

Meskwaki Nation Times

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 19 Issue 06

June 2022



DIRECTORY

TRIBAL POLICE 484-4844
FOR EMERGENCIES DIAL 911

TRIBAL OPERATIONS

Tribal Center Offices	484-4678
• Attorney General Office	484-4678
• Child Support Services	484-9301
• Enrollment	484-9233
• Executive Offices	484-4678
• Facilities Management	484-9255
• Family Services	484-4444
• Fiscal	484-4678
• Higher Education	484-3157
• Historical Preservation	484-3185
• Housing/Realty	484-4972
• Human Resources	484-4678
• Information Technology	484-9245
• Language Preservation	484-3185
• Media Services	484-9439
• Natural Resources	484-3511
• Police	484-4844
• Prosecutors Office	484-4678
• Public Defender's Office	484-9214
• Public Works	484-4600
• Senior Services	484-9224
• Victim Services Crisis Line	
* Answered 24 Hours	481-0334
• Workforce Development	484-9501
• Youth Program	484-5369

MESKWAKI HEALTH SERVICES

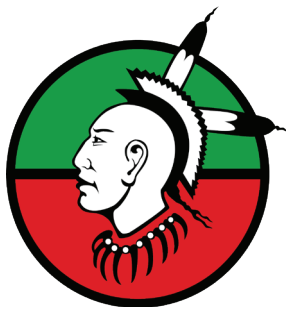
Health Clinic	484-4094
• Contract Health Services	484-9406
• Benefits Coordinator	484-9404
• Medical Records	484-9431
• CHR Program	484-9419
• Diabetes Program	484-9414
• Behavioral Health	484-9482
• Pharmacy	484-9451
• Wellness Center	484-9271

MESKWAKI SETTLEMENT SCHOOL

• Primary	484-4990
• High School	484-9000

MESKWAKI ENTITIES

GAMING COMMISSION	484-1450
HOUSING AUTHORITY	484-6106
MESKWAKI CASINO	484-2108
TRAVEL PLAZA	484-9350
TRIBAL COURT	484-9300
MESKWAKI, INC.	484-3820
PINNACLE BANK (Mtown)	752-2393
PINNACLE BANK (Toledo)	484-7303



SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

THE MESKWAKI NATION

349 Meskwaki Road
Tama, Iowa 52339

Phone: 641-484-4678 or 800-944-9503

Fax: 641-484-5424

“TO RELY ON THE KNOWLEDGE AND EXPERIENCES OF THE PAST, ALONG WITH THE WILL TO SURVIVE TO ADVANCE THE PEOPLE, CULTURE AND WELL-BEING OF THE MESKWAKI NATION.”

Chairman - Vern Jefferson

State, Local & Federal: Term expires November 2025

Vice Chairman - Drayton Roberts

Housing: Term expires November 2023

Treasurer - Yolanda Pushetonequa

Health: Term expires November 2025

Member - Clinton Bear

Enrollment: Term expires November 2023

Tribal Council

Member - Vance Brown

Agriculture: Term expires November 2025

Member - Apollo Davenport

Employment: Term expires November 2025

Member - Zane Oldbear

Education: Term expires November 2023

If you have recently moved, please update your address with the Finance Office. Tax documents, checks, the MNT, and other notices are sent to tribal member's addresses on file. Address change forms are available at the front desk of the Tribal Center and available for download on our website at:

WWW.MESKWAKI.ORG

(Click on the Government/Finance links)

Forms can also be mailed, faxed or emailed to you upon request.

**NO CHANGES WILL BE
ACCEPTED OVER THE PHONE.**

If you have questions, please contact Jordan Bear in the Finance Office at 641-484-9202.

**Next
TRIBAL
COUNCIL
Meeting
TBA**

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:

JUNE 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.



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

ROUTE: BEGIN AT TRIBAL CENTER, TO THE T & BACK, OR
TO CLINIC STOP SIGN & BACK TO TRIBAL CENTER.

>MUFFINS, FRUIT CUPS, & H2O PROVIDED<

>T-SHIRTS FOR PARTICIPANTS WHILE SUPPLIES LAST<


Father's Day Walk/Run



June 18th @ Tribal Center

I want to tell my reason again for this quick but meaningful design. I asked permission to use feathers created by the late Evan R. Kapayou. In 2014 he drew a Native on a styrofoam cup & gave it to me. He did it so quickly & I have kept it ever since. I copied the feathers & his ID signature the best I could. The middle design was created by Prentiss Wolf and is in the MNCSS heart logo. The words are on a T-shirt I received at an Art Symposium.

To me, we are not only celebrating the blessed Fathers who help in the creation of life, but everyone who helps shape & guide our beautiful children, our future generations. To the beautiful sun I see every morning and the artists who've shared a part of what beauty is to them. The words are for each & every one of you. This is to all **THOSE THAT CREATE BEAUTIFUL THINGS!** Francesca A. Papakee



Meskwaki Family Services
presents

JUNE 15TH / 4PM-7PM
TRIBAL CENTER GYM

ELDER ABUSE AWARENESS EVENT

Meskwaki Family Services invites all Elders and their families to an Elder Abuse Awareness Event

*June 15, 2022 from 4-7PM
at the Tribal Center Gym*

Food will be provided. Door prizes and games for those who attend! Games include bone dice, moccasin games, and bags.
This event is open to community members.
We hope to see you there!

Meskwaki SUMMER Fun Run 2022

July 04

8:30 AM

Meskwaki Health Clinic

MORE DETAILS TBA!

AM Walk/Run
Registration - 8:30AM
Walk/Run Start - 9:00AM
Route - To Casino stop sign and back

Food and Refreshments provided after Walk/Run
Door Prizes, Games and Activities to follow
T-SHIRTS WHILE SUPPLIES LAST!

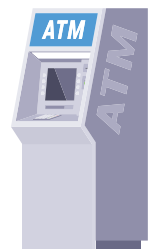
GRADUATION EDITION

COMING SOON!

A special graduation edition of the Meskwaki Nation Times featuring all the graduates will be available later this month. Watch for it!

ATM MACHINES TO BE TAKEN OUT OF TRIBAL CENTER AND TRAVEL PLAZA

ATM's at the Travel Plaza and Tribal Office are being removed effective June 17, 2022. The software inside the machines is no longer being supported. New machines are on backorder, but due to supply chain issues it is unknown if/when the new machines can/will be available. Please plan accordingly for your cash needs.



Thank you for your understanding.

~ Pinnacle Bank

MESKWAKI HIGH SCHOOL PROM • MAY 7, 2022

A Night of a Thousand Lights



HEMP UPDATE

Greetings from Meskwaki Hemp Supply, Inc. You might have noticed some activity and new sights happening in the field just south of the Travel Plaza. Well, that has been us preparing and planting the 2022 CBD hemp crop!



Farming is typically about problem-solving and making things work the best you can with what you can control, and working with the unexpected. That has certainly been the case for us with some delays to the construction project of the hemp greenhouse facility, but we are doing all we can with what we have to ensure a successful crop this year.

The big white tank is part of our temporary drip irrigation system for this season, while we await the permanent system we should have by next season. It means more work, but it is all part of the process. Good things come from humble beginnings, and make us appreciative as things develop over time.

I will say that we were encouraged that the temporary system we "farm-gineered" works even better than we hoped, and will help us increase yields and health of the new plants. Also, special thanks to Roger Eberhart from Public Works for coming out on a Saturday to get the fire hydrant water turned on to get us much-needed water access for the hemp clone transplants that were dealing with the high winds, sun, and heat this weekend! I was also encouraged to have members of the Board of Directors of Meskwaki Hemp Supply, Inc. come out to the field to volunteer with the hemp planting at different points. I appreciate that you are engaged and willing to learn and get your hands dirty to help make this company a success!

With that, we are thankful to have gotten the CBD hemp crop in the ground and growing, avoiding the late cold snap, and riding out the initial heat and winds. We have a decent rye cover crop that we planted into, and will be maintaining the cover crop by mowing and weeding around the young plants to give the transplants good conditions to develop into potent cannabinoid-rich hemp by harvest time, which is typically late September through middle of October. Notably, the cannabinoids are compounds in the plant with properties that help support a number of health and wellness measures in people and animals alike, supporting things like sleep, stress-management, and pain relief for some individuals.

The specific varieties of hemp we are growing, while related to marijuana, do not contain significant levels of the compound THC, which is what gets people "high." The plant and end products we will have in the field are much more like a potent whole-food based nutritional supplement with medicinal benefits, and not considered a drug. We also will engage in regular tissue sampling and testing to ensure we maintain our THC levels under the legally compliant limit.

While Meskwaki Hemp Supply, Inc. aims to be a regional and eventual national leader in growing the best CBD-rich hemp around, we are willing to start with a little less than 4 acres, and we look forward to caring for the plants and the land through harvest time, and working to get things ready for construction of the hemp greenhouse facility in 2023 to add onto Meskwaki Hemp Supply, Inc.'s operational capacity. We keep this season and its challenges and opportunities in sight with a hopeful expectation of good things to come.

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



MESKWAKI LANGUAGE FOR ADULT BEGINNERS CLASSES

We began a new 16-week session of Meskwaki Language for Adult Beginners classes the week of March 28th. There are currently 65 active Meskwaki language learners participating in four levels of Meskwaki language classes. All our classes are held utilizing Zoom.

Netawi meets with Group 29 of the Level I learners on Thursday evenings. Netawi also meets with Group 15 of the Level II learners on Tuesday evenings.

Kidasea meets with Group 30 of the Level I learners on Monday evenings. Kidasea also meets with Group 31 of the Level I learners on Wednesday evenings.

Medenea meets with Group 8 of the Level IV learners on Thursday evenings.

Medenea meets with Group 5 of the Level V learners on Tuesday evenings.

Medenea meets with Group 6 of the Level V learners on Thursday mornings.

Of these active Meskwaki language learners there are 54 ikwewaki and 11 neniwaki.

The previous session's Meskwaki language learners were recently recognized for completing their respective level of Meskwaki language learning and were presented with Certificates of Recognition and a gift from our program. Learners must attend at least 12 of the 18 class sessions offered and complete the Final Evaluation to receive a certificate and gift. Wettitawi!!

- 12 learners from the combined Group 27 and Group 28 of Level I were taught by Kidasea.
- 2 learners from Group 14 of Level II were taught by Netawi.
- 4 learners from Group 9 of Level III were taught by Ketabia.
- 4 learners from Group 6 of Level IV were taught by Medenea.

• 6 learners from Group 7 of Level IV were taught by Ketabia.

• 6 learners from Group 4 of Level V were taught by Medenea.

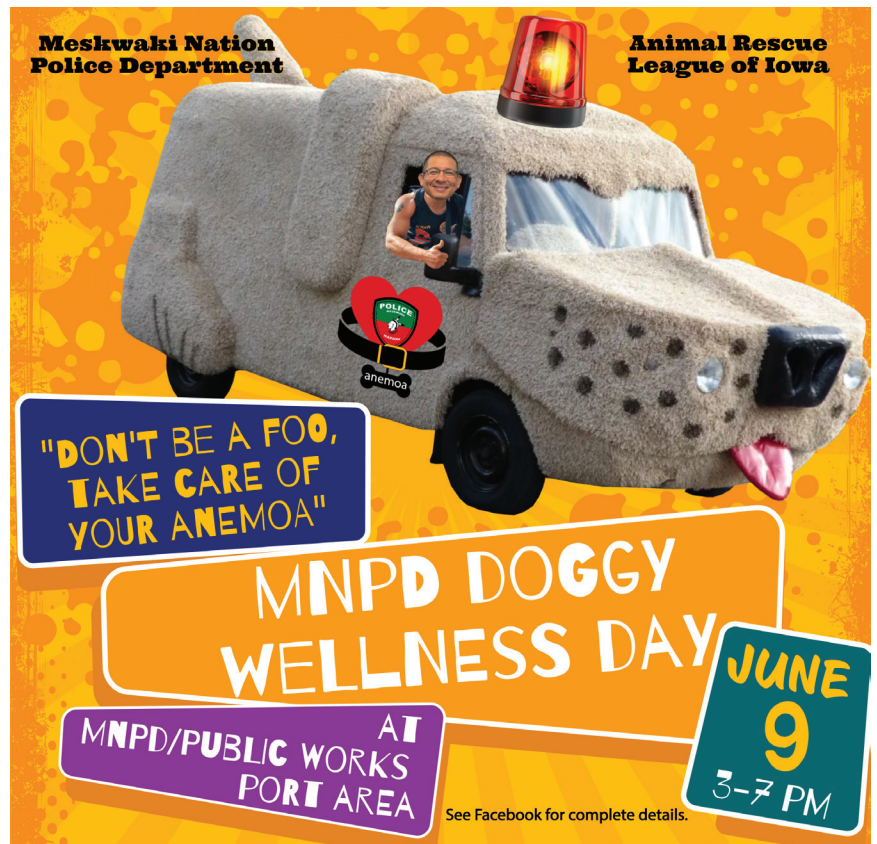
Wettitawi to Ayattisekwa for her beadwork skills and Annamae for her sewing skills. We appreciate your willingness to help us when we ask.

We have a waiting list at this time for the next Level I classes which will be offered in September at the earliest. We are still taking names of individuals who are interested in participating in the Meskwaki Language for Adult Beginners classes.

Call us at 641.484.9288 or send an email to: oa.language@meskwaki-nsn.gov or send a message on Messenger to: Leigh-Lasley Meskwaki-Language or visit our Facebook page "Meskwaki Language Preservation" and send a message.

Thank you!

~ Leigh Lasley, Language Preservation





MOREL MUSHROOM FORAGE

Ancestral Farming Manager Luke Kapayou led a group of PTEC participants and friends into the woods to forage for morel mushrooms. He explained where the best areas are to spot them and how to harvest them. Everyone brought back a nice haul.



DOGGY WELLNESS DAY



Meskwaki Nation Police Department in collaboration with the Animal Rescue League of Iowa hosted a Doggy Wellness Day on May 9, 2022. The MNPD and ARL provided free vaccines, collars, tags, supplies and more! Thank you Animal Rescue League of Iowa for your efforts in making this possible.

SEED & TRANSPLANT GIVEAWAY



On May 19 Meskwaki Food Sovereignty distributed a variety of seeds and transplants including tomatoes, peppers, squash, dill, flowers, heirloom beans & more. Happy planting!



Members of the Meskwaki Housing Program wore red on May 5th in honor of Missing or Murdered Indigenous Women Awareness Day

5K SEASON IS HERE!

May was a busy month for the Meskwaki community 5K participants. The Mother's Day run was held on the 14th, followed by the Mental Health Awareness run on the 16th and the MMIW run on the 19th. Stayed tuned for more runs scheduled this Summer!



MIDDLE SCHOOL YOUNG WOMEN OF THE YEAR 2021-2022

The annual Middle School Young Women of the Year awards event was hosted by the American Association of University Women. This awards event strives to recognize young women in grades six through eight who attend South Tama County Middle School and Meskwaki Settlement School who are developing their diverse talents and abilities while demonstrating excellence in the classroom. Each girl received a letter of nomination written by their teacher detailing her accomplishments and attributes which defined her as an outstanding student, along with a framed certificate, and a special bookmark.



6th grade: Nevaeh Buffalo, L. Pansegrau, Isabella Bear, Cashia Kapayou, Abriell Bullshoe, Nahilya Pushetonequa, L. Angel



7th grade: T. Dolezal, Eva Roberts, R. Gomez, Amyla Sheridan, O. Bradley, Karsyn Wolf



8th grade: K. Henle, L. Wacha, Edith Mora, M. Paxton, Jaycene Pushetonequa

GREETINGS MESKWAKI COMMUNITY!

We finally have warm weather and green foliage everywhere, there are gardens and flowers everywhere and we can hear our birds singing and talking to each other all day long. By the time you read this, school will be done for most students, and the Class of 2022 has walked across the stage and passed into the early phase adulthood. This is a good time of year for us. As the summer season approaches let's all make an effort to enjoy everything this season has to offer. Summer means Softball, swimming, playing outside and working in the garden. For many people summer means travelling to powwows for singing and dancing both for pleasure and competition. Doesn't matter what your preference is, just get out and enjoy all of the goodness of this beautiful season.

Every Wednesday evening a group of ladies continue to meet at our MNR building to work/learn about weaving cattail mats. We will complete another mat this week, and begin the process all over again. We welcome any female

community member to join us in this learning process. None of us are considered experts and we are all learning together, so come and learn with us. Help us bring this traditional art form back home to our community. We meet every Wednesday at 5:30pm, we share a light meal followed by the hands-on work with cattails. I look forward to seeing some new faces!

I'd like to acknowledge a recent donation of 4 "Leonard Youngbear" prints that arrived from California. A kind lady from California wanted these works to come back to their place of origin so she donated her beautiful collection. We also received a donation of Native-themed books from the family of Martha Freeman. These books will be available through our library as well as our "Little Free Library". While I hesitate to accept donations of books at this time (due to space) these books



were relevant and I thought would be a nice addition to our collection. Ketebe to all of our generous donors, your donations are greatly appreciated.

Lastly, our Annual Powwow countdown has begun! Time to get your moccasins ready, applique all stitched up and bustles repaired and tightened up. After a 2-year hiatus, we are coming back! There is so much to be grateful for within our community. I feel blessed to be here and I hope you do too.

Sincerely,
~ Bonabiga - Mary Young Bear



ROBERT MORGAN POST 701 VETERANS COFFEE SOCIAL SUNDAY, JUNE 12 AT 9AM TRIBAL CENTER SNACK BAR



A SOCIAL EVENT DESIGNED TO STAY IN CONTACT WITH EACH OTHER. ALL VETERANS WELCOME. WE WILL HAVE COFFEE, JUICE, PASTRIES AND FRESH FRUIT.

HAPPY ELDER AWARENESS MONTH!

Bone Dice Every Morning at 10:30 AM

June 6: Workout at 10 AM

June 6: Bingo at 1 PM

June 8: Coffee & Culture 8 AM

June 8: Workout at 10 AM

June 8: Guest from ISU: Fraud & Scam Prevention at 11 AM

June 9: CHR Blood Pressure Check at 11 AM

June 9: Elder Comm. Meeting at 1 PM

June 10: Des Moines Lunch & Museum Tour (TBA)

June 13: Workout at 10 AM

June 14: Cook w/Jennifer at 1 PM

June 15: Workout at 10 AM

June 15: Elder Awareness @ Tribal Center (TBA)

June 17: Indian Taco Sale FUNDRAISER 4-7 PM

June 20: Workout at 10 AM

June 20: Bingo at 1 PM

June 21: Bean Bag Toss (TBA)

June 22: Workout at 10 AM

June 23: CHR Blood Pressure Check at 11 AM

June 24: Day Trip (TBA)

June 27: Workout at 10 AM

June 28: Movie Day

June 29: Workout at 10 AM

June 29: Darts at 11 AM

June 30: Birthday Meal (TBA)



SAVE THESE DATES!



Upcoming June Activities!
Stay up to date by checking out Meskwaki Food Sovereignty's facebook page.

THURSDAY, JUNE 9TH

Smoothie Sampling

WEDNESDAY, JUNE 8TH

Meskwaki Scout Day

TUESDAY, JUNE 21ST

West Bend Fishing Trip



SPRING INTO FITNESS

6 week Challenge May 2 to June 12 - Goal is 150 minutes a week of fitness and blood pressure checks 3 times.

Final blood pressure check due June 12th!

DIABETES BINGO

June 7 at 2pm

Pick up your Diabetes Bingo card by June 6!

Health Clinic and/or on Zoom Meeting ID: 970 0385 9023

Passcode: Q8FHUw

COOKING WITH JENNIFER AT SENIOR CENTER

June 14, 2022 at 11 AM

We're making fruit parfaits with homemade granola Sign up by June 13 at noon.

DIABETES PRODUCE SHARE PROGRAM

Starts June 15 from 1:30-4:30pm

Patients with diabetes can receive produce each week of the growing season.

INNOVATIONS IN DIABETES

June 30 at 11 am and 3 pm

at the Health Clinic, Snacks will be provided. Information session about technology and ways to deliver insulin. Come learn more Mary Beth with Medtronic. Please sign up by Monday June 27th.

SAVE THE DATE: DIABETES SUPPORT GROUP FOOT CARE!

August 24, 2022 at Noon

meeting On Foot Care related to Diabetic

By: Dr. McMurray, from The Foot Doctor of Marshalltown



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



PHARMACY CORNER

I thought warm, summer weather was never going to arrive! But now that it has the warmer weather brings an increased exposure to the sun. There are two kinds of harmful ultraviolet (UV) rays from the sun. One is UVA and the other is UVB. UVA rays penetrate the skin more deeply and are responsible for wrinkling and aging of the skin in addition to skin cancer. UVB rays penetrate the skin less deeply and are the source of sun burning and are the important rays that cause skin cancer. Limiting time in the sun and covering exposed skin are the best ways to prevent sun exposure.

If you must be in the sun you should also use a sunscreen to protect your skin from the harmful UV rays. Sunscreen is available in many different products and strengths and choosing the right product can be difficult. Sunscreens that offer broad-spectrum protection (both UVA & UVB) and a sun protection factor (SPF) of at least 15 are ideal. These products protect your skin from both harmful UV rays of the sun. It is important to apply the sunscreen at least 30 minutes before sun exposure and be sure to reapply at least every 2 hours. Reapply more often if swimming or sweating a lot.

Skin cancer is the most common form of cancer in the United States. Be sure to protect yourself and your loved ones whenever possible. More information can be found at www.skincancer.org.

Please remember to allow plenty of time for the pharmacy to prepare your refills. Calling at least 24 hours or more in advance will allow us to contact your provider, if necessary, to obtain more refills or to order a medication that we may not have in stock.

Prescriptions without refills require extra time to contact the provider for approval and providers are often busy with scheduled patients and may not get to refill requests until late in the day. To prevent any delays in receiving your medications, please call at least 24 hours in advance.

The refill line is available 24 hours a day, 7 days a week. You may leave your requests at any time of the day. Thank you for your consideration!

~Meskwaki Pharmacy

BEWARE OF MEDICARE BROKERS

Please beware of brokers that are trying to sell a medicare replacement plan. They may explain them as a "HMO" or "Plan C". These premiums will come out of your bank account and are not included in the Medicare reimbursement checks that are issued from the Tribe. If you are contacted by anyone offering to help you change your Medicare plan, please contact the benefit coordinators at the clinic. Tamela and Amanda are available between the hours of 7 am and 4:30 pm to answer any questions you may have.



TIME FOR YOUR COVID BOOSTER?

Recently the CDC approved booster doses of COVID-19 vaccine, for anyone age 5 and older, who have completed the primary vaccine series and are at least 5 months from series completion date. Meskwaki Health Clinic is now offering COVID boosters to anyone who meets these eligibility requirements.

In addition, we are also giving 2nd COVID-19 Booster doses to individuals who received their 1st booster dose at least 4 months ago and meet the following eligibility criteria :

- 50 years of age and older
- 12 years of age and older who are moderately or severely immunocompromised
- Anyone who received two doses of J&J/Janssen COVID-19 vaccine (1 primary dose and 1 booster dose)

Those who are interested in receiving a COVID-19 booster dose may present to the health clinic Monday through Friday 9:00 AM to 4:00 PM without an appointment, but be aware that you may be asked to wait while the nursing staff attends to any regularly scheduled patients. When you arrive, please stop at the front desk for the appropriate paperwork.

Meskwaki Health Clinic Transport

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

Contact Tatum at:
(641) 481-5067 or (641) 484-4094 ext. 9410

MESKWAKI BEHAVIORAL HEALTH
announces the return of

AA MEETINGS

TRANSPORT AVAILABLE
MONDAY-FRIDAY // 12PM
MARSHALLTOWN

Limited spots available
Must be a current MBHS client

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

MESKWAKI Behavioral Health

MESKWAKI Behavioral Health

MONTHLY SOCIAL

Doors open at 5:15

June 7 at 6:00pm

Meskwaki Bingo Casino Hotel Conference Center

Learn, Relax, Dinner & Drums

Guest Drum Group:
TBD



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

JOIN US

The Behavioral Health Services teams invites the Meskwaki community to join us in learning skills for managing health, stress, and gaining awareness about effects of trauma.

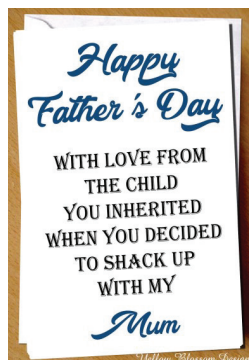
- Learn skills for relaxation
- Informational presentation on topics of behavioral health and physical health
- Small dinner provided
- Intertribal dancing
- Drawing for incentives

Sponsored by Meskwaki Behavioral Health Services

BEHAVIORAL HEALTH PATIENTS



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



Meskwaki Nation Child Support Services



Happy Father's Day to the Dads, granddads, step-dads, foster dads or a special father figure who has helped along the way.

\$ 10 FINANCIAL TIPS FOR ALL AGES \$

1. Spend reluctantly. Many have not learned how to hesitate and question every purchase. Many buy without thinking.
2. Save regularly. Train yourself to be a good saver. Most people spend first and save what's left over. That's backwards.
3. Invest in real estate. If you have an investment portfolio with stocks and bonds, consider investing in real estate as well.
4. Buy a smaller home. We want the big one. But, do we need it?
5. Choose a spouse/partner wisely. With a 50% divorce rate, it's crucial. Divorces have financial implications most don't foresee.
6. Embark on a life-long learning journey. Try to learn new things regularly. Improve your skill sets.
7. Don't sweat the small stuff. Because of our rapidly changing world, stress levels are at an all-time high. Don't succumb to it.
8. Avoid debt. Unless it's for a mortgage, career, or a car, incurring debt is not a good idea. Try to have as little debt as possible.
9. Don't depend on someone else for money. Often times, couples will have children and one of the parents stays home.
10. Choose people you take advice from wisely. Everyone has an opinion and many people will offer advice even if you don't ask.

tritonfinancialgroup.com/

FATHERS MUST BE WARRIORS

"The lesson I want you to learn is... it doesn't matter what you look like, you can be tall, short or fat or thin or ugly or handsome like your Father, or you can be black or yellow or white, it doesn't matter. What does matter is the size of your heart and the strength of your character."

-Herman Munster

From one father to another, I understand the difficulty, the pain, the hard work required to be the dad we know we should be, and the one life makes us out to be. I understand your tireless pursuit to give all that you humanly could even though it appeared as though you didn't do enough. I know these things now because I'm a dad. I want you to know I'm proud of you for making me into the man and father I am today. And as you've told me my entire life, I only hope to make the next generation better than the one you and I will leave.

FROM THE COMMUNICATION
WORKBOOK FOR PARENTS
AND CAREGIVERS!



WANT ONE? CONTACT
MEC COORDINATOR,
TIFFANY @ 641-484-9301!

Birthday: _____

Birthstone: _____

Favorite Color: _____

Favorite Animal: _____

Favorite Song: _____

Last Concert attended/Favorite Concert Memory : _____

Favorite food/meal that dad's parents made when he was younger: _____

Dad's most Treasured memory with his parents: _____

Dad's most Treasured memory with us (child(ren)): _____



JUNE IS ELDER ABUSE AWARENESS MONTH

Hoat! For those that do not know what elderly abuse is, it is a general term to describe harmful acts toward an elderly adult, such as but not limited to physical abuse, sexual abuse, emotional or psychological abuse, financial exploitation, and neglect, including self-neglect.

According to the World Health Organization (WHO), around 1 in 6 people 60 years and older experienced some form of abuse in community settings during the past year.

Rates of elder abuse are high in institutions such as nursing homes and long-term care facilities. Rates of elder abuse have increased during the COVID-19 pandemic. The most common form of abuse to elders are physical abuse and financial exploitation.

Meskwaki Family Services will be planning the 2nd Annual Elder Abuse Awareness event for June 15th at the Tribal Gym. We will have food, games, and door prizes. Please come out to show your support for our Kokos and Medos. Keep your eye open for the Elder Abuse signs around the Sett during the month of June.

Please be on the look out for our Kokos and Medos who may be going through some form of elderly abuse. If you or someone you know deal with these issues, please call MFS at 641-484-4444. We are open Monday-Friday 8am-4:30pm. Ketebi.

~ Wabana – Kade Brown
Elder / VA Case Manager

FINANCE

DEAR DR. PER CAP:

Dear Dr. Per Cap:

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



Signed,
Worried Budget

Dear Worried Budget,

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

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

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

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

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

typically seen in the U.S.

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

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

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

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

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

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

Welcome
Summer
PTEC Staff!

Welcome Vestana Lasley!

Vestana will be working in the Red Earth Gardens this summer helping the staff grow vegetables, herbs, flowers, and fruit. Using environmentally-sustainable practices, she'll be learning several aspects about organic and regenerative farming. She also helps take care of the baby chickens!



A program of Meskwaki Workforce Development

Promoting Tribal Economies and Community (PTEC)

I applied for PTEC so I could learn how to grow organic products from start to finish. I believe it is important, especially for Native people, to utilize our land to feed our people.



Vestana Lasley

Welcome Ann Lasley!

Ann will spend her time with Meskwaki Food Sovereignty organizing and carrying out youth agriculture and summer youth employment activities. She will assist Avis Bear-Bass, the Meskwaki Youth Coordinator.



A program of Meskwaki Workforce Development

Promoting Tribal Economies and Community (PTEC)

"I'm excited to learn from knowledgeable people and about food sovereignty.



Ann Lasley

Welcome Allen!

Allen will be frequenting Meskwaki Food Sovereignty's program plots, demonstration garden, elder and youth gardens by preparing, cultivating, and/or harvesting traditional foods. He will be assisting Luke Kapayou, the Meskwaki Ancestral Farming Manager.



A program of Meskwaki Workforce Development

Promoting Tribal Economies and Community (PTEC)

I'm happy to work for the Tribe. I enjoy being in an atmosphere where I can cultivate my gardening interest.



Allen Papakee

Welcome Donica Wanatee!

Donica will assist Meskwaki Food Sovereignty with planning community activities, expanding her knowledge of natural foods, and conducting outreach. She will be working primarily with Christina Blackcloud, the Meskwaki Food Sovereignty Coordinator.



A program of Meskwaki Workforce Development

Promoting Tribal Economies and Community (PTEC)

"Ho'a! I am excited & happy to be in our homelands with the opportunity to learn about our wild plants and medicines. Our future generations are counting on us. Ketebi. #Meskwaki Nation"



Donica Wanatee



The MSS Track Team observed Senior night on May 2nd. Seniors and their families left to right: Shye Johnson, Zayton Weninger-Brown, Geanna Bear, Reimundo Balderas, and Wakinyela Bear

MSS HOSTS FINE ARTS NIGHT

The MSS held their Fine Arts Night on April 27th. Students' artwork grades K-12 was on display in the commons area. The night was capped off with entertainment by the school bands, chorus, and speech participants.



The following students were inducted into the National honor Society on May 11, 2022: Sia Bear, Kalayna White, Kimaura Lasley, Wakinyela Bear, Clayton Brown, David Pushetonequa



PRIDE WEEK AT MESKWAKI SETTLEMENT SCHOOL



TRIBAL OPERATIONS 2022 EMPLOYEE PICNIC



Congrats for having the Top 20 hands during the Poker run/walk: Ramona Sanache, Tatum Lasley, Amanda Hauser, Drayton Roberts, Melissa Weber, Kylie Hunger, Karac Davenport, Mylene Wanatee, Chad Kaler, Patrick Whitefish, Oceana Papakee, Christina Blackcloud, Podowwa Roberts, Crystal Whitebreast, Lowella Balderas, Jess Wabaunasee, Jourdan Reynolds, Vanity Kapayou, Jasmine Davenport, Stephanie Thompson



Congrats to the bags tournament winners
1st – Waylon Wolf & Misty Jefferson
2nd – Jason Jefferson & Lowella Balderas
3rd – Corey Dye & Vestana Lasley



Congratulations and Thank You to the following employees for your years of service: Charles Shuckahosee 30, Johnathan Buffalo 30, Patrick Whitefish 25, Marty Mccoy 20, Jermaine Davenport 15, Michael Umbdenstock 15, Michael Keahna 15, Mary Youngbear 10, Jessica Bear 10, Sandra Lasley-Kapayou 10, Joshua Sales 10, Melissa Weber 10, Jacob Molitor 10, Amanda Bergmann 5, Nancy Jungling 5, Alana Kapayou 5, Rossano Wabaunasee 5, Mark Bear 5, Celena Johnson 5, Robert Jones 5, Joshua Youngbear 5, Ray Tahahwah 5, Mythias Keahna 5, Trevor Mauskeemo 5, Janann Beyer 5, Joshua Canterbury 5, Ira Roberts 5, Francine Youngbear 5, Jennifer Edwards 5, John Agesen 5, Randy Baker 5

COMMUNITY CONNECTIONS



TEAM COMPLETES TRAINING

Travel Plaza team members Craig, Chris and Ryan from Meskwaki, Inc. attended an Underground Storage Tank Training in Wisconsin. With the knowledge gained from this training, these three were trained in all aspects of general gas station operations and compliance requirements for our underground tanks. Congrats Craig, Ryan and Chris for completing this training!

SEEKING NATIVE VOICES FOR LOCAL VIDEO PROJECT

We are three high school students from Cedar Rapids working on a film project regarding Native "themed" mascots in Iowa schools and the surrounding area. We have met with and interviewed several schools in the state to get an idea of their perspective on the issue, and are now moving on to the process of putting our footage together and assembling each story we have.

As we have moved forward, we are lacking an Indigenous perspective on the issue and are hoping to gather as many Native voices in our film as possible. We are trying to capture many different perspectives, and feel that hearing from the Meskwaki Nation is crucial to tell the story accurately.

If you are interested in being involved, or would like more information regarding our project/the topic, please reach out to me via email: goodwintaygenr@gmail.com



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

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

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

***Located on the Meskwaki Settlement*



OPEN HOUSE & JOB FAIR

THURSDAY, JUNE 09TH
2:30-6:00 PM

- 01 Tour the Apprenticeship building**
 - Learn about the program and listen to first hand experiences
 - Explore different trades offered
 - Activities set up throughout the building
 - Applications on hand
- 02 BBQ & Free Gifts**
 - Join us for a BBQ and refreshments
 - Free Apprenticeship gifts
- 03 Start your new career!**
 - High school graduates welcome
 - Limited to Tribal Preference at this time
 - Applications accepted until June 30th
 - **Intro to Apprenticeship at 3:30 & 5:00PM**

3138 H Ave
Tama, IA 52339

Contact us: (641) 484-9391
Apprenticeship@meskwaki-nsn.gov
WWW.MESKWAKI.ORG

POSITION OPEN UNTIL FILLED

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

Farm Crew Leader

Red Earth Gardens / Workforce Development

DUTIES & RESPONSIBILITIES:

- This is a hands-on organic farming position involving seeding, transplanting, weeding, harvesting, washing, packaging and distribution of produce, some maintenance and repair and other farming tasks.
- Work in collaboration with the Instructional Farm Manager and Assistant Farm Manager to lead Farm Crew, PTEC participants, and Summer Youth participants throughout the growing season.
- Provide appropriate training and skill sharing with Farm Crew, PTEC participants, and Summer Youth participants based on daily assigned tasks.
- Operate farm equipment required for mowing, tilling, cultivating, seeding and harvesting produce. Training will be provided to ensure safety and proper use of equipment, including tractors and mower.
- Assist in harvesting, washing and packing produce for delivery according to food safety.
- Assist with daily feedings (poultry), including weekends when designated.
- Year-round position with a busy season starting in mid-April and ending in October.
- Other duties as assigned.

REQUIREMENTS:

- High School Diploma or GED.
- Consistent attendance and punctuality is a must.
- Some experience and knowledge of gardening, greenhouse & high tunnel work, farming or local foods required.
- Experience working in positions that require effective communication and teamwork.
- Requires the ability to multi-task and a strong attention to detail.
- Some familiarity with food safety issues and procedures.
- Preference given to graduates of the Promoting Tribal Economies and Community (PTEC).
- Prefer Valid Driver's License and qualifies to become an acceptable driver under the Tribe's insurance policy.

ANNUAL SALARY: \$33,009.00 - \$53,123.00

POSITION OPEN UNTIL FILLED

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

Human Resources Specialist

Human Resources

DUTIES & RESPONSIBILITIES:

- Prepare job postings announcements, update recruitment files, coordinate help wanted advertising, respond to questions from applicants, schedule interviews, participate in interviews as requested, initiate background checks, reference checks, coordinate pre-employment testing and drug screening and lead new employee orientations.
- Respond to questions about policies, procedures and personnel issues. Interpret policies, research and resolve issues. May conduct policy research and assist the HR Director in drafting policies and procedures.
- Oversee the performance evaluation system. Follow-up on late reviews and assist departments with tracking evaluation due dates.
- Assists departments with compensation program needs. Work with supervisors to establish new positions and job reclassifications.
- Keep database up to date with employee information.
- Perform various project work and other duties as assigned.

REQUIREMENTS:

- Associate's Degree in Business, Human Resource Management or Liberal Arts. Four (4) years of Human Resource generalist or specialist experience required OR an equivalent combination of education and experience.
- One-year experience working in a Tribal organization preferred.
- Prefer Bachelor's Degree.
- Prefer PHR (Professional in Human Resources) and/or THRP (Tribal Human Resource Professional) certification, must be willing to obtain either certification within the first year of employment.
- Must have a driver's license with an insurable driving record.
- Must possess strong written and verbal communication skills.
- Must submit to and successfully complete background investigation.

ANNUAL SALARY: \$41,995.00 - \$66,248.00

POSITION OPEN UNTIL FILLED

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

Mental Health Counselor

Behavioral Health Services

DUTIES & RESPONSIBILITIES:

- Guide clients in the development of skills and strategies.
- Encourage clients to express their feelings and discuss what is happening in their lives, and help them to develop insight into themselves and their relationships.
- Maintain confidentiality of records relating to clients' treatment.

treatment.

- Counsel clients and patients, individually and in group sessions, to assist in overcoming dependencies, adjusting to life, and making changes.
- Act as client advocates in order to coordinate required services or to resolve emergency problems in crisis situations.
- Meet with families and other interested parties in order to exchange necessary information during the treatment process.
- Refer patients, clients, or family members to community resources or to specialists as necessary.
- Counsel family members to assist them in understanding, dealing with, and supporting clients or patients.
- Implements counseling case management for assigned patients. Provides group and individual therapy.
- Other duties as assigned.

REQUIREMENTS:

- Master's Degree in Social Work, Counseling, Psychology, Therapy or similar field.
- Prefer two years of work experience in mental health counseling setting.
- Must have Iowa license in Mental Health (LMHC), Social Work (LSW, LISW), or Marriage and Family Therapy (LMFT), Psychology (LP).
- Possess knowledge of principles methods, and procedures for diagnosis and treatment for mental health.
- Possess experience with counseling clients of all ages.
- Have strong interpersonal skills and communication skills, both verbal and written.
- Flexibility and adaptability within an evolving service and processes.
- Adhere to HIPAA confidentiality guidelines.
- Must pass background check.

SALARY: DOQ

POSITION OPEN UNTIL FILLED

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

Office Assistant

Health Clinic

DUTIES & RESPONSIBILITIES:

- Maintain positive work relationship with co-workers, providers and vendors.
- Process requisitions, purchase orders and invoices.
- Prepare weekly timekeeping for approval.
- Order office supplies and maintain inventory while searching for cost efficient items.
- Assist in preparation of regularly scheduled reports.
- Review correspondence and prepare deposits.

- Manage receivable and payable accounts and maintain financial records.
- Write and distribute email, memos, letters, faxes and forms.
- Other duties as assigned.

REQUIREMENTS:

- High School Diploma or GED.
- AA in Business Administration preferred.
- Knowledgeable and proficient in Microsoft Office applications, internet and email.
- Excellent customer services skills.
- Strong organizational skills and attention to detail.
- Self-motivated and able to multi-task.
- Effective with time management and able to prioritize work.
- Demonstrated knowledge and experience in teambuilding and teamwork.
- Must maintain high level of confidentiality.
- Must submit to and successfully complete background investigation.

SALARY: DOQ

POSITION OPEN UNTIL FILLED

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

Records Management Clerk

Tribal Court

DUTIES & RESPONSIBILITIES:

- Working in Tribal Court, the position is responsible for performing specialized records management duties, primarily the scanning and importing of all Meskwaki Tribal Court case file documents into electronic records.
- Ensure paper case file records are accurately documented and filed.
- Strictly adhere to all confidentiality procedures.
- Provide staff support to the Clerk of Court.

REQUIREMENTS:

- High School Diploma or GED.
- Possess a minimum of 1 - 2 years' relevant experience required, preferably in a professional services environment, or working in a file or records clerk capacity, or equivalent.
- Excellent communication (verbal and written) and organizational skills.

HOURLY SALARY: \$11.50-\$15.00 per hour

POSITION OPEN UNTIL FILLED

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

Summer Activities Coordinator

Youth Development Program

DUTIES & RESPONSIBILITIES:

- Assist with planning and implementation of activities.
- Instruct, lead, engage, and observe youth activities participants ages 6-13 through hands on activities, presentations, games; and field trips.
- Supervisor of Counselors in training (CIT) employees ages 14-17, acts as a leader and mentor providing them with instructions for daily activities.
- Ensure that all activities participants are supervised and maintain a safe and enjoyable activities environment at all times.
- Perform head-counts, fill out paperwork, and maintain daily logs of participants throughout the day.
- Ensure Youth Employees and Youth participants are following safety protocols.
- Support youth participants with emotional and social development by encouraging understating and positive concepts.
- Assigned and perform daily set-up and cleanup of all activities areas.
- Participate in youth program staff meetings and trainings.
- Other duties as assigned.

REQUIREMENTS:

- High School Diploma or G.E.D. required, college credits preferred.
- One (1) year of work experience required, employment experience working in camps with children, or with specific activities preferred.
- Must be able to exercise mature judgement.
- Must obtain and maintain current adult and child CPR/AED certifications (provided during training).
- Must complete Mandatory Reporter Training.
- Must be available from June 13-August 5.
- Must pass a background criminal background check.
- Must pass pre-employment drug screening.

HOURLY SALARY: \$13.00 per hour

POSITION OPEN UNTIL FILLED

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

Are you awesome?
we're hiring.



EMPLOYMENT OPPORTUNITIES

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

JOB SPOTLIGHT

SURVEILLANCE OBSERVER

Starting pay \$14.00

Observes casino or casino hotel operations for irregular activities such as cheating or theft by either employees or patrons in order to protect casino assets and assist in efforts to maintain adherence to internal controls, departmental procedures and other company policies.

F&B COOK/CASHIER

Starting pay \$10.30

Prepare food orders for guests in a manner that meets established quality standards. Professionally serves menu items to guests and handles payment transactions efficiently and effectively.

SLOT TECHNICIAN II

Starting pay \$15.00

Responsible for proper repair, maintenance and proper functioning of gaming devices, their related components and support systems.

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

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

SHIFT DIFFERENTIALS AVAILABLE TOO!



MNT

Meskwaki Nation Times

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

VISIT US ON-LINE
FOR THE MOST UP-TO-DATE
INFORMATION POSTED DAILY!



WWW.MESKWAKI.ORG

- Community Calendar
- Career Opportunities
- "In The News"
- & more!

Tribal Council Minutes, Election info, and more is located in the "Members Only" section of the site.



Sac & Fox Tribe of the Mississippi in Iowa

MESKWAKI NATION

349 Meskwaki Road
Tama, IA 52339-9634

Web and Email Edition



Percap Distribution Direct Deposit and Checks Mailed: Thur - 6/9.
ARPA Distribution Direct Deposit and Checks Mailed: Weds - 6/29.

June 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please call before 10:00 A.M. if you need to cancel your lunch! Call 484-9224. Thank you.	Meals are subject to change without notice!	Non-seniors who join us for congregate meal, please pay \$8.00. Thank you.	1 Pork chop 3 oz. Steamed rice .5 cup Asparagus .5 cup Peach cobbler .5 cup	2 Chicken alfredo 3/4 cup Breadstick 1 Peas .5 cup Blackberries .5 cup	3 Ham salad 1/4 cup Croissant 1 Salad 1 cup Grapes .5 cup	4
5	6 Mac/cheese bowl .5 cup Broccoli .5 cup Banana .5	7 Chicken cass. 1 cup Biscuit 1 Green beans .5 cup Strawberries .5 cup	8 Lasagna 1 cup Garlic bread 1 Carrots .5 cup Orange fluff .5 cup	9 Breaded tenderloin 3 oz. Potato wedges .5 cup Corn .5 cup Applesauce .5 cup	10 Fish sticks 4 Wheat bread 1 Rice .5 cup Coleslaw .5 cup Pears .5 cup	11
12	13 Beef taco salad 3 oz. Fixings 1 cup Tortilla chips 1 oz. Mixed berries .5 cup	14 Chicken tetrazzini 1 cup Breadstick 1 Peas/carrots .5 cup Watermelon .5 cup	15 Salmon patty 3 oz. Wheat bread 1 Asparagus .5 cup Pineapple chunks .5 cup	16 Ham sandwich 3 oz. -cheese slice Croissant 1 Side salad 1 cup Blueberries .5 cup	17 BLT 2 oz. Wheat toast 2 Mixed veggies .5 cup Orange .5	18
19	20 Chicken strips 2 Wheat bread 1 Mashed potatoes .5 cup Carrots/celery .5 cup Strawberries .5 cup	21 Pork patty 2 oz. Wheat bun 1 Fries .5 cup Corn .5 cup Orange fluff .5 cup	22 Beef & noodles 1 cup Green beans .5 cup Tropical fruit .5 cup	23 Tuna salad 1/4 cup Croissant 1 California blend .5 cup Apricots .5 cup	24 Grilled cheese 2 oz. Wheat toast 2 Tomato soup 1 cup Peas .5 cup Fruit cocktail .5 cup	25
26	27 Beef taco 2 oz. Softshell 1 Fixings 1 cup Spanish rice .5 cup Grapes .5 cup	28 Catfish nuggets 2 oz. Wheat bread 1 French fries 1/4 cup Green beans .5 cup Watermelon .5 cup	29 Corn beef hash Scrambled eggs 3/4 cup Toast 1 Hash browns .5 cup Mixed fruit .5 cup	30 Indian taco 2 oz. Frybread 1 Fixings 1 cup Mixed berries .5 cup		