

Meskwaki Nation

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 19 Issue 05

May 2022



Times



DIRECTORY

TRIBAL POLICE 484-4844
FOR EMERGENCIES DIAL 911

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MESKWAKI ENTITIES

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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

May 4 @ 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:

MAY 20, 2022

Articles can be submitted via email to:

MEDIA@MESKWAKI-NSN.GOV

Or mailed to:

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

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



NEW RULES FOR DOG OWNERS

The Tribal Council of the Sac & Fox Tribe of the Mississippi in Iowa writes to you at this time to inform you of some important actions that we have taken and plan to take in response to recent tragic events. The task of making the Settlement safe from further dog attacks will be monumental and will require every individual do their part. If you are able, please take the first step by voluntarily containing your dogs in a humane way. Lasting changes will take some time. As an immediate measure, the Tribal Council has enacted a resolution this week, which will begin the process of clearing stray dogs, including those dumped on the Settlement by outsiders as well as feral dogs. This resolution will require that all dogs on the Settlement have a collar and identification when outdoors by May 13, 2022. Required identification is a tag engraved with the animal's name, owner's name, and the owner's contact information. Simultaneously we will continue preparing options for the regulation of dogs on the settlement with community input. These regulations will ultimately be put to a referendum vote to assure a lasting solution to the problem of loose aggressive dogs on the Meskwaki Settlement.

A copy of Resolution No. 17-2022 is posted at the tribal center.

A NOTE FROM THE CHAIRMAN

Communication is one of the keys to successful teamwork and I believe unselfishness and self-sacrifice are needed in today's vast environment in order for us to reach our goals.

I would like to acknowledge and thank council members for using their own time and skillsets to accomplish many topics during their tenure on council. As we each do our best to keep Meskwaki moving in a forward motion, there are continuous obstacles that we must work through.

Because integrity has always been an important part of service to my community, I strive to always put the community first, make good choices, and do what is right. With your support, I know we can overcome any and all hurdles and I thank the community for their vital input and support.

A positive position and mindset brings positive things.

~ Vern Jefferson, Tribal Chairman

GENERAL MEETING

The Meskwaki General Meeting has been scheduled for Wednesday, May 11, 2022 at the MBCH Convention Center. After serving dinner at 5 PM, agenda items for the 6 PM meeting include general updates from Hemp, Meskwaki Inc., Police Department, Health Clinic, and Executive. Enrolled members are encouraged to attend.

Anyone currently banned from the casino must request a temporary waiver of their ban by writing a letter to:

Sac and Fox Gaming Commission, 1504 305th St., Tama, IA 52339

The Gaming Commission must receive requests no later than May 4th.

The letter can be handwritten or you may pick up and sign a pre-filled form letter at the Tribal Center Front Desk.

A sample letter appears printed here.

**Personnel matters will not be discussed during a public forum.*

Sac and Fox Gaming Commission
1504 305th Street
Tama, Iowa 52339

Re: Waiver of Casino Ban for Meal & General Membership Meeting on November 28, 2018

Gaming Commission:

I _____, am requesting a limited waiver to my ban from the Meskwaki Bingo/Casino/Hotel (MBCH) to attend the General Membership Meeting and meal to be held on November 28, 2018. The meal will start at 5:00 p.m. and the General Meeting will start at 6:00 p.m. Thank you for your assistance in this matter.

Sincerely,

My Address is _____



MESKWAKI NATION

The Sac & Fox Tribe of the Mississippi in Iowa

349 Meskwaki Road - Tama, IA 52339 | Ph.: (641) 484-4678 | www.meskwaki.org

GENERAL MEETING

MBCH Convention Center

Wednesday, May 11, 2022

AGENDA

5:00 PM - Dinner served in the MBCH Convention Center

6:00 PM - Meeting

1. Welcome - Vern Jefferson, Chairman
2. Hemp
3. Meskwaki, Inc.
4. Meskwaki Nation Police Department
5. Meskwaki Health Clinic
6. Meskwaki Bingo Casino Hotel
7. Executive/Fiscal
8. Question / Comment Period

a. Question / Comment box will be available at the front entrance of the Convention Center. Members can write and submit their questions and/or comments upon entrance.

*****Anyone currently banned from the casino must request a temporary waiver of their ban by writing a letter to:**

Sac and Fox Gaming Commission
1504 305th St.
Tama, IA 52339

The Gaming Commission must receive requests no later than May 4, 2022. Letter may be handwritten or you may pick up and sign a pre-filled form letter at the Tribal Center Front Desk. A sample also appears printed in this edition of the newsletter.

**Personnel matters will not be discussed during a public forum.*

***Enrolled Tribal Members are encouraged to attend.*

MESKWAKI ELDER CIRCLE COMMITTEE PURPOSE

In the Meskwaki language "Tebowewaki" is when two people are talking to each other... together. The Meskwaki Elders Circle (MEC) is an alternative dispute and conflict resolution forum available to the families involved with the Meskwaki Nation Child Support Services (MNCSS). The Meskwaki Elders Circle acts in an advisory capacity, and will provide a voice of experience and support to the Families.



The MEC (Meskwaki Elders Circle) can be a key resource for the families in our community. The MEC, as a peacekeeping group, will assist in developing a process to identify a family's need for counseling, mediation, and community referral services in confidential sessions.

Elders Circle Members

Small Community life means we may know an individual or their family, and work with them. As a committee we place high importance on confidentiality, and value the trust placed in us by each family of the Meskwaki Child Support Services. The Elders Circle Sessions can be seen as an opportunity to create healthy connections with elders and other community members.

Requesting an Elders Circle Session

MEC Sessions can be requested through your MNCSS Case Worker. The Case Worker will send a referral to the MEC Coordinator, who will then begin the intake process. When sessions are being conducted we will adjust to a pace that is comfortable for all parties, and understand that it may take more than one session to come to a complete agreement.

The Conflict Resolution "Talking and Listening" forum will be used to assist parents or parties involved in a Tribal Court child support matter or other Child Support Agency to come together in good faith for the purpose of establishing co-parenting agreements, restoring balance to the families, and supporting the best interests of the children concerned.

For more info contact:

Tiffany Alva
Meskwaki Elders Circle Coordinator
Email: Tiffany.Alva@meskwaki-nsn.gov
Phone: 641-484-9301, Ext. 9313



FAMILY SERVICES UPDATES

On April 19, staff members of Meskwaki Family Services traveled to the University of Iowa for a class presentation. The presentation was given to a social work class of 80 students, both in-person and via Zoom. Social Workers, Jourdan Reynolds and Oceana Papakee, presented on the Indian Child Welfare Act (ICWA) and Meskwaki Family Services. RISE Transitional Housing Specialist, Alanna Holiday, presented on the Missing and Murdered Indigenous Women (MMIW) Movement. To conclude the presentation, Elder and Vulnerable Adult Case Manager, Kade Brown, presented on the history of the Meskwaki People and the Settlement.

Additionally, the group had the opportunity to present to the School of Social Work faculty on April 13. The presentation was given over Zoom, and professors had the choice to attend break-out sessions of the topic of their interest. This has been just one of many colleges and universities that has witnessed this presentation. The first occurring at Mount Mercy University last November 2021. Since then, the group has given their presentation to the following schools: Wartburg College, Loras College, Clarke University, Luther College, Grand View University, and Northwestern College. Much learning and understanding has emerged from these presentations, and the group has received positive feedback from students and professors alike. Many of the schools have already invited MFS to join their classrooms next year, with our staff members enthusiastic and eager to share again these important topics and events.

~ Alanna Holiday,
Transitional Housing
Specialist

The family of
Chaille S. Morgan

would like to take this time to thank everyone for their outpouring of love and support during our time of loss. Thank you to those who sent all the beautiful flowers, those that donated, those that helped us, and especially to everyone that was there for us in any way. We are very grateful and appreciative for you all. Thank you to Mark B, Jerod, Ricky and the MNPD for their services. Also, thank you to the U of I powwow committee, Melinda and Queta, for the blanket dance, Tyler for speaking, and Meskwaki Nation for the beautiful song. Our family is truly thankful.

~Sheila, Marland, Gailey, & Nate



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: Application Eligibility, Occupancy Due to Change in Family Status, Requests for Additions Homes, Termination of Residential Land Assignments.

CHICAGO FIELD MUSEUM FEATURES MESKWAKI SEED REMATRIATION EXHIBIT

In May, the Chicago Field Museum will open a groundbreaking exhibition which includes information about Meskwaki Seed Rematriation. Four years in the making, *Native Truths: Our Stories* will open for a Native Community Preview of the entire exhibit on Saturday, May 14th and Sunday, May 15th from 9 am to 5 pm each day. The museum invites you to attend this free event. Reservations are required and can be made by scanning the bar code right and signing up.

On Saturday, May 21st, the exhibit will open to the public. Visitors will experience stories told by different Indigenous groups which include an entire story gallery about Meskwaki Seed Rematriation.

The Meskwaki Seed Rematriation is one of the six rotating story galleries within the Field Museum's new exhibition "Native Truths: Our Voices, Our Stories". Curated by the Meskwaki (Sauk and Fox) Tribe in Tama, Iowa, this story focuses on the central role that seeds play (and have played) in their community. The story explains the deep connection between Meskwaki people, their land, and their food, and will weave in ancestral stories and a connection to the Field Museum in their efforts to revitalize heirloom and ancestral plants. By telling this community's story through their own voices, the exhibition hopes to illustrate the concepts of food sovereignty and seed rematriation in an impactful way. Featured Meskwaki storytellers include Shelley Buffalo, Luke Kapayou, Johnathan Buffalo, Suzanne Wanatee Buffalo, Oogie Pushetonequa, and Mary Young Bear.

*** Information from the Field Museum: Created with the guidance of an advisory board of Native American scholars and museum professionals, the museum partnered with 130 collaborators, representing 105 Tribes. It was created to give Native American people an opportunity to tell their stories in their own voices. It relies on stories of self-determination, resilience, continuity, and the future to speak about life through contemporary and historic beadworks, ceramics, murals, music, dance, and more.*



HIGHER EDUCATION

HIGHER ED SPOTLIGHT AND DATES TO REMEMBER

University student highlight for May 2022 is Envie Johnson, daughter of Briana Johnson. Her Indian name is Bemidabakea – Bear clan. Envie graduated from Smith-Cotton High School in Sedalia, Missouri. The University of Missouri accepted Envie into the Food and Nutrition major this year. In her own words, "I chose to attend Mizzou because of their coordinated Masters program for dietetics. This program allows me to obtain my Master's degree in five years rather than six. I also chose Mizzou because of how close it is to my hometown. Post-graduation, I am hoping to become a registered dietician nutritionist and open my own practice specializing in working with women and children." Like many of our students, a desire to do something good for the community is apparent. Her contribution to community will be in the area of health and well-being. Envie is also an excellent student with honors from high school. She was also on the Dean's list Fall 2021 due to having a 4.0 (all A's.)

We also asked about what kind of advice she would have for those in high school "My advice for anyone in high school right now is to not ever think that any of your goals or aspirations are unrealistic. Whatever you want to do, GO FOR IT!"

This upcoming graduation pow-wow, we will be honoring high school, apprenticeship and college graduates. Thus far, we have approximately 60 people in those categories. Mark your calendar for May 28th, pow-wow grounds!

With that, we are announcing that MHEP deadline for FALL 2022 is June 1. Applications can be found at <https://www.meskwaki.org>, or can be requested through email at: hea.mhe@meskwaki-nsn.gov, mailed or picked up at our office.

To request an application be sent to you, please contact us at 641-484-3157.

As a reminder, the following documents must be turned in by June 1:

- MHEP applications
- Student Aid Reports from the FAFSA
- Acceptance letter from the college you are planning to attend.



We look forward to working with you. Let us know how we can be helpful.

~ Terri M. Scott, Director



**GRADUATION
POWWOW
May 28th**

Grand Entries at 1 & 6 PM
(See flyer on back of this MNT.)

MESKWAKI COMMUNITY EASTER EGG HUNT

The 2022 Easter Egg Hunt was held Saturday April 9 at the Health Clinic. It was a beautiful spring day filled with activities for all ages!



Nikkita Woody, 10yrs won the coloring contest for age group 6-12.



Sophie Buffalo, 5yrs won the coloring contest for age group 1-5.



MNPD 2ND ANNUAL YOUTH TURKEY TROT



The 2nd annual MNPD youth turkey hunt was conducted on April 8th-10th. This event included a gun safety class at the range and a Meskwaki culture class as it relates to hunting and a two day hunt on the Meskwaki Settlement. Youth participants are decided by a drawing and are supplied all necessary gear to enjoy a day hunting with mentors. This year Xander Papakee, Addison Walker, Jordan Defoe, and Hunter Defoe were the lucky participants. A prayer and tobacco offering were made before each hunt. The young hunters harvested the birds for food and other parts of the bird to be used in Meskwaki culture practices. Big thanks to Meskwaki Youth Program for providing the gear and Luke Kapayou with Meskwaki Food Sovereignty for the culture teachings.



MNPD EASTER COLORING CONTEST JUDGED BY MSS KINDERGARTENERS

MNPD Office Manager Melinda Wanatee Diego asked the MSS Kindergarten classes to pick the winner of their Easter coloring contest. Officer Caleb Boyle's won by a tie breaker vote! Melinda wishes to thank everyone involved.





APPRENTICESHIP SIGNING DAY

Congratulations to Kendall Balderas for signing a letter of intent to join the Meskwaki Nation Apprenticeship team as an Electrical Apprentice. Kendall is currently a senior at South Tama County High school and will be graduating this May. He is currently working part-time with the program and is studying the core curriculum before moving into the Electrical division this spring. The signing took place in Des Moines at the "Build My Future" event with Iowa Governor Kim Reynolds and MNA Electrical Instructor Robert Jones. The "Build my Future" event is an annual event that hosts over 5,000 High school students and features over 125 construction trades vendors from all over Iowa. Kendall was one of 15 Iowa high school seniors that signed letters of intent to join the skilled trades. Again, congratulations to Kendall and to all South Tama County and Meskwaki students that signed letters of intent to begin the path in a skilled trade's career. This is a BIG step towards a bright future in the construction industry!

GROWER AND ENTREPRENEURIAL OPPORTUNITIES THROUGH MFSI

Meskwaki Food Sovereignty is pleased to offer Grower and Entrepreneurial Opportunities for the 2022 growing season to the Meskwaki Community!

If you're interested in any of the following:

- > Grower Services
- > Entrepreneurial Grower Opportunities
- > Plot Request
- > Seed and Transplants (*Giveaway will be held May 19 & 20!*)
- > Tribal Seeds
- > Tilling Services
- > Beginner Traditional Gardener Guidance

Then please go to the link at <https://seam.ly/SRrkNYyv> to fill out the form or scan the bar code above to reach the link.

A MFS Team Member will follow up with you.



ROBERT MORGAN POST 701 MEETING NOTES

April 6, 2022 - Attendees were Alex Walker, Luke Kapayou, Craig Youngbear, Dixie Kapayou, Sidney Keahna, Alvin Wild Cat, Preston Duncan, Jane Keahna and Charlotte Keahna-Nunez

1. Old business

The coffee social that was held on March 20th had 7 attendees. Traveling wall, The Wall That Heals. Dates are the first week of August. More updates later. Received funds for t-shirt and caps.

2. New business and discussion

New pins for hat and caps. New design. More to come. Information on flag presentation. Post Headquarters, possible locations, and funds. Ongoing subject.

The 2022 Stroud Powwow is scheduled for July 7-10. We have been asked for Honor Guard Duty.

First Veterans Meal is scheduled for May 4th, dinner served at 5:30. Regular legion meeting will follow, @ 6:30pm at the Senior Center. Our next Veterans Coffee Social, Sunday June 12, 9-11am. Tribal Center Snack Bar.

ROBERT MORGAN POST 701



Attention All Veterans:
You are invited to join the Robert Morgan Post 701 for a meal provided for the Veterans.

VETERANS MEAL

Wednesday, May 4, 2022
Meskwaki Seniors Center
(301 Meskwaki Rd., Tama, IA)
Meal Served 5:30PM
Legion Meeting 6:30PM

*Door Prizes
*Veterans Only



MESKWAKI FOOD SECURITY AND THE LOCAL FOOD SYSTEM

Let's work together to rebuild our local food system and ensure food security for our community while caring for and restoring the land.

Hi my name is Shelley Buffalo and I am a Meskwaki community member. I'm a partner with the Iowa Food System



Coalition doing food system outreach and education. *The Iowa Food System Coalition is a diverse group of Iowans that have come together to position the local and regional food system as a pivotal part of the Iowa economy. To achieve this, we are committed to: racial, social, economic, and environmental justice, historically underrepresented voices and emerging leaders, open & transparent communication that fosters trust, collaboration and coordination among networks and sectors throughout the state.*

I'm passionate about rebuilding our local food system so that we can establish food security for our community while taking care of the land and animals that nourish us. I feel a sense of urgency about investing in local foods and farming right now, as the cost for food and fuel keeps increasing, and the food supply chain is vulnerable to disruptions including the pandemic, inflation, climate chaos, and war.

Iowa imports over 95% of our food from out of state and out of the USA. The cost of farmland in Iowa has skyrocketed since the beginning of the pandemic. A record price was set in October 2021 at \$26,000 per acre in Johnson County. The good news for Meskwaki is that we have a land base of over 8600 acres. This means we have an almost unlimited potential to be food self-sufficient and to contribute to local food systems here in Tama Co.



and central Iowa as part of the local economy.

The tribe can do this in a good way that returns the land to a more pre-colonized state, eliminates water pollution and ensures animal welfare. We should not be eating food from factory farms as we know that everything is connected and our traditions teach us that we must care for those who nourish us.

Please join me in advocating for an **Agriculture program for the tribe**. An agriculture program has potential to be a valuable partner with Meskwaki Natural Resources and Workforce Development, while working to rebuild the local food supply. There is a tremendous amount of funding available to tribes right now. For example, the **USDA** (United States Department of Agriculture) currently has a grant open called **Partnerships for Climate-Smart Commodities, with funding opportunities ranging from \$250,000 to \$100 million**. (Agricultural Commodities are crops and livestock that are raised and harvested to provide food and sometimes fuel.)

Here's a portion of the grant language that is especially important to Meskwaki, "Projects must center around benefits to producers and will be evaluated on the meaningful inclusion of small and historically underserved producers."

This means that organizations are scrambling to work with underserved populations (minorities) to fund their projects. I propose we develop our own tribal projects and partner with trustworthy organizations to support it, instead of the other way around. This means the bulk of the benefit and funding will go to those that most need it, the historically underserved.

We need a community based, grassroots effort to build a food system that removes our vulnerability and dependency on the global food supply chain, which is volatile and destructive. Remember the prophecy, **"Know ye, that the Foxes are immortal"**. We fulfill this prophecy with hard work, diligence and strategic vision.

What can you do to support this effort? Are you interested in farming? Please contact me at: buffaloshelley@gmail.com or text (641) 481-1290 to be a **Local Food Advocate** and/or Aspiring Farmer. Your input and leadership is more important to this effort than anything I can do or say on my own.

I will be conducting a series of educational overviews, including pasture raised meat, small scale meat processing, value added food economies and other local food systems information. Be on the lookout for announcements to come.

~ Shelley Buffalo, Iowa Food Systems Coalition

2022 ANNUAL MESKWAKI HEALTH FAIR

The annual Meskwaki Health Fair was held April 21 in the Meskwaki Bingo Casino Hotel Convention Center. 287 guests had the opportunity to visit 36 different vendor tables. Thank you to everyone who participated and to the vendors who donated door prizes!



2022 ANNUAL MESKWAKI HEALTH FAIR





DIABETES BINGO

May 4 at 2pm
@Health Clinic & on Zoom
Pick up your Diabetes Bingo card by May 3
Meeting ID: 970 0385 9023
Passcode: Q8FHUw

INNOVATIONS IN DIABETES

May 10 at 11am & 3pm
@ Health Clinic
Snacks provided
Information session about technology and ways to deliver insulin w/Alicia Barron, ARNP and Mary Beth with Medtronic.
Sign up by Monday May 9

DIABETES SHARE PROGRAM

Patients with diabetes can receive produce each week of the growing season
Sign-up by May 31

COOKING WITH JENNIFER AT SENIOR CENTER

May 17, 2022 at 11 AM
Making fruit parfaits
Sign up by May 13 at noon

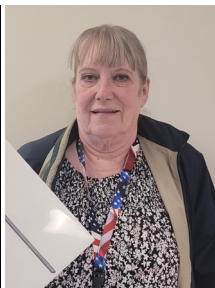
DEMO ON TRANSPLANTING AND COOKING PRODUCE WITH RED EARTH GARDEN

To sign up call or email Jennifer Scales at the Health Clinic!

641-484-9421 or jennifer.scales@meskwaki-nsn.gov

Diabetes Program JVN iPad Winner for the 1st quarter is Rita Heisrman

Congrats!



PHARMACY CORNER

May is National Asthma and Allergy Awareness Month. For some patients, allergies can make a person miserable. Allergy symptoms include itchy, watery eyes, runny nose and sneezing. Allergies can also trigger asthma attacks. Asthma is an inflammatory disease of the respiratory system. Severe asthma attacks can be life-threatening. It's important to understand the proper use of asthma medications, particularly how to properly use a rescue inhaler. At the pharmacy, we can provide teaching on the different types of inhalers, how they are stored and the proper way to use an inhaler. Feel free to call or drop by the pharmacy should you have any questions. It's your health!

May is also National Lyme Disease Awareness Month. Lyme disease is an inflammatory disease spread by ticks. With the warmer weather many of us like to spend more time in the outdoors, which means we are more likely to be exposed to ticks. Wear white or light colored clothing to make them easier to spot. You can also use an insect repellent to prevent ticks from getting on you and always perform a "tick check" after you have been outdoors. Symptoms of lyme disease are generally flu-like symptoms such as fatigue, tiredness, and muscle and joint pain. Contact your provider if you have any questions.

Did you know that you can receive automatic notifications when your prescriptions are ready for pick-up? Simply provide the pharmacy with either an email address or a cell phone number and the pharmacy will send a generic email or text message to you when your prescriptions have been filled. Please see the pharmacy for more information!

~Meskwaki Pharmacy

Mental Health Awareness 5K

WALK-RUN

Monday, May 16, 2022
at the Meskwaki Health Clinic

FOOD DOOR PRIZES T-SHIRTS (while supplies last)

- Registration at 5pm
- Walk-Run Start at 5:30pm
- Route: From Clinic to the Casino stop sign and back

Weight Management
Chronic Disease Prevention
Lifestyle Management

Say Hello to the Online DPP

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

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

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

IDPH
IOWA Department of PUBLIC HEALTH

AA MEETINGS

TRANSPORT AVAILABLE
MONDAY-FRIDAY // 12PM
MARSHALLTOWN

Limited spots available
Must be a current MBHS client

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

MESKWAKI Behavioral Health

COMPASSION-FOCUSED THERAPY (CFT)

Compassion-focused therapy works on the theory that bodies utilize three systems:



- threat and self-protection,
- drive and excitement, and
- contentment and social safety.

When a person experiences trauma, substance abuse, and/or mood difficulties they experience depression and anxiety, moving these three systems out of balance.

The threat system can increase, leading to unhelpful thinking and extreme protective behavior like isolating from others. The drive system can be over-activated, leading to risky behavior such as unsafe sexual practices or substance abuse.

Unlike the other two, the contentment system is linked to feelings of happiness. The system and the feelings associated with it are typically tied to being socially connected, cared for, and safe.

Compassion-focused therapy encourages individuals to practice compassion, on both themselves and others, to help bring their systems back into balance by using the contentment system as a regulator for the other two systems.

The first step toward doing this is to start doing more things the person enjoys. Basically, just making time to have fun. The second step is to practice mindfulness by paying attention and focusing on those joyful/fun experiences. The third step is to practice compassion-focused imagery. The person is encouraged to imagine the feelings they experienced (safety, contentment, and being cared for) and use those images to help bring systems back into balance.

Behavioral Health Services encourages those wishing to learn more, attend its next Monthly Social where they'll focus on mindful movement and compassion-focused therapy to help community members wishing to feel socially connected, cared for, and safe. See flyer left for details or call them at (641) 484-9482 for more information.

<https://www.goodtherapy.org/learn-about-therapy/types/compassion-focused-therapy>. Gilbert, Paul. (2009). Introducing compassion-focused therapy. *Advances in Psychiatric Treatment*, 15(3), 199-208. DOI: 10.1192/apt.bp.107.005264. Retrieved from <http://apt.rpsych.org/content/15/3/19>

May 17th at 6:00 PM Doors open at 5:15

Meskwaki Bingo Casino Hotel Conference Center

JOIN US

The Behavioral Health Services team invites the Meskwaki community to join us in a session to learn skills for managing trauma, stress, and anxiety through mindful movement and self-compassion.

PROGRAM INFO

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

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

Meskwaki Behavioral Health Services

MONTHLY SOCIAL

Learn, Relax, Dinner & Drums

May's Guest Drum Group: Brown Otter

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

Sponsored by Meskwaki Behavioral Health Services

Iowa Crisis Hotline

Partnering with Meskwaki Behavioral Health Services

CRISISPHONE

Call: (855) 581-8111 24 HRS/DAY 7 DAYS/WEEK

...because sometimes problems arise after business hours!

Call: (855) 581-8111 or Text: (855) 895-8398

Other helpful resources:

National Suicide Prevention Lifeline
Phone: 1-800-273-8255
Hours: 24 hrs/day, 7 days/week

Elevate Mobile Crisis Response Team
Call: (855) 581-8111
Elevate offers onsite and in-person mental health crisis interventions

Your Life Iowa LIVE CHAT
www.YourLifeIowa.org
Hours: 24 hrs/day, 7 days/week
Or text to: (855) 895-8398

MESKWAKI BEHAVIORAL HEALTH SERVICES

Located at the
Meskwaki Tribal Center Health Clinic
1646 305th Street - Tama, IA 52339
Mon-Fri: 8 am to 4:30 pm

OFFERING THE MESKWAKI
COMMUNITY MENTAL HEALTH AND
SUBSTANCE ABUSE COUNSELING SERVICES

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



SETTFIT WINNERS ANNOUNCED

Congrats goes out to this winter's SettFit challenge winners.
66 people completed the challenge losing 226 lbs total!
Winners include:

Senior Female

Weight #1 Julie Zuber
Weight #2 Kathy Shuckahosee

Muscle #1 Winona Tahdooahnippah
Muscle #2 Vestana Lasley

Points #1 Shannon Mitchell
Points #2 Tracy Sienknecht

Senior Male

Weight #1 Craig Youngbear
Weight #2 none

Muscle #1 Heath Brown
Muscle #2 none

Points #1 none
Points #2 none

Adult Female

Weight #1 Tiffany Kunkle
Weight #2 Melanie Roberts
Weight #3 Talia Waseskuk

Adult Female (cont.)

Muscle #1 Kari Roberts
Muscle #2 Kiyanna Pushetonequa
Muscle #3 Sherrie Marland

Points #1 Misty Jefferson
Points #2 Jaclyn Dzubyay-Percy
Points #3 Korinda Timberwolf

Adult Male

Weight #1 Jacob Youngbear
Weight #2 Chris Thorpe

Muscle #1 Jordan Kapayou
Muscle #2 Payton Whitebreast

Points #1 Thomas Peters
Points #2 Derrick Mauskemio

See flyer right for information
about our next challenge!

SPRING into Fitness



6 Week Challenge
MAY 2 - JUNE 12

Meet 150 minutes of fitness each week!

**Blood Pressure checks at the Health Clinic
on weeks 1, 3, and 6 • Mon. & Wed. 8:30 - 5**

Week 1: May 2nd or 4th - BP Check

Week 3: May 16th or 18th - BP Check

Week 6: June 6th or 8th - BP Check

Meet the fitness challenge with minutes
and BP checks to receive a T-shirt!



MMIW

Join us on our Journey!!!

May 5th is the National MMIW Awareness Day

In person walk @ Meskwaki Tribal center on May 5th.

Registration @ 5

Walks 5:30—7:30 PM

T-shirts available while supplies last

Route: Center to Casino stop sign

Light beverages and snacks available !!

Can't make it?

Join us virtually by submitting a photo on Meskwaki RISE
FB and scan the QR code to be entered in a raffle.

#MMIW

84%

of Native American and Alaskan Native women have
experienced violence in the lifetime.

66% of NA & AN women will
experience psychological aggression
by an intimate partner.

55% of women will
experience sexual violence.

55% of women will
experience physical
violence by an intimate partner.

48% of NA & AN women will
experience stalking.

Sources: National Institute of Justice, Urban Indian Health Institute

BRING HER HOME. YOUR HELP IS NEEDED.
MISSING PERSON \$100,000 REWARD

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

On January 16, 2015 Rita Papakee was last seen
at the Meskwaki Bingo Casino Hotel near
Tulsa, Okla. She has not been heard from since.
She was 40 years old at the time of her
disappearance. She was described as a Native
American female with brown hair and brown
eyes. She was 5'4" tall and weighed between
140-170 lbs.

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

Missing since January 16, 2015

RITA PAPAKEE

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

(641) 484-4844

**This is a hybrid event! Join us at your own place
and pace!!**

RISE has collaborated with the following tribes and partnering programs to
help bring awareness to the Missing and Murdered Indigenous peoples.

Help us bring awareness by participating in this
event by sharing a photo of you doing your exer-
cises and location on Meskwaki RISE, Prairie
Band Potawatomi, Oglala Sioux Tribe Victim ser-
vices, and ICADV Facebook Pages.

Or text your picture to (641) 481-1239 or
Alanna.holiday@meskwaki-nsn.gov and we can add your photo for you

Place: **Anywhere** or

**Meskwaki Tribal center @5pm on
May 5th**

Date: May 3rd—May 5th

Any Distance!!

Scan the App to register or call us
@ (641) 484—4444 to be entered
in a drawing!!



MMIW Raffle

Use #RISEFORMMIW
#BRINGTHEMHOME





HISTORICAL PRESERVATION UPDATE

Hello and happy May to everyone!

This will be a busy month for our community as we see another school year come to an end. Graduation Commencements and celebrations will be happening throughout our community very soon. I'm sure our students are looking forward to the last day of school, but there is still testing and field days to look forward to so we must be patient.

Myself, I'm really looking forward to some warm weather! I'm also ready to start thinking about gardens. The month of May is going to be a good one for all of us.

Gardens have always been important to the Meskwaki people, our crops have always taken care of us through the harshest of winters, wars and many other hard times. Like with every facet of our Meskwaki way of life, there are always protocols for us to follow. These rules are not meant to create difficulty but to keep our lives in harmony with nature. For me the center of this belief is our tobacco, which was given to our people to use as a sacrament from Creator as a way to communicate with this entity. The rules or protocols associated with tobacco have always been shared from one generation to the next. This has been our practice for as long as we have been Meskwaki and remains central to our belief system. A part of that belief is for women to abstain from being around tobacco during menstruation, this is one of our rules and even to this day is respected by most. Perhaps the rule seems obsolete to some people, or it doesn't make sense to others, but it is a Meskwaki belief, and like all of our teachings is related to others.

Because our tobacco is sacred, we abide by these rules. When a woman is on her period, she is supposed to refrain from participating in ceremonies like feasts, handle eagle feathers, attend funerals or even eat at her family table. In our not so distant history, women built small wikiups away from the main family home and stayed there, prepared their own meals and remained there until she was done. My own grandmother and mother talked about doing this when they were young. However, this practice seemed to fall to the wayside as our community became more "modern". While I do not advocate for a return to this



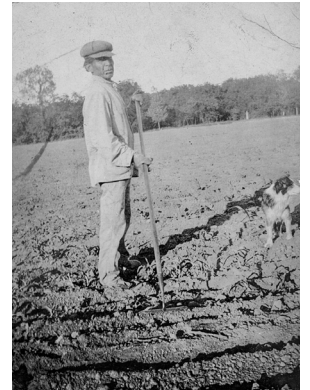
practice, I would like to think most of our families still respect this belief. I mention this because it is close to our planting season, our gardens, and seeds are sacred, and a garden that has our corn, beans and squash is sacred. Most of us use tobacco to pray for a good crop because of all the goodness that we receive from it. Our gardens are an important facet of who we are and I like to think that the energy and respect we show to our crops will be reciprocated when we harvest. All of our energy, time and prayers become realized when we harvest. Even if you choose not to believe these teachings, please have respect for those that do.

On that note, I would like to invite women in our community to come out to Meskwaki Natural Resources every Wednesday evening to help with cattail mat making, natural twine making and eventually bulrush mat making. These are traditional Meskwaki arts that became lost at some point in time, but we are in the process of revitalizing these practices. Our dream is to see mat covered wikiups on the Settlement once again. We are not experts, so come and learn with us and we



can realize this dream together. We meet every Wednesday, 5:30 -8:30 pm, at the MNR building. We share a light meal prior to working, so have dinner with us and respect our traditional protocols.

~ Bonabiga- Mary Young Bear



REGISTRATION STARTS @ 8AM; WALK/RUN @ 8:30AM

***ROUTE: BEGIN AT "RAINBOW" PARK, TO THE T & BACK, OR TO CASINO STOP SIGN & BACK TO PARK.**

>MUFFINS, FRUIT CUPS, & H2O PROVIDED<

>T-SHIRTS FOR PARTICIPANTS WHILE SUPPLIES LAST<

Mother's Day Walk/Run

May 7th @ Anagewa Park

I want to give my reason behind this quick but meaningful design. I asked permission to use the feathers created by the late Evan R. Kapayou. He drew a Native on a styrofoam cup in 2014 that he gave to me. It took him a few short minutes and I have kept it ever since. I copied the feathers & his ID signature the best I could. I would see him out & about, here & there, but never did get to tell him that I kept that cup because I was so impressed by his talent. The middle design was created by Prentiss Wolf aka "Spud" and is in the MNCSS heart logo. The words are on a T-shirt I received at an Art Symposium.

So for me, this design is not only celebrating the Moms who create life but for everyone creating & shaping our future generations. For the beautiful sun I see every morning that creates nourishment needed for survival. And for the amazing artists who've shared a part of what beauty is to them. The words are so fitting for each & every one of you. This is for all **THOSE THAT CREATE BEAUTIFUL THINGS!**

Francesca A. Papakee (For Father's Day, MNCSS will have the same design but different colored shirt)

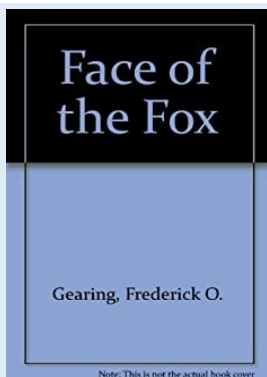


Child Support wishes Miss Francine the best in her new endeavor as she leaves MNCSS. Her drive, ambition, and futuristic mind have been an absolute blessing. Wherever she goes in life, she will prosper. Those who have the opportunity to work beside her, will benefit from her courageous spirit & thirst for knowledge. She is positive, strong, and fearless. Thank you, Franci, for your dedication. She has a great book recommendation that involves the Meskwaki Tribe. See below!



FACE OF THE FOX

an anthropological & sociological study of Fox American Indians (the Mesquakie, their actual tribal name) who live just outside Tama, Iowa.



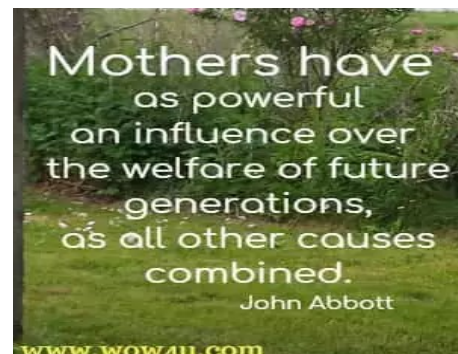
Frederick Gearing puts a face on the peoples of this tribe & particularly deals with the estrangement of the Fox Indians and the Westerners surrounding them. He defines the concept of estrangement as including feelings of contempt, indifference, and pity often leading to misplaced hurt and hate on both sides. Estrangement shackles both parties, leaving them unable to connect with one another.

Finding this is more of a cognitive mental processing problem, Gearing proposes gaining control of the mind, believing the opposite of being estranged is to find a people believable and real. The way to do this is to educate each estranged group about the other and put a face on each group.

Educating Westerners about the Fox people they live next to, Gearing describes their community, their social structure, their culture, their language and some of its many meanings, and their view of themselves and how they view their future.



It is important to learn that no matter how much money you have, earn, win, or inherit, you need to know how to spend it, how to save it, & how to give to others in need. This is what handling money is about. —Barbara Coloroso



INCEPT FROM THE COMMUNICATION WORKBOOK FOR ALL PARENTS & CAREGIVERS! IF YOU WOULD LIKE ONE, PLEASE CONTACT THE MEC COORDINATOR, TIFFANY, AT 641-484-9301!



NEKYA
My Mom



Birth- stone:	_____
Birthday:	_____
Favorite Color:	_____
Favorite Song:	_____
Favorite Animal:	_____
Last Concert attended/	_____
Favorite Concert Memory :	_____
_____	_____
_____	_____
_____	_____
Favorite food/meal that mom's parents made when she was younger:	_____
_____	_____
Mom's most Treasured memory with her parents:	_____
_____	_____
_____	_____
Mom's most Treasured memory with us (child(ren)):	_____
_____	_____
_____	_____

EARTH WEEK AT MSS



Red Earth Days Design



Avis Bear stands proudly with her design!



SPECIAL THANKS TO URIAH WANATEE FROM MESKWAKI LANGUAGE PRESERVATION OFFICE FOR TURNING AVIS'S IDEA INTO A GRAPHIC.

Avis Bear, Youth Education Coordinator, enthusiastically envisioned a design for Red Earth Week! The design of a woman being held in a hand filled with soil distinctly describes the creation of Meskwaki people and the bond and relationship with Grandmother Earth. Picture: Avis Bear stands proudly with her design displayed on the projector screen. Group Picture: Adrian Pushetonequa, Luke Kapayou, Christina Blackcloud, and Avis Bear.



EARTH WEEK AT MSS

The students and staff of Meskwaki Settlement School celebrated Earth Week April 18-22. The Red Earth Day assembly was held Monday, followed by a walk/run around the school. On Thursday the students enjoyed some fishing and learning about the environment at Green Castle Lake and Red Earth Gardens.



SPRING SALE

Saturday April 9, local craft and food vendors gathered at the tribal center gym for the 2022 Sett Spring Sale.



SENIORS SALE

Friday April 15, the Senior Center had their first taco & bake sale since the panedemic two years prior.



CAPSA FUN RUN

On 4-12-22, Meskwaki community members and friends participated in a walk/run for Child Abuse Prevention & Sexual Assault Awareness month. Fun was had and T-shirts and meals were provided. We hope to see you at our next walk/run event!





HOMEBUYER WORKSHOP COMING SOON!
Visit my website to hear about credit repair, mortgage options including Section 184, buying processes, and more!

Jessica YoungBear, REALTOR
Re/Max Concepts, Windsor Heights
6600 University Ave. Windsor Heights, IA 50324
Call: (515) 777-9219
email: jybrealtor@gmail.com
www.jessicayoungbear.remax-central.com

JYB
Real Estate
Licensed to sell in Iowa

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.



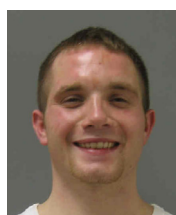
Douglas Cadotte



Aaron Dolash



James Ironshell



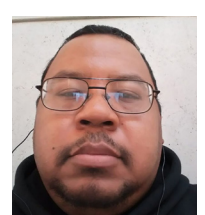
Nick Murty



Thomas Butler



Michael Wabaunasee



Tim Bullard

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.)

Dental Assistant

Health Clinic - Dental

DUTIES & RESPONSIBILITIES:

- Assisting the dentist and/or hygienist during a variety of treatment procedures including setting up instrument trays.
- Taking and recording digital dental radiographs (x-rays).
- Assist in setting up office in the morning and closing down in the evening.
- Collect and record treatment information in patient record.
- Taking impressions of patients' teeth for study casts (models of teeth).

REQUIREMENTS:

- Must be Registered Dental Assistant in state of Iowa.
- Prefer active radiology qualification issued by the Iowa Dental Board (IDB) or be able to operate under supervision of dentist.
- Must possess CPR certification.
- Prefer one-year experience in dental office.
- Must have experience with electronic dental records.

ANNUAL SALARY: \$30,035.20 - \$41,724.80

POSITION OPEN UNTIL FILLED

Diabetes Educator

Health - Diabetes Program

DUTIES & RESPONSIBILITIES:

- Provide diabetes and self-management guidance and education to pre-diabetics, type 1, type 2, and gestational diabetic patients.
- Develop individualized diabetes education plans, taking into account different cultural, physical, cognitive, and literacy levels, in collaboration with medical provider, and monitor adherence to plan.
- Plan, develop, and implement individual and group

FOR FULL JOB DESCRIPTIONS GO TO:
WWW.MESKWAKI.ORG & CLICK ON "CAREERS"

Please submit
your application/
resume and salary
expectations to
Human Resources in
one of three ways:

1. Email:

applications@meskwaki-nsn.gov

2. Online:

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

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

diabetes education strategies for patients and their families and caregivers through their life span in collaboration with the medical and diabetes program team.

- In collaboration with dietitian, provide nutritional counseling for weight control and diabetes management utilizing comprehensive knowledge of nutrition to assist patients with meal planning.
- Teach patients to manage blood glucose with carbohydrate counting and to manage weight with calorie counting.

REQUIREMENTS:

- Current, unrestricted license to practice as a Registered Nurse in Iowa.
- Certification by the National Certification Board for Diabetes Educators.
- Possess an in-depth knowledge and understanding of the nature of the nature of diabetes, related issues, and patient care concerns.
- Prefer three years (3 years) of experience caring for individuals with diabetes.

ANNUAL SALARY: \$50,315.00 - \$71,552.00

POSITION OPEN UNTIL FILLED

Meskwaki Language Instructor (Part-Time)

Language Preservation

The Meskwaki Language Instructor is responsible for teaching Meskwaki language to beginning adult second language learners using pre-developed language lessons. The job requires the instructor to communicate in Meskwaki during all activities and to establish a positive learning environment in the classroom. The job also requires the instructor to be patient, flexible, and sensitive to the needs of second language learners.

DUTIES & RESPONSIBILITIES:

- Teach the Meskwaki language to adult second language learners, 2 to 6 hours per week, utilizing Meskwaki as the language of instruction.
- Conduct language lessons using the Beginning Adult Language Curriculum.
- Keep attendance records of language class

participants and track individual progress.

- Encourage the use of Meskwaki at every opportunity while in language class or at any other language activity.

REQUIREMENTS:

- Minimum of a High School Diploma or GED. Bachelor of Arts degree preferred.
- Ability to communicate in the Meskwaki Language. Preference for fluent speakers.
- Required to work evenings.
- Must have basic computer skills and basic skills in applications (Word, Excel, Outlook, PowerPoint, and mobile apps such as Zoom).
- Ability to read and write in Meskwaki preferred.
- Experience in language teaching preferred.

ANNUAL SALARY: \$37,128.00 - \$59,758.00

POSITION OPEN UNTIL FILLED

Administrative Assistant

Executive Management

DUTIES & RESPONSIBILITIES:

- Responsible for the upkeep and maintenance of Tribal Operations filing system.
- Prepare or direct preparation of administrative documents, correspondence and policies in draft form.
- Attend Executive Management meetings as assigned.
- Prepare annual budget, track expenditures and abiding the procurement process and prepare monthly financial report for the Executive Office.
- Schedule appointments for Executive Director and Deputy Executive Director.

REQUIREMENTS:

- Associate's Degree in Business or related field and 4 years of administrative experience including program development and budgeting OR an equivalent combination of education and experience.
- Strong communication skills, verbal and written.
- Must be able to type 40 w.p.m.

- Be knowledgeable and proficient in P.C. word processing, spreadsheet, Internet and e-mail.

ANNUAL SALARY: \$39,707.20-\$61,214.40

POSITION OPEN UNTIL FILLED

Office Manager

Public Works

DUTIES & RESPONSIBILITIES:

- Manage administrative functions of department including development of policies and procedures and supervision of staff, as assigned.
- Obtain purchase orders, generate requests for payment and maintain vendor relationships.
- Calculate and send invoices for utilities and services, generate receipts and forward to Fiscal for deposit.
- Establish and manage large filing and records systems, conventional and electronic.
- Draft and edit correspondence, reports and documents relating to grants, contracts and special projects utilizing word processing, spreadsheet and other software programs.
- Schedule appointments, arrange meetings and handle follow-ups and reminders.
- Develop and maintain annual budget, including all revisions, updates, and proposed changes.
- Monitor expenditures in relation to departmental budget, including producing monthly expenditure report for departmental review and maintain contact with Fiscal Department.

REQUIREMENTS:

- Associate's Degree in Office Management or related area and four years of secretarial experience.
- Must be familiar with or willing to obtain knowledge of tribal and federal agency regulations, including compliance requirements.
- Must possess good communication skills, written and verbal.
- Must possess computer skills and general familiarity with other office equipment.
- Must possess strong organizational skills and a dedication to meet deadlines.
- Must have valid driver's license.

ANNUAL SALARY: \$38,188.00 - \$60,195.00

POSITION OPEN UNTIL FILLED

Protective Payee Support Worker

Family Services

DUTIES & RESPONSIBILITIES:

- Work closely with and provide services to Native families in need of assistance.
- Safeguard confidentiality of Family Services' activities, communications, and records at all times.
- Accompany parents or primary caretaker on shopping

trips. Provide transportation on shopping trips as needed.

- Work with family on financial planning, teaching budgeting and shopping skills, ensuring basic needs are being met and identifying funds available for other expenses.
- Investigate allegations of fiduciary abuse of minor and vulnerable adults within the Meskwaki community, report findings and make appropriate recommendations.
- Work with and coordinate services with Family Services case managers, Tribal Departments, Social Security Administration, Tribal bank, Settlement School, and other agencies as required.
- Develop and maintain a list of qualified and approved private providers and Day Care Centers.
- Prepare monthly, quarterly, and annual reports as required.
- Other duties as assigned.

REQUIREMENTS:

- Bachelor's Degree in Human Services or related area and two years of experience working with families in areas listed above OR an equivalent combination of education and experience.
- Prefer Bachelor's Degree in Social Work.
- Must be knowledgeable and proficient in PC word processing, spreadsheet, Internet and email, as well as presentation and publishing software.
- Must have pleasant disposition and the ability to meet and communicate with the public with tact, discretion and diplomacy, while keeping the strictest confidentiality
- Must possess a valid driver's license.
- Willingness to learn and incorporate skills in the cultural context of the Meskwaki community.

ANNUAL SALARY: \$22,714.00 - \$46,466.00

POSITION OPEN UNTIL FILLED

Records Clerk (Temporary)

Tribal Court

DUTIES & RESPONSIBILITIES:

- Answer incoming calls and provide customer service at the front counter and via telephone.
- Receive documents for filing; docket pleadings and email to necessary parties.
- Organize case files and prepare them for hearings or for review by a Judge.
- Interact with staff, defendants, witnesses, attorneys, or law enforcement personnel regarding court-related matters in a respectful and courteous manner.
- Assist in entering criminal and civil cases into the court case management system.
- File billing and personnel records as directed by the Court Administrator.
- Maintain confidentiality of all cases and proceedings.

- Perform data entry; store and extract information from computer programs.

- Perform other duties as assigned that the Judge or Court Administrator shall designate.

REQUIREMENTS:

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

HOURLY SALARY: \$15.00 (20-32hrs per week)

POSITION OPEN UNTIL FILLED

Registration Clerk

Health Clinic

DUTIES & RESPONSIBILITIES:

- Receives incoming calls, greets visitors and schedules appointments utilizing current computer system. Directs them to appropriate staff members.
- Schedules appointments for all services provided within the clinic.
- Coordinate transfer of medical records to be received prior to office visit for new patients.
- Uses recall and alerts to schedule patients that are due for screenings.
- Ensure patients provide current insurance and demographic information.
- Accurately check in patients for scheduled appointments and complete necessary forms.
- Updates patient status and demographics in electronic medical record.

REQUIREMENTS:

- High School Diploma or General Equivalency Diploma (GED) and two years of clerical experience within a medical healthcare setting.
- Must have at least one year experience working with electronic medical record system.
- Able to work efficiently in a fast pace work environment.
- Must maintain patient rights and confidentiality.
- Must possess computer skills, prefer familiarity with Excel, other Microsoft Office programs.
- Prefer knowledge of medical terminology and overall clinical operations.
- Prefer ability to speak and understand Meskwaki.
- Must be sensitive to the Tribal customs and health

needs of the Tribe.

- Must submit to and successfully complete background investigation.

ANNUAL SALARY: \$25,542.40 - \$35,526.40

POSITION OPEN UNTIL FILLED

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

SYEP Apprenticeship Intern

Workforce Dev./ Apprenticeship Program

DUTIES & RESPONSIBILITIES:

- Will be assigned to a construction trade in HVAC, Plumbing, Carpentry, Pest Control, or Electrical.
- Follow established rules and regulations, maintain a safe, and clean working environment.
- Provide assistance in HVAC, Plumbing, Carpentry, Pest Control, or Electrical service calls and/or construction projects.
- Provide assistance with apprenticeship campus cleaning schedule and maintenance.
- Wear protective equipment/clothing as assigned.
- Other duties as assigned.

REQUIREMENTS:

- Must be at least 16 years old or older to work in construction and operate hand tools.
- Must be enrolled in school.
- Must complete Power Tool training and be supervised by an instructor at all times to operate hand tools.
- Must be able to lift 25lbs.
- Must have covered shoes. Must have appropriate dress for construction i.e. long pants and shirts etc.
- Ability to read, write, and perform arithmetic calculations.
- Must complete paid onboarding and training between March 13-May 8, 2020 Evenings or on weekends before the program starts.
- Must be available from June 1-July 31.
- Must pass pre-employment drug screening.
- Indian Preference shall be applied to qualified Indian candidates in accordance with the Sac and Fox Tribal Code Section 9-1204.

HOURLY SALARY: \$8.50

POSITION OPEN UNTIL FILLED

SYEP Apprenticeship Office

Intern

Workforce Dev. / Apprenticeship Program

DUTIES & RESPONSIBILITIES:

- Will be assigned to Apprenticeship Office Administration Department
- Answer phone system and direct calls as required.

- Maintain filing and storage systems.
- Greet customers and direct them to appropriate staff member.
- Light accounting duties; add, edit, and update logs and spreadsheets.
- Keep office space clean and tidy.
- Assist with planning and implementation of Apprenticeship office daily operations.
- Type documents, reports, and correspondence.
- Other duties as assigned.

REQUIREMENTS:

- Must be at least 16 years old or older.
- Must be enrolled in High school.
- Must possess public speaking abilities, organization, teamwork, and the ability to multitask.
- Must complete paid onboarding and training between June 21, 2021 to June 30, 2021.
- Must be available to work from July 1-August 9, 2021.
- Must pass pre-employment drug screening.
- Indian Preference shall be applied to qualified Indian candidates in accordance with the Sac and Fox Tribal Code Section 9-1204.

HOURLY SALARY: 8.50

POSITION OPEN UNTIL FILLED

SYEP Human Resources

Intern

Workforce Dev. / Human Resources

DUTIES & RESPONSIBILITIES:

- Assist with departmental form creation, editing and transfer to Adobe form.
- Assist with organization of departmental files, alphabetized and labeled.
- Assist with transferring hard copy files to electronic files
- Create badges for employees.
- Create spreadsheets for data collection/analysis.
- Other duties as assigned.

REQUIREMENTS:

- Must be a participant of the Summer Youth Enrichment Program
- Must be able to maintain strict confidentiality
- Must be knowledgeable and proficient in P.C. word processing, spreadsheet, Internet and e-mail.
- Strong organizational skills.
- Able to provide strong customer service skills.

HOURLY SALARY: \$8.50

POSITION OPEN UNTIL FILLED

SYEP Media Journalist

Workforce Dev./Media Services

DUTIES & RESPONSIBILITIES:

- Work on weekly Meskwaki Youth Development Program newsletter and blog videos.
- Communicate with SYEP Group Leader about upcoming MYP events.
- Plan, organize, edit, and write content for each week's newsletter.
- Keep Up-to-date on MYP developments by attending activities and events.
- Interview SYEP/SYAP Youth Staff, Supervisors, and participants to obtain information.
- Edit stories, photographs, and video content for newsletter and video blogs.
- Be able to operate video and photography camera.
- Work in collaboration with Group Leader on content, layout, colors, and photos.
- Live' online reporting or real-time blogging when covering important events.
- Writing shorter, 'filler' stories to entertain.

REQUIREMENTS:

- Must be at least 16 years old or older.
- Enrolled in High School.
- Energetic, self-starter.
- Outgoing personality.
- Love writing, making videos, and take photographs.
- High expectations on personal and team performance.
- Excellent organizational and attention to detail skills.
- Able to manage multiple tasks and meet weekly deadlines.
- Computer proficiency (MS Office, digital editing, web search, database, Adobe suite)
- Must be able to exercise mature judgment.
- Must pass pre-employment drug screening.
- Indian Preference shall be applied to qualified Indian candidates in accordance with the Sac and Fox Tribal Code Section 9-1204.

HOURLY SALARY: \$8.50

POSITION OPEN UNTIL FILLED

To see full job descriptions on each of these positions listed, visit our careers website at:

<http://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.

- **Apprenticeship Director**
- Apprenticeship Program
- **Assistant Farm Manager**
- Workforce Dev. / R.E.G.
- **CHR Driver**
- Health - CHR
- **Clerk of Tribal Court**
- Tribal Court
- **Community Health Representative**
- Health - CHR
- **Comptroller / CFO**
- Finance
- **Dental Hygienist**
- Health - Dental
- **Farm Team Member-Seasonal**
- Workforce Dev. / R.E.G.
- **Grant Writer/Planner**
- Finance
- **Human Resources Specialist**
- Human Resources
- **HVAC Technician**
- Housing
- **Lab Assistant**
- Health
- **Laborer**
- Public Works
- **Field Technician - Seasonal**
- Natural Resources
- **MSS Superintendent**
- Meskwaki Settlement School
- **Elementary Art Teacher**
- Meskwaki Settlement School
- **Elementary Teacher-Kindergarten**
- Meskwaki Settlement School
- **Custodian (2nd Shift)**
- Meskwaki Settlement School
- **Family Consumer Science Teacher 7-12**
- Meskwaki Settlement School
- **Food Service Worker**
- Meskwaki Settlement School
- **Grounds/Utility**
- Meskwaki Settlement School
- **Head Varsity Girls B-Ball Coach**
- Meskwaki Settlement School
- **JH Boys Track Coach**
- Meskwaki Settlement School
- **K-12 Band/Music Teacher**
- Meskwaki Settlement School
- **K-12 Gifted and Talented Teacher**
- Meskwaki Settlement School
- **Maintenance**
- Meskwaki Settlement School
- **Math Teacher (Middle/HS)**
- Meskwaki Settlement School
- **Shop Manager/Grounds Supervisor**
- Meskwaki Settlement School
- **Special Education Teacher**
- Meskwaki Settlement School
- **Teacher Assoc.: Special Education (3)**
- Meskwaki Settlement School
- **Temporary Grounds/Utility**
- Meskwaki Settlement School
- **Temporary Food Service Worker**
- Meskwaki Settlement School
- **Office Assistant**
- Child Support Services
- **Office Assistant**
- Health Clinic
- **Police Officer**
- Meskwaki Nation Police Dept.
- **Police Officer (Non-Certified)**
- Meskwaki Nation Police Dept.
- **Transport Officer**
- Meskwaki Nation Police Dept.
- **Victim Advocate**
- Family Services
- **Youth Dev. Program Assistant**
- Youth Development Program



**EMPLOYMENT
OPPORTUNITIES**
1-888-797-0049
meskwaki.com/careers

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

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

SHIFT DIFFERENTIALS AVAILABLE TOO!



ADONIS LASLEY
Ge-ge-ne-bi-gea
Farm Team Member

Meskwaki descendant. As a Farm Team Member, I grow your vegetables at Red Earth Gardens. Why it interests me is because I learn how to live off the land and we grow food for our elders who can't do it for themselves anymore. I like to farm so this job is a perfect match.

NEW STAFF



WAYLON WOLF
Gaskwitani
Instructional Farm Manager

Meskwaki descendant. As the Instructional Farm Manager I run the day to day operations at Red Earth Gardens. We are an organic farm committed to serving and teaching our community about eating and growing healthy vegetables, herbs, fruits and flowers. I'm coming from a lifelong career in the gaming industry, working at multiple gaming facilities in Kansas and most recently Meskwaki BCH. I began working at MBCH when I was 16 in laundry and have moved up to the count team, cage supervisor and remaining time being in the table games department from dealing cards and ending as the Dealer Trainer. I feel as if I've reached the ceiling inside the table games department and needed a new challenge. What motivates me is new challenges and learning to be the best at what I do. I believe that serving my community is much more rewarding than working for personal gain which is why Red Earth Gardens will be a perfect fit for me. My personal life includes traveling, hiking, camping, concerts and spending time with my family, my S/O Crystal and our four children Karsyn, Kailyn, Westyn and Kendrys. I also have three traditionally adopted children, Addison, Mila and Kimber. A newer hobby I've started is coaching our local youth and introducing them into sports like wrestling, football, softball and baseball. Our most recent success is having 21+ kids (boys and girls) signed up for tackle football, going from a handful of players to having enough for two teams from our own community playing in the Marshalltown Football League.



TIFFANY ALVA
Meskwaki Elders Circle
Coordinator

Hello! I am Tiffany Alva. I am so excited to be returning to work for the tribe in my new role as Meskwaki Elders Circle Coordinator with MNCSS. I am an enrolled member of the Turtle Mountain Band of Chippewa Indians in North Dakota, and a descendant from Sac and Fox Tribe of the Mississippi in Iowa (Meskwaki Nation). I graduated with my Bachelor's in Business Administration in 2017 from Haskell Indian Nations University. I had until this point been working in Human Resources for the past 5 years, which I believe will help me greatly in this position. I am looking forward to this new role I have been honored with, to serve our Meskwaki Community. My main interests include spending time with my husband, son, family and friends, attending powwows, and traveling the country. I am excited to be working for the Tribe again in this new capacity!



WADE BROWN
Negaskia
I.T. Broadband Technician

As a Broadband Technician I help to maintain and repair Tribal Members home fiber optics for wifi needs. I've worked minor jobs here and there, and most recently worked on the road fixing and installing wind turbines as a Mechanical Tech for Blattner Energy. In my free time I like to flip vinyl records and am currently looking for 60s-80s jazz records.



FRANK BLACK CLOUD
Ki ya to sa ta
Farm Team Member

Hello! I love to garden and am looking forward to being a part of the farm team. As a Tribal Member, I am happy to be help further the Tribe's ability to grow its own food.



ARIANNA SPRAGUE
Youth Activities Coordinator

My name is Arianna G Sprague. I am a Meskwaki High School Graduate. I am 21 years old. I Graduated from UNI in May of 2021 with a Major in Family Services, Minor in Social Welfare, Gerontology, and Mental Health. I am currently doing a certificate program at UNI for Sociology of Family and Life, in the fall I plan to start my masters. I like to be outside and really anything with the ones I consider my family and friends. I love challenges and can't wait to see what this job has in store for me.



HELIO SANTOS ORTIZ
Farm Team Member

Hello. I'm Helio, a Meskwaki descendant and Oglala Sioux. I applied for the Farm Team Member position because I love farming and am looking forward to helping out this summer. In my spare time, I enjoy kick boxing.





Sac & Fox Tribe of the Mississippi in Iowa

Web/Email Edition

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: Thur - May 12.
ARPA Funding Distribution direct deposit and checks mailed: Fri - May 27.



NEW DATE!!
FRIDAY,
MAY 6th
11:30AM
*Lunch will be served

Meskwaki Nation Recreation Center

FRIDAY, May 6, 2022

11:30AM - 12:30PM

Field west of the Health Clinic

The Meskwaki Nation Recreation Center Topping Out event will be held on Friday, May 6, 2022 beginning at 11:30AM until 12:30PM, in the field west of the Health Clinic. Lunch will be served.

All Meskwaki Community Members and Tribal Ops Staff are welcomed to sign the Rec Center beam.

*A topping out event is a builder's rite traditionally held when the last beam is placed atop a structure during its construction.

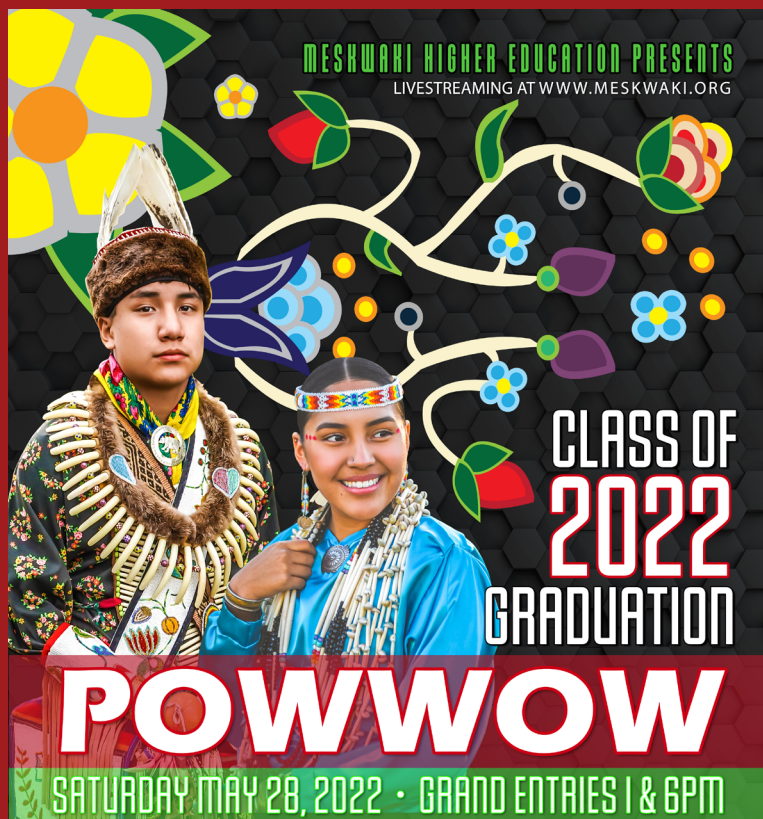


MESKWAKI SETTLEMENT SCHOOL GRADUATION

Saturday, May 21, 2022
2:00PM
MSS High School Gym

livestream

MSS 2022 Graduation will be a livestreamed event



Emcee: Manny King • Arena Director: Jerod Pushetanequa • Head Lady: Neena Lasley (STC Graduate)
Head Man: Eleron George (Meskwaki Graduate) • Invited Drums: Motown Singers & ShowTime Singers

SPECIALS:

- JR Boys Category-Student Sponsored Special
- JR Girls Category- Student Sponsored Special
- Woman's Fancy Shawl (18+) Sponsored by Ayanna Brown & Family
- Men's Woodland Special (16+) 1st, 2nd, 3rd with 5 consolations Sponsored by Eleron YoungBear & Family
- Woman's Applique (18+) 1st, 2nd, 3rd with 5 consolations Sponsored by Neena Lasley & Family
- Woman's Jingle (16+) Sponsored by Shye Johnson and Family
- Men's Traditional (18+) Sponsored by Kolton Whitefish and Family
- Men's HandDrum (16+) Sponsored by Zayton Weninger and Family
- Tiny Tots-Sponsored by Curtis Youngbear and Family
- Men & Woman's Golden Age Sponsored by Dayton Simon & Reanna Wanatee and Families
- "A Brother's Love" JR Boys Grass Dance Special in Honor of Omani Claimont 1st-300\$ 2nd-200\$ 3rd-100\$ + Hoodies for all place
- Men's Grass Dance (18+) in Honor of Tate Bear 1st-500\$ 2nd-300\$ 3rd-200\$ + plus Hoodies for all places Sponsored by Wakinyela Bear

*HELD IN THE MORNING starting at 11:00am:

- Men's Moccasin Games (18+) 1st, 2nd, 3rd places Sponsored by Meskwaki Higher Ed Program
- Woman's Bone Dice Games (18+) 1st, 2nd, 3rd places Sponsored by Meskwaki Higher Ed Program

ALL DANCERS AND SINGING GROUPS INVITED. SEE WEBSITE FOR COMPLETE DETAILS.
Committee and facility not responsible for accidents, lost or stolen items. Security and first-aid on site. Please no outside chairs.