEY

SIGN UP TO RECEIVE INSTANT TEXT ALERTS FROM MESKWAKI TRIBAL OPERATIONS

From your mobile device,
create a new text message.

In the "To" line enter
this phone number:

(641) 323-4126

In the "Message" line, enter:

TM5U69

Hit Send.

WEATHER
CANCELLATIONS

ANNOUNCEMENTS
EVENTS

ALERTS

NOTICE TO PUBLIC

At its regular meeting convened on December 21, 2021 the Tribal Council approved for public notice **TITLE 25 AGRICULTURE HEMP PRODUCTION** of the Code of the Sac & Fox Tribe of the Mississippi in Iowa for a thirty (30) day public comment period.

Accordingly, a copy of the proposed Title 25 is immediately available for public review and comment through January 28, 2022. You may request a copy of the subject law for your review by contacting:

Office of the Attorney General
Sac & Fox Tribe of the Mississippi in Iowa
349 Meskwaki Road, Tama Iowa 52339
Telephone Number (641) 484-4678.

All comments should be submitted in writing to the Office of the Attorney General no later than 4: 30 p.m. January 28, 2022.

ROBERT MORGAN POST 701

Meetings held every 1st Wednesday of the month in the Tribal Chambers at 7pm

THE STC and Meskwaki BASKETBALL TEAMS

proudly present their 1st annual
coaches vs. cancer event
on **Monday, January 17, 2022**
at the **STC HS Gym**
beginning at 4 pm

There will be silent auction items, half court shots, and specially designed event t-shirts.

Pre-order shirts at the following link;

<https://treatamcra-meskwaki-southtama.itemorder.com/>

Hope to see you there!! &

THANKS FOR YOUR SUPPORT

As the community has moved away from eating local foods and traditional foods on a daily basis to a more modern diet made of processed foods, diet-related illnesses such as diabetes are on the rise.

Community members are invited to take a Meskwaki Food Systems Survey to help us determine ways to transition to fresh, whole foods/cultural foods so we can positively influence these health trends!

Take the survey by visiting:

WWW.MESKWAKI.ORG/FOODSURVEY

➔ Free Tee Shirt For Participating!




FILL OUT MFSI SURVEY AND WIN A FREE TEE SHIRT

Meskwaki Food Sovereignty is seeking community members to fill out a survey regarding the Settlement's food systems.

The mission of the Sac and Fox Tribe of the Mississippi in Iowa, aka the Meskwaki Nation, is 'To provide those conditions and resources, on a continual basis, that allows the Meskwaki to survive as a viable people and culture.' As the community has moved away from eating local foods and traditional foods on a daily basis to a more modern diet made of processed foods, diet-related illnesses such as diabetes are on the rise. A transition to fresh, whole foods and cultural foods on a daily basis and a local foods economy on the Settlement can positively influence these health trends, as well as provide jobs and increase opportunities for locally-owned businesses and revenue for the Tribe. The community and the Meskwaki Tribal Council identified the creation of a sustainable, community food system as a priority in ensuring the long-term success of the Tribe. As a result, the Meskwaki Food Sovereignty was formed in early 2012 to help facilitate this process.



Meskwaki Food Sovereignty provides resources, education, and support to community members. The Meskwaki Community Farm broke ground in early 2013 to grow food, support new farmers, and act as a community learning and gathering space. The mission of MFS is to secure food sovereignty by seeding, growing, and harvesting Meskwaki indigenous knowledge and life-ways. In order to gain a better understanding of the Meskwaki Settlement food system and ensure that community input, values, and goals guide future food system development, Meskwaki Food Sovereignty Team is updating the 'Food Sovereignty Assessment' survey.

The survey consists of 70 questions. All local Native community members, 18+, within a 25 mile radius are welcome to fill out the survey. Tee shirts will be given out for all who completely fill out the survey. Tee shirts will be ordered and distributed in February. (Sorry, we will not be mailing shirts out.)

YOUNGBEAR RECEIVES NATIVE AMERICA 40 UNDER 40 AWARD

The Class of 2021 Native America 40 UNDER 40 gathered together at the Ak Chin Convention Center in Maricopa, Arizona Friday, December 10, 2021 to recognize this year's recipients of the prestigious award. Among this year's class included Sarah Young Bear-Brown of Tama, Iowa. Sarah is a member of the Meskwaki Nation whose home is in Tama, Iowa. Sarah is the Vice President of the Native American Caucus of the Iowa Democratic Party, a member of Committee for Ope PAC, ASL Advocate for Justice, Iowa School for the Deaf ASL Storyteller, Founder of the group "Gathering of Deafatives", and is the owner of her own Beadwork business "SAYBB Creations Beadwork". Sarah is passionate about civil rights, justice and understanding for everyone. She works to achieve inclusivity for the Deaf community, understanding between her culture and the dominant society while balancing her business and family life. Being included in the Class of 2021 40 UNDER 40 is a well- deserved honor for a woman that works hard for the Native Deaf Community as well as working for the good of all people in general. Congratulations Sarah Anne Young Bear-Brown!

HISTORICAL PRESERVATION

DEAR MESKWAKI COMMUNITY,

Happy New Year from all of us in Meskwaki Historic Preservation. As we move forward into 2022, there is a sense of anticipation for better times. A hope that our community will be able to move forward safely and will be able to begin a few of our activities like classes here in our space. Our sewing machines have sat idle for almost two years, and the sounds of laughter and voices have been missing from our space. I've always felt that there is a spiritual presence here in our building because of all of our artifacts that reside here. The presence comes from all of the energy and care that our relatives put into the creation of their beadwork, their applique and their carvings just to name a few things. I like to think that good energy resides here with us. I've always felt that when we gather together in this space, there are relatives here and they also enjoy the laughter, the stories that are shared and seeing people create beautiful items of regalia. I am anxious to start meeting and even hosting classes in our space once again.

With that being said, if there are any artists interested in sharing your traditional skills, such as making Meskwaki moccasins, finger-weaving, plant fiber weaving or wood carving, I would like to discuss the possibility of hosting a series of small classes or possibly a workshop similar to the one we hosted 2 years ago. Your knowledge is important and there are people that would like to learn. This sharing of skills is needed in order for our community retain what we have. If you have an idea, please don't hesitate to ask either because your idea could make a difference.

I look forward to the new year and I look forward to seeing the progress we make in the retention of our traditional skills of cattail mat making, bulrush mat making and everything related to these old ways. I look forward to our small groups of regalia makers meeting again, and meeting new learners. Our history is great, our ancestors worked hard to retain a way of life, a language and we are blessed to be a part of it. I urge everyone to continue to learn, to share your knowledge and help one another throughout this coming year. Happy New year from all of us at Meskwaki Historic Preservation!

~ Bonabiga-Mary Young Bear



HIGHER EDUCATION



HIGHER EDUCATION HOSTS COLLEGE STUDENT PANEL DISCUSSION AT MESKWAKI SETTLEMENT SCHOOL

On December 16th, Meskwaki High School alumni (l to r) Romeo Buffalo (Marshalltown Community College), Tiernan Wanatee (University of Northern Iowa), Evan Nelson (Iowa Central Community College), Ahnoong Xaivong (University of California-Davis), Marybelle Armajo (Coe College) and Genesis Ramirez (Haskell Indian Nations University) shared about their college experiences with Meskwaki High School students, as part of the Meskwaki Higher Education Program's annual College Student Panel Discussion. (Pictured above.)



The panel of alumni shared with 9th and 10th grade students at Meskwaki High School and then the 11th and 12th grade students. High school students heard first hand what the college experience has been like thus far for the six panelists.

UPCOMING MESKWAKI HIGHER EDUCATION PROGRAM DATES:

Summer 2022 semester application deadline: March 1

Meskwaki Higher Education Program Fill Out the FAFSA Nights: January 26th and April 6th

Info on these Fill Out the FAFSA Nights will be mailed the home of STC and MSS seniors.

For more information, contact the Meskwaki Higher Education Program: (641) 484-3157



Please check in with Jennifer to redeem your incentives before January 13, 2022!

JVN quarterly drawing started Jan. –Mar. 2022. Call the Meskwaki Health Clinic to schedule your JVN today!

January 18, 2022
at Noon on Zoom

DIABETES SUPPORT GROUP MEETING ON DIABETIC DISTRESS

by Larry Newman Larry Newman, DNP, AGPCNP, PMHNP, ARNP
Mental Health Counselor Behavioral Health
Call Jennifer for Zoom link.

January 19 from 10am NUTRITION STORE TOUR AT FAREWAY IN TAMA

Learn healthful options, Label reading, and try samples of new foods.
Sign up today, space is limited to 6 people per tour.

January 25
at Noon on Zoom

A RIVER RUNS THROUGH US

This 90 day program will cover diabetes self-care over 7 classes. If this time does not work for you and you would like to take part in the program please let Jennifer know!

January 26 at noon DIABETES BINGO ON ZOOM

Please pick up your bingo card at Meskwaki Health Clinic by January 24 at noon and get zoom link from Jennifer.



NEW BEHAVIORAL HEALTH CALL LINES

Meskwaki Behavioral Health Services provides mental health therapy and substance abuse services Monday through Friday from 8 am to 4:30 pm at 641-484-9482 or 641-484-4094.

In the upcoming year, there will be a change in how crisis calls are routed when the Behavioral Health Clinic is closed. This new change will take place on January 1, 2022 to expand your options to reach out to a helping professional when the clinic is closed, afterhours and on weekends. Instead of calling 641-481-0049 for crisis, **the NEW options for when behavioral health clinic is closed, afterhours, and on weekends for crisis calls include:**

Call: 855-581-8111 24/7

Text: 855-895-8398 24/7

Warm Line is a telephone line staffed by individuals with lived experience who provide nonjudgmental, nondirective support to an individual experiencing a crisis.

The statewide warm line is (844) 775-WARM (9276).

The National Suicide Prevention Lifeline (NSPL) is a free, confidential 24/7 crisis line providing emotional support and crisis counseling to individuals experiencing suicidal crisis or emotional distress. Federal legislation was passed to transition the current number (1-800-273-8255) to the three-digit dialing code of 9-8-8 by July 16, 2022.

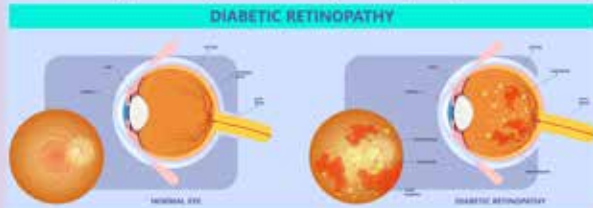
Until that transition occurs, callers should continue using 1-800-273-8255.

Behavioral Health is here to help you with mental health and substance abuse services concerns to address your needs in a timely manner.



JVN quarterly drawing started January 2022 – March 2022 Call the Meskwaki Health Clinic to schedule your JVN today!

If you are a patient with diabetes and have not had the JVN photo taken this year, please call to set up your appointment. Quarterly drawings for our patients with diabetes that have the JVN completed at Meskwaki Health clinic will have a chance to win an iPad! We are planning to have a drawing each quarter. The first drawing will be in April 2022 for the quarter of January 2022 – March 2022 patients.



Tips for Healthy Children's Teeth

The best way to treat disease is to prevent it

- After feedings, wipe infants gums with a clean cloth
- Reduce the number of sugary food and drinks they consume
- Do not put a child to sleep with a bottle in their mouth
- Visit a dentist once a child's first tooth comes in and visit a dentist 6-12 months annually
- Once teeth come in, floss and brush daily with a pea-sized amount of fluoride toothpaste for 2 minutes twice a day, and use their own toothbrush

SOURCES:
American Academy of Pediatrics (AAP). (2017). Reducing disparities in oral health among children. *Pediatrics*, 120(5), e2017-0001.
Centers for Disease Control and Prevention (CDC). (2017). *Oral Health in the United States: A Report of the Surgeon General*. Washington, DC: U.S. Department of Health and Human Services.



DIABETES SELF-CARE CLASS

This program will cover diabetes self-care, topic seen below. Starting January 25 at noon on zoom for a 30 minute class. If this time does not work for you and you would like to take part in the program please contact Jennifer Scales at (641) 484-4094. Mark your calendars for program dates:

January 25 at noon
PROGRAM INTRODUCTION
Jennifer Scales, RDN, LD

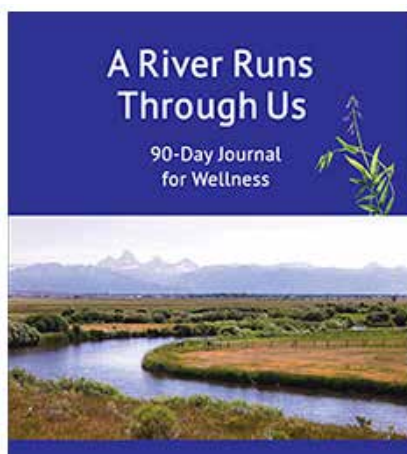
February 8 at noon
HEALTHY EATING
Jennifer Scales, RDN, LD

February 22 at noon
BECOMING OR STAYING ACTIVE
Jason Jefferson

March 8 at noon
DIABETES BASICS
Alicia Barron, ARNP

March 22 at noon
TAKING CARE OF YOUR HEART, EYES, TEETH, FEET, AND KIDNEYS
Anthony Glydwell, ARNP and Dr. Rebecca Gabriel, DDS

April 5 at noon
DIABETES MEDICINES
Dr. Leighton Frost, MD



April 19 at noon
DIABETES AND FEELINGS
Larry Newman, LISW, PMHNP

Fast Facts about Children's Oral Health

The burden of disease in Native Americans is largely impacted by institutional and systemic inequalities, that reduce access to resources to prevent disease.

- About 1 in 5 children ages 5 to 11 have at least one untreated decayed tooth.
- 1 of 7 (13%) adolescents ages 12 to 19 have at least one untreated decayed tooth.
- Children ages 5 to 19 from low-income families are twice as likely (25%) to have cavities than children from higher-income households (11%).
- American Indian & Alaskan Native (AI/AN) children ages 2-5 have three times higher risk of tooth decay and 70% have had tooth decay compared to 23% of white children.
- 38% of AI/AN adolescents, 13-15 years old, have had untreated decay, compared to 11% in the general U.S.

SOURCES:
Centers for Disease Control and Prevention (CDC). (2017). *Oral Health in the United States: A Report of the Surgeon General*. Washington, DC: U.S. Department of Health and Human Services.

HEALTH & WELLNESS

IT'S TIME FOR THE 6th ANNUAL WINTER MESKWAKI SETT-FIT CHALLENGE 2022!

DATES: January 17th through March 28th
(10 weeks)

GOAL: Work out and eat a balanced diet using healthful meal plans over the next 10 weeks. Learn about ways to make your food and physical activity goals sustainable, so that you can continue your healthy lifestyle all year!

WHO: All Meskwaki community members and Tribal Operations staff are eligible to participate.

REGISTER: January 11th-13th, register and weigh-in to obtain beginning stats.

Times are:

- Tue, Wed, & Thu: 6:00 - 7:45 AM @ Wellness Center
- Tue, Wed, & Thu: 9:00 AM - 12:30 PM @ Health Clinic
- Tue, Wed, & Thu: 1:30 - 5:15 PM @ Health Clinic

(*Contact Jason or Jennifer if you need an alternate time to weigh-in).

Join our Facebook group:

MESKWAKI SETT-FIT CHALLENGE where we'll be posting content throughout about the workouts and activities.

CHALLENGE: Beginning Monday, January 17th start working toward your goals and begin tracking your points for various health and wellness activities. You do not have to track points to be a part of the challenge. (*But you must attend all three weigh-ins.)

GET FULL DETAILS ABOUT THE PROGRAM AT WEIGH IN!

FREE TO ENTER

Meskwaki Community Members and Tribal Operations Staff eligible to participate.

BEGINS JANUARY 17TH

Weigh-in:
January 11th - 13th
*(See website/social media for details)

MESKWAKI HEALTH SERVICES
Wellness & Diabetes Program presents



KIWITTIKITO KEWIYAWI
(MAKE YOUR BODY STRONGER)

1ST PLACE

Choice of:

Home Exercise Equipment,
Workout/Running Shoes,
or Grill
(up to \$350 value)

2ND PLACE

Choice of:

Wireless Earbuds
or SettFit Jacket
(up to \$85 value)

**12 winners will be chosen in
3 categories / 2 age divisions**
(Top 2 in each category)



MOST WEIGHT LOST



MOST SETT-FIT CHALLENGE POINTS



MOST MUSCLE BUILT

2 AGE DIVISIONS:

Mens & Womens - 18 years old through 54 years old
Mens & Womens - 55 years old and older

**Sign up to be a part of this 10 week
healthy activity program and receive
meal plans, healthy live and video
classes, motivation, recipes, and more!**

Join our SettFit Challenge
Facebook Group!

MESKWAKI SETT-FIT CHALLENGE

**Everyone who participates in the
mid-challenge weigh-in on week 5 will
receive a FREE tee shirt.**

Participants who track points during at least
80% of the challenge and participate in all
three weigh-ins will WIN

**CHOICE OF BLUETOOTH DIGITAL WEIGHT
SCALE OR \$25 SUBWAY GIFT CARD!**



**THE WELLNESS
CENTER IS OPEN AND
HOPING TO
HELP YOU
START YOUR
NEW YEAR'S
RESOLUTIONS**



Hours of Operation:

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

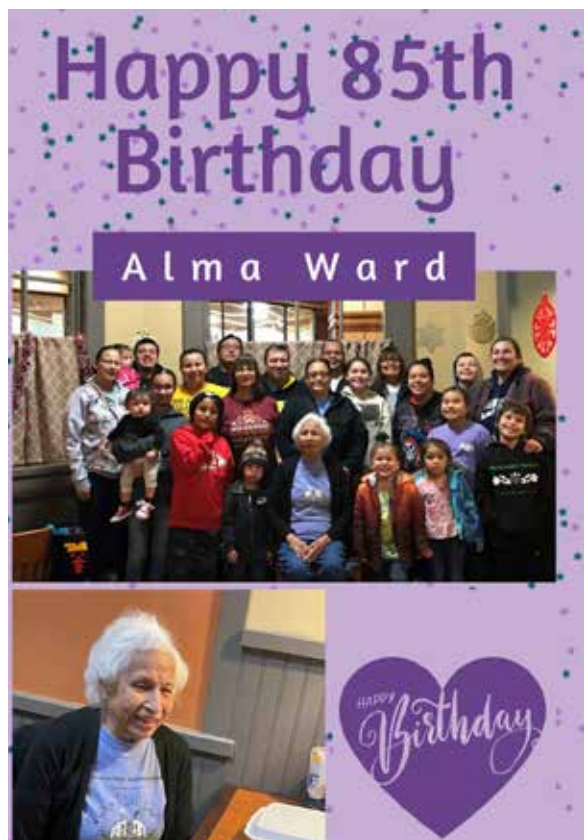
Saturday
8:00 am – 4:30 pm

Sunday
9:00 am – 2:00 pm

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



FINANCE

DEAR DR. PER CAP:

One of my grown kids still lives at home and the other just asked me to co-sign a big loan. I love my kids but I'm overextended. How can I cut them loose without drama and chaos?



*Signed,
Maxed Out Momma*

Dear Maxed Out Momma,

This official name of your dilemma is the "failure to launch" problem. It's not uncommon these days in Indian Country and elsewhere. In all fairness the rough state of the economy is partially to blame. High costs of living, stagnant incomes, and soaring education costs that contribute to student loan debt are pushing Millennials and Gen Zers down a more challenging financial path than previous generations. However, young adults also can't resolve to be victims of financial precedent. Time for a dose of tough love.

The question that needs asking is why do your adult children lack independence and self-sufficiency? I recommend asking them directly rather than just contemplating it yourself.

If your kids work hard and make good decisions but they're still struggling you might want to go easy on them. But if junior enjoys couch surfing and playing X-Box while you're stressing to pay the bills something has to change. Moreover, a co-signer might be a reasonable request for a sensible purchase, like an affordable vehicle to commute to work or a down payment on a modest home. Co-signing for a fully loaded SUV so someone with lousy credit can look cool? Hit the brakes!

First make it clear that your love

is unconditional and your children are always welcome in your home; however, you won't carry their financial burdens indefinitely. Consider even showing them the numbers on paper so they can see for themselves how thin you're stretched.

Next give the adult child living at home a timeline, say three months to get their own place. If they need help, provide as much support as you can reasonably offer. Maybe cover the deposit on an apartment or connect them with an employment services program. Your tribe's human resources department or social services are a good place to start. Then stick with the timeline.

If the co-sign relates to an over-the-top purchase, like the SUV, flat out refuse. If it's something reasonable, look closely at the purchase. Maybe there's a cheaper option that will eliminate the need for a co-signer or even having to borrow altogether.

Drama and chaos can be avoided if you're firm but fair and your kids realize your heart is in the right place. I think just about everyone has had to turn to their parents to help cover a financial setback at least once after reaching adulthood. I know I have. The good news is that nothing beats the feeling of pride and accomplishment after finally flying the nest. Don't hold your kids back by enabling them for too long.

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



YOUTH ACTIVITIES UPDATE

On December 21st, the MY Leadership Council, Meskwaki Youth Program, Mesquakie Friends Church, Marine's "Toys for Tots" held the second annual Holiday Giveaway. The MY Leadership Council Members are Matt Bear Jr (2nd Grade), Nevaeh Buffalo, Nahliya Pushetonequa, Isabella Bear, Hegan Azure (6th Grade), Karsyn Wolf, Nathan I Bear, Maheengunse Bear (7th Grade), Sia Bear and Tibby Billy (10th Grade). For the Koko & Medo Giveaway the MY Leaders made custom Holiday cards, jars of Hot Cocoa, and Handmade blankets for our Koko and Medo.

For the Youth Giveaway, the Leaders packed the giveaway bags (hoodie, gloves, and toys) and worked the Drive through. The Youth program would like to give a huge thank you to the Meskwaki Nation Police Department for assisting in Traffic Control we appreciate you keeping our youth safe! We would also like to thank Mac, Bernie, & all the Veterans and Marines that came together to wrap over 500 gifts for this year's event and the surprise visit from Santa. Thank you, Mac, for putting in a good word with the big guy, we know he is busy this time of year! Lastly we would like to thank our MY Leaders and their parents for putting in all the hours to not only complete all the blankets and gifts but to also bring holiday cheer to the elders and youth here in the Meskwaki community!

On December 23rd Santa made a surprise visit to the Meskwaki Apprenticeship Program. But huge thank you to Matt, Shoshonis, and their kids for bringing holiday cheer to the community youth.

~ Tashina Azure, Youth Director





2021 TRIBAL OPERATIONS





ONS CHRISTMAS PARTY





Meskwaki students in Kindergarten through 8th grade showcased their musical abilities by hosting a Holiday Music Concert on Friday, December 17th. Singing songs like Jingle Bells and Rudolph the Red Nosed Reindeer, the concert was livestreamed and many family and friends attended. The 3rd and 4th graders performed a play called "How the Penguins Saved Christmas". 5th and 6th grade as well as the 7th and 8th grade bands also played. The concert can be seen in its entirety by visiting: <http://www.livestream.com/meskwakinaton>





MNCSS' core services: locate parents, establish paternity & Orders, collect support, and there's more. **It's not only about money,** it's child support prevention, family collaboration, health care coverage, healthy relationships, economic stability, and engagement of fathers and mothers from birth. Hoping your families are safe, warm, and content. MNCSS would like to wish you all health and happiness. **None of us are from perfect homes. It's unlearning the toxic, and teaching the good that keeps families together. If you didn't come from a "good" family, make sure a good family comes from you. Our children's lives depend on it.** **#breakinggenerationalcurses**



"If we aren't being taught how to grow our own food, how to take care of ourselves and our families, and how to live without the need for huge governments, banks, or corporations -- as our ancestors once did -- then we aren't being educated; we are being indoctrinated to be dependent and subservient to the system."
~Gavin Nascimento

HOW CAN MESKWAKI ELDERS CIRCLE "MEC" be a key resource in our community?



Our Elders will listen to parents and/or caretakers with compassion, an open heart, & share a piece of themselves for understanding, for strength, and for better ways of parenting. Our Elders' words can help build, repair, and/or shape the relationships that matter most, and connect family with community resources as needed.

Our Elders have lived through many changes, and have learned lessons in easy & difficult ways. They're willing to share wisdom & teachings that can be beneficial to those who are willing to listen & hear with an open heart and open mind.

If you're an Elder, join MEC to pass along your expertise, your life lessons, your stories, YOU!

FULLY NATIVE

Who is an Indian? A Native American? An Indigenous person? American Indian, First Nation, or Aboriginal? All these labels are used, but none are entirely correct. Who decides? Are you a full blood? Half blood? Quarter blood? The question of how much "Indian blood" you have—also called "blood quantum"—began with European contact. This colonial way of thinking continues when we keep defining ourselves by blood. What part of you is Native? Is it your head? Your heart? Maybe it's your thoughts. But it is not just your blood.

We are the sum of all our parts. All human. One hundred percent. And fully Native.

Jolene Richard, Guest Curator & Gabrielle Tayac, NMAI, 2004

IT IS WITH A SAD HEART, WE SAY "SEE YOU" TO AN AMAZING, HARD-WORKING LADY, KIMBERLY SCHWARTZ, CSS' CASE MANAGER. HER LAST DAY WAS DEC 17, 2021. KIMBERLY WILL BE GREATLY MISSED & WE WISH HER THE BEST WITH THE STATE OF IOWA.

7 SENTENCES I WISH I'D READ SOONER

Steve Bartlett // @steven

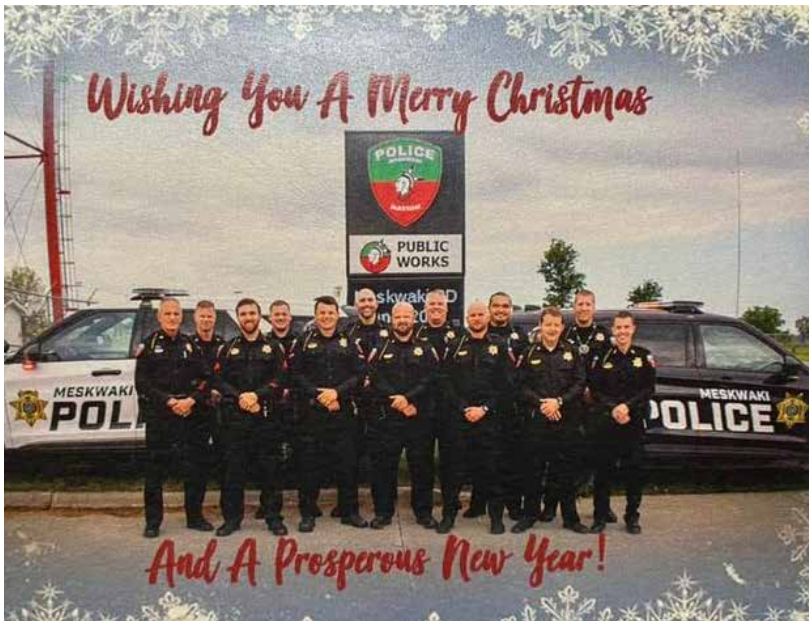
- These hard times, this pain, these lessons—one day—will be your strength, your awareness, & your truest blessings.
- Don't expect honesty from those who lie to themselves.
- You'll never look good making someone look bad.
- Save explanations for those determined to understand you—give silence to those determined to misunderstand you.
- Your life is too short to be unhappy 5 days a week in exchange for 2 days of freedom.
- Don't be upset by people you don't respect.
- Life is not tiring. Wanting life to be a certain way but not having confidence to make it that way, is tiring.

TO LOVE SOMEONE LONG-TERM IS TO ATTEND A THOUSAND FUNERALS OF THE PEOPLE THEY USED TO BE.—Heidi Priebe

The people they're too exhausted to be any longer. The people they don't recognize inside themselves anymore. The people they grew out of, the people they never ended up growing into. We so badly want the people we love to get their spark back when it burns out; to become speedily found when they are lost.

But it is not our job to hold anyone accountable to the people they used to be. It is our job to travel with them between each version and to honor what emerges along the way.

BLESSINGS FOR A HAPPY NEW YEAR!



**MESKWAKI
NATION
POLICE
DEPARTMENT**


1632 305TH STREET
TAMA, IA 52339

Admin. Office Hours
Monday - Friday
8:00am - 4:30am
Ph: (841) 484-4844
Fax: (841) 484-4843

**ANONYMOUS DRUG
TIP HOT LINE**
LEAVE A
MESSAGE/TEXT AT
(841) 481-0840

For non-emergencies please call Tama Co.
Dispatch at **(841) 484-3760**
Press option '1', ask to speak with an
MNPD Officer on duty.

EMERGENCY? DIAL 911

Coffee and Culture

*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 not consuming
beverages or eating (optional/eat at own cost).*

BRING HER HOME. YOUR HELP IS NEEDED.

MISSING PERSON **\$100,000 REWARD**

The reward for anyone willing to come forward with new information that leads to finding Rita Janelle Papakee has been increased to \$100,000.

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

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

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



Missing since January 16, 2015
RITA PAPAKEE

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

(841) 484-4844
Anonymous tip hot-line and text line: (841) 481-0840

*** 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

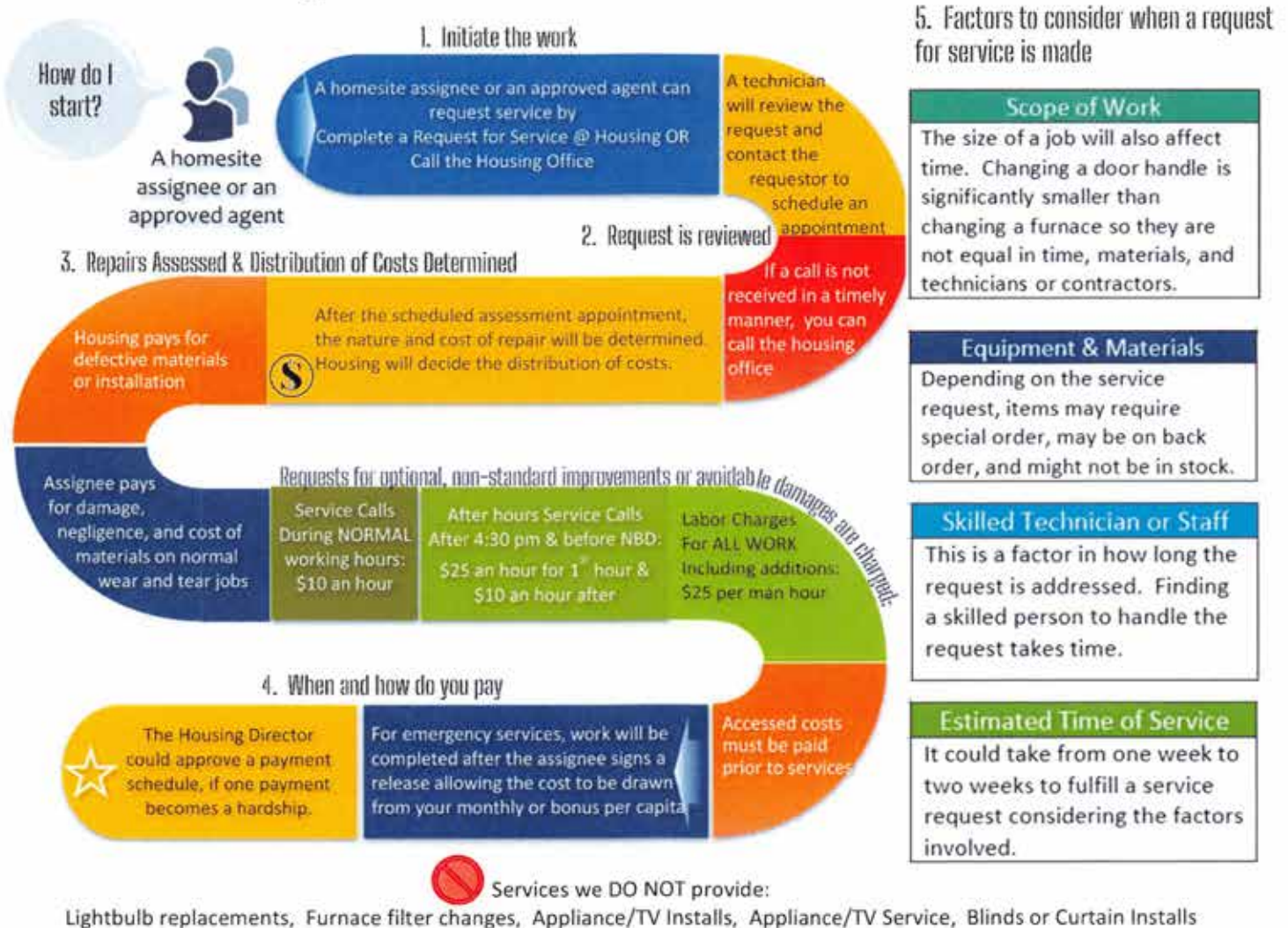


On Friday, December 4th and Saturday, December 5th, the MNP hosted its third Annual Shop with a Cop for Meskwaki Youth. Twelve youth participated this year! Through this program, the children are able to purchase gifts for themselves and their family.

The goal of this program is to foster the relationships between our youth and the police department to improve overall public safety of our community. On each day, we also wrapped the gifts and shared a meal together. We even played some basketball on day 1. Special thank you to all of our cooks and our photographer, Sal.



Request for Maintenance Services



Community Notice

Starting January 2022 and until work is complete, a crew from Northern Natural Gas will be performing Natural Gas pipeline maintenance. The work they will complete is to clear the path of the pipeline so that tree roots will not grow and create dangerous obstructions to the pipeline. I wanted to share information about the areas Northern Natural Gas will be working in:

- Gray Property was purchased in 1995 with known easements
- Lyman Property was purchased in 2001 with known easements
- Rogers property was purchased in 2012 with known easements
- State of Iowa property purchases in 2016 and 2017 with known easements

What does this mean? The land was purchased knowing there are pre-existing easements in place for Northern Natural Gas. The original owners of those properties signed prior to the Tribe's ownership and the Tribe will allow them to perform the necessary work to ensure the pipeline is safely maintained.

There are no specific dates to perform this maintenance. Notices will be posted at each tribal building when they are onsite AND on social media via the Tribe's official social media outlets.



Meskwaki Housing Program
100 E Village Rd. Tama IA 52339
(641) 484-4972



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.)**

Public Works Director

Public Works

DUTIES & RESPONSIBILITIES:

- Direct the design, construction, operation and maintenance of Tribal facilities including streets and other travel corridors, bridges, signs, storm drainage, sanitary sewers, wastewater treatment, water supply and distribution facilities, fleet maintenance, solid waste and recycling collection, and other areas needed throughout the Meskwaki Settlement.
- Coordinate public works projects, administer construction contracts, and provide assistance to engineers, contractors and other departments with related projects.
- Analyze and interpret reports, maps, blueprints, test data and aerial photographs on soil composition, terrain, hydrological characteristics and other topographical and geologic data.
- Determine departmental priorities, implement and coordinate the work plans, and conduct final inspections.
- Prepare and submit departmental budget, monitor expenditures, submit purchase orders and invoices for processing, and ensure the proper bidding process in obtaining materials, equipment, vehicles and services.
- Research, pursue and attain funds and/or partnerships from local, state and federal agencies.
- Submit quarterly and annual reports to the Executive Director.
- Direct appropriate departmental response to weather and related emergencies.
- Monitor and enforce safety procedures of departmental employees.
- Manage/supervise departmental staff, includes performing hiring, employee evaluations, disciplinary action and employee separations.
- Conduct regular staff meetings.
- Identify and coordinate appropriate staff training and workshops.
- Produce clean, safe water supply for the community.
- Ensure proper disposal of all waste in accordance

**FOR FULL JOB DESCRIPTIONS GO TO:
WWW.MESKWAKI.ORG & CLICK ON "APPLY FOR JOBS"**

**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**

with Tribal and Federal regulations.

REQUIREMENTS:

- Bachelor's Degree in Civil Engineering, Business Administration, Public Administration or related field of study and five (5) years of experience or an equivalent combination of education and experience.
- Must be able to read and understand engineering plans.
- Knowledge of 638 Contracts with the BIA and IHS (Preferred)
- Coordinate with State and local transportation agencies for collaborative projects (Preferred)
- Must possess a valid driver license and be insurable
- Must be willing to work nights and weekends as conditions require.
- Good verbal and written communication skills.
- Must have experience in administrative and operations management.

ANNUAL SALARY: \$64,188.80 - \$107,598.40

POSITION OPEN UNTIL FILLED

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

Assistant Deputy Clerk of Court

Sac & Fox Tribe of the Mississippi in Iowa
Tribal Court

The Assistant Deputy Clerk of Court performs a variety of clerical support functions on behalf of the Meskwaki Tribal Court Clerk of Court's Office; processes legal documents; conducts records management functions; provides superior customer service to the public; and performs other related duties as assigned under close supervision.

DUTIES & RESPONSIBILITIES:

- Answers incoming calls and provides superior customer service at the front counter and via telephone.
- Responds to inquiries and provides general information regarding Tribal Court processes, forms, and procedures.

- Receives documents and receipts payments for Court fees, fines, bail, and penalties.
- Interacts with staff, Defendants, witnesses, attorneys, or law enforcement personnel regarding a variety of court related matters in a respectful and courteous manner.
- Assists in entering criminal and civil cases into the court case management system as directed.
- Processes and distributes court documents as directed by the Clerk of Court.
- Updates and maintains the Court calendar.
- Performs the duties of the clerk in the court room as required by the Clerk of Court and records and maintains hearing records.
- Observes and maintains high standards of conduct so that the integrity of the Tribal Court will be preserved.
- Maintains confidentiality of all cases and proceedings.
- Administer oaths and witness execution of documents.

REQUIREMENTS:

- High School Diploma or GED.
- Prefer 2 years of work experience with Microsoft Word, Excel, Access, Publisher, and Adobe Acrobat.
- Strong customer service skills, including telephone etiquette, and an ability to handle stressful situations in a respectful way.
- Be a motivated, self-starting individual, and possess strong organizational skills with record management experience.
- Good oral and written communication skills.
- Must possess excellent listening and interpersonal skills.
- Must successfully complete a background check.
- Native American preference shall be applied to qualified candidates in accordance with Sac and Fox Tribal Code Section 9-1204.

ANNUAL SALARY: \$25,563.20 - \$39,915.20

POSITION OPEN UNTIL FILLED

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

Case Manager

MNCSS

DUTIES & RESPONSIBILITIES:

- Will perform overall case management functions for MNCSS.
- Maintains a professional environment in the MNCSS office.
- Gains excellent knowledge of the federal child support rules and laws.
- Learn and follow the MNCSS Policy & Procedure Manual, relevant Meskwaki Nation laws, and relevant federal and state regulations to carry out all case management functions.
- Reviews and processes all applications for Child Support services received by the MNCSS in accordance with MNCSS Policy and Procedure Manual.
- Responds courteously and in a timely manner to inquiries from other jurisdictions, current customers or the general public regarding MNCSS or current child support cases in accordance with the MNCSS Policy and Procedure Manual.
- Assists the Staff Attorney by preparing files for court and requests current payment history reports, when applicable, from the MNCSS Financial Specialist.
- Works closely with the Tribal Court Staff to schedule child support court cases on the upcoming court docket.
- Attends child support hearings at the Tribal Court when requested; may be required to appear as a witness for the tribal Staff Attorney or presenting officer in child support cases.
- Performs other duties as needed or assigned by the immediate supervisor.

REQUIREMENTS:

- Must possess a BA/BS with 2 years' experience in human service or child support field.
- Prefer experience working the Meskwaki Indian children or families .
- Experience with Tribal or District Court systems.
- Must be or able to obtain Notary in the State of Iowa.
- Must be able to record information accurately and efficiently, maintain computerized records.
- Must possess excellent customer service skills with the general public, including maintaining tact, diplomacy and flexibility when dealing with different personality of clients who call or appear in person at MNCSS, stressful situations and potentially hostile people.
- Ability to maintain confidentiality of sensitive information.
- Must possess a valid Driver's License and

have a good driving record.

SALARY: DOQ

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:

<https://meskwaki.applicantpro.com/jobs/>

HVAC Trainer

Apprenticeship Program

DUTIES & RESPONSIBILITIES:

- Follow established rules and regulations; maintain a safe, clean working environment.
- Daily supervision & mentorship of Meskwaki Apprenticeship Program participants in Heating, Ventilation, and Air Conditioning.
- Assist in the coordination of service call & mechanical construction projects.
- Assist in the planning & coordination of on the job and learning lab activities.
- Assist in the assessment/evaluation of Meskwaki Apprenticeship Program participants.
- Assist in the development & execution of on the job learning in accordance to the Meskwaki Apprenticeship Program curriculum.
- Perform other duties as assigned.

REQUIREMENTS:

- Minimum of 5 years/10,000 hours on the job experience in HVAC.
- A minimum of a Journeyperson's license in HVAC with Iowa Mechanical Board.
- Masters license in HVAC preferred.
- Excellent organizational skills and attention to detail.
- Minimum 3 years' experience of jobsite management.
- Demonstrated knowledge and experience in teambuilding and teamwork

ANNUAL SALARY: \$36,836.80 - \$53,497.60

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:

<https://meskwaki.applicantpro.com/jobs/>

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

Case no.: NC-2022-0002

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)
HUNTER LASHAY YOUNGBEAR

To proposed name (first, middle, last)
HUNTER LASHAY 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: **January 17, 2022**

Time: **2:30 PM**

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

Maurice R. Johnson, Associate Judge of the Tribal Court
Dated: November 16, 2021

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

Case no.: NC-2022-0001

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)
YVETTE CLARICE KAPAYOU

To proposed name (first, middle, last)
WETTAKABAIGA ANGELINA KAPAYOU

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: **January 17, 2022**

Time: **2:15 PM**

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

Maurice R. Johnson, Associate Judge of the Tribal Court
Dated: November 4, 2021

EMPLOYMENT

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

- **Assistant Farm Manager**
- Red Earth Gardens/WFD
- **Case Manager**
- MNCSS
- **Clerk of Tribal Court**
- Sac & Fox Tribal Court
- **Comptroller/CFO**
- Executive Management/Fiscal
- **Custodian (2nd Shift)**
- Meskwaki Settlement School
- **Dental Hygienist**
- Health Clinic - Dental
- **Elementary Art Teacher**
- Meskwaki Settlement School
- **Family Consumer Science Teacher**
- Meskwaki Settlement School
- **Food Service Worker (2)**
- Meskwaki Settlement School
- **General Manager**
- Meskwaki Bingo Casino Hotel
- **HVAC Service Technician**
- Housing
- **HVAC Trainer**
- Meskwaki Apprenticeship
- **Laborer**
- Public Works
- **Language Teacher Assistant (2)**
- Meskwaki Settlement School
- **Maintenance**
- Meskwaki Settlement School
- **MAP Teacher/Teacher Associate**
- Meskwaki Settlement School
- **Math Teacher**
- Meskwaki Settlement School
- **Mental Health Counselor**
- Behavioral Health Services
- **Meskwaki Elders Circle Coordinator**
- MNCSS
- **Meskwaki Natural Resources Director**
- MNR

- **MNCSS Process Server**
- MNCSS
- **On-Call Senior Services Assistant**
- Senior Services
- **Police Officer**
- Meskwaki Nation Police Department
- **Police Officer (Non-Certified)**
- Meskwaki Nation Police Department
- **Registration Clerk (Part-Time)**
- Health Clinic
- **Special Education Teacher-Elementary**
- Meskwaki Settlement School
- **Temporary Food Service Worker**
- Meskwaki Settlement School
- **Transitional Housing Specialist**
- RISE/Family Services
- **Transport Officer**
- Meskwaki Nation Police Department
- **Victim Advocate**
- Family Services



**See all our job
openings at
WWW.MESKWAK.ORG**

*Are you
awesome?*

WE are HIRING!
Join us!

WE'RE LOOKING FOR YOU!

NEW STAFF



ANDREW TALBERT
Victim Advocate, R.I.S.E

Good day everyone,
My name is Andrew Talbert and I am your new Victim Advocate with the RISE program. I'm working in RISE with Family Services and I'm very excited to be here. I was born in Houston Texas, but spent the majority of my childhood in Marshalltown. I graduated from Marshalltown in 2011 and joined the Marine Corps. After I received my honorable discharge in 2015, I attended Iowa State University and graduated with a bachelor's degree in Criminology and Criminal Justice in 2017.

Being a Victim Advocate is about more than what you know, life experiences are very helpful. I have lived a few years at a time in different locations. I also have a wide range of life experiences. I worked with the Colorado Coalition for the Homeless and assisted in protecting their community and I've worked with at risk students as a teacher and students with special needs as a para educator. I also have experienced situations that will help me to understand what my client's needs are and to understand what they are going through.

I am very excited to be with the tribe! Helping people through hard times is my passion and is very fulfilling for me. I am so grateful for this opportunity and I will do all I can to serve my clients to the best of my ability.



MELANIE ROBERTS
CMA, Health Clinic

Hello, my name is Melanie Roberts and I was recently hired at the Tribal Health Clinic as a Certified Medical Assistant. I am a descendant of the Sac and Fox Tribe of the Mississippi of Iowa. My Indian name is Wabimawekwea (Gray Wolf Lady). I will be doing a mix of clinical and administrative duties such as taking vital signs, injections (vaccines etc.), gathering medical information, assisting during exams, collecting blood and basic wound care. I became a Certified Nurse's Aide (CNA) in 2015 and a Certified Medication Aide (CMA) in 2016. I've worked at both Sunny Hill Care Center of Tama and Premier Estates of Toledo. I was ready for a change of pace so I enrolled in the Medical Assistant Program at Marshalltown Community College and completed the program in the 2021. This will be my first year contributing my skillfulness to patients! I have a beautiful four year old daughter named Sophie Buffalo and retain a residence in Toledo with her father, Nathan Buffalo. I like sharing laughs with family and friends and love dressing up for Halloween. I'm excited to see what this upcoming year will teach me and look forward to serving my community.

WENDY WITT

Media Assistant, Media Services

My name is Wendy Witt and I am excited to be the new Media Assistant for the Meskwaki community. I am a descendant of the Sac and Fox Tribe of the Mississippi of Iowa. I will be in charge of taking photos and videos for community events. I have a Liberal Arts degree with an emphasis in Graphic Design and an extensive background in photography. I have three children, two out of the nest and one residing with me in Toledo. I look forward to seeing your smiling faces through my lens!



NICKI DEMPSEY, LISW, IADC
Director, Behavioral Health

Greetings, my name is Nikki Dempsey and I look forward in my journey to cultivate opportunities, obtain resources, and be excellent in providing mental health and substance abuse services while integrating Native and trauma lenses to meet the needs of the Meskwaki Nation. Behavioral health has a special place in my heart working through my own trauma while being aware of how trauma affects people of color in profound ways. As an adopted child from South Korea, it has taken me a long time to get reconnected to my Asian heritage! I have gained experience through education, nonprofit agencies, hospital based, and in community mental health spanning nearly 30 years of being a social worker. I obtained a bachelor's of social work degree at University of Iowa and masters of social work at University of Northern Iowa. I am a Licensed Independent Social Worker and also an International Certified Alcohol and Drug Counselor. I enjoy walking, trying different foods, being in nature, traveling, spending time with family and friends, and learning about cultures.



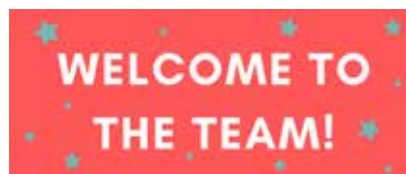
JENNIFER SEABOY
Benefits Coordinator, Health Clinic

Hi, my name is Jennifer Seaboy but everyone knows me as Jennie. I am a member of the Sisseton Wahpeton Oyate (Wahpe Kute), descendant of the Meskwaki Nation (Bear clan) and White Earth Nation of Minnesota. As the new Benefits Coordinator at the Health Clinic I will be assisting patients with Medicaid and Medicare enrollment. In July I graduated from MCC with my Associates degree, I have a Dental assistant diploma from Kaplan College in El Paso, TX, and I am certified to teach Native wellness and financial literacy to youth and young adults. I am a proud mother of 5, Eden, Araya, Mira, Zekaria and Raiden and grandmother of 2 beautiful little boys. I am excited to be back at the clinic and ready to assist patients with their health insurance needs.



NICK FERRIS
I.T. Technician

After 2 years working as the Educational Tech Specialist for the Meskwaki Settlement School, I have accepted a position as an IT Technician for the IT department with Tribal Operations. I've been able to meet a few folks in the different departments and locations and look forward to meeting everyone else and bringing my skill set to the table, see you around!





MESKWAKI
CASINO

**WE'RE LOOKING
FOR YOU!**

NOW HIRING

*If you haven't checked out our career opportunities in a while,
the time is now. GREAT JOBS ARE WAITING FOR YOU!*

Check them all out at: www.meskwaki.com/employment

BEVERAGE BARTENDER, \$7 +TIPS

SLOT ATTENDANT, \$11 +TIPS

BUFFET BAKER, \$11.50

**GUEST ROOM ATTENDANT,
\$11.00**

ASST. SHIFT SUPERVISOR, \$17.00

2-GAME DEALER, \$20+ W/ TIPS

LUCKYS DISHWASHER, \$10.30

BUFFET WAITSTAFF, \$7 +TIPS

COOK, \$12-\$14

BANQUET SERVER, \$8.00

BEVERAGE BARBACK, \$10.00

EQUIPMENT CREW, \$11.14

FOOD COURT UTILITY, \$9.50

PORTER, \$10.00

EMT, \$16.00

LUCKYS HOST/HOSTESS, \$9.50

CAGE CASHIER, \$13.00

SURVEILLANCE OBSERVER, \$14.00

COUNT/DROP TEAM, \$13.39

BINGO FLOORWORKER, \$9 +TIPS

DEALER TRAINEE (NO TIPS), \$7.25

BINGO FLOOR INVENTORY, \$11.00

BUFFET DISHWASHER, \$10.30

F&B COOK/CASHIER, \$10.30

LAUNDRY WORKER, \$10.00



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

ADDRESS SERVICE REQUESTED



January 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Please call before 10:00 AM if you know you will not be home for your meal! Call 484-9224. Thank you.	Meals are subject to change without notice!				1
2	3 Beef stroganoff Bread Peas Apricots	4 Turkey/ham sandwich Baked chips Grapes	5 Tilapia Rice pilaf Green beans Mixed berries	6 Porcupine balls Wheat bread California medley Watermelon	7 Chef salad w/ chicken Crackers Banana	8
9	10 Hamburger gravy Mashed potatoes Corn Apple slices	11 Ham salad on croissant Mixed veggies Peaches	12 Chicken tetrazzini Wheat bread Cauliflower Blueberries	13 Little smokies Mac & cheese Broccoli Mandarin oranges	14 Fish & cheese sandwich Coleslaw Pears	15
16	17 Spaghetti & meat sauce Garlic toast Jell-O	18 Sausage & cornmeal Crackers Cucumber slices Fruit cocktail	19 Fish sticks Wheat bread Celery & carrot sticks Blackberries	20 Chicken noodle soup Crackers/wheat bread Zucchini Peaches	21 Chili dogs -hot dog fixings California blend Banana/strawberry	22
23	24 Biscuits Creamed chicken Mixed veggies 1/2 orange	25 Goulash Garlic toast Peas & carrots Applesauce	26 Tuna noodle casserole Wheat bread Spinach Strawberries	27 Beef & Indian corn Frybread Wabikoni Watermelon	28 Meatloaf Mashed potatoes/gravy Corn Blueberries	29
30	31 Hamburger/pork Wheat bread Cantaloupe Carrot/raisin salad					