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!
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 484-9245
• 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 (Mt. Tama) 752-2393
Pinnacle Bank (Toledo) 484-7303
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 daycare 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 a 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
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.

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.

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 Tahdoohanippah in Sac and Fox Housing Development at 641-484-9260.

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

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.

COMMUNITY CONNECTIONS

2022 GRADUATION POWWOW
May 28, 2022
Meskwaki Powwow Grounds

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 dost 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 brave” 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.”

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MESKWAKI NATION TIMES
“KNOW YE THAT FOXES ARE IMMORTAL”
Photos provided by the Meskwaki Historical Preservation
HEALTH & WELLNESS

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

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

The Meskwaki Nation Times
Volume 19  Issue 03
Page 10
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

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.
**HEALTH & WELLNESS**

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**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!

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**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

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**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

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**Meskwaki Health Clinic Transport**

Tatum will be available to transport anyone during the week days (Mon-Fri) from 8:30am-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) 481-5867 or (641) 484-4094 ext. 9410
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.
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.
COMMUNITY CONNECTIONS

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

FAMILY SERVICES

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.

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**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

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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

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

MNCSS Staff also offer financial literacy information

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“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
SAFETY

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!

SEARING 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.

*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 Wabaunsee  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 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 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 tactics are 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 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 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 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.

~ Riley Buley, Sr. Water Lead and Alex Frankila, Environmental Tech
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 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.)

EMPLOYMENT

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

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 carriers 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 prior experience using various power tools and fiber installation tools and associated equipment.
• 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/

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/](https://meskwaki.applicantpro.com/jobs/)*

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**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.
- Assists in the collection of data in support of recommendations for departmental budget allocations; monitor program budget and expenditures.
- Conferences 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/](https://meskwaki.applicantpro.com/jobs/)*

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**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/](https://meskwaki.applicantpro.com/jobs/)*
EMPLOYMENT

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

• 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

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!

MESKWAKITRANDEL 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.
ARPA distribution mailed Tuesday, March 10th. Checks mailed Thursday, March 10th.

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

ARPA distribution mailed Tuesday, March 29th.

\[\text{INFORMATION POSTED DAILY!} \]
\[\text{FOR THE MOST UP-TO-DATE} \]
\[\text{VISIT US ON-LINE} \]
\[\text{WWW. MESKWAKI.ORG} \]
\[\text{located in the "Members Only" section of the site.} \]

\[\text{Preserving sovereignty, protecting traditions, promoting culture and building a stronger community through information, communication, and support.} \]