

Meskwaki Nation Times

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 19 Issue 03 | MARCH 2022



The Meskwaki Annual Powwow Association announces the return of the Meskwaki Annual Powwow. It's back LIVE in August. Mark your calendar and plan to attend!



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

March 16 @ 5 pm – 9 pm

Meeting dates / times are subject
to change at discretion of the
Chairman.

The Meskwaki Nation Times is a monthly publication available to all enrolled adult tribal members by mail. Meskwaki Media Services is a member of the Native American Journalists Association.

The deadline to submit articles for the next edition is:

MARCH 21, 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.



TRIBAL COUNCIL SETS REFERENDUM TO ACQUIRE TAX-EXEMPT FINANCING AND OBTAIN LOWEST POSSIBLE INTEREST RATES FOR REC CENTER PROJECT

The Meskwaki Recreation Center was authorized for construction by the Tribal Council. While the Rec Center title alone may be misleading, the building actually contains an indoor track, fitness studio, a cardio and weights area, 4 large basketball courts, and a much needed day-care for the Meskwaki community. In addition, there is meeting room space, location for the Youth Department, outdoor gathering space, and an exterior natural splash pad. This building will serve as the hub for all community events and functions for generations to come.

As part of the financing strategy for the building, the Tribe sought out tax exempt financing which offers a much lower interest rate on the loan to help fund half of the project. The Health Clinic is funding the other using 3rd party billing income. As part of the tax-exempt financing, Key Bank is requiring judicial validation. With that, we are required to hold a referendum vote for approval of the project loan.

Voting "YES" will assure the Tribe gets a very low interest rate for the loan. Voting "no" will force the Tribe to look into a conventional loan which won't offer as good of rate that Key Bank is offering. This will end up costing the Tribe more money in the long-run due to a higher interest rate. The project will move forward regardless of which loan type the Tribe gets, but we are hoping everyone votes YES to insure a low interest rate for the Tribe.

~ Rudy Papakee, Project Committee Chair



POSTED: FEBRUARY 25, 2022

NOTICE OF REFERENDUM ELECTION

On February 23, 2022 the Sac & Fox Tribal Council issued an Order for Referendum Election to the Election Committee of the Sac & Fox Tribe of the Mississippi in Iowa by adopting Resolution 07-2022; which poses the following question to eligible voters:

"Should the authorization by Tribal Council of the loan agreement with Key Government Finance, Inc. for financing of the new rec center be approved or rejected?"

Therefore, in accordance with Sec. 8-4705 of Title 8. Election Code, a **Referendum Election** shall be held on **Friday, March 18, 2022** in the **Tribal Gymnasium** on the Meskwaki Settlement. **Polls will be open from 8:00 A.M.-8:00 P.M.**

Upon written request absentee ballots will be made available to those eligible voters who request one by:

1. Fax to the Sac & Fox Tribal Office, Attn: Election Committee at (641) 484-5424
2. Mail to Sac & Fox Tribal Office, Attn: Election Committee
349 Meskwaki Road
Tama, IA 52339
3. Email to: el.committee@meskwaki-nsn.gov

All absentee ballot requests by fax, mail, or email must be received by March 3, 2022 @ 4:30 P.M.

Absentee ballots and voting instructions will be mailed out to absentee voters by March 3, 2022.

All completed, notarized absentee ballots must be received by the Election Committee no later than 8:00 P.M. on March 3, 2022.

Sec. 8-2101. Eligible Voter. Except for an election to amend the Constitution or Bylaws of the Tribe, no individual shall be qualified to vote in any election unless the individual: (a) is a member of the Tribe; (b) is an adult on or before the date of the election; (c) Was a resident of the Settlement for at least six months prior to the current or any previous election; and (d) is currently a resident of the State of Iowa.

Sac & Fox Tribe of the Mississippi in Iowa

Election Committee

FROM THE MESKWAKI NATION EXECUTIVE DIRECTOR

Greetings and Salutations Meskwaki Nation citizens, coworkers and residents of the Meskwaki Nation Settlement. The following is my update on Tribal Operations going into March 2022 with continued precautions due to the exposures to the Covid-19 virus – primarily the Omicron variant and new variants developing.

Annual Report:

The Meskwaki Nation Annual Report for operations in Fiscal year that started on October 1, 2020 and ended September 30, 2021 is now



available. This was completed to provide a summary of Tribal operations during that period to inform all Meskwaki Tribal members. Since the Covid-19 virus prevented us from holding the normal Annual Meeting, we felt this was needed so we would continue to inform you all of what is happening in your community. If you haven't received your copy of the Annual Report, feel free to pick up a copy at the Tribal Center (Receptionist).

Covid-19 Pandemic:

We continue to encourage everyone to get fully vaccinated as soon as possible, including the booster shot. Not only has Tribal Operations been directly impacted with the large number of employees affected in some way by the virus, the Meskwaki Settlement School has also been affected to the point of going to remote learning for several weeks. We appreciate everyone continuing to follow safeguards and to minimize large gatherings. It hasn't been easy,

but we must be patient and work together to keep everyone on the Settlement safe and healthy. If you have any questions, please call the Tribal Clinic.

Final Derecho Debris Clean-Up:

In early Spring, we plan to continue with a final clean-up of issues with remaining damaged trees due to the Derecho. We will hire a contractor with the equipment to reach trees with branches that are higher than our regular crews can reach. We will hire a Tribal member to help guide the contractor to the various houses needing additional clean-up work done. Once the contractor has completed his work, we will hire Tribal crews to continue the final clean-up work. If you have any remaining damaged trees or broken limbs that have yet to be removed, please contact the Housing Department or the Tribal Center to get your name on the list. Once we have the plan in place, we will notify you all of the time when work will start.

Ten-Year Strategic Plan:

Our consultant, Chief Strategy Group, is wrapping up the final draft of the Meskwaki 10-Year Strategic Plan. They started this past June, with involvement from the Tribal Council and all departments of Tribal Operations. We also had tremendous response from Meskwaki Community members in completing the survey that provided valuable input. This huge and important effort is scheduled for completion by the end of March when it will be presented to the Tribal Council for final approval. It will also be available to the community as well, once it's approved. This will provide guidance to the Tribal Council and Tribal Operations in planning for the future and providing for the continued needs of Meskwaki Tribal members. Our mission is, and continues to be, to serve the Meskwaki Tribal members and everything we do and plan to do should always have that mission as our priority.

2021 Annual Audit:

The 2021 Annual Audit work will be started soon and target for completion in late Spring. We have had some delays due to the Covid-19 virus affecting our audit team, but we will push hard to complete this in a timely manner as required. We anticipate another clean audit when completed.



Hemp Development:

We are making exciting progress on the development of the Hemp growing enterprises. Our consultant - Functional Remedies - has proven to be a capable advisor group in getting prepared to get our new Hemp crop ready for planting in the Spring. We are ready to build a state-of-the-art greenhouse adjacent to the Rennard's Warehouse to prepare the plants for replanting outdoors in the adjacent field. We plan to grow one and a half to two acres of hemp this Spring. We will be hiring Tribal crews for the planting, ongoing maintenance and harvesting of the hemp crop. Our HR department will notify the community when we are ready to hire.

In late Summer this year, we will initiate the next phase of planning and developing the hemp extraction and production enterprise. Once this is developed and operational, we will be able to control the entire cycle of growing hemp from production to final packaging of our hemp-based products – all on the Meskwaki Settlement. We will then rely on Meskwaki Organix (a Meskwaki Inc. enterprise) to sell and market our products.

American Rescue Plan Act (ARPA):

We received two rounds of funding from the U.S. Treasury from ARPA. The Tribal Council has recently approved three months of Financial Assistance Payments to eligible Tribal Members starting in February. If you weren't able to come by the Tribal Gym to complete or turn in your forms, please contact the Tribal Center and we will send them to you. Also, please make sure you inform family who live away from the Settlement to update their mailing address to ensure they receive the necessary forms that need to be completed before they receive their checks. All forms mailed in must be signed and notarized.



Renters Assistance Program:

We are still taking applications from Tribal members who need assistance with their rent payments and/or utilities. Please contact Janice Eagle Hawk in Realty at 641-484-4972. Find more by visiting <https://www.meskwaki.org/terap/>

Homeowners Assistance Program:

We have also received funds for Tribal members who are homeowners and need assistance with their mortgage payments and/or utilities. This is a new program with application forms and guidelines that have recently been completed. We are awaiting approval for our plan before we can begin taking applications from homeowners. We will announce the opportunity to apply once we are ready. Please contact Winona Tahdooahnippah in Sac and Fox Housing Development at 641-484-9260.

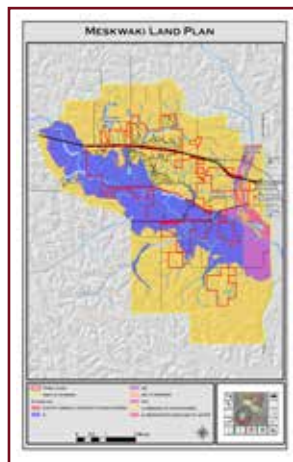
Tribal Revolving Loan Fund:

We received an allocation of funds from the U. S. Treasury to help small businesses – either established or new start-ups. We have planned to form Meskwaki Tribal Loan Fund to provide small business loans to Tribal members to expand or start their businesses. We are working to complete the plan that will outline how we will use these funds. Once this new loan fund is established, we will support Tribal members in preparing a Business Plan that will outline how they will use any of these loan funds for their business ideas. We want your business to succeed so we are prepared to give you all the support and training that will help you be successful. We will announce when this is ready in the next few months.

Land Use Plan:

We are initiating the development of a Land Use Plan that will help in planning for growth and expansion of the Settlement. We will plan for new service roads along Highway 30 to the West Village and to a planned Meskwaki Cultural Center and Museum. Also being planned is a highway overpass at the entrance of the casino from Highway 30. This will provide a safer way for traffic to enter and leave the Settlement at that intersection.

The Land Use Plan will also include future housing development that also requires telecommunications, water and sewage services provided by our IT Department and Public Works. Keeping the Settlement cultural sites protected will be a priority in planning while much of the Settlement will remain in its natural condition.



Meskwaki Nation Technology Training:

The Workforce Development Department is working with Knight Moves of Des Moines to establish a technology training center here on the Settlement. The plans call for incorporating this into the high school curriculum and starting to work with our high school students who are interested in preparing for a career in the technology industry. Knight Moves is coordinating with the Des Moines Area Community College to provide college-level coursework to our tribal participants in the technology training program.

Future plans are to develop a Meskwaki Technology Training Center where tribal members could not only receive the training, but they could also work at this center. This will be a future facility developed through and as a part of the Workforce Development Department.

Thank You Meskwaki Nation:

Thank you Meskwaki Nation community for supporting our efforts to plan for the future and help us improve the services that are directed to helping improve the lives of all Meskwaki community members.



As I always state, I am available for any Tribal Member to contact me at any time. Aho.

~ Lawrence SpottedBird, Executive Director

FREE TAX PREP

Free tax prep is NOW available

at the Tribal Center for all community members, staff, and the public through the AARP (some restrictions may apply). Our tax team is accepting appointments on Wednesdays from 1pm – 8pm and Fridays from 9am – 4pm. Everyone will be expected to wear a mask for entry and follow all physical distancing guidelines.



Individuals can call the Tribal Center at 641.484.4678 to set up an appointment with the receptionist.

Individuals must bring all necessary documents including: photo ID, social security cards for anyone on the return, all tax documents including but not limited to: W-2's

(work), 1099-MISC (typically per cap, minor's trust payouts, powwow winnings) 1099-NEC (contractor earnings), W-2G (gambling winnings), statement from casino to offset winnings if player's card used, any other tax documents, direct deposit information including name of bank, account type, routing and account number, and a copy of your 2020 and 2019 tax return.

We also need to know if you and/or your dependents received the \$1,400 stimulus payment in 2021 and any advance child tax credit payments. You should have received Letter 6419 from the IRS indicating any advanced payments received. This letter includes the total amount of advance child tax credit payments taxpayers received in 2021 and the number of qualifying children used to calculate the advance payments. People should keep this and any other IRS letters about advance child tax credit payments with their tax records. We will also need a current phone number to contact you for any questions.

~ Tax Prep Team



SAVE THE DATE

2022 GRADUATION POWWOW

May 28, 2022
Meskwaki Powwow Grounds



PVT SAGE KEAHNA

WE'RE PROUD OF YOU!



Sage Keahna graduated with the Marine Corps Fox Company Platoon 2129 on February 11th at Camp Pendleton, San Diego, CA. He earned the title of Company High Shooter with a score of 340/350, topping 500 other Marines. On February 14, Sage surprised his sister and his niece and nephew at the school with a heartwarming homecoming. Pictured with his family is Seth, mother Eva, Sarah, Alexandria, PVT Sage Keahna, Pippen, and father Sean Keahna Sr.



MESKWAKI HIGH SCHOOL SENIORS

This is a reminder to fill out your Graduate BIO and submit both a senior and baby pic for inclusion in the 2022 Graduate Booklet. Deadline for submission is May 2, 2022.

Visit <https://www.meskwaki.org/higher-education-program/> to fill out the form!

HELLO MESKWAKI COMMUNITY,

As I write this message the sun is shining and it is warm outdoors. However, by the end of this day we are supposed to experience a drastic change in the weather. The warmth will shift to cold and there's a possibility of freezing rain. There isn't anything we can do to change the elements so we simply keep going. This is the time of year that I usually hear people talking about tapping Maple trees for sap. It's a tradition in our community and it's something many of us take for granted, because somebody always does it.

Locally harvested maple syrup is a beautiful, delicious and extremely valuable food item to have for any Meskwaki household whether it's harvested by your family, or purchased. My Koko told us that the hard maple candy was put away and given to the kids on very special occasions, and their syrup used for ceremonies or trade.



Syrup wasn't something used on a daily basis by most families. Something this valuable takes a lot of work.

First there is the tapping of the trees, followed by the hope the tree sap flows in a timely manner and no rain occurs once you've started. Collection of the sap is also a time consuming job and having a place to store the sap is also crucial. The next priority would be having plenty of firewood because the collected sap needs to be cooked and boiled down from a clear water-like consistency to the thicker, darker and sweeter substance we're all familiar with.

This all takes time and there is a limited amount of days to collect sap from the trees. I'm so grateful there is an active group of community members that still harvest tree sap and produce syrup. This is one of many traditions that could've been forgotten, but remains active and strong to this day.

While there are still restrictions in place for our community due to this extended pandemic, our museum remains open. We discourage large group visits as we have a limit of 5 people at a time. This is due to our small gallery space, but as restrictions are lifted, we hope to welcome larger groups once again. Our little museum is a unique learning experience and a place for people to see a more accurate account of who we are and our history. We hope to begin learning opportunities this year with classes and possibly guest lectures. Spring is close, and warmer weather is near!

~ Bonabiga
Mary Young Bear



LANGUAGE UPDATES

As we are coming to the end of our current 16-week session of the Meskwaki Language for Adult Beginners classes we would like to congratulate all of the learners who have successfully completed their respective levels. Wettitawi! A total of thirty-eight (38) learners, participating in five (5) levels of Meskwaki language classes, will be receiving Certificates of Completion and gifts from our program.

Due to the ongoing pandemic, Meskwaki Language for Adult Beginners classes were held via Zoom. Although we did attempt to have an in-person class for Level I, we eventually finished this group's class via Zoom as positive cases rose.

Kidasea initially met with Group 27 on Monday evenings but eventually

combined this class with Group 28 of the Level I learners and met on Wednesday evenings.

Netawi met with Group 14 of the Level II learners on Tuesday evenings.

Ketabia met with Group 9 of the Level III learners on Thursday evenings and Group 7 of the Level IV learners on Thursday mornings.

Medenea met with Group 6 of the Level IV learners on Tuesday evenings and Group 4 of the Level V learners on Monday evenings.

The next session of Meskwaki Language for Adult Beginners classes will start around mid-March. If you're interested

in participating please call me at 641.484.9288, contact me on our Facebook page "Meskwaki Language Preservation", or send me a message on Messenger at Leigh-Lasley Meskwaki-Language.

Please note... you must be at least eighteen years-old to participate in Meskwaki Language for Adult Beginners classes and you will need to provide your email address as the next session of classes will be held utilizing Zoom. Groups will not meet in-person. Groups will meet for two hours, once a week, for sixteen weeks.

Be on the lookout in next month's edition of the Meskwaki Nation Times for photos of the learners completing their respective levels of Meskwaki language classes.

~ Leigh Lasley, Program Assistant

KNOW YE THAT THE FOXES ARE IMMORTAL

- Article by Johnathan L. Buffalo,
Hist. Preservation Director, written
2013

*"What does this mean, my Father?
Thou didst invite us to come to dwell
near thee, thy word is even now fresh
in our pouches and yet thou declares
war against us. What cause have we
given for it? My Father, thou seemest no
longer to remember that there are no
nations among those whom thou callest
thy children who have not yet wet their
hands with the blood of Frenchmen. I
am the only one whom thou canst not
reproach and yet thou art joining our
enemies to eat us. But know Ye that the
Foxes are Immortal, and if in defending
myself I shed the blood of Frenchmen,
my Father cannot reproach me."*
- Pemoussa, Fox Chief, 1712

Before living in Wisconsin, the Meskwaki lived in Michigan prior to European contact. When the French invited the Meskwaki to make a village at Detroit in 1710, a band of 1,000 people returned to Michigan. But in the summer of 1712, the Meskwaki had a dispute with other tribes and the French took the side of the other tribes, their allies. The French held Mass and declared a Holy War against the Meskwaki, deciding to use them as an example of their absolute authority over all the Indians in the region. Any Frenchman or Indian ally was promised they would have everlasting salvation if they themselves were killed, and the killing of any Meskwaki would not be considered murder in any religious or judicial context. All the surrounding tribes pledged themselves to this coming war. They began this Holy War starting with the Meskwaki village at Detroit. Consider for a moment: This was not a 1,000-man regiment of the Meskwaki Army, it was a village of families; men, women and children of all ages, along with Sauk and Mascoutin individuals who had married into the Tribe and were living there along with their extended families and friends. The village was very similar in size, population, and composition as the Meskwaki Settlement today, having

social centers, gardens, areas for games and sporting events, markets, and all the standard features of any large community.

After the Meskwaki were besieged, Chief Pemoussa called out a speech (see full speech, above) to the French and his Indian friends. Pemoussa acknowledged the finality of the situation and signified their collective readiness to die together, but he sharply stung the French and their Indian allies by also delivering the enigmatic words, "Know Ye that the Foxes are Immortal" as more a statement of unalterable fact rather than a hopeful forecast of a doomed man cowering with doomed people.

After a siege of 19 days, the surviving village inhabitants escaped from their battered fortifications under cover of a stormy night and fled northeast to a marshy peninsula on Lake St. Claire, today a city park and residential area in Grosse Pointe, Michigan. Pursued the next morning, they were again surrounded and another siege lasting 4 days was fought on this site. Then, on the 5th day, the Meskwaki finally surrendered, but holding to their oath, the French and Indians killed everyone they could find: all men, women and children ... with only a few escaping during the fanatical bloodbath to the safety of a Fox village in Wisconsin. The French celebrated by holding High Mass and their Indian friends celebrated by holding scalp dances that night. The survivors related the story to their horrified relatives in Wisconsin, who spread the news of the massacre to other Fox villages and together they vowed to fight for justice. This massacre began what became known as the "Fox Wars," a 25-year war between the French and Meskwaki.

The Meskwaki would endure many battles, suffer devastating losses, and experience near annihilation ... all in all, just barely surviving ... until coming into Iowa in 1735. The French sold their lands to the British and Spanish and, later, to the Americans, and eventually packed their bags and abandoned their "friendly braves" to

the hands of their neighbors. Today Grosse Pointe, Michigan is an affluent, gated community. Their local history relates the episode at the marshy peninsula tip, now referred to as "Windmill Pointe", as a senseless attack initiated by a 1,000-person group of Meskwaki "visitors", repelled and punished by the local French with the help of friendly braves. The good citizens of Grosse Pointe erected a plaque on the median of Windmill Pointe Drive commemorating their version of the "battle", and last year held a special event honoring the 300th year anniversary of it.

Three centuries later in Iowa, Pemoussa's words have indeed proven to be no idle boast. A group from the Meskwaki Indian Settlement had their picture taken under those same words at the Tribal museum: "Know Ye that the Foxes are Immortal." The Tribe's history is comprised of many things, but no artifact is more substantial or more valuable than these words of conviction spoken by a Meskwaki man who died 300 years ago, certain we would continue on as a People even without him. This same message of "tribalism" rings out clearly over and over again throughout history, and has been spoken in different ways by many Meskwakis in a variety of different situations, with a message that essentially comes down to this: "To those who seek to vanquish us - do your best, but even then you can never truly end us, only our Creator can do that."



"KNOW YE THAT FOXES ARE IMMORTAL"
Photos provided by the Meskwaki Historical Preservation





BED BUGS

Identifying bed bugs can be a difficult task to the untrained eye and that is where we, at the Meskwaki Apprenticeship Pest Control, can help you out.

Bed bugs are small, oval, brownish insects that feed on the blood of animals and humans. Adults have flat bodies the size of an apple seed. They may enter your home undetected through luggage, clothing, used beds and couches. They will fit into tiny spaces about the width of a credit card. To confirm any bed bug infestation, you must find and identify the bugs themselves physically.

If you feel you are dealing with these small critters in your home please do not hesitate to give us a call for an inspection at 641-484-4972.

-Brenton Pushetonequa,
Pest Control Trainer



HEALTH & WELLNESS



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



PHARMACY CORNER

It's probably too early to start thinking about spring, but if you stand up really tall on your tippy-toes you can almost see it coming in the not too distant future. As spring approaches it's a good time to start thinking about spring cleaning your medicine cabinet. Now is a great time to remove any old, expired, or unused medication that you may have lying around. Not only are expired medications not likely to be effective, but they may also be dangerous if consumed accidentally, especially by children, so it's best to get them out of your home.

There is a blue, metal bin in the lobby of the clinic. It looks very similar to a postal service mailbox.



All of the medications you would like to dispose of may be placed in that bin. You don't have to worry about peeling off the labels, just place the entire bottle or container in the bin and we'll take care of it for you. But, please, do NOT place any sharps in this bin. Sharps should continue to be placed in a sharps container and brought to the pharmacy for destruction.

The onset of spring also brings with it the onset of allergies for many people. Allergy symptoms commonly include itchy, watery eyes, runny nose and sneezing. The Meskwaki Pharmacy carries several medications to help treat allergies and allergy symptoms. Please talk to your provider to find out what treatment is best for you. It's your health!

Please remember to allow plenty of time for the pharmacy to prepare your refills. More and more



often we are seeing patients come to the pharmacy to pick up their medications only to find that they are not ready. There can be many reasons for this. You may be out of refills and we may be waiting to hear back from your provider. It's also possible that we ran out of the medication and are waiting for our order to arrive. In the winter it's not unusual for the pharmacy to close or open late due to poor road conditions and it's not unusual for our order to be late or not arrive at all for the same reasons.

Calling at least 24 hours or more in advance allows us more time to make sure your prescriptions are ready for pick-up and can save you from multiple trips to the pharmacy. Thank you for your consideration!

~Meskwaki Pharmacy

MARCH IS COLON CANCER AWARENESS MONTH

Colorectal Cancer (CRC) is the second leading cause of cancer death for Native people. Getting screened saves lives by detecting precancerous growths in the early stages when they are easiest to treat and remove.

Most men and women should start screening at age 45, but can have it done earlier if symptoms are present. Indigenous people are often diagnosed with colorectal cancer in its later and more fatal stages when the symptoms become more obvious.

Reminder letters are being sent out for patients that are due for a CRC screening. Patients that had a colonoscopy do not need to do a CRC screening, but should follow up with a repeat colonoscopy.

Please call the clinic to see when you are due for a colonoscopy. A run/walk is being planned for the end of March will keep you updated.

For patients that do complete a CRC screening will get a gift card to the plaza, so please if you get a letter do your part and get screened.

Thanks,

~ Meskwaki Clinic nursing staff



March is
**COLORECTAL
CANCER**
AWARENESS MONTH

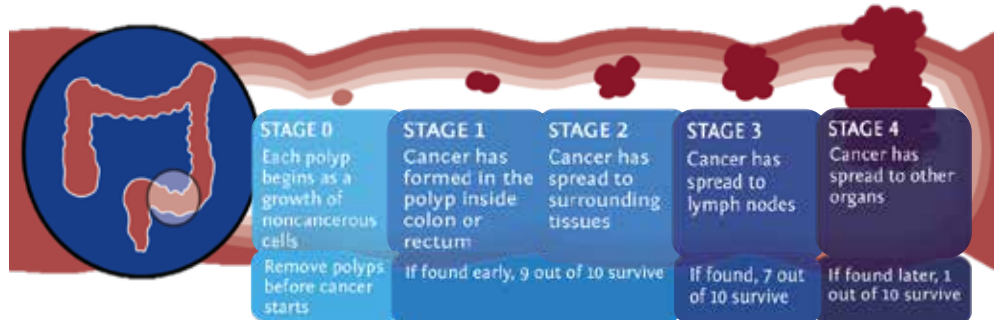
End Colon Cancer
▶▶▶▶ in Indian Country

What is colon cancer?

A disease in the large intestine (colon) and rectum. Most colon cancers start as small noncancerous clumps of cells called polyps. Without treatment, polyps may turn cancerous.

TIMING MATTERS WHEN COLON CANCER IS FOUND

****Colon cancer often has no symptoms in the early stages, so screening tests are very important****



Colon cancer is the second leading cause of cancer death for American Indians and Alaska Natives.



What can I do?



QUIT SMOKING



EAT FRUITS & VEGGIES



WEIGHT CONTROL



GET SCREENED



EXERCISE



LIMIT ALCOHOL USE

Screening tests

Colon cancer screening for American Indians is recommended for those ages 45-75

▶ STOOL-BASED TESTS

- Looks for blood in the stool
- Take test at home every 1-3 years
- Mail or return to clinic
- If positive, must have colonoscopy

▶ VISUAL TESTS

- Looks directly in the colon
- Test is done at a medical center
- Colonoscopy can prevent cancer by removal of polyps during test

Talk to your health care provider about when screening is best for you.

BEHAVIORAL HEALTH SERVICES

Friendly reminder - For transportation services for behavioral health appointments (substance and mental health), the process is to call early in the day (before 9:30 AM) to **641-484-4094 extension 4** to request a ride for the day.

REMINDER!



Meskwaki Diabetes



Dietitian Available

Monday through Friday
8:30AM - 3:30PM

Jennifer Scales, RDN, LD
641-484-4094

Dietitian, Jennifer Scales, RDN, LD, is available at the Meskwaki Tribal Health Clinic or see if you qualify for tele health service from your home. She can provide nutrition related education to child and adult patients with nutrition concerns of any kind including prevention or treatment of:

Diabetes, Type 1 or 2
Kidney disease
Heart disease
Weight management
Sports nutrition
Food allergy/intolerance
High cholesterol
General Healthful diet

Jennifer will meet with you individually to develop a personalized plan with achievable targets to reach your desired health goals. Make an appointment today to begin your pathway to a healthful lifestyle!

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



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

Hours of Operation:

Monday - 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



March is National Nutrition Month!

Schedule your nutrition appointment with Jennifer this month to learn how to achieve your health goals. Your name will also be put in a drawing for one of 5 baskets of fresh produce and other healthy foods!

March 1 at 10am Nutrition Store Tour at Fareway in Tama

March 8 at Noon on Zoom. A River Runs through Us 90 day Program Class #4

March 16 at Noon Diabetes Bingo On Zoom. Pick up your bingo card at by March 14 at noon!

March 22 at Noon on Zoom. A River Runs through Us 90 day Program Class #5

March 23 at 2pm Take and Make on Facebook Live on Wellness page. Be sure to sign up by March 14 at noon. Pick up your ingredients on March 22 from 1-4pm

SAVE THE DATE: April 21 from 10AM -2PM **Annual Health Fair.** Alternate date of April 28.

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! Drawing each quarter. The first drawing will be in April 2022 for the quarter of January 2022 –March 2022 patients.

CELEBRATE A WORLD OF FLAVORS DURING NATIONAL NUTRITION MONTH® 2022

In March, the Meskwaki Diabetes Program, along with the Academy of Nutrition and Dietetics focuses attention on healthful eating throughout National Nutrition Month®. This year's theme, "Celebrate a World of Flavors", embraces global cultures, cuisines and inclusivity, plus highlights the expertise of registered dietitian nutritionists.

During National Nutrition Month®, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. The Academy encourages seeking the advice of dietitians like Jennifer Scales, Meskwaki Health Clinic to learn more. She is a food and nutrition expert who can help develop individualized eating and activity plans to meet people's health goals, especially those with Type 2 Diabetes. She suggests starting with these tips:

- Fiber: "Include more dietary fiber in your meals by incorporating vegetables, beans, nuts, seeds and whole grains. Fiber may help to lower cholesterol, improve blood pressure, stabilize blood sugar and help you stay fuller longer."
- Fruits and vegetables: "Fruits and vegetables contain dietary fiber, vitamins, minerals and antioxidants. Aim to fill half your plate with non-starchy vegetables such as lettuce, tomato, zucchini, asparagus or other leafy greens. Experiment with new fruits and vegetables and try new recipes to experience new flavors."
- Less added sugars: "Add fruit to your oatmeal or yogurt to give it natural sweetness. Eat fewer foods and drinks that are high in added sugars. Look for canned fruits packed in their own juice instead of heavy syrup. Switch from sugar-sweetened beverages to fruit-flavored seltzer water or add fruit to your glass of tap water."
- Less saturated fat: "Eat lean meats, skinless poultry and fish whenever possible. Bake, broil, roast, grill, boil or steam foods instead of frying. Replace sources of saturated fat with foods that provide healthy fats such as avocados, olive and canola oil, nuts and seeds."
- Get moving: "Consult with your health care provider to increase your physical activity. Incorporate aerobic activity into your life by walking, bicycling, dancing or doing another type of physical activity that you enjoy."
- Add resistance training with weights or resistance bands to strengthen your body. Aim for at least 150 minutes of moderate-intensity physical activity per week and add resistance and strength exercises at least twice per week on nonconsecutive days."

For help developing short-term and long-term plans to control blood sugar levels, improve food choices and increase physical activity, contact the Meskwaki Health Clinic at (641) 484-4094 and ask for Jennifer.

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.



MESKWAKI TRIBAL COURT SCHOLARSHIP

The Meskwaki Tribal Court has a one-time \$500.00 scholarship available for

graduating high school students who are enrolled or descendant members of the Meskwaki Nation. Eligible applicants must be pursuing a post-secondary course of study (2 or 4 year college, university, or trade and technical school).



Applications are due by **May 13th** to the Tribal Court.

To Apply online visit **www.meskwakicourt.org**, stop by the Tribal Court Front Window or call 641-494-9300.



FINANCE

DEAR DR. PER CAP:

Last year IRS issued an extension for filing. Can we expect the same in 2022?

Signed,
Procrastinator



Dear Procrastinator,

Not likely. The filing deadline extensions for tax years 2019 and 2020 were responses to the chaos and disruption caused by the coronavirus pandemic.

For better or worse the Internal Revenue Service contends that we're back to enough normality for a standard filing deadline for tax year 2021. For most individuals that day is April 18th, 2022.

The IRS will begin accepting tax returns on January 24th so now is the time to begin gathering wage and earnings statements, receipts for deductible expenses, and other records needed to file an accurate return. For many folks this will include IRS letter 6419 that lists the total of advance child tax credit payments received last year. Those were monthly payments issued by check or direct deposit from mid-July through mid-December to help income eligible families weather financial uncertainties.

My good friend and colleague, Henry Thompson, runs a Volunteer Income Tax Assistance (VITA) site in Lame Deer, MT and warns that people need to wait for letter 6419 before filing. Choosing otherwise could result in a lengthy refund delay if the wrong total for those payments is used when filling out a return.

Also, be aware that the IRS is expecting delays with processing returns and long hold times when trying to reach them by phone. But that's probably no big news for anyone who has ever killed the better part of a Tuesday afternoon waiting for an IRS representative

to explain if pow wow gear is tax deductible. Here's the short answer – maybe.

A heavy backlog of 2020 returns that still need to be processed, IRS staffing shortages, and dealing with new tax benefits and programs created during the pandemic are the main factors at work here.

So plan ahead and take advantage of e-filing if you haven't already by visiting the IRS website for a list of tax prep companies offering free filing for income eligible taxpayers. Or check out one of the many VITA sites that serve Native communities in partnership with tribal colleges, libraries, and community development financial institutions.

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.



TIPS FOR KEEPING YOUR CHILDREN IN SCHOOL

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

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

The Meskwaki Youth Justice Code (Sec. 20-2906) states that all youth 17 and younger residing on the Meskwaki Settlement shall attend school full-time when school is in session, up to completion of secondary school. On-going truancy may result in Juvenile Court action. For families that need help with addressing their child's truancy, may contact the Meskwaki JPO's office at (641)484-9285.

MONEY RAISED FOR AMERICAN CANCER SOCIETY

This year the South Tama County and Meskwaki Settlement School basketball programs came together in a joint effort to raise money in the fight against cancer by hosting a Coaches vs. Cancer event on January 17, 2022. This was to be a girl-boy double header game, but unfortunately, due to COVID protocols, the boys' game had to be rescheduled.

Preparations for this event began in early December with both schools holding a pre-order shirt sale, which raised \$637. The STC Elementary staff helped show their support by donating \$213 for bake sale items made by the

generosity of Steve Bearden, first grade teacher at STC Elementary. The STC high school students helped raise funds by donating their spare change as a competition for a free entry to an event pass and a free popcorn. The senior class won this challenge by donating over \$100.

On the night of the event, the South Tama Activity Boosters, along with Steve Bearden and Keely Upah, provided items for a silent auction table. Additional t-shirts were sold, a knock-out game was played and a "pass the bucket" activity was done after the end of the first quarter.

A grand total of \$1,420 was raised to help the American Cancer Society continue its research in the fight against cancer through the generosity

of both the South Tama and Meskwaki schools.

Our communities should be proud of themselves and thank you for your continued support of South Tama and Meskwaki activities.

- Marsha Keahna
STC HS Physical Education Asst. Girls Basketball Coach, STCEA Treasurer



MFS UPDATES

Meskwaki Food Sovereignty is proud to be an integral resource for the community. We have an exciting development awakening. Recently, Meskwaki Food Sovereignty was contacted by a Massachusetts seedkeeper, Mr. B. Braun who had received Meskwaki beans called, "Nekya Makatewi, Asenani," from a fellow seedkeeper, K. Hubbard. Mr. Braun stated, "It would be an honor to return them."

The history of the beans stem from the Sanache family. Ramona Sanache and family recalls their family of being

a large grower of a variety of produce on the Meskwaki Indian Settlement. The black bean is also known as "Red Bull Code Talker bean," a name given by an ancestral matriarch because of Sanache patriarch's service as a Code Talker in the 34th Infantry Division during World War II.

"Meskwaki Food Sovereignty will grow out the seeds for the community during the 2022 growing season with plans to offer the beans to the community at the Seed & Transplant Giveaway in 2023" expressed, Luke Kapayou, Ancestral

Farm Manager. Mr. Kapayou also shared there are enough beans to offer other Meskwaki growers an opportunity to grow the pole beans with the agreement to return some beans to Meskwaki Food Sovereignty for the seed library.

If you are willing to assist Meskwaki Food Sovereignty grow out the beans for the community, please contact Luke or Christina at 641-484-9513.



MESKWAKI REPRESENTED BY THREE AT IHSA STATE WRESTLING TOURNAMENT



Amare Chavez took 3rd place
in the Class 2A 120lbs division.



Photo provided by Darvin Graham

District Tournament Placers



Photo provided by Mark Bear

MaCael Bear battling back from injury made the podium but missed qualifying for state, placing 3rd at 126lb. Amare Chavez takes the bracket soundly, a champion, qualifying at 120lb. Kordell Negrete of East Marshall takes silver, qualifying at 145lb. Rudy Papakee moves forward to the well taking 2nd at 195lb.



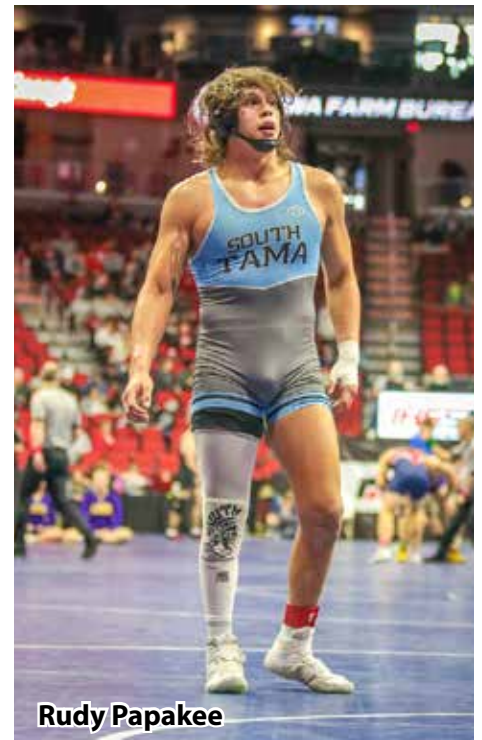
Amare Chavez



Amare Chavez



Kordell Negrete



Rudy Papakee



Kordell Negrete



Rudy Papakee



Kordell Negrete



Rudy Papakee

SENIOR SERVICES UPDATES

Ho'a.
Meskwaki
Senior
Services
is aiming
to provide
the highest
quality



service for our elders/senior citizens. We are constructing paths to move the program forward; some new or restarting. Harnessing the value of respect, Meskwaki Senior Services is open for lunch "Grab 'N Go" 11:00 a.m. – 12:00 p.m. and by appointment only for all other senior services, 8:00 a.m. - 4:30 p.m., Monday -Friday.

In compliance with the 1) Older Americans Act (Federal) AND 2) Administration on Aging's Title VI (Federal), AND 3) Sac and Fox Tribe of the Mississippi in Iowa's Meskwaki Senior Services Policies and Procedures (Tribal);

Native American Senior Citizens who are 55 years+ and eligible for Title VI lunch service also includes:

- People who provide volunteer services during meal hours
- People with disabilities who live in housing facilities where mainly older adults live and which also provide congregate nutrition services
- People with disabilities who reside with eligible older adults
- Spouses (of any age) of people age 55 or older

During this unforeseen and unpredictable pandemic time, Home Delivery is available to ALL eligible Title VI participants located on the Meskwaki Indian Settlement. "Grab 'N Go" is available to eligible Title VI participants including but not limited to Native Americans residing on the Meskwaki Settlement.

Lunch Grab 'N Go Hours

11:00 a.m. to 12:00 p.m.
Please call before 10 a.m. if you need to cancel.

Lunch Home Delivery

11:00 a.m. to 12:30 p.m.
Please call before 10:00 a.m. if you need to cancel.

For planning purposes:

- Please call before 10:00 am to be added to the lunch list and indicate "Grab 'N Go" or home delivery.

North East Iowa Food Bank Boxes

March 3, 2022 @ 11:00 a.m. – 1:00 p.m.
After March 3rd: 8:00 a.m. -4:00 p.m.

Language Activity

March 16, 2022 @ 2:00 p.m. "live"
Senior Services Facebook page

Popcorn/Treat Giveaway

March 17, 2022
Added to the lunch "Grab N Go" and home delivery.

Cooking Activity in partnership with Meskwaki Diabetes

March 23, 2022 "live" @time: TBD
Senior Services Facebook page

Caregivers Program

The Caregiver Program provides services to those who assist 55+ elders/seniors/disabled/children within the Meskwaki Community. Service includes but not limited to: referrals, education, training, and respite.

Are you a Family Caregiver to any of the following?

- Caring for a Native Elder
- Caring of a native person (any age) with Alzheimer's, dementia, and/or any related illness/injury
- Native elder providing care to a child under the age of 18 years old (Grandparents raising grandchildren)
- Elders (including parents) caring for an adult with a disability

If any of these apply to you, please contact Ramona.

LifeAlert Program

Meskwaki Senior Services is re-introducing the LifeAlert Program. This is need-based. Please contact us if you feel you need this service otherwise, a senior representative will be in contact with you after reviewing your file.

Elders Committee Meeting

March 1, 2022 at 1:00 p.m.
The meeting will be held through a conference call. If you are interested in attending the meeting, please call 641-484-9224 for the call-in information.

Chair: David Brown
Vice Chair: Jane Keahna
Treasurer: Betiko Walker
Secretary: Ramona Sanache (temporary)

Meskwaki Senior Services Survey

The Meskwaki Senior Services Survey is extended until March 11. We want to hear from you! All participants will receive a custom designed t-shirt. The t-shirt will be distributed in March.

Elder Intake Updates

We realize contact information may change, your health needs may change, and therefore, we are updating our elder intakes. Please call to make an appointment to stop by.

Meskwaki Elders Care Program

The Meskwaki Elders Care Program provides a holistic, collaborative, and aging in place with dignity approach. The Meskwaki Elders Care Program is an interdepartmental collaboration focusing on improving Tribal elder services while delivering a one point source of information provided to elders, caregivers, and the community via an informational brochure, web page, and community meetings (future).

Letter from the Interim Director

It's been an honor serving as the Interim Director. Caring for our elderly is a tribal value we all share. My time at the Senior Center will finish at the end of March. Through time and dedication of our Senior Services Team, we've been able to reach more elderly by focusing on improving services.

Our Food Service and Driver team has been actively filling tummies with the delicious and dietitian-reviewed lunch meals! A special shout out to David who has been serving our elderly for 6 years! The Senior Services Office has been working on organizing files, researching, and so much more! I've re-connected with our Title VI representative, we had a great conversation. Under the direction of our Executive Director Lawrence, I have found developing the Meskwaki Elders Care Program was one of my favorite times at the Senior Center where several of us across many departments/programs are working together to provide and promote trusted, caring, and compassionate services.

Overall, it has been a joy being around the Senior Center again! I am grateful for this opportunity!

I have been receiving comments of seniors wanting to congregate, let us be respectful and operate in a safe manner for the protection of all. Yes, we miss you, too! We miss all the joy and laughter, playing bone dice, the activities, and nutritional education! We hope you are enjoying the home cooked meals and the portion/ carb information included on the calendar.

Thank you to: Meskwaki Diabetes Program, Meskwaki Media Services, Meskwaki Health Clinic, Meskwaki Apprenticeship, Meskwaki Workforce Development/Food Sovereignty, Meskwaki Tribal Court, Ann Lasley, and Georgia Sanache for donating items for the Birthday Wheel. You've contributed to the memorable smiles and laughter we've seen and truly is a gift in return: "Now I will go and glow everywhere!" "Thanks for the shirt, it's a cool one!"

As always, the Meskwaki Senior Services advocates on behalf of elders. Should you be facing any issue whether it relates to housing, access to health & home services, isolation, caregiving, and other issues; please give us a call. Meskwaki

Senior Services will not be able to strongly advocate for YOU, the elders, if we are not aware of the issues. We will **LISTEN**. We are a **VOICE** for **YOU**.

As I transition back towards the Food Sovereignty area, start thinking and talking about what you will be planning to grow this season.

Warm regards,

~ Wanasattia
Christina Blackcloud
Interim Senior Services Director

Team

- Christina Blackcloud; *Interim Senior Services Director*
- Darcy Davenport; *Office Manager*
- Ramona Sanache; *Senior Aide Representative*
- David Brown; *Food Service Worker*
- Jerlyn Sanache; *Food Service Worker*
- Meranda Morgan; *Food Service Worker*
- Winona Kapayou; *P/T Food Service Worker*
- Anisha Dye; *Driver*
- Muranda Kapayou; *Custodian/Driver*

SEEKING HOUSING COMMITTEE MEMBERS

Housing Committee - 2 vacancies

Interested tribal members must submit a letter of interest to:
Sac & Fox Tribal Council
349 Meskwaki Road
Tama, IA 52339

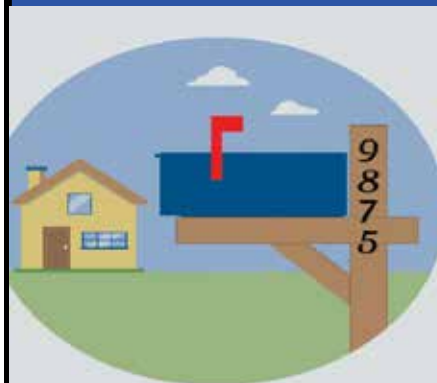
Housing Committee: The Housing Committee shall be composed of seven (7) enrolled members appointed by the Tribal Council.

Terms: The term for each committee member shall be two (2) years.

Duties of the Housing Committee: While final responsibility for all housing assignment decisions rests with the Tribal Council, the Housing Committee shall review and make recommendations to the Tribal Council regarding the following issues: Applicant Eligibility, Occupancy Due to Change in Family Status, Requests for Additions Homes, Termination of Residential Land Assignments.

During an emergency, time is of the essence. Time can be life-saving to anyone seeking help from first responders.

First responders may pass a home or address needing help because the house number is not visible, slowing down response time and hindering the help needed. Please make sure your house numbers can be seen from the road.



Make sure your house number can be seen from the road.

Clearly display your house number so emergency responders can quickly find you.





Warriors Overall: 3-18

Conference: 2-10

North Tama	L 50-53
GMG	L 61-66
Colo-Nesco	L 45-53
Collins-Maxwell	W 67-60
Riceville	L 33-52
Grand View Ch.	L 35-83
Baxter	L 50-78
Ankeny Christian	L 49-82
Melcher-Dallas	L 49-52
Valley Lutheran	W 54-35
North Tama	L 42-69
Collins-Maxwell	L 42-76
Colo-Nesco	L 30-48
Baxter	L 36-77
Valley Lutheran	L 41-47
GMG	L 46-56
Tripoli	L 26-34
Waterloo Ch.	L 36-57
Springville	L 49-60
South Tama	W 63-61
HLV	L 41-44



Lady Warriors Overall: 18-5

Conference: 9-3

Don Bosco	W 46-9
Gladbrook-Reinb	W 58-39
North Tama	W 55-32
GMG	W 61-31
Colo-Nesco	W 56-34
Collins-Maxwell	L 49-55
Riceville	L 44-50
Grand View Ch	W 49-47
Baxter	L 45-54
Ankeny Christian	W 62-30
Melcher-Dallas	W 49-18
North Tama	W 47-22
South Tama	W 44-13
Colo-Nesco	W 68-28
Collins-Maxwell	W 46-41
Baxter	L 35-42
Valley Lutheran	W 67-9
Valley Lutheran	W 74-8
GMG	W 44-24
Tripoli	W 55-37
Waterloo Christian	W 47-40
GMG	W 48-28
Waterloo Christian	L 36-46



Photo provided by Ross Thede



Photo provided by Ross Thede



Photo provided by Matt Bear



Photo provided by Ross Thede

RISE UPDATES

This month, RISE would like to talk to you about statistics regarding domestic

violence and other forms of abuse and what those numbers mean. Statistics can be helpful to understand how prevalent an issue is in our lives. We tend to think something like abuse doesn't often happen because we don't personally know the victims. Since we know that statistics can help us understand the prevalence of something, what are some statistics worth knowing?

Here are some statistics from ncadv.org (National Coalition Against Domestic Violence).

- On average, almost 20 people are PHYSICALLY abused by an intimate partner every minute in the USA.
- 1 out of 3 women and 1 out of 4 men have experienced severe intimate partner violence and sexual violence from an intimate partner. Their experience resulted in PTSD and/or use victim services (such as RISE).
- Women between 18 – 24 are more likely to be abused than at any other point in their lives.
- The presence of a gun during domestic violence increases the risk of murder by 500%.
- 1 out of 10 women has been raped by an intimate partner, with data unavailable for men.
- 1 out of 15 children is exposed to domestic violence each year, and 90% of these children are eyewitnesses to the violence.
- On average, 20,000 calls are made to domestic violence hotlines nationwide.
- Studies suggest a relationship between violence and developing depression and suicidal behavior.
- Physical, mental, and sexual health (to include reproductive health) issues have been linked to domestic violence. Common disorders developed are anxiety, depression,



PTSD, and Complex PTSD.

According to OneWatch (a human trafficking support organization), the average age

of boys is 8 years old and 12 years for girls when they are first forced into the sex trade.

Many more statistics could be considered, but what we know from the ones shared in this article is that domestic violence and sexual assault are much more common than many people believe. Human trafficking occurs at shockingly young ages. Abuse and violence cause mental health and physical issues. When considering statistics in abuse, know the numbers are based on what is reported. We know many people do not report at all—especially males. So the numbers we see are the bare minimum; rates could be significantly higher than we know.

If you are being abused or think you might be a victim of domestic violence, sexual assault, or human trafficking, call our office at 641-484-4444 Mon-Fri from 8 am-4:30 pm. If you need urgent help, call our crisis line at 641-484-0334, which is available 24/7.

- Andrew Talbert, RISE Victim Advocate



ELDER AND VULNERABLE ADULT PROGRAM SURVEY

Thank you for supporting the Elder and Vulnerable Adult Program. We are seeking information on the availability of resources and services for vulnerable adults and elders in the community who are victims of crime. We recognize that your time is valuable and hope that you will take a few minutes to answer the following questions. Your responses on this survey will help the Program develop a strategic plan and improve services for elders and vulnerable adults.

We hope to honor your confidentiality. Your participation in this survey is completely voluntary and your responses will be kept anonymous. You may stop answering questions at any time and may refuse to participate in this survey. If you have questions about this survey, please feel free to contact Kade Brown at 641-481-1239.

If supporting the Program on this survey brings to mind any past experiences of victimization for you or a person close to you, please do not hesitate to call Meskwaki Family Services at 641-484-4444.

- Kade Brown, Case Manager

MNCSS staff had recently virtually attended NCSEA's **Policy Forum**. From our staff attorney in a discussion about the process of calculating child support amounts:

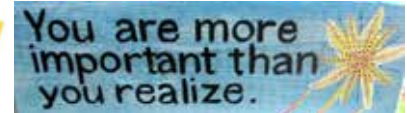
Often times for those who aren't employed or don't return their financial information, MNCSS will generate a baseline income (AKA imputing). When doing so, we are assuming the Non-Custodial parent has the ability to work full time when there may be unknown or unusual barriers that are affecting their ability to work.

Returning Financial Information is advocating for yourself. Your barriers matter.



You're important because you're alive.
You're here to fulfill a purpose. You have wisdom to share.
There is no replacement of you. Your journey is not yet complete.

**128,064,000
AMERICANS
OVERPAID
ON THEIR TAXES
LAST YEAR.**



"If you're getting a tax refund, that means you paid TOO MUCH. So many people act like getting a refund is

something to celebrate, but in reality... it's not. If you're getting a refund, you didn't win the lottery. You withheld too much from your paychecks last year, and now the government is just giving back what was ALREADY YOURS. That money could have been working for you the entire time. YOU EARNED IT, but you loaned it to the government... interest-free."

- from Dave Ramsey FB page

Dave Ramsey is an American personal finance personality, radio show host, author, and businessman.

MNCSS Staff also offer financial literacy information



The Meskwaki Elders Circle created

"A Communication Workbook for Co-Parenting"

Contact MNCSS if you would like one in person or by phone 641-484-9301

When we have unity, we have courage, we have power, and we have strength.

Unity is necessary for the workplace, in families, and in relationships.

The more unity is in place, the more success is accomplished.

... The most important thing to do to maintain unity is to keep an open mind.

Thinkmefirst.com



**POSITIVE
MESKWAKI
PARENTING**

Sign up for Positive Meskwaki NDN Parenting classes!

See flyer in MNT

OFFICER AWARDED

Congratulations to Officer Jon Keen for receiving a special commendation and a unique challenge coin from Sheriff Joel Phillips and the great Marshall County Sheriff's Office! Jon's actions took place on Saturday, February 12, 2022.

Thanks to Jon's initiative, he located and apprehended an adult male outside the Meskwaki Travel Plaza that was armed and dangerous. This male was a felon and involved in a violent incident in Marshall County.

We are proud of you Jon. Congratulations on a job well done!



SEARCHING FOR MENTORS FOR THE 2022 YOUTH TURKEY HUNT!

Meskwaki Nation Police Department is searching for mentors to assist and mentor Meskwaki youth during the 2022 Youth Turkey Hunt. More details about the 2022 Turkey Hunt to come, stay tuned!

Please contact MNPD for more information at (641) 484-4844.

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.

(641) 484-4844
Anonymous tip hot-line and text line: (641) 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

WATER QUALITY INITIATIVE

The Meskwaki Settlement is located on the banks of the Iowa River and experiences water quality issues that affect the entirety of the Iowa River watershed. The Iowa River watershed comprises of 80% agriculture, 9% woodlands, the majority of the rest being urban areas. To help reduce the amount of pollution in watersheds like the Iowa River, the State of Iowa has created a Nutrient Reduction Strategy (NRS) which calls for a 45% reduction of both total phosphorus and nitrogen annual loads statewide by 2035. Annual load is defined as the amount of a substance that passes through a certain point on the river.

To determine the water quality status of the Iowa River as they relate to the goals of the NRS, the Meskwaki worked with the United States Geological Survey to create a water quality report. Data from this report is pulled from Federal, Tribal, and State agency sampling programs, and researchers determined the nutrient concentrations, loads, and yields for the stretch of

the 1930's (Figure 2). Although having ample streamflow is needed in a river, more precipitation can mean more contaminants entering into the river from land run-off, if improper land use

nitrogen, and total phosphorus. The Meskwaki Nation has determined that the nutrient criteria needed to protect its cultural values and other tribal interests needs to be 5.22, 5.79 and 0.18 milligrams

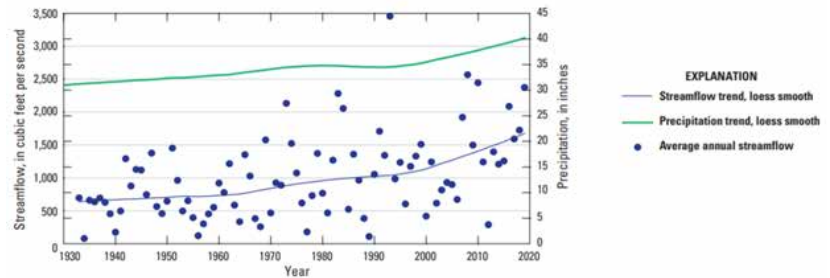


Figure 2. Long-term annual average streamflow in the Iowa River at Marshalltown, Iowa, in relation to annual precipitation in the Upper Iowa River Basin. Annual precipitation is the average of that from Iowa Climate divisions 5 and 6 (Midwestern Regional Climate Center, 2015).

is occurring in a watershed. Researchers next looked at the amount of nitrate + nitrite, total nitrogen, and total phosphorus, that have been reported to be in the Iowa River. These parameters are nutrients found in fertilizers and human/animal waste products, that can all be an issue to water quality if found in too high of amounts. Two time periods were compared to monitor the water quality progress these three parameters, those being 1980-1996 and 2006-2010. Data from 2011-2018 were also used, when available. Study findings indicate

that nitrate + nitrite, total phosphorus, and total nitrogen annual loads were typically smaller in the most recent time period when compared to historical reports (Figure 3). This reduction of nutrients was despite an increase in precipitation in the Iowa River watershed, and could suggest that land management

per liter of river water for, nitrate+ nitrite, total nitrogen, and total phosphorus, respectively. This determination has been reported in Meskwaki's Tribal Water Quality Standards that are currently out for public comment. When comparing Meskwaki's protection values with current nutrient levels of the Iowa River (as can be seen in Figure 3), the thresholds of these nutrients are often exceeded by the average annual values. Reaching the NRS goal of a 45% reduction of nutrients will require more work to be done in the Iowa River Watershed.

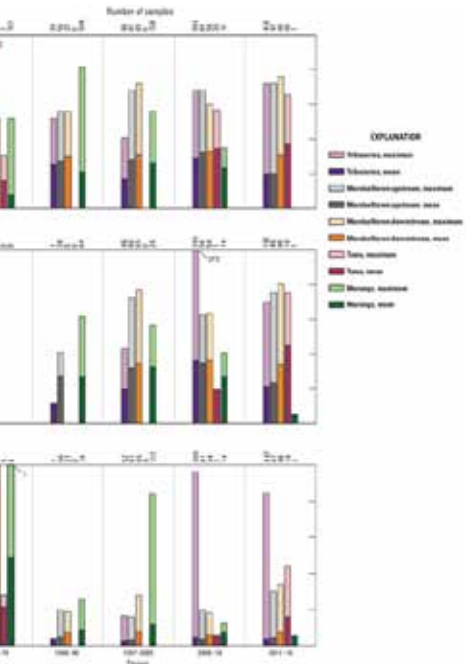


Figure 3. Nutrient concentrations in samples from the Iowa River and tributary sites in the Middle Iowa River Basin, upstream from Corvillie Reservoir, Iowa. A: nitrate plus nitrite, B: total nitrogen, and C: total phosphorus. Comparisons of concentrations among sites were considered only for periods with at least 10 samples for each site to lessen the effect of different sampling regimes.

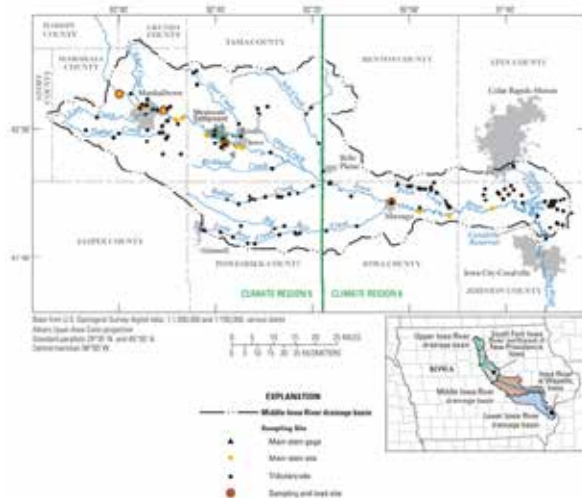


Figure 1. Location of Middle Iowa River drainage basin and selected water quality sampling sites and streamgages along the Iowa River.

the Iowa River passes through the Meskwaki Settlement (Figure 1).

Stream flow and precipitation were first assessed, and researchers found that average precipitation and streamflow has increased since

that nitrate + nitrite, total phosphorus, and total nitrogen annual loads were typically smaller in the most recent time period when compared to historical reports (Figure 3). This reduction of nutrients was despite an increase in precipitation in the Iowa River watershed, and could suggest that land management

tactics to reduce the amount of nutrients in the Iowa River have improved.

Despite this success, the NRS has called for a 45% reduction in the concentrations of nutrients such as nitrate + nitrite, total

EDUCATION

Sixth grade students built machines and displayed them during Science class February 23



On February 24, grades 5th - 8th had a good time in the snow at Seven Oaks in Boone.





POSITIVE MESKWAKI PARENTING

**BEGINNING WEDNESDAY APRIL 6TH 2022
@ 5-7 PM VIA ZOOM!!**

Classes to encourage parenting conversations in strengths-based methods traditionally used in Meskwaki and Native families & communities!

- Positive Meskwaki Parenting skills build stronger children!
- Stronger children build stronger communities!
- Stronger communities build the capacity to preserve tradition back to the future!

LEARNING ENVIRONMENT:

- Community members facilitating and participating
- 2 hours of great collaboration
- 8 weeks of required attendance
- Confidential/Safe Space
- Limit 10 attendees per class



Incentives: 2 hours of constructive learning, Meskwaki traditions & culture dialogs, parenting tips, awesome information, improve relationships with family and friends!

**CALL MNCSS to sign up
641-484-9301**



EVERY TEAM MEMBER MAKES A DIFFERENCE

CULTURE, COLLABORATION &
COMMUNITY

Please take a look at the positions
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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.)

Administrative Assistant

Sac & Fox Gaming Commission

DUTIES & RESPONSIBILITIES:

- Screen incoming telephone calls and inquiries.
- Process all applications.
- Call and set up preliminary interviews.
- Receive and route all correspondence and incoming mail.
- Greet and direct all persons coming into the office.
- Coordinate H.R. data on potential hires.
- Issue access card and provisional license upon Commission approval.
- Enter data in card control log.
- Process exit checklist and returned badges book.
- Observe all Commission policies and procedures.
- Respect all fiduciary responsibilities held on behalf of the Sac and Fox Tribe.
- Processes ban appeals, set up hearings.
- Other duties as assigned.

REQUIREMENTS:

- Must possess sensitivity to Native American Culture.
- Must complete a ninety (90) day probationary period.
- Must be able to pass alcohol and drug test.
- Must be able to pass an extensive background investigation.
- Must be able to conform to regulations as decreed by the Sac & Fox Gaming Commission.
- High School Diploma/GED.
- Associates Degree or four years of office experience.

HOURLY SALARY: \$13.02 - \$21.60

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:

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

**FOR FULL JOB DESCRIPTIONS GO TO:
WWW.MESKWAKI.ORG & CLICK
"I WANT TO VIEW JOB OPENINGS"**

**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

Benefits Coordinator

Health Clinic

DUTIES & RESPONSIBILITIES:

- Responsible for coordinating benefits for all patient population within the Health Clinic.
- Verifies coordination of benefits with all carriers; Medicaid, Medicare, private insurance, Workers' Compensation, Third Party liability.
- Initiates telephone calls to patients, providers and other insurance companies to gather Coordination of Benefits data.
- Verifies insurance eligibility with carries to ensure accurate coordination of benefits.
- Meet productivity goals established for job responsibilities.
- Keep abreast of new policies and procedures regarding Coordination of Benefits rules and regulations.
- Other duties as assigned.

REQUIREMENTS:

- High School Diploma or GED and two years in a healthcare setting, including data entry or an equivalent combination of education and experience.
- Excellent customer services skills.
- Self-motivated, detail oriented, ability to multi-task.
- Knowledgeable of ICD9, ICD10 and CPT coding.
- Prefer someone who is able to understand and/or speak Meskwaki.
- Must be sensitive to the Tribal customs and health needs of the Tribe.
- Must submit to and successfully complete background investigation.

ANNUAL SALARY: \$29,099.92 - \$46,363.20

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:

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

Broadband Technician

Information Technology

DUTIES & RESPONSIBILITIES:

- General office duties associated with department business.
- Files correspondence, invoices, receipts and other records in alphabetical or numerical order or according to subject matter or other system.
- Performs reconnects, requested and no pay disconnects, and change of service, while adhering to Tribal ordinances in order to provide (or remove) service to the customer.
- Applies knowledge and skills of training on the job in order to prepare for transition to the next level and performs other duties as requested by Supervisor in order to achieve departmental goals and objectives.
- The employee must successfully complete training programs, Installer Training and Calix Product Knowledge as defined by system requirements.
- Assist Broadband Equipment Technician installing fiber optic cable and equipment in customer's residences.

REQUIREMENTS:

- High School Diploma or GED.
- Prior experience using various power tools and hand tools while performing jobs from high places (on poles and roofs), including climbing poles with proper equipment (safety belt, strap, climbers), ladders, and bucket trucks (18 to 20 feet), as determined by the system's requirements, also working in tight, dark spaces such as crawlspaces.
- Prior experience installing and programming wireless routers.
- Prefer prior experience using fiber optic cable, fiber installation tools and associated equipment.
- Prefer prior experience running Cat 5e cable through walls and floors and installing RJ-45 connectors for use in wireless networks.
- Must have Driver's License and be insurable.

ANNUAL SALARY: \$37,169 - \$56,264

POSITION OPEN UNTIL FILLED

For full job descriptions & information visit:

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

Fitness Specialist

Health

DUTIES & RESPONSIBILITIES:

- Plan and implement community and Wellness Center fitness activities and programming based on community needs and in collaboration with other community organizations (Youth Program, Settlement School, Senior Center).
- Implement Wellness Center policies and procedures.
- Perform fitness assessments; conduct exercise prescriptions and orientations with a focus on patients with diabetes.
- Coordinate and plan a monthly fitness schedule.
- Ensures that all participants are properly trained on the use of the facility's exercise equipment.
- Instruct exercise classes for all fitness levels.
- Provide community education about physical activity through newsletter articles and teaching curriculum.
- Assist with community and other events as required.
- Maintain positive relations with all tribal employees and community members.
- Other duties as assigned.

REQUIREMENTS:

- Must have a High School Diploma or GED.
- Must have one-year experience in personal training and leading/instructing physical activity classes.
- Must have certification as a Group Fitness Instructor &/or Personal Trainer or similar certification.
- Prefer knowledge of diabetes and/or experience working with people with diabetes.
- Must be willing to work varied hours as determined by Coordinator.
- Must be First-Aid and CPR Certified or complete within one month.
- Must be able to maintain confidentiality.
- Must be able to communicate effectively with Meskwaki community members and be sensitive to tribal beliefs and traditions.
- Must submit to and successfully complete background investigation.
- Must have valid driver's license.

ANNUAL SALARY: \$26,915 - \$43,430

POSITION OPEN UNTIL FILLED

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

Human Resources Assistant

Human Resources

DUTIES & RESPONSIBILITIES:

- Greet and provide customer service to internal and external customers.
- Prepare and coordinate placement of job announcements and classified ads for vacancies and process requests for payment for same.
- Distribute and accept employment applications and provide general employment information to applicants and potential applicants.
- Perform pre-employment activities including recruitment, advertising, setting-up interviews, and gathering all relevant information associated with pre-employment.
- Maintain all employee human resource files to document employee actions and benefit elections.
- Review and prepare Human Resources documents to add or modify records in the payroll system to reflect employee actions in a timely manner.
- Order and maintain office supplies.

REQUIREMENTS:

- Associate's Degree in Business or related field with three (3) years of experience in Human Resources or equivalent combination of education and experience.
- Valid driver's license with a good driving record.
- Working knowledge of employment law, policies and procedures.
- Knowledge and experience in computerized word processing, spreadsheet, database, payroll system.
- Demonstrated knowledge and experience in teambuilding and teamwork.
- Must maintain strict confidentiality.

ANNUAL SALARY: \$28,850 - \$39,520

POSITION OPEN UNTIL FILLED

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

Apprenticeship Director

Apprenticeship Program

DUTIES & RESPONSIBILITIES:

- Provides technical and professional coordination and leadership in the execution of the day-to-day apprenticeship program activities.
- Assists in establishing and implementing short and long-range goals, objectives, and policies and operating procedures; develops financial analysis and program guidelines.
- Develops, prepares and monitors apprenticeship program budget. Coordinates and oversees purchase of materials and equipment.
- Identifies grants, revenue generating options, and other funding sources; monitors contracts.
- Assist in the collection of data in support of recommendations for departmental budget allocations; monitor program budget and expenditures.
- Confers with management and conducts surveys to identify training needs. Analyzes training needs

to develop new training programs or upgrades/modifications to existing programs.

- Conducts and/or arranges for ongoing technical training and personal development classes for staff members, incumbent workers and/or apprentices.
- Selects vendors and evaluates instructor performance and the effectiveness of training programs including the techniques and skills needed for instructors; provides recommendations for improvement.
- Develops and implements systems to maintain records on compliance activities. Coordinates the collection, compilation, and analysis of program activity data; develops, writes, and presents comprehensive statistical and narrative program reports.
- Collaborates with other programs, projects, local and state agencies, and community organizations to consolidate, resources and enhance programs.
- Recommends policy development and implementation.
- Evaluates program satisfaction, develops cooperative associations and utilizes resources to continuously improve the program.
- Performs duty assignments according to his or her own judgment, requesting supervisory assistance when necessary. Special projects are managed with little oversight and assignments may be reviewed upon completion. Performance will be reviewed periodically.

REQUIREMENTS:

- Bachelor's degree in Education or related field from an accredited college.
- Prefer a Master's Degree from an accredited college.
- Prefer prior experience with an Apprenticeship program.
- Prefer prior experience with developing and monitoring budgets.
- Prefer prior experience in grant writing and grant administration.
- Knowledge of job development, training analysis techniques, purposes and the ability to maintain the functions and policies of the Apprenticeship Standards.
- Ability to interpret and apply federal, state and local policies, laws, codes and regulations.
- Ability to understand and comply with OSHA policies and standards for workplace health and safety (applicability dependent on department, organization, business and location).
- Proficient computer skills and knowledge of current industry technology.
- Strong oral and written communication skills.
- Tribal preference applies.

ANNUAL SALARY: \$65,124.80 - \$102,585.20

POSITION OPEN UNTIL FILLED

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

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

- **Assistant Farm Manager**
- Workforce Dev. / REG
- **Case Manager**
- MNCSS
- **Clerk of Tribal Court**
- Sac & Fox Tribal Court
- **Comptroller/CFO**
- Executive Management/Finance
- **Dental Assistant**
- Health Clinic - Dental
- **Dental Hygienist**
- Health Clinic - Dental
- **Director of Public Works**
- Public Works
- **Grant Writer/Planner**
- Finance
- **Human Resources Specialist**
- Human Resources

- **HVAC Service Technician**
- Housing
- **HVAC Trainer**
- Apprenticeship Program
- **Instructional Farm Manager**
- Workforce Dev. / REG
- **Mental Health Counselor**
- Behavioral Health Services
- **Meskwaki Elders Circle Coordinator**
- MNCSS
- **Custodian 2nd Shift (2)**
- Meskwaki Settlement School
- **Elementary Art Teacher**
- Meskwaki Settlement School
- **Family Consumer Science Teacher**
- Meskwaki Settlement School
- **Food Service Worker (2)**
- Meskwaki Settlement School
- **Head Coach JH Boys Basketball**
- Meskwaki Settlement School

- **JH Boys Track Coach**
- Meskwaki Settlement School
- **Language Teacher Assistant (2)**
- Meskwaki Settlement School
- **Maintenance**
- Meskwaki Settlement School
- **MAP Teacher/Teacher Associate**
- Meskwaki Settlement School
- **Math Teacher (MS/HS)**
- Meskwaki Settlement School
- **Special Education Teacher (Elem)**
- Meskwaki Settlement School
- **Temporary Food Service Worker**
- Meskwaki Settlement School
- **Police Officer**
- MNPD
- **Police Officer (Non-Certified)**
- MNPD
- **Registration Clerk (Part-Time)**
- Health Clinic



EMPLOYMENT OPPORTUNITIES

1-888-797-0049

meskwaki.com/careers

JOB SPOTLIGHT

DEALER TRAINEE (PAID TRAINING!)

Earn up to \$20-\$25 upon completion

Starting pay \$7.25/hr during training. After training earn up to \$20-\$25 with tips. Dealer Trainee is trained to operate Blackjack. Must be able to work directly with general public. Must be self-motivated, enthusiastic. Excellent verbal communication skills. Acceptable math skills.

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!

MESKWAKI TRAVEL PLAZA



Travel Plaza Assistant Manager

DUTIES & RESPONSIBILITIES:

- Assist the General Manager with the overall management and administration of the Meskwaki Travel Plaza to increase productivity, profitability, and employee and customer satisfaction.
- Oversee grab-n-go food service operation to ensure quality, safety, and profitability.
- Assist in researching and establishing business relationships with vendors and suppliers, as needed.
- Conduct, oversee and ensure timely completion of departmental Employee Performance Reviews, and evaluations, as necessary.
- Perform employee conduct investigations, and issue corrective and/or disciplinary actions, as needed, or as advised by the MI-Support Services Manager, the Human Resources Director, the Chief Executive Officer, or the General Manager.

- Oversee and monitor cash overages/shortages and issue corrective actions accordingly.

- Other duties as assigned.

REQUIREMENTS:

- Associate's Degree in Business Management related field and three years of Convenience Store/Truck Stop experience including some management experience, or an equivalent combination of education and experience.
- Must possess strong verbal and written communication skills with the ability to communicate effectively, make quick, well-informed decisions, and provide a high-level of customer service.
- Must possess strong leadership and organizational skills.
- Must successfully pass a background check.

SALARY: DOQ

POSITION OPEN UNTIL FILLED

Applications are available at the Business Center or send resume to hr@meskwakiinc.com. For more information, please call the Meskwaki, Inc. HR Office at (641) 484-9567.



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.

Percap distribution direct deposit and checks mailed Thursday, March 10th.

ARPA distribution mailed Tuesday, March 29th.



Sac & Fox Tribe of the Mississippi in Iowa

MESKWAKI NATION

349 Meskwaki Road
Tama, IA 52339-9634

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ADDRESS SERVICE REQUESTED



Meskwaki Annual Powwow - 2nd Weekend in August, 2022

March 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Sausage w/ Cornmeal (3/4 cup, 2c) Crackers (6, 1c) California Medley (1/2 cup, 0c) Blueberries (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>2</p> <p>BBQ Pork Ribs (3oz., 1c) Baked Beans (1/2 cup, 1c) Wheat Bread (1 slice, 1c) Carrot/Celery (1 cup, 0c) Grapes (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>3</p> <p>Beef Tips (2 oz. 0c) Egg Noodles (1/2 cup, 1.5c) Green Beans (1/2 cup, 0c) Gravy (1/4 cup, 0.5c) Strawberries (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>4</p> <p>Tuna Patty (3oz, 0.5c) Confetti Brown Rice (1/2 cup, 1.5c) Crackers (6, 1c) Italian Salad (1 cup, 0c) Fresh Pears (1/2 cup, 1c) SF Jell-O (1/2 cup, 0c) 2% Milk (1 carton, 1c)</p>
<p>7</p> <p>Tator Tot Casserole (3/4 cup, 1c) Texas Toast (1, 1.5c) Mixed Veggies (1/2 cup, 0.5c) Cauliflower (1/2 cup, 0c) Peach (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>8</p> <p>Egg Salad (1/2 cup, 0c) Wheat Bread (1, 1c) Steamed Carrots (1/2 cup, 0c) Watermelon (1/2 cup, 1c) SF Jell-O (1/2 cup, 0c) 2% Milk (1 carton, 1c)</p>	<p>9</p> <p>Green Beans w/Pork (1 cup, 0.5c) Frybread (1/2, 1.5c) Steamed Zucchini (1/2 cup, 0c) Mixed Berries (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>10</p> <p>Salisbury Steak (3 oz., 1c) Egg Noodles (1/2 cup, 1.5c) Green Beans (1/2 cup, 0c) Gravy (1/4 cup, 0.5c) Strawberries (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>11</p> <p>Chicken Fajita Bowl (3 oz, 0c) Corn Tortillas (2, 2c) Black Beans (1/2 cup, 1c) Fresh Produce Mix (1 cup, 0c) Orange Juice (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>
<p>14</p> <p>Chicken Strips (2, 1c) Wheat Bread (1, 1c) Corn (1/2 cup, 1c) Mandarin Orange (1, 1c) 2% Milk (1 carton, 1c)</p>	<p>15</p> <p>Pork Chop (3 oz., 0c) Wheat Bread (1, 2c) Green Bean Casserole (1/2 cup, 0.5c) Cantaloupe, (1/2 cup, 1c) 2% Milk (1 carton, 1c) SF Oatmeal Cookie (1, 1c)</p>	<p>16</p> <p>Ham & Cheese (3oz, 0c) Croissant (1, 2c) Tomato Soup (1 cup, 1c) Tropical Fruit (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>17</p> <p>Corn Beef (3 oz., 0c) Dinner Roll (1, 1c) Steamed Cabbage (1/2 cup, 0c) Applesauce (1/2 cup, 1c) Graham Crackers (2, 1c) 2% Milk (1 carton, 1c)</p>	<p>18</p> <p>Catfish (3 oz., 0c) Wheat Bun (1, 1c) California Medley, (1/2 cup, 0c) Brussel Sprouts (1/2 cup, 0.5c) Blackberries, (1/2 cup, 1c) 2% Chocolate Milk (1 carton, 2c)</p>
<p>21</p> <p>Loose Meat Sandwich (1/4 cup, 0c) Wheat Bun (1, 2c) Tator Tots (1/2 cup, 1c) Pears (1/2 cup, 1c) Cottage Cheese (1/4 cup, 0.5c) 2% Milk (1 carton, 1c)</p>	<p>22</p> <p>Liver & Onions (3 oz., 0.5c) Tea Roll (1, 1c) Cooked Spinach (1/2 cup, 0.5c) Red Potatoes (1/2 cup, 1c) Strawberries (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>23</p> <p>Chicken Tetrazzini (3/4 cup, 1.5c) Wheat Bread (1, 1c) Peas & Carrots (1/2 cup, 0.5c) Blueberries (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>24</p> <p>Boneless Ribs/NDN Corn (1 cup, 1c) Frybread (1/2, 1.5c) Squash (1/2 cup, 0.5c) Tagaani (1/2 cup, 0.5c) Fresh Fruit (1/2 cup, 1) 2% Milk (1 carton, 1c), Cake (2x2, 2c)</p>	<p>25</p> <p>Turkey Chili (1 cup, 1.5c) Wheat Crackers (6, 1c) Brussel Sprouts (1/2 cup, 0c) Cutie (1, 0.5c) 2% Milk (1 carton, 1c)</p>
<p>28</p> <p>Meat Loaf (3oz., 0.5c) Wheat Bread (1, 1c) Mashed Potatoes (1/2 cup, 1c) Cucumbers (1/2 cup) Raspberries (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>29</p> <p>Chicken Patty (3 oz., 0.5c) Wheat Bun (1, 1c) Potato Salad (1/2 cup, 1c) Sauerkraut (1/2 cup, 0c) Watermelon (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>30</p> <p>Spaghetti w/ Buffalo (3/4 cup, 2c) Breadstick (1, 1c) Green Beans (1/2 cup, 0c) Pineapple Fluff (1/2 cup, 1c) 2% Milk (1 carton, 1c)</p>	<p>31</p> <p>Baked Salmon (3 oz., 0c) Quinoa (1/2 cup, 1c) Asparagus (1/2 cup, 0c) Orange (1, 1c) 2% Milk (1 carton, 1c)</p>	