

# Meskwaki Nation

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 19 Issue 04

April 2022



# Times



Larry Yazzie and the Native Pride Dancers performed at the Wieting Theatre March 12, 2022. More photos in this issue.



## 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
• Enrollment	484-9233
• Executive Offices	484-4678
• Facilities Management	484-9255
• Family Services	484-4444
• Fiscal	484-4678
• Higher Education	484-3157
• Historical Preservation	484-3185
• Housing/Realty	484-4972
• Human Resources	484-4678
• Information Technology	484-9245
• Language Preservation	484-3185
• Media Services	484-9439
• Natural Resources	484-3511
• Police	484-4844
• Prosecutors Office	484-4678
• Public Defender's Office	484-9214
• Public Works	484-4600
• Senior Services	484-9224
• Victim Services Crisis Line	
* Answered 24 Hours	481-0334
• Workforce Development	484-9501
• Youth Program	484-5369

### MESKWAKI HEALTH SERVICES

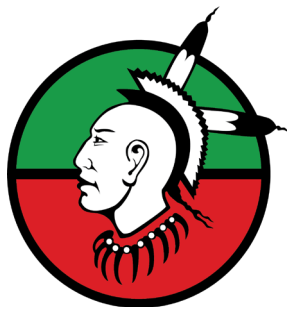
Health Clinic	484-4094
• Contract Health Services	484-9406
• Benefits Coordinator	484-9404
• Medical Records	484-9431
• CHR Program	484-9419
• Diabetes Program	484-9414
• Behavioral Health	484-9482
• Pharmacy	484-9451
• Wellness Center	484-9271

### 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.”**

#### **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**

**April 13 @ 5pm – 9pm**

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:

**APRIL 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.*

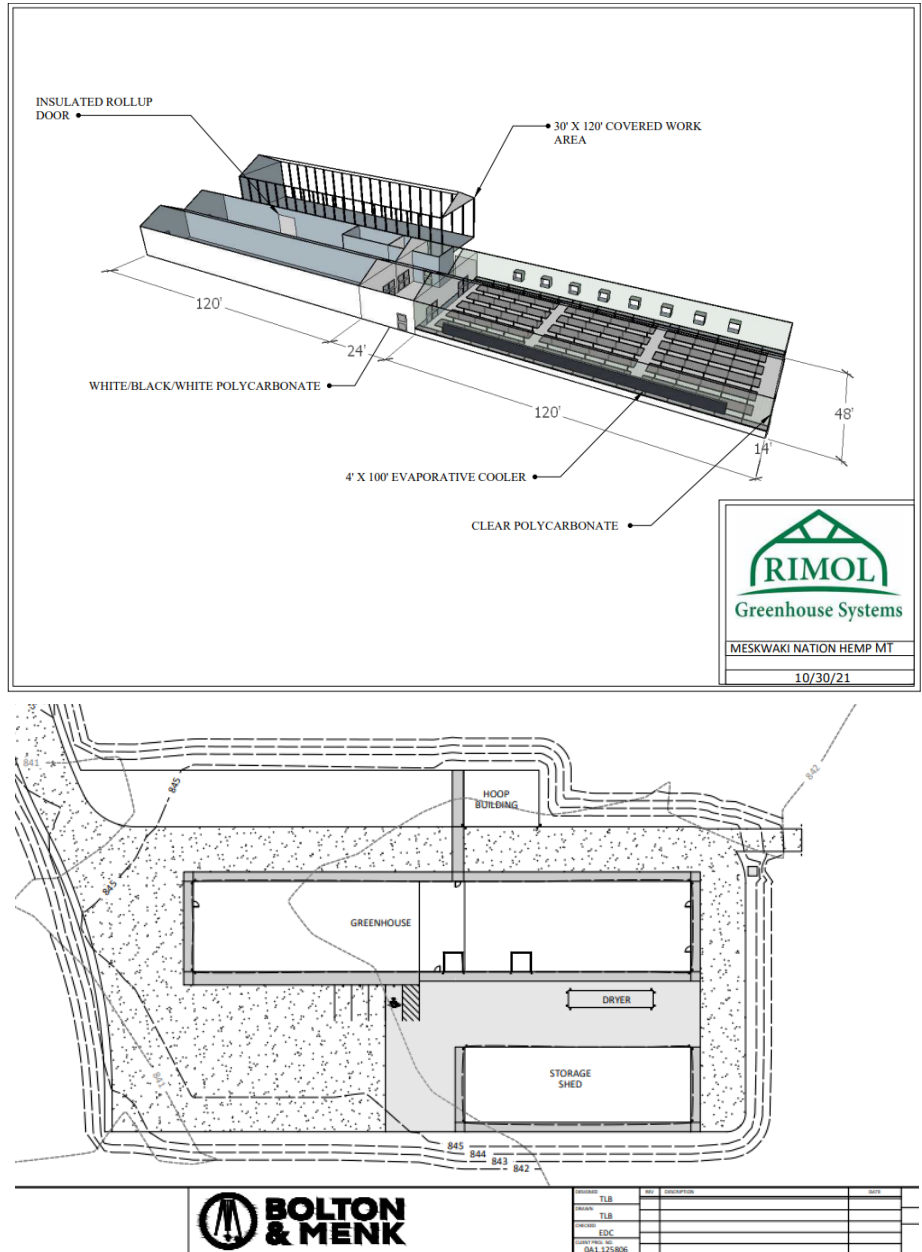


## MESKWAKI HEMP SUPPLY, INC.

Greetings! Springtime offers the hope and gradual reality of warmer days and new growth. Similarly, I wanted to take the opportunity to update everyone regarding Meskwaki Hemp Supply, Inc., and the hopeful expectations we have for this enterprise for the tribe. In October of 2021, the tribe entered into a consulting agreement with Functional Remedies, LLC out of Colorado for the purpose of gaining experienced assistance from a CBD hemp industry leader in the development of the tribe's own hemp farming corporation. Tribal leadership is also exploring options in pursuit of an oil extraction and CBD hemp production/manufacturing corporation, making for a complete vertically-integrated system to maximize revenues and future career opportunities for the tribe. For now, we are in the planning, investment and development phase of the growing operation.

Construction is set to begin this late spring/early summer in the field just East of Renards Warehouse and South of the Travel Plaza, where a greenhouse and attached facility will allow for the growing of hemp "mother" plants, which we will be able to make thousands of clones from for crops in the coming years. It will also include 20 acres for outdoor field production, although this first season we will be growing about 2.5 acres and trialing 4 different genetic strains in order to discover which variety will perform the best here. Bolton & Menk have performed the site survey and civil engineering, and the Rimol Greenhouse facility was ordered before prices continued to rise, as it has been on building materials across the board. We are getting engineering proposals for the electrical, HVAC, and plumbing systems for this state-of-the-art facility, and will continue checking things off the "To-Do" list as they come to keep everything moving forward. It is a big undertaking, but it is a worthwhile pursuit.

Another big update is that while the



Hemp Program began in Tribal Operations, it has recently been formed into a separate business entity, named Meskwaki Hemp Supply, Inc. I was hired on full time as Interim General Manager effective January 1st of 2022 for the Hemp Department, but was recently appointed as CEO and General Manager of the new corporation. We are still in the process of transition, much like the gradual change from winter to spring, but the buds of growth are coming, and we are getting ready to grow this season! We are in process of securing our

growing license for the season, and eagerly look forward to getting plants in the ground in mid-May, using best practices around organic hemp production and soil health methods to improve the land while also producing high-potency CBD and legally-compliant hemp for the 2022 season while also developing the infrastructure to scale up the operation to be a premier growing operation for years to come.

Thanks,

~ Grant Shadden, CEO/General Manager,  
Meskwaki Hemp Supply, Inc.



# LARRY YAZZIE AND THE NATIVE PRIDE DANCERS

performed at the Wieting Theatre in  
Toledo on Saturday, March 12, 2022









# Meskwaki Behavioral Health Services



## CRISISPHONE

### INFORMATION

Because sometimes problems arise after business hours:

**Call: 855-581-8111 or Text: 855-895-8396**

Elevate Iowa hot line connects to local crisis providers  
Hours: 24 hours/day, 365 days/year

**Other helpful resources:**

National Suicide Prevention Lifeline

**Phone: 1-800-273-8255**

Can use 9-8-8 on or after July 16th, 2022

Hours: 24 hours/day, 365 days/year

Foundation 2 Crisis Support Network

**Phone: 1-800-332-4224**

Hours: 24 hours/day, 365 days/year

Texting: Text *HOME* to 741741

Iowa Crisis Chat (On-line)

Visit link at: [www.iowacrisischat.org](http://www.iowacrisischat.org)

Available 9:00am-2:00am, Monday-Sunday.

If you need help outside of those hours, please call their 24/7 crisis line at **1-855-325-4296** or chat with Lifeline at <http://crisischat.org>.

## What is a **crisisphone** for and when should I call?

- Crisis phones are available after hours and on the weekends, holidays, and any instances when:
  - Struggles with increased symptoms
  - Experience of triggers or cravings for substances
  - Need for referral to higher level of care, i.e. support around contacting emergency services and/or police



### **HOURS OF MESKWAKI BEHAVIORAL HEALTH SERVICES OPERATIONS:**

- Monday - Friday: 8 am to 4:30 pm

Located at the Meskwaki Tribal Center Health Clinic  
1646 305th Street - Tama, IA 52339

**Call to set up an appointment with MBHS: (641) 484-4094**







## ANNUAL PRESCRIBED BURNS

Annual prescribed burning is performed by the MNR, with the support of the BIA and both Montour and Tama/Toledo volunteer Fire Departments. Prescribed burning is done in carefully selected fields each year to promote healthy vegetation growth, to control unwanted vegetation and also the amounts of fuel present in order to reduce risk of wildfire. It is also used as a tool to prep fields for planting into native prairie. All MNR Wildland Fire equipment and staff time and training is funded through Meskwaki Nation and BIA grant monies.



Prescribed burning is performed carefully, taking into great consideration the air temperature, relative humidity and wind speed, along with the number of staff present, available volunteers and equipment resources. Firefighter, equipment and infrastructure safety are of greatest priority when burning. Mowed breaks, back burns, use of water and hand work are all carefully used to control the movement of a fire. MNR Land and

Wildlife Coordinator Megan Volkens works diligently each year to protect the Land and infrastructure of the Meskwaki Nation when planning prescribed burns. The 2022 MNR Wildland Firefighters are Stacy Youngbear, MNR Land Specialist, Valentin Elsaesser, MNR Land Specialist, Thomas Peters, Conservation Aide, Alex Frankila, Environmental Technician with important support from Kane Youngbear, Conservation Aide, in field prep.

If you have an area that you would like burned this year, please reach out to Megan at [megan.dietrich@meskwaki-nsn.gov](mailto:megan.dietrich@meskwaki-nsn.gov) with a description of the location, contact information, and your house address. Requested areas are not guaranteed due to many factors that aid in the decision making process for which units to burn.

As a reminder: areas that include old vehicles, dump sites, unmowed grass around hazards such as propane tanks, garbage in tall grass, etc. will not be burnt due to safety hazards for the fire crew and the environment.

Please help us be proactive in keeping the environment clean!

~ MNR Staff



### MESKWAKI, INC. HIRES INTERIM CEO

As the Board Chair of Meskwaki Inc, I want to share some updates concerning change in leadership at the executive level. At a Meskwaki Inc. shareholders meeting conducted on March 16, 2022, three new Board members were appointed to serve on our Board of Directors. I will continue as Chair of the Board and one of two representatives of the Meskwaki Tribal Council. Drayton Roberts was appointed as the second Tribal Council representative. Oliviah Walker was appointed as the at-large tribal member representative, and Jay Finch was appointed as the 4th at-large member. We will be recruiting for our 5th and final board member over the next few months to ensure that we have a well-balanced and committed board.

We want to thank Anthony Waseskuk for his contributions on the board and serving as interim CEO since July 2021, and we are sharing that his appointment officially ends today. We welcome Darrell Hill as our new interim CEO who begins his appointment today. We have shared with him our expectations for providing supportive leadership to all staff and transparent and timely communication to our stakeholders.

There has been a lot of change that Meskwaki Inc. has experienced over the last year, and we want to provide assurance that our new board is committed to fully supporting the continuity and sustainability of Meskwaki Inc. As we move through the next few months, we will do our best to provide regular communication and updates as we gear up for a future CEO search and ensure ethical and responsible oversight of Meskwaki, Inc. and its subsidiaries.

Ketebi,

~ Vern Jefferson, Board Chair



### PRESERVING THE MESKWAKI LANGUAGE

Wayne Pushetonequa, Director of Language Preservation, recently spoke at the University of Iowa and gave an informative lecture about his team's on-going efforts in preserving the Meskwaki language.

In his presentation, he reiterated an overview of the importance of maintaining cultural identity. He said, "Our language carries our identity. We, the Meskwaki people, will remain strong in our culture, past, present, and future, by continuing to speak our language. The mission of the Meskwaki Language Preservation Program is to promote language use, develop language resource materials for community, develop classroom resources for school and program sponsored classes, establish a repository of language materials, develop language learning programs, develop language teachers, and provide for the establishment of Meskwaki language classes."

One of the attendees of the presentation, Marty Boller, the

author of an internet blog called "Our Iowa Heritage", wrote an impassioned article after the presentation entitled "Preserving the Meskwaki Language of Iowa". (Picture above is from the article.)

Boller, who is from Johnson County, has over 30K blog hits and writes Iowa-related stories on his site. You can read his full article by visiting: <https://bollerfamily.org/our-iowa-heritage-meskwaki-language/>

The Language Preservation Department invites you to visit their website to learn more about their ongoing mission on our website at [www.meskwaki.org/language-preservation/](http://www.meskwaki.org/language-preservation/)

On the website you'll find preservation resources, download the Language app, see upcoming events, and read about their miles stones.





## YOUNG LADY WARRIORS ATTEND STEM CONFERENCE

A group of 8th grade girls attended the Go Further Girls STEM conference at Iowa State University on March 24th. They had the opportunity to attend 4 different sessions exploring Science, Technology, Engineering, and Math (STEM). This conference is to encourage our young women to consider careers in STEM fields. It was a great experience!



Jaycene Pushetonequa, Azalee Morgan and MaryAnn Buffalo present the activity they created in their Engineering session.

## ELECTION COMMITTEE SEEKING ONE (1) ALTERNATE

The Election Committee is seeking one (1) Tribal member to serve as an alternate on the Election Committee. Requirements are that individual be at least twenty-one (21) years old, law abiding, and of good moral character. Individual cannot be serving on another Tribal committee or board.

If interested contact Christina Blackcloud, Chairperson or send an email to: [el.committee@meskwaki-nsn.gov](mailto:el.committee@meskwaki-nsn.gov).

## SAVE THE DATE MESKWAKI HEALTH FAIR

THURSDAY, APRIL 21 • 10AM - 2PM

MESKWAKI CONVENTION CENTER

1504 305th St., Tama, IA 52339



For more information please call Linda Winter Chaser 641-484-4094

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.

**(641) 484-4844**

Anonymous tip hot-line and text line: (641) 481-0840

## WARNING:

EXERCISE HAS BEEN  
KNOWN TO CAUSE  
HEALTH & HAPPINESS



SEE JASON FOR A KICK START  
TO YOUR HAPPINESS

HOURS OF OPERATION

MON - FRI 6AM - 9:30PM

SAT 8AM - 4:30PM

SUN 9AM - 2PM

MESKWAKI WELLNESS  
349 MESKWAKI RD, TAMA



## HISTORICAL PRESERVATION

### HELLO MESKWAKI COMMUNITY!

I feel like I can say that winter is over now and we can enjoy the

beginning of a new season. We can start making plans for planting our gardens, and opening our windows and working on our yards. That last winter was a rough one for me because of the severe temperatures so I am determined to soak up as much of this warmth as possible.

Our community will be having powwows again this year and I am so thankful to everyone planning these events for our people! I can't wait to see all of the dancers out in the arena, wearing new regalia or very old family treasures. Hearing the songs from the men and women of our people will be equivalent to a healing process, and the anticipation has been a long



time coming. When we're all together at a powwow, or any function that involves singing or dancing there is a feeling of happiness that elevates our spirit and we feel better. I see our people smiling, I hear laughter everywhere, from our kids to their moms, and from all of the singers around the drum. There is a respect and support for each other that is intangible, and we simply acknowledge this with a nod, a smile or a handshake. So let's be happy for each other and be grateful that we made it through this world wide pandemic together. Let's celebrate, let's sing and let's dance!

With that said, I'd like to pick up our weekly sewing sessions at our museum starting Thursday, April 7, 2022 beginning at 6:00pm and going till 8:00pm. In the past, we often worked later than 8pm, and that's fine with me. I will see how this goes and if this day/time needs to be adjusted. Also, the cattail/bulrush weaving

project is meeting every Wednesday evening to clean cattail reeds and begin the sewing of a cattail mat. This work is open to all women and girls in our community. We are meeting at the MNR building from 6pm till 9pm. I look forward to seeing more participation at both of our activities. Let's all have a productive Spring season and continue learning together.

Sincerely,  
~Bonabiga- Mary Young Bear  
tc.historic@meskwaki-nsn.gov

**APRIL 18-22, 2022**

### HYDRANT FLUSHING WEEK



Hydrant flushing is done twice a year to enhance water quality. For questions call Meskwaki Public Works at (641) 484-4600.

## FOOD SOVEREIGNTY

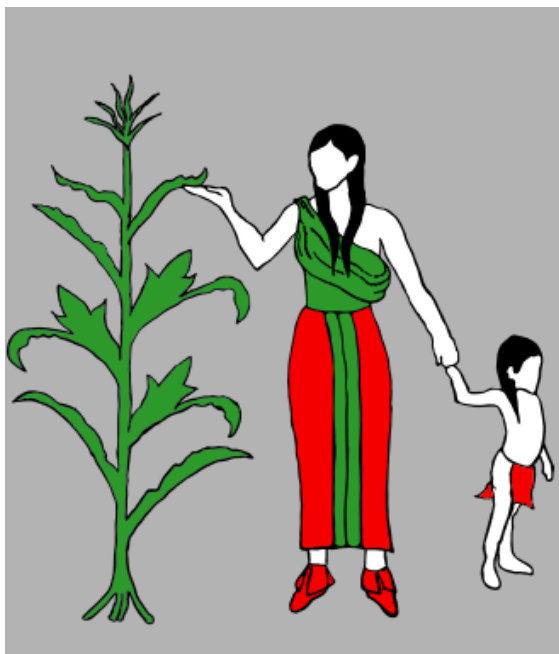
### COMMUNITY ARTIST SPOTLIGHT: CODY YOUNGBEAR LECLAIR

Cody is a grower and says, "during the growing season, we love to grow Indian Corn of multiple tribal varieties, along with squash, tomatoes, sage and a bevy of floral."

Cody is the son of Sally Young Bear and Napoleon LeClair of the Ponca Nation of Oklahoma. Daniel Young Bear Jr. is Cody's medo and Rachel Funmaker of the HoChunk of Wisconsin is his koko.

Thank you to everyone for filling out the Food Sovereignty Assessment. Each person who had filled out this very important assessment received a custom t-shirt if they selected to.

~ Christina Blackcloud  
Food Sovereignty Coordinator



Cody chose to create this design to represent life and community at its heart.







## JVN QUARTERLY DRAWING STARTED APRIL -JUNE 2022

Call the Meskwaki Health Clinic to schedule your JVN today! Quarterly drawings for our patients with diabetes that have the JVN completed at Meskwaki Health clinic will have a chance to win an iPad!

**APRIL 5 at NOON** via **ZOOM** and/or **TRIBAL CENTER, A RIVER RUNS THROUGH US 90 Day Program Class #6.** Diabetes Medicines with Dr. Frost.

**APRIL 13 at 2PM** in the **HEALTH CLINIC KITCHEN COOKING WITH AVIS AND JENNIFER - SEAFOOD DISH.** Must sign up by April 11 @12PM

**APRIL 19 at NOON** via **ZOOM** and/or **TRIBAL CENTER, A RIVER RUNS THROUGH US 90 Day Program Class #7.** Diabetes and Feeling with Larry Newman.

**APRIL 21 from 10AM to 2PM** at the **MESKWAKI CONVENTION CENTER. MESKWAKI 2022 HEALTH FAIR**

**APRIL 26 at NOON** at **LUCKY'S PARTY ROOM** and/or **ZOOM, DIABETES SUPPORT GROUP MEETING** on Eye Health related to Diabetes with Dr. Monroe.



Request refills on the go using the Rx2Go app for your mobile device.



## APRIL IS ALCOHOL AWARENESS MONTH

Alcohol use and abuse can have a significant impact on the lives of those near and dear to us and it can have a significant impact on a person's physical health. Alcohol use can increase a person's risk of injuries, violence, drowning, liver disease and some types of cancer. The Meskwaki Health Clinic offers alcohol counseling and treatment services through MADAC. Do not hesitate to speak with them if you or someone you know needs assistance.

Please remember to allow plenty of time for the pharmacy to prepare your refills. More and more often we have patients come to the pharmacy to pick up their medications only to find that they are not ready or some of their medications are "missing." If you want to be sure all of your medications are in the bag, please be specific and tell us exactly what you need. Calling at least 24 hours or more in advance also allows us more time to make sure your prescriptions are ready for pick-up and can save you from multiple trips to the pharmacy. The refill line is available 24 hours a day, 7 days a week. You may leave your requests at any time of the day. Thank you for your consideration!

~Meskwaki Pharmacy

## Meskwaki Health Clinic Transport

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

Contact Tatum at:

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

**MESKWAKI BEHAVIORAL HEALTH**  
announces the return of

# AA MEETINGS

TRANSPORT AVAILABLE  
**MONDAY-FRIDAY // 12PM**  
**MARSHALLTOWN**

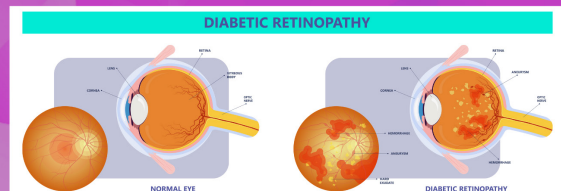
Limited spots available  
Must be a current MBHS client

Register by 10:30AM  
(641) 484-9482

## JVN quarterly drawing started April 2022 –June 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 2nd drawing of the year will be for 2nd quarter, April 2022 –June 2022 patients.





## BEHAVIORAL HEALTH SERVICES ANNOUNCES NEW PROGRAM

### MBHS Monthly Social - Learn, Relax, Dinner & Drums

Join Meskwaki Behavioral Health Services for their newly created monthly program where participants learn to use mindful-based movements and intra-tribal dancing as a way of unifying the body, mind and spirit.

Studies show our body's nervous system creates natural responses to traumatic or distressful situations. Whether physical or emotional, trauma has a dramatic effect on both the body and the mind. These traumatic events can leave us feeling unsafe, helpless, depressed, isolated, sick and broken.

The power of dance has been used historically and culturally to celebrate rites of passage, grieve losses, ask for divine assistance before battle and for help bringing in an abundant harvest. Today, dance continues to promote emotional, social, mental and physical healing. It is used to cleanse the body and soul, and can be a powerful tool for releasing emotion and energy.

While sometimes we may not feel like we have a voice to express ourselves and our feelings, our body is able to speak its own language through dance, much like the way our ancestors did before us. Through it, we can unify the body with the mind, especially when it is too difficult to communicate intense emotions verbally. It combines community, physical activity and spirituality for optimal healing potential.

The new program seeks to help

participants develop an understanding of the deep connection between the body and the mind and how vital it is to take care of both for true well-being. It is a dynamic way to increase self-care, encourage social connections, work through and integrate traumatic memories, promote physical healing, and assist those wishing to re-engage more fully in their lives and relationships with others.

It seeks to provide participants with the tools needed to help cope with whatever challenges life may throw at them in the future.

The Behavioral Health Services team invites the Meskwaki community, especially those wishing to process existing trauma, stress or anxiety, to come to their inaugural program event and learn more.

**Who:** Meskwaki Community

**When:** April 6, 2022 (monthly thereafter)

**Time:** 6:00 PM (doors open for sign-in at 5:15 PM)

**Where:** Meskwaki Bingo Casino Hotel – Conference Center



Meskwaki Behavioral Health Services

## MONTHLY SOCIAL

Learn, Relax, Dinner & Drums

April's Guest Drum Group:  
The Meskwaki Nation

For more information, contact Meskwaki Behavioral  
Health Services at (641) 484-9482.

Sponsored by Meskwaki Behavioral Health Services

April 6th at 6:00 PM

Doors open at 5:15

Meskwaki Bingo Casino Hotel  
Conference Center

### JOIN US

The Behavioral Health Services team invites the Meskwaki community, especially those wishing to process existing trauma, stress or anxiety, to come to their inaugural program event.

### PROGRAM INFO

While sometimes we may not feel like we have a voice to express ourselves and our feelings, our body is able to speak its own language. Through the program, participants combine community, physical activity and spirituality for optimal healing potential.

- Small dinner of soup and sandwiches
- Informational presentation on topics of behavioral and physical health
- Inter-tribal dancing led by a local drum group
- Drawing for door prizes and incentives

### Includes:

- Small dinner of soup and sandwiches
- Informational presentation on topics of behavioral and physical health
- Inter-tribal dancing led by a local drum group
- Drawing for door prizes and incentives

**April Drum Group:** Meskwaki Nation

**Sponsor:** Meskwaki Behavioral Health Services

**For more information contact  
Meskwaki Behavioral Health Services  
at (641) 484-9482.**





## DEALING WITH EMOTIONS

Many factors can shape the way we react to the sudden and unexpected death of friend, family member, or co-worker. These emotions may occur immediately after, a few hours later, or maybe even a few days. In some cases, weeks or months may pass before the stress reactions occur.



Tips for handling reactions after a traumatic event:

- Rest, use relaxation and breathing exercises to help your body and mind relax
- Contact friends and family members
- Talk with people you trust
- Have someone stay with you
- Avoid alcohol as it is a depressant
- Journal your thoughts
- Maintain as normal a schedule as possible
- Eat well balanced and regular meals and drink plenty of water
- Avoid large amounts of sugar and caffeine
- Exercise
- Find an experienced counselor

If these feelings go left unchecked, they could escalate quickly. Signs to watch for include:

- Increased agitation
- Abusive behavior including substance abuse
- Isolation

If you find yourself, a friend, or a family member exhibiting any of these symptoms, Meskwaki Behavioral Health Services can help.

Programming includes substance abuse counselors as well as licensed mental health counselors and prevention specialists who can help you address these need areas.

Contact Meskwaki Behavioral Health Services to learn how they can help at (641) 484-9482.

Always call 911 if you feel you or a family member are at risk of harming themselves, others, or property.

For a list of helpful links, go to [www.meskwaki.org/behavioral-health-services/](http://www.meskwaki.org/behavioral-health-services/) for more.

### Weight Management Chronic Disease Prevention Lifestyle Management

## Say Hello to the Online DPP

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

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

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

**Meskwaki Diabetes Prevention Program Starting April 18!**

To Sign up email Jennifer Scales at [jennifer.scales@meskwaki-nsn.gov](mailto:jennifer.scales@meskwaki-nsn.gov) or call (641)-484-9421

## DIABETIC PATIENTS REMINDER

To all our diabetic patients in our community, patients need to be seen every 3 or 6 months depending on what your provider tells you. Diabetic patients also need to make an appointment to see the foot doctor, eye doctor, and dentist yearly. For patients that are not diabetic you need to be seen once a year for a yearly checkup starting at age 21, unless otherwise stated by your provider. Just a friendly reminder from Meskwaki clinic nursing staff. Thanks.

*Chris Alamo LPN  
Meskwaki Tribal Health Clinic*

## BEHAVIORAL HEALTH PATIENTS

To keep things running smoothly, please plan to arrive a few minutes before your scheduled appointment time to sign in!





## ROBERT MORGAN POST 701

March 2, 2022 Meeting Notes

### 1. Announcements

University of Iowa - 1 day powwow on Saturday, April 1, Honor Guard needed for afternoon and evening grand entries. Annual Powwow August 11-14. Third District Spring Conference, Legion & Auxiliary- Saturday, March 19, 2022. Tama Post #73. Registration \$2.00. Lunch at the Tama Legion \$7.00. Sandwich, Chips, Pasta Salad, Jell-O Cake, Lemonade and Coffee. Registration 7:30-8:45. Call to Order 9:00am. March 18th there will be a hospitality set up from 6-9pm at the Tama Legion. The Auxiliary is interested in providing a Memorial Day Breakfast for the Veterans after flag raising.

### 2. Discussion

Buddy Check Program. Monthly Coffee and donuts. Quarterly Dinner. Include training and educational info. Robert Morgan Post communications section for the Meskwaki Newsletter. Honor Guard new firearms. New T-shirts and new caps. Vietnam Wall will be coming to the Meskwaki Settlement School for display. More details to come.

**Veterans Coffee Social, Sunday April 17, 9-11am.** Tentative.

First Veterans Meal will be scheduled.

Our next meeting is scheduled for Wednesday, April 6th, @ 7pm at the Tribal Center.

## FINANCE

### DEAR DR. PER CAP:

*I hear inflation is the reason prices are rising. What's going on?*



*Signed,*

*Worried Budget*

Dear Worried Budget,

The simplest and best way I know to describe inflation is how much more you have to pay this year than last year to achieve the same level of well-being.

We all know that over time things go up in price – rent, food, cars, college degrees. Rising prices are no joke and I'm old enough to remember when you could fill up a gas tank for ten bucks and buy a Big Mac for less than three quarters.

A little inflation is a normal part of a healthy economy, but if inflation gets too high and things get too expensive, consumers stop spending money. This hurts the economy and creates problems for businesses and consumers.

High inflation is usually caused by a really strong economy in which consumers have lots of cash. Everybody wants to buy stuff which creates pressure on materials and labor for goods and services as well as transportation. Limited supply and strong demand causes things to increase in price – always has, always will.

According to the consumer price index (CPI), a common tool for measuring inflation, we're currently experiencing the steepest rise in inflation in four decades. CPI is a statistical gauge which calculates the price changes of about 300 common goods and services. As of January consumer prices are up 7.5% from the year before. That's almost triple the inflation rate typically seen in the U.S.

This current bout of inflation is mostly the result of a strong post-pandemic economic recovery that's gotten a little too hot. With so many people eating out again, shopping, and traveling businesses are struggling to keep up. They pay more for inventory and to hire employees. Then they pass these costs onto consumers by raising prices. The global computer chip shortage is another factor driving up prices for big ticket items like vehicles and appliances.

This all makes life tough for families who have to pay bills. High inflation is also bad for investors because asset prices usually tumble when an economy goes south.

We're all paying more now for everything from donuts to doorknobs with some retail stores and restaurants hiking prices by as much as 4%. We're also seeing fewer discounts and "shrink-flation" which occurs when products don't come with a higher price tag but are repackaged in smaller weights and quantities. Like a few years ago when orange juice bottles magically shrunk from 64 ounces to 59 ounces. Talk about a day without sunshine.

Some businesses are even sneakier about passing higher costs onto consumers. Like hotels that only change sheets between guests or cancel the free airport shuttle. Or restaurants that tack a 3% Covid surcharge to your bill.

I think we're going to be dealing with these higher prices for the foreseeable future. So a good way to fight inflation is to sock away a few extra bucks to inflate your savings cushion.

AskDr. 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](http://www.firstnations.org). To send a question to Dr. Per Cap, email [askdrpercap@firstnations.org](mailto:askdrpercap@firstnations.org).



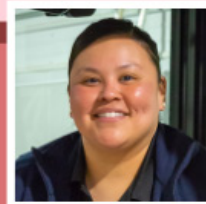
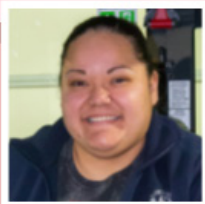
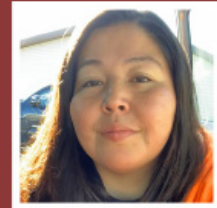
Crushing Goals. Breaking Barriers. Creating Opportunities.



## NATIONAL WOMEN IN CONSTRUCTION WEEK 2022

### MESKWAKI WOMEN IN CONSTRUCTION APPRENTICESHIPS:

- Sonja Roberts - Electrical
- Pfeffer Brown - Electrical
- Kari Roberts - Carpentry
- Aleyah Powell - Carpentry
- Jasmine Davenport - Carpentry
- Celsie Van Wey - Heating Venting Air Conditioning



Meskwaki Nation Apprenticeship Program highlights all Women Apprentices for National Women in Construction week (March 7-11). We recognize that all Apprentices are capable of attaining all competencies, skills, and knowledge in any apprenticeship trade, whether woman or man. We applaud these women for entering into the construction industry which experiences proportionately lower participation from women. Way to believe in yourself, show your strength, and show what's possible, Sonja Roberts, Pfeffer Brown, Celsie Van Wey, Aleyah Powell, Jasmine Davenport, and Kari Roberts. Keep up the great work!

## WHY DO WE CELEBRATE WOMEN IN CONSTRUCTION?

- Of all people working in construction in the U.S., women comprise only 10%
- Only 1.49% of the U.S. female workforce are in construction
- Stigmas still exist about women in the construction industry. Common barriers include ideas about women's strength, knowledge, and capabilities. Despite the barriers, women continue to build their path in the industry

## POSITIVE OUTLOOKS

- There has been a 68% increase in women-owned construction firms between 2014 and 2019
- The gender pay gap in the construction industry is among the lowest in the U.S.
- At Meskwaki Apprenticeship, all apprentices are equal on the progressive wage scale
- At Meskwaki Apprenticeship, 33% of construction trade apprentices are women!

ADITOTTIKI  
IKWEWAKI





## 2022 MSS SPEECH SEASON

These students competed at the State competition held on March 12th. Overall 2s: Curtis in Original Oratory, Irene in Prose, Sophie in Musical Theater, Wakinyela in Radio News Announcing, Zandra in Poetry. Overall 1s: Geanna in Prose, Reimundo in Prose, Clayton in Radio News Announcing. Straight 1s: Clayton in Literary Program

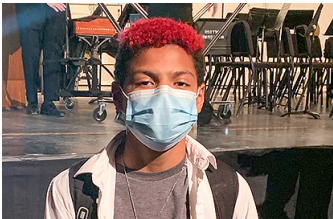


**Curtis Youngbear, Sophie Snow, Clayton Brown, Reimundo Balderas, Geanna Bear, Wakinyela Bear, Irene Keahna, Zandra Youngbear**

This group of students got an Overall 1 rating at the State Large Group Contest held on February 5th. The students presented a historical Television News Broadcast that featured on the events leading up to the September 11th attacks.



**Curtis Youngbear, Clayton Brown, Wakinyela Bear, Geanna Bear, Lenore Pushetonequa, and Irene Keahna**



**Davion Slick-Driscoll was selected to play clarinet in the Wartburg College Meistersingers Honor Band**

*Congrats, Davion!*



**A group of students traveled to the Des Moines Book Festival on Saturday, March 26 to hear a talk by Angeline Boulley, a Native author, who wrote Fire Keeper's Daughter. Allison Fisher sent photos and reported that they had a fantastic time!**

## MESKWAKI WARRIOR THEATRE PRESENTS "THE BROTHERS GRIMM SPECTACULATHON"



The Meskwaki Warrior theatre students performed The Brother's Grimm Spectaculathon by Don Zolidis on March 4th and 5th at the high school theatre. These photos are from the show they held for their fellow students of MSS.



**The 6th grade class went to the Meskwaki Museum for a field trip to learn about Meskwaki history and culture.**



**THE MESKWAKI  
SENIORS CENTER  
CELEBRATED ITS  
GRAND RE-OPENING  
MARCH 14, 2022**



We invite you to  
join us as we begin

**Senior Wellness  
Workout Classes**

with Jason,  
*Fitness Specialist*

Classes start at 10am  
on Tues. April 26 and  
Wed. April 27 at the  
Seniors Center







Meskwaki Emergency Management partnered with Red Cross in order to obtain a mobile trailer that houses 100 emergency shelter kits. These kits include things like cots, blankets, toiletries and other items that can be used in the case of an emergency situation that displaces a mass amount of tribal community members from their homes. This mobile trailer came at no cost to the tribe from Red Cross. Red Cross and Meskwaki Emergency Management also aim to facilitate a training on the usage of the kits to the tribal community as well as other trainings pertaining to emergency situations. All in effort to "Prepare, Respond, Recover...Together." Big thanks to Red Cross for this acquisition and partnership.

## MARCH IS COLORECTAL CANCER AWARENESS MONTH

On March 24th community members participated in a 5K walk-run to support Colorectal cancer awareness. The route began at the health clinic and ended at the casino stop sign. Screening kits, T-shirts, necklaces, food and beverages were provided.



Betty Buffalo is a 15 year Colorectal cancer survivor. Congrats, Betty!



It was Peggy Wanatee's birthday on the day of the run. Happy Birthday, Peggy!



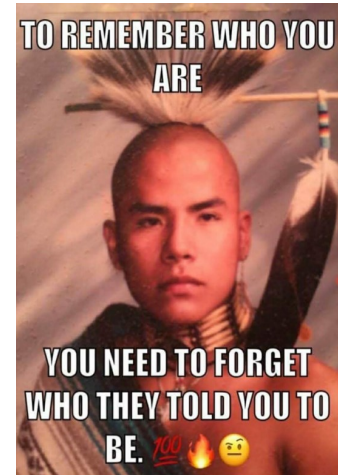


The purpose in the Meskwaki language “Tebowewaki” is when two people are talking to each other ... together. The Meskwaki Elder’s Circle (MEC) is an alternative dispute and conflict resolution forum available to families involved in Meskwaki Nation Child Support Services (MNCSS). Meskwaki Tribal Court may refer case parties to this process also referred to as a co-parenting Elders Circle Session or a talking and listening session. The Meskwaki Elder’s Circle is the alternative resource for Dispute Resolution in Child Support cases. Title 5, Article II, Chapter 1, Section 5-2103 of the Sac

and Fox Tribe of the Mississippi in Iowa Tribal Code states: Except where limited by laws of the Tribe, it shall be the objective of the Tribal Court and the duty of all Judges and Justices of the Tribal Court in resolving all matters before the Tribal Court to discover and determine the truth, and to the extent possible, to seek a resolution which restores balance to the community in accordance with the customs and traditions of the Tribe, repairs relationships, results in fairness, and avoids principles of retribution and punishment.

**MEC MEMBERS: THERE WILL BE MAILERS COMING TO YOU.  
FIND THEM COMING IN YOUR MAILBOX SOON!**

You are  
who your ancestors  
sang about in their ceremonies.  
You are  
their revolutionary prayer.  
You are  
their sacred gift to the world.



## WHAT CAN POSITIVE MESKWAKI NDN PARENTING (PMNP) DO FOR YOU?

PMNP nurtures, protects, guides and teaches. It is central to all other aspects of life and is the foundation of a healthy culture. Traditional (old ways before white influence) child-rearing practices provide a model which is valid for parents in today’s modern society. Parents are better able to complete the tasks for parenting when they actively decide what type of parenting they want to provide. Positive Meskwaki NDN Parenting builds stronger children. Stronger children build stronger communities and recognizes children’s need for nurturance, kindness, and a stronger emotional connection between parent and child. PMNP recognizes the importance of direct teaching and examples set by parents and community in guiding moral and value development. It recognizes that extended family historically had an important role in child-rearing. PMNP recognizes child development and the different stages

of growth as taught by Indian elders and traditions as well as modern theories. Positive Meskwaki NDN Parenting recognizes the need for and the value of parent-child communication. PMNP is dedicated to the idea that parents should be able to determine the ways in which they can best meet the needs of their children. PMNP recognizes that the complex and challenging times in which we live make Indian parenting an especially difficult task – one in which parents need special information and skills in order to help their children. Positive NDN Parenting recognizes that in order to parent and give children what they need, the parents first must be able to get what they need. Recognizes that no one parent can be a super parent and parents should have realistic expectations of themselves as well as their children.



**NICWA**  
National Indian Child Welfare Association  
Protecting Our Children • Preserving Our Culture

**Sett Spring Sale**

Saturday  
April 9<sup>th</sup>, 2022

• TIME •  
10:00am-3:00pm

• @Tribal Center •  
349 Meskwaki Rd.

\*Local Craft Vendors \*Lunch Sale\*  
\*Open to the public\*




Vendor Sign Up Contact-Mary YoungBear @641-481-6913

**Child Abuse Prevention & Sexual Assault Awareness Month**

**WALK RUN**

**TUESDAY, APRIL 12, 2022**  
**MESKWAKI TRIBAL CENTER**

Registration: 5:00-5:30PM  
Start: 5:30-7:00PM  
Route: Around Springs Road and back  
\*Light refreshments  
\*\*T-shirts while supplies last!



ARE YOU READY TO INDULGE?

**Elders Committee Taco & Bake Sale**

**APRIL 15, 2022**  
**4 P.M. - 7 P.M.**  
**MESKWAKI SENIOR CENTER**

Baking Your Favorite Baked Goods & Serving the Most Delicious Meskwaki Tacos around!

Looking for Volunteers! Call 641-484-9224



Meskwaki Higher Ed Program


**2022 Graduate Parent Planning Committee**

\* FINAL MEETING \*

DATE: Wednesday April 20th, 2022  
TIME: 7:00 — 9:00 P.M.  
**MBCH VETERANS CONVENTION CENTER**

"CLASS of 2022"


*"Assisting enrolled Meskwaki tribal members & their descendants in pursuing post-secondary education & life-long learning goals."*



Meskwaki Higher Ed Program

Sac & Fox Tribe of the Mississippi in Iowa  
349 Meskwaki Road  
Tama, IA 52339

Phone: (641) 484-2157  
Fax: (641) 484-2101  
hdwhitefish@meskwaki-nsn.gov



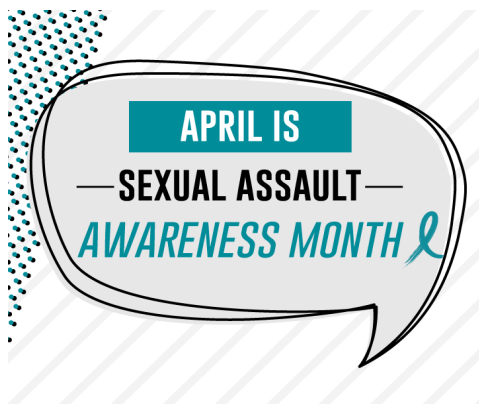
All Graduates and Parents are invited to help plan the MAY 28th, 2022 "Honoring Our Graduates" Celebration at the Pow-Wow Grounds.

Hope to see you there!

**Meeting Agenda:**

- Finalize Pow-Wow Program
- Schedule Events & Activities
- Design & Layout of Brochures
- Sub-Committee Reports
- FINALIZE Graduate Listings





## SEXUAL ASSAULT AWARENESS MONTH

April is Sexual Assault Awareness month, so we at RISE want to bring some awareness to the Meskwaki Community. Sexual assault is when a person touches another person in a sexual way without their permission. Or, when a person forces someone else to perform a sexual act against that person's will. Sexual assault isn't limited to any one form of sexual conduct or a specific act.

Sexual assault is very common and both men and women are victims. People between the ages of 12-34 are the most at risk. Every 73 seconds, someone is sexually assaulted in the USA. About 1 in 3 women and 1 in 4 men have experienced sexual violence of some kind. Native American's are twice as likely to experience sexual violence when compared to all race/ethnicities in the United States.

Some things to remember, NO means NO. Consent cannot be given if either person is intoxicated. Consent cannot be given if the person is asleep or unconscious. Consent can be withdrawn at any time and must be respected and listened to.

Consent is one person giving permission to another person to do sexual or intimate things together. Consent doesn't always have to be verbal, but it never hurts to ask specifics. There doesn't need to be any formal agreement.

If you or someone you know has been assaulted and would like to seek help, please call us at 641-484-4444. We are open Mondays – Fridays from 8am – 4:30pm. We can help you find resources, medical assistance, and more.

~ Andrew Talbert, Victim Advocate for RISE



Providing culturally appropriate help to abused Indigenous survivors to encourage healing through empowerment and support.

RISE, P.O. Box 245, Tama, Iowa 52339

**CRISIS** 641-481-0334  
Toll Free 855-840-7362 **LINE**  
24 hours a day / 7 days a week

*\*\*Located on the Meskwaki Settlement*

Coloring Contest sheets can be picked up at Clinic Registration or in April MNT!

Coloring Contest submissions can be turned in before the event at Clinic Registration



MESKWAKI HEALTH CLINIC presents

# MESKWAKI COMMUNITY EASTER EGG HUNT

Door Prizes, Food & Fun! Easter Bunny will make an appearance!

**9 APRIL 2022** @ MESKWAKI HEALTH CLINIC **STARTS AT 1PM**

Age Categories: 0-5, 6-12, 13-18, 19-54, 50 & Up Golden & Silver Egg in each category!

Coloring Contest Ages: 1-5 years, 6-12 years  
Kids Activity Stations

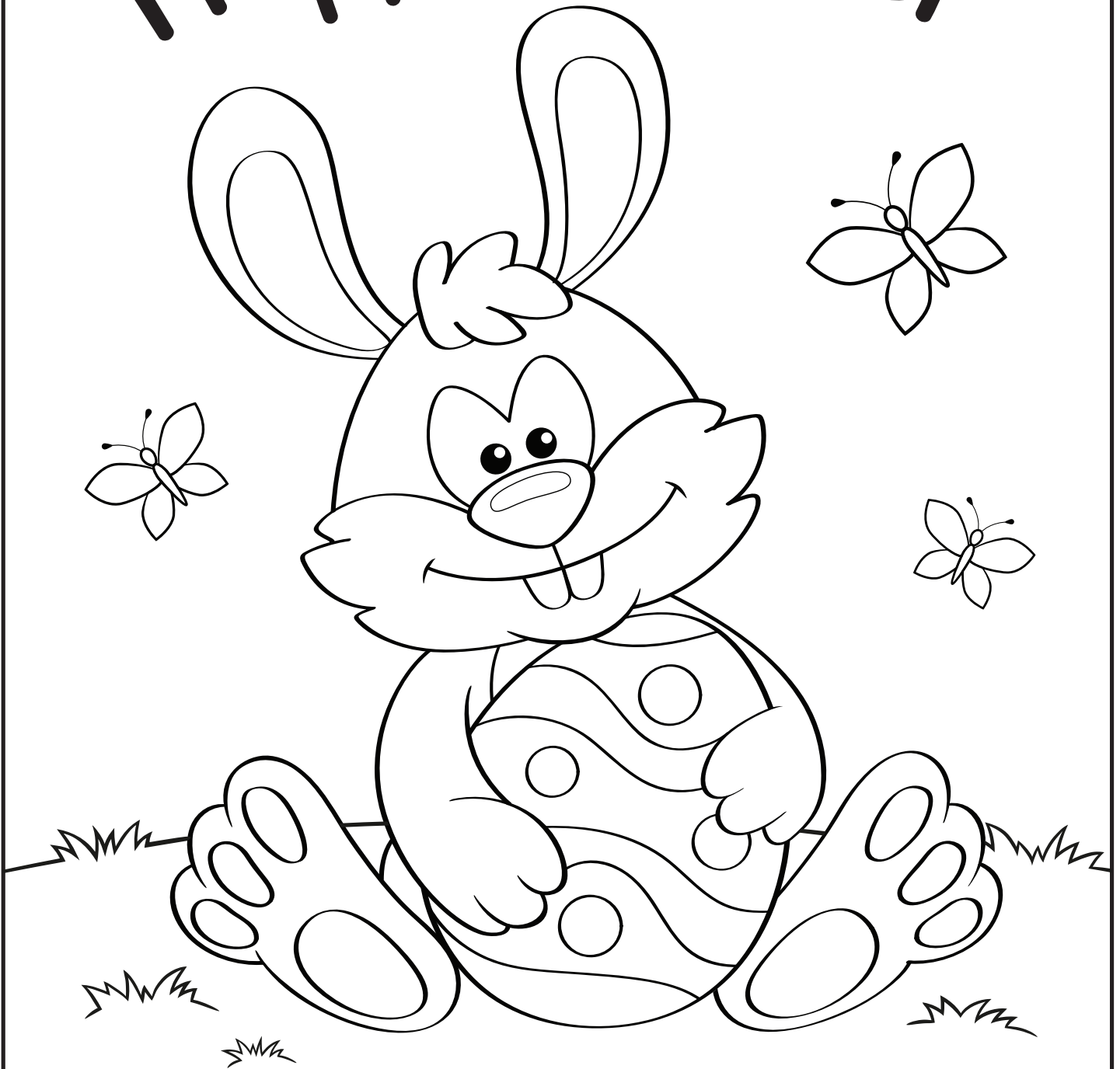
For more information call: 641-484-4094

**SEE NEXT PAGE FOR CONTEST COLORING PAGE**

**FIND MORE PAGES AND ACTIVITIES AT**  
[WWW.MESKWAKI.ORG/ACTIVITIES/](http://WWW.MESKWAKI.ORG/ACTIVITIES/)



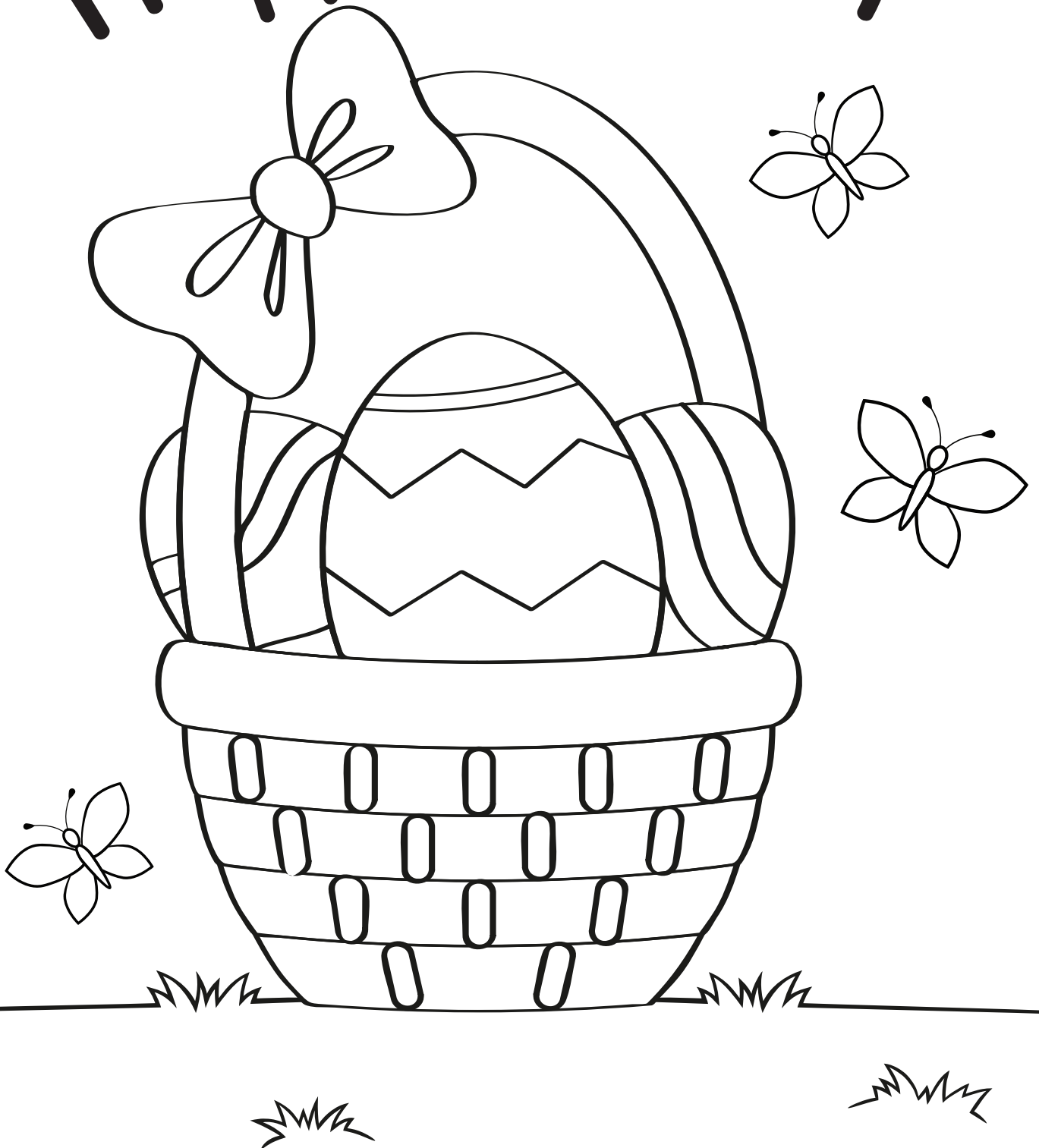
# Happy Easter



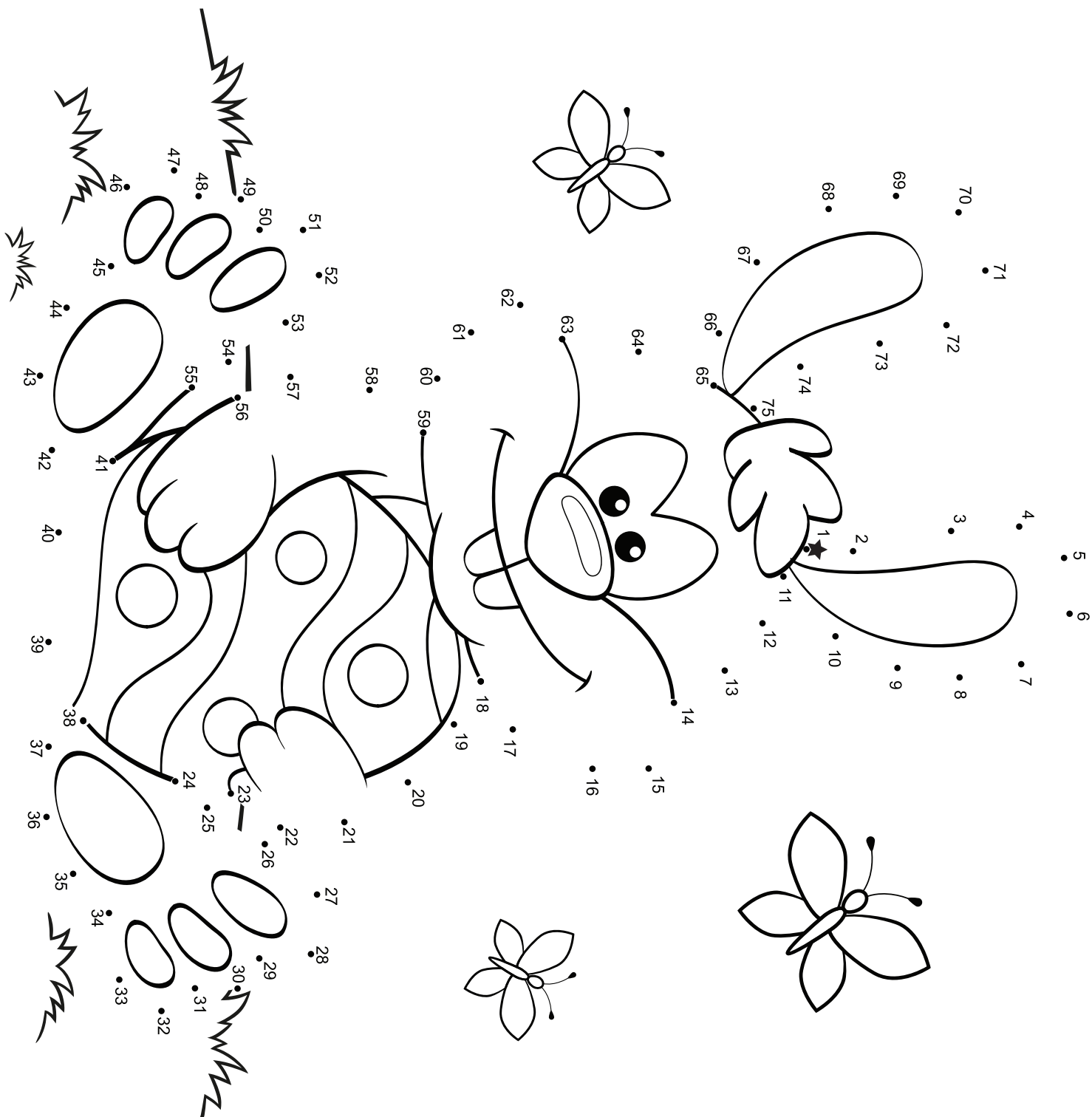
*Kids Coloring Contest: Color the following pictures or go to [www.meskwaki.org/activities/](http://www.meskwaki.org/activities/) and download other activities. Complete and bring with you to the Easter Egg Hunt on Saturday, April 9th at 1 PM! Prizes and fun await!*



# Happy Easter







2022

Easter

Connect-the-Dots

Connect the dots  
1 to 75 to see a  
familiar Easter  
friend.

Start at the ★.  
Color the picture  
when done.





2022

Easter Maze

Can you help the  
bunny find his way  
through the maze  
to get his basket?

Take a crayon. Start at  
the beginning of the  
maze. Draw between the  
lines. If the path stops  
go back and try a new  
path.





## EMPLOYMENT OPPORTUNITIES

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

### JOB SPOTLIGHT

#### **CLUB ASSOCIATE**

Starting pay \$11.00

Greet and assist all guest with a pleasant and courteous attitude. Maintain brochure racks. Administer the Player's Club accounts according to rules and regulations. Answer questions and disperse club membership information.

#### **BUFFET CASHIER**

Starting pay \$10.30

Welcomes guests, assist seating guests when needed, helping to ensure quality service. Handles customer payment transactions in an effective and efficient manner.

#### **HOTEL GUEST SERVICE REPRESENTATIVE**

Starting pay \$10.82

Performs in a pleasant, professional and efficient manner, a combination of duties mainly related, (but not limited to) check-in and checkout of guests that contribute to an overall positive experience for the guest.

#### **COUNT / DROP TEAM MEMBERS**

Starting pay \$13.39

Control, count and record casino revenue.

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

**FULL-TIME positions offer generous benefit packages including Health Plan, Retirement, and much more.**

**SHIFT DIFFERENTIALS AVAILABLE TOO!**

## EMPLOYMENT

**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](mailto: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**

## 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.)

## Community Health Representative

Health - CHR

### DUTIES & RESPONSIBILITIES:

- Make periodic home visits to patients to make certain patients have ample amounts of medication and supplies.
- Make follow-up visits with patients after release from hospitals to ensure that they are getting proper care as instructed by their physicians.
- Assist with patients' health screening programs, immunizations, and home visits.
- Conduct Blood Pressure & Blood Sugar screenings within Tribal Operations.
- Assist patients in making appointments with health care professionals.
- Transport eligible patients to hospitals, dental clinics or specialty clinics.
- Pick-up and deliver prescriptions or medical supplies to patients. Pick-up supplies for Meskwaki clinic.
- Assist with various informational clinics held for patients and community members.
- Assist in the health clinic as needed.
- Enter data into Electronic Health Record System in accordance with reporting requirements.

- Assist with medication boxes for patients as ordered by provider or physician.

### REQUIREMENTS:

- High School Diploma or G.E.D.
- Prefer one year of experience in health care.
- Must possess a valid driver's license and be insurable by the Tribe. Must submit certified driving record with application.
- Must be willing to work varied hours.
- Must adhere to HIPAA confidentiality guidelines.
- Must submit to and successfully complete background investigation.
- Must complete CHR Basic Training when offered.
- Must be willing to complete Medication Management class.
- Prefer CPR certified or willing to obtain training.
- Must complete Child/Adult Abuse Mandatory Reporting class.

**ANNUAL SALARY: \$27,601.60 - \$44,574.40**

### **POSITION OPEN UNTIL FILLED**

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

## CHR Driver

Health - CHR

### DUTIES & RESPONSIBILITIES:

- Transport eligible patients to hospitals, dental clinics or specialty clinics.
- Pick-up and deliver prescriptions or medical supplies for patients.
- Pick and deliver supplies or equipment to/from Meskwaki Clinic.
- Assist with various informational clinics held for patients and community members.
- Enter data in accordance with reporting requirements.

### REQUIREMENTS:

- High School Diploma or G.E.D.
- Must possess a valid driver's license with good driving record.

- Prefer CPR and First Aid certified. Will provide training if necessary.
- Must be willing to work varied hours.
- Must be able to adhere to confidentiality guidelines.
- Must be able to lift patients with or without assistance.
- Must submit to and successfully complete background investigation.

**ANNUAL SALARY: \$22,464.00 - \$34,153.00**

**POSITION OPEN UNTIL FILLED**

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

## Farm Team Member - Seasonal

Workforce Development / Red Earth Gardens

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

### **DUTIES & RESPONSIBILITIES:**

- Operate farm equipment required for mowing, tilling, cultivating, seeding and harvesting produce. Training will be provided.
- Assist with tending the chickens and picking eggs.
- Daily attendance and punctuality is essential for this position.
- Physical strength and stamina to perform manual labor outdoors.
- Must be able to repeatedly lift 50 lbs.
- Seasonal position starting in mid-March until end of harvest season.
- Other duties as assigned.

### **REQUIREMENTS:**

- High School Diploma or GED.
- PTEC preference preferred.
- Some knowledge of gardening, greenhouse work, farming or local foods required.
- Ability to work outdoors for long periods of time.
- Requires someone to be willing to learn and to multi-task with attention to detail.
- Must submit to and successfully pass background check.
- Prefer Valid Driver's License and qualifies to become an acceptable driver under the Tribe's insurance.

**HOURLY SALARY: \$13.00 (24-30 hours/week)**

**POSITION OPEN UNTIL FILLED**

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

## Hemp Production Specialist

Meskwaki Hemp Supply, Inc.

### **DUTIES & RESPONSIBILITIES:**

- Assist with the transplanting, feeding, weeding, watering, moving, pruning, harvesting, non-compliant hemp disposal, cleaning, and inventory management of hemp plants in the field, as well as supervision of field laborers.
- Assist with hemp greenhouse facility operation and care of mother plants and clones in the hemp greenhouse facility, to organic and GMP standards.
- Safe operation of tools and experience with machinery and greenhouse equipment, including maintenance.
- Work as a team and individually to complete tasks properly to maximize likelihood of good yields of highly potent, legally compliant CBD hemp crop.
- Help to implement plant and soil care strategies by utilizing regular monitoring of plant and soil conditions, and communicating conditions as needed.
- Assist in keeping detailed and accurate farm records and reports for organic and GMP certification requirements.
- Perform tissue sampling, harvesting, drying, biomass processing, proper storage, and labeling of hemp plants.
- Maintain records for farm compliance with USDA licensing requirements, keep accurate log books as instructed for compliance and quality assurance.
- Responsible for executing assigned tasks, projects and expectations in accordance with the department's mission, vision, goals, and objectives.

### **REQUIREMENTS:**

- Bachelor's degree in horticulture, (or) proven practical experience with advanced horticultural practices in a production environment, specifically with CBD hemp.
- Strongly prefer at least 2+ season(s) of successful CBD Hemp crop and harvest experience, resulting in a high-potency and legally-compliant crop, particularly in Iowa, or a similar growing environment.
- Ability to drive a tractor and other equipment in a safe and efficient manner, including basic troubleshooting and maintenance.
- Prefer experience in drying hemp crop, particularly with a commercial dryer.
- Must be able to work outside in all weather conditions during the full farming season, with long days during planting and harvesting.
- Must be able to lift 50 lbs. and engage in repetitious physical work.
- Previous mechanical, construction, plumbing, electrical work a plus.
- Innovative and resourceful with a "fix-it" mentality.
- Motivated personality able to work alone and in a teamwork setting.

- Must pass a background check.

**ANNUAL SALARY: DOQ**

**POSITION OPEN UNTIL 4/8/22**

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

## Lab Assistant

Health

### **DUTIES & RESPONSIBILITIES:**

- Perform all work activities to ensure compliance with applicable regulatory and accreditation requirements of the laboratory (CLIA).
  - Greet patients and assure identity by utilizing two patient identifiers prior to performing any procedure with patient.
  - Utilize laboratory computer program to obtain a requisition and labels for every specimen obtained.
  - Perform venipunctures and finger sticks on patients of varied ages to obtain adequate samples for processing.
  - Monitors integrity of patient specimen and collection processes.
  - Keep accurate records of all samples obtained, tests completed, and calibration and controls of all necessary laboratory equipment or machines.
  - Assure that all aspects of processing and handling of specimens are carried out in an accurate, efficient, and timely manner.
  - Evaluate and report results in a timely manner to the appropriate provider.
  - Maintain patient's Bill of Rights.
  - Provide for patient comfort measures through culturally sensitive interactions.
  - Report pertinent patient and clinic incidents to Laboratory Manager.
  - Perform routine clerical tasks including data entry of laboratory results as directed by the Laboratory Manager.
  - Prepare and complete standardized reports and forms.
  - Assume additional responsibilities as deemed necessary by the Laboratory Manager or Laboratory Director
- ### **REQUIREMENTS:**
- High School Diploma or General Equivalency Diploma (GED).
  - Prefer one year of applicable ambulatory clinic or hospital laboratory experience.
  - Successful completion of CLIA-competencies and laboratory equipment proficiency.
  - BCLS certification at hire or within 6 months of employment.

**ANNUAL SALARY: \$25,834.00 - \$37,232.00**

**POSITION OPEN UNTIL FILLED**

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



## EMPLOYMENT & NEW STAFF

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

- **Assistant Farm Manager**  
- Workforce Dev./Red Earth Gardens
- **Benefits Coordinator**  
- Health
- **Broadband Technician**  
- Information Technology
- **Case Worker**  
- Child Support Services
- **Clerk of Tribal Court**  
- Tribal Court
- **Comptroller/CFO**  
- Finance / Executive Management
- **Dental Hygienist**  
- Health - Dental
- **Director of Public Works**  
- Public Works
- **Fitness Specialist**  
- Health - Wellness Center
- **Grant Writer/Planner**  
- Finance

- **Human Resources Assistant**  
- Human Resources
- **Human Resources Specialist**  
- Human Resources
- **HVAC Service Technician**  
- Housing
- **Mental Health Counselor**  
- Behavioral Health Services
- **Elementary Art Teacher**  
- Meskwaki Settlement School
- **Business Teacher (7-12)**  
- Meskwaki Settlement School
- **Custodian 2nd Shift (2 Positions)**  
- Meskwaki Settlement School
- **Family Consumer Science (7-12)**  
- Meskwaki Settlement School
- **Food Service Worker**  
- Meskwaki Settlement School
- **Head Varsity Girls B-Ball Coach**  
- Meskwaki Settlement School
- **JH Boys Track Coach**  
- Meskwaki Settlement School
- **K-12 Band/Music Teacher**  
- Meskwaki Settlement School

- **K-12 Gifted & Talented Teacher**  
- Meskwaki Settlement School
- **Maintenance**  
- Meskwaki Settlement School
- **Math Teacher (Middle/HS)**  
- Meskwaki Settlement School
- **Shop Manager/Groups Supervisor**  
- Meskwaki Settlement School
- **Special Education Teacher**  
- Meskwaki Settlement School
- **Special Education T.A. (3 Positions)**  
- Meskwaki Settlement School
- **Temp. Food Service Worker**  
- Meskwaki Settlement School
- **Utility/Grounds**  
- Meskwaki Settlement School
- **Victim Advocate**  
- Family Services
- **Youth Activities Coordinator**  
- Youth Development Program
- **Youth Dev. Program Assistant**  
- Youth Development Program



**JOAN FLECKSING, CPM, MPA**  
*MNR Director*

As the Director of the Meskwaki Nation Natural Resources Department, I am honored with the responsibility for the natural resource management and environmental health of tribal lands for the Meskwaki Nation. I am the youngest of 12 children. I grew up near Toddville, Iowa in an agricultural area, raised on produce

we grew ourselves, as well as on goat's milk, lamb and we raised our own chickens. My first job was as a farmhand on a local llama farm, where I cared for about 40 llamas. I attended Kirkwood Community College before continuing my degree at Upper Iowa University. I worked as a Park Manager at Pleasant Creek State Recreation area while earning my Masters of Public Administration and earned my MPA while moving on to become the COO of the National Czech and Slovak Museum and Library.

From 2001-2007, I was co-owner of 130 Bison herd. My husband Bob and I now consult others on prairie restoration and are working to historically restore the 1st service station in Walford, IA (the town I live in). I have two children and enjoy reading, hiking, baking, swimming, any museum or historical site and spending time with my family and friends.



**JOSEPHINE DAVENPORT**  
*Meskwaki Health Services*

My name is Josephine Davenport. My Indian name is KATTITOGA. I'm excited to be a part of the Health Clinic as clinic receptionist. I'll be insuring the best possible experience for the patients at the clinic. I graduated from Meskwaki High School and studied studio art at the Institute of American Indian Arts.

In my spare time, I like to travel and go to live music events around the country. If I'm not doing that, I enjoy making art and cooking for my family.



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# MNT

## Meskwaki Nation Times

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

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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

Email/Web Edition




**Percap Distribution Direct Deposit and Checks Mailed: Thur - April 7th.**

# April 2022



Address: 301 Meskwaki Rd., Tama, IA 52339  
Phone: 641.481.9224

**Find us on Facebook:**  
**Meskwaki Senior Services**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please call 641-484-9224 for questions or to cancel or receive meals.</i></p> <p><b>*Meals are Subject to Change w/o Notice</b></p>				1
<p><b>National Vitamin C Day 4</b></p> <p>Scrambled Eggs (1/2 cup, 0C) Bacon (2, 0C) Toast (1, 1C) Green Beans (1/2 cup, 0C) Orange Juice (1/2 cup, 1C)</p>			<p><b>National Burrito Day 7</b></p> <p>Steak Burrito Bowl (3oz, 0C) Tortilla Chips (1oz, 1C) Guacamole/Salsa (1/2 cup, 0C) Mango (1/2 cup, 1C)</p>	<p>Walking Tacos (1 cup, 1.5 C) Steamed Corn (1/2 cup, 1C) Strawberries/Banana (1 cup, 1 C) String Cheese (1 stick, 0C)</p>
<p>11</p> <p>Porcupine Balls (4 balls, 1C) Wheat Bread (1, 1C) Cucumber Salad (1 cup, 0C) Watermelon (1/2 cup, 1C)</p>	<p>12</p> <p>Ham Salad (1/4 cup, 0.5C) Croissant (1, 2C) Carrot/Celery Sticks (1 cup, 0C) Apple Slices (1/2 cup, 1C)</p>	<p>13</p> <p>Chili (1 cup, 2C) Squash (1/2 cup, 1C) SF Pudding (1/2 cup, 1C) Cutie (1, 1C)</p>	<p>14</p> <p>Elders Committee Day 14</p> <p>Tuna Noodle Casserole (1 cup, 2C) Wheat Bread (1, 1C) Cauliflower (1/2 cup, 0C) Pears (1/2 cup, 1C)</p>	<p>15</p> <p>Chicken Noodle Soup (1 cup, 1.5C) Crackers (6 crackers, 1C) Green Beans (1/2 cup, 1C) Apple/Raisin Salad (1/2 cup, 1C)</p>
<p>18</p> <p><b>National Animal Cracker</b></p> <p>Chicken &amp; Wild Rice Soup (1 cup, 2C) Beets (1/2 cup, 0C) Mandarin Orange (1/2 cup, 1C) Animal Crackers (2, 1C)</p>	<p>19</p> <p>Meatloaf w/ Gravy (3oz, 0C) Wheat Bread (1, 1C) Peas (1/2 cup, 1C) Baked Potato (3oz, 1C) Strawberries (1/2 cup, 1C)</p>	<p>20</p> <p>Ham Slice (3oz, 0C) Wheat Roll (1oz, 1C) Tomato &amp; Zucchini (1/2 cup, 0C) Au Gratin Potatoes (1/2 cup, 1C) Applesauce (1/2 cup, 1C)</p>	<p>21</p> <p>Spaghetti (1/2 cup 1.5C) Meatballs (4 balls, 0C) Texas Toast (1, 1.5C) Garden Salad (1cup, 0C) Blue Berries (1/2 cup, 1C)</p>	<p>22</p> <p><b>National Cook Out Day</b></p> <p>Hamburger (2oz, 0C, bun, 2C) Salad (1 cup, 0C) Sweet Corn (1/2 cup, 1C) SF Jell-O w/ Fruit (1/2 cup, 1C)</p>
<p>25</p> <p>Turkey &amp; Swiss (3oz, 0C) Bun (1, 2C) Coleslaw w/ Apples (1/2 cup, 0.5C) Pears (1/2 cup, 1C)</p>	<p>26</p> <p>Black-eyed Pea Soup (1 cup, 1C) Cornbread (2in x2in, 1C) Pineapple Chunks (1/2 cup, 1C)</p>	<p>27</p> <p>Loose Meat Sandwich (1/4 cup, 1C) Wheat Bun (1, 1C) Tator Tots (1/2 cup, 1C) Zucchini (1/4 cup, 0C) Berry Mix (1/2 cup, 1C)</p>	<p>28</p> <p><b>Birthday Meal</b></p> <p>Meskwaki Corn/Chicken Soup (1 cup, 1/2C) Wabikoni (1/2 cup, 0.5C) Tagaani (1/2 cup, 0.5C) SF Jell-O (1/2 cup, 0C) White Cake (2x2, 1C)</p> 	<p>29</p> <p>Fish Sandwich (3oz, 1C) Wheat Bread (1 bun, 2C) Mashed Potatoes (1/2 cup, 1C) Banana (1/2, 1C)</p>

