

Meskwaki Nation

Times

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 19 Issue 07

July 2022



DIRECTORY

TRIBAL POLICE FOR EMERGENCIES 484-4844 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

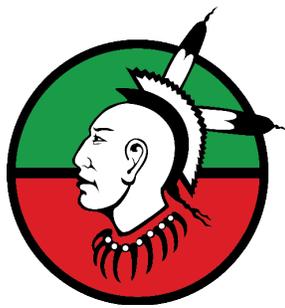
- Health Clinic 484-4094
- Contract Health Services 484-9406
- Benefits Coordinator 484-9404
- Medical Records 484-9431
- CHR Program 484-9419
- Diabetes Program 484-9414
- Behavioral Health 484-9482
- Pharmacy 484-9451
- Wellness Center 484-9271

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**

July 11 @ 5pm – 9pm

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

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



The deadline to submit articles for the next edition is:

JULY 20, 2022

Articles can be submitted via email to:

MEDIA@MESKWAKI-NSN.GOV

Or mailed to:

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

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



MESKWAKI 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, July 6, 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. Animal Control Code
9. Written Question / Comment Period*

*At the General Meeting there will be an explanation of the two proposed options regarding animal control on the Meskwaki Settlement. The two draft options are available for review at the front desk in Tribal Operations and at MNPD. Written questions will be accepted at the beginning of the meeting and answered after the explanation of the two options has concluded.

***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 June 29, 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.

GENERAL MEETING TO INCLUDE TWO OPTIONS FOR DISCUSSION REGARDING ANIMAL CONTROL ON THE SETTLEMENT

General Meeting has been rescheduled for Wednesday, July 6, 2022. Dinner will be held at 5 PM with the meeting to begin at 6 PM. Items on the agenda listed (left).

Included in the General Meeting will be an explanation of the two proposed options regarding animal control on the Meskwaki Settlement. The two draft options are available for review at the front desk in Tribal Operations and at MNPD. Written questions will be accepted at the beginning of the meeting and answered after the explanation of the two options has concluded.

Notice: Copies of two options for animal control on the Meskwaki Settlement are available for review at MNPD or the front desk of Tribal Operations. Interested persons may review the drafts in preparation for their explanation at the upcoming General Meeting.

ELECTION COMMITTEE IS SEEKING TWO (2) ALTERNATES TO SERVE ON THE COMMITTEE

Qualifications are as follows, according to Title 8. Election Code:

1. At least 21 years of age;
2. Law abiding; and
3. Individuals of good moral character and of good standing in the community.

Interested Individuals can send an email to el.committee@meskwaki-nsn.gov or call Leigh Lasley, Secretary/Treasurer at 641-481-2255.

Celebrate the Meskwaki Dual Language Highway Signs

Meskwakiinaki
 Meskwaki Settlement

July 13 @ 10am

Eastbound intersection of US 30 and E Ave.

(approx. 1.5 miles west of the Hotel and Casino)

Protection protocols require class II safety vests (provided by the Iowa DOT).
 The Iowa DOT will also have a lane closure near the area.

New signage is to be installed on Highway 30 on July 13th. Thanks to Historic Preservation and Language Preservation for working to preserve and protect!

MESKWAKI

Behavioral Health

MONTHLY SOCIAL

Guest Drum Group:
 Eagle Feather

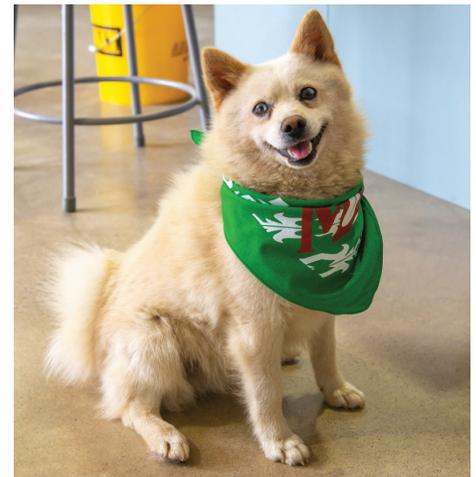
Doors open at 5:15

July 26 at 6:00pm

Meskwaki Bingo Casino Hotel
 Conference Center

APPRENTICESHIP OPEN HOUSE & JOB FAIR

Meskwaki Apprenticeship Program held an Open House and Job Fair Thursday, June 9, 2022. Attendees learned about and signed up for Apprenticeship opportunities, toured the facility, and enjoyed some hands-on activities, along with buffalo burgers and hotdogs.





MESKWAKI STORIES AND ARTWORK NEWLY DISPLAYED IN THE CHICAGO FIELD MUSEUM

A familiar, smiling face adorned with a simple beaded headband stands out between two of the four mammoth Grecian pillars aligning the entrance to the Chicago Field Museum in Chicago, Illinois. With its impressive neoclassical marble roofing tiles and Roman architectural opulence, those who pass by cannot miss the 30 feet tall portrait of Meskwaki Tribal Member Lorraine Keahna, along with portraits of two others, inviting museum guests inside to experience their newest exhibit called *Native Truths: Our Voices, Our Stories*. The museum, which recently held the exhibit's grand opening on May 21, 2022, hopes you will plan a visit to experience it for yourself very soon.

Native Truths is the result of a five year collaboration with Native American community members and the Chicago Field Museum meant to shift the exhibit's narrative, giving it back to Indigenous people. Their new approach emphasizes story-telling and contemporary art, along with the historical items originally found within. Included is an area dedicated to Meskwaki Seed Rematriation efforts as

well as sections showcasing Meskwaki artwork, stories and pictures.

Featured Meskwaki storytellers and artisans include Johnathan Buffalo, Suzanne Wanatee Buffalo, Delinda "Oogie" Pushetonequa, Romeo Buffalo, Luke Kapayou, Mary Young Bear, Shelley Buffalo, and others. In another special section created specifically for Indigenous people living in the Chicago area, Lorraine Keahna's story is highlighted, along with Sean, Sr. and Eva Keahna and others. While the exhibit is permanent, some galleries will rotate, giving space for new experiences as they happen.

During the grand opening event in May, numerous Meskwaki community members traveled to Chicago to be a part of the unveiling of the exhibit. Throughout the day, guests were treated to a collaborator's reception, offered programming and demonstrations, and participated in a special ribbon cutting ceremony. Speaking in Meskwaki, Lorraine Keahna provided prayer over the event.

When asked about the day, Oogie Pushetonequa expressed, "I traveled by train to Chicago to experience the Meskwaki Exhibit in person. The entire Native American Hall is amazing. You can see how much care, thought, and love was put into it by all the Tribes represented. When we entered the Meskwaki Exhibit

pod in the back of the room, it was indescribable. From seeing the original mockups, to seeing the actual physical exhibit was almost overwhelming."

Johnathan Buffalo, Meskwaki Historic Preservation Director told of the project's beginnings. "In the beginning," he said, "I met with Meskwaki Food Sovereignty staff and a few Field Museum staff about the historical and cultural aspects of some of the holdings and artifacts they were considering using for the project. Their museum staff wanted to be sure they were treating the items in a culturally sensitive way. It seemed like a good opportunity to re-educate the Field Museum about the items and to

(Continued on next page.)



re-connect the Tribe with their items.”

Historically, museums across the country showcased a haphazard collection of Native American artifacts often placed with little context to the stories behind them. Throughout the years, time stood still in their attempt to express Native American history and culture by displaying these artifacts, moccasins, clothing, tools, etc., without ever consulting Indigenous people first-hand. Some of the items were culturally incorrect, insensitive, mismatched and at times displayed when they were not meant for public viewing. The Field Museum sought to correct errors like these going forward.

Ryan Schuessler, co-lead Exhibit Developer expressed, “In the past, many museums — the Field included — only displayed historic items from Native communities. This gives visitors the false impression that Native people are stuck in the past. We worked to make sure that *Native Truths* is grounded in the present. Luke Kapayou’s bowls and spoons, Mary Young Bear’s cattail mat, and Oogie Pushetonequa’s twine bag are displayed alongside historic Meskwaki items from the Field’s collection, and the entire exhibit is told through the first-person voices of Meskwaki people who contributed.”

During the opening ceremonies, Field Museum representatives expressed many times how they hoped there would be an instant connection with Native communities to the exhibit. With care and deep consideration, collaborators were intentional in their storytelling efforts, hoping to right previously held stereotypes, while working to tell new vibrant, contemporary stories of resilience and innovation across the generations. Their intent was to make the experience immersive for both Native and non-Native visitors. At the forefront, they sought to let Native voices speak for themselves instead of doing it for them. They commissioned, purchased, and/

or borrowed pieces for the new exhibit with the intent of showcasing a new and completely different perspective on Native people and their humanity. They included modern-day challenges like language preservation, climate change and tribal sovereignty.

Delinda “Oogie” Pushetonequa described her part in the project. “I saw a social media post about a video contest in which one person would be chosen to take video footage of the corn growing season to be submitted into the revamped exhibit. My family had already planted one batch of corn in our garden so I took some video of our seed corn, and of the baby stalks that were already sprouting, and recorded my introduction to the video. I edited it together, submitted it, and was chosen to take video footage throughout the summer. I took footage through each stage of the corn growing/harvest process then uploaded the clips. These clips are now playing on a loop in the Exhibit.”

She went on to explain about the artwork she was commissioned to complete. “Throughout the summer, I also participated in recurring zoom meetings that discussed the Meskwaki Exhibit and was able to offer suggestions and input along the way. They commissioned me to weave a Meskwaki Twine Bag which is on display along with two bags from the 1800’s.”

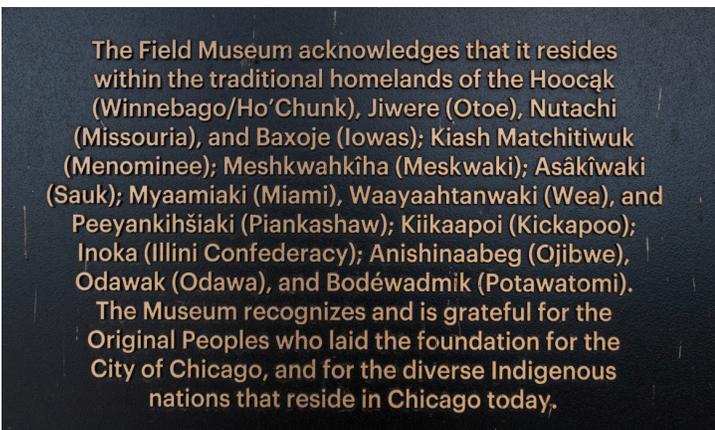
Included in the exhibit are many, many things that stand out including the wall to the entrance of the *Native Voices* exhibit which boldly and proximately explains “You are on Native land.” The museum also added a plaque which stands on the outside entrance acknowledging that the museum resides within the traditional homelands of many Native Tribes including the Meshkwahkiha (Meskwaki). A local highlight is the flute music of Romeo Buffalo, whose songs eloquently resonate on repeat throughout the Meskwaki portion of the exhibit.

As museums across the country seek to atone for their legacy of insensitivity to Indigenous people, the Field Museum has done an outstanding job in taking its first steps. With fine attention to detail, they envisioned an ever-changing space that would grow and change with the times. Created with an advisory council of 11 Native American scholars, in partnership with over 130 collaborators, representing 105 Tribes, there is much to see and much to learn.

Johnathan Buffalo advised, “We were part of a Meskwaki delegation that went to Chicago’s Field Museum to help celebrate the grand opening of *Native Truths: Our Voices, Our Stories*. After years of collaboration with Native scholars and Meskwaki community members, the group designed and produced an exhibit that we hope the Meskwaki people will be proud of. We encourage everyone to go see this remarkable, innovative exhibit: a one-of-a-kind presentation of Native Life as told from Native perspectives. It is so innovative that it is turning the Museum-world on its head. It was an honor to work with our fellow Meskwakis, amazing friends to the tribe like videographer Cale Stelken, and the talented and deeply committed project developers who dedicated years of their lives to work with us and other tribes to make what is quite possibly the best museum exhibit ever in the United States concerning Native People.”

The exhibit space for *Native Voices*, designed with thought and consideration to the Native community, looks and feels different from the other stainless steel and concrete spaces within the museum. Using copper, a metal significant to Great Lakes Tribes as a decorative element in the walls, and utilizing wood donated from the Menominee Tribe of Wisconsin in the creation of the exhibit’s floors and benches, showcases the designers diligence to the project. Senses are “brought to life” as visitors in the space cannot help but feel the serenity that exemplifies the whole space.

(Continued on next page.)



Watch the livestreamed portions of the Grand Opening Celebration here:

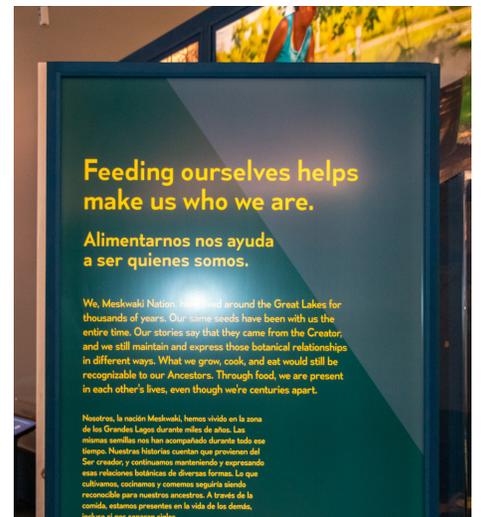
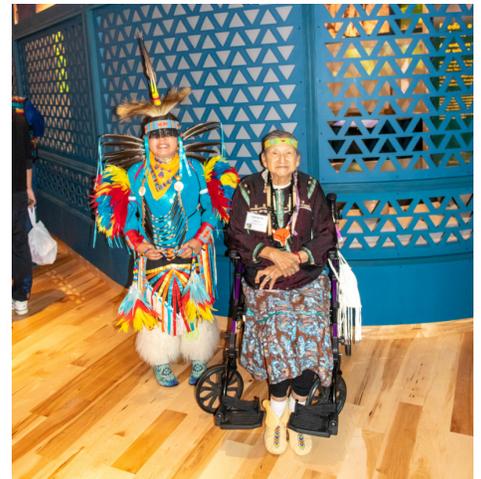
www.meskwaki.org/chicago-field-museum/

Some highlights from other Tribal communities include an immersive multimedia-interactive by Frank Waln, a touring hip-hop artist, where visitors can create their own music using Waln's voice/musical instruments and then email the soundtrack back to themselves and the Pawnee Earth Lodge. Originally constructed in the 1970's, the lodge was reinterpreted with partners in Pawnee as part of Native Truth's development to showcase its historical significance along with its uses today. In the Chicago community exhibit section, visitors will find a photo of Sean, Sr. and Eva Keahna's wedding ceremony held in front of the Belmont Harbor totem pole, along with pictures and video of Lorraine Keahna, showcasing some of the Meskwakis living in Chicago in the 1960's.

Oogie Pushetonequa expressed, "We have our own Tribal Museum which is awesome, but this was the first time I walked into a non-Meskwaki museum and saw us as living breathing human beings alive in the present. To be a part of it, to see my work, my family, relatives, and fellow Meskwaki in there being ourselves, being on display, is such a great reminder despite genocidal tactics against us, we are still here. It reminds me of the quote on the wall at our Museum that says, 'Know Ye That The Foxes Are Immortal'... It has been an honor to participate in the continuation of our presence in the larger world; to show the world that, yes, we are still here."

The museum would like to welcome members of the Meskwaki community to the museum. Ryan Schuessler advised, "Personally, I want to thank all the Meskwaki people who worked with us on *Native Truths*. It has been the privilege of a lifetime, and I am so grateful to everyone who shared their stories, food, and knowledge with me. Visiting the Settlement and getting to know members of the community has been a highlight of my work at the Field Museum. I hope to visit again soon! If you are interested, please email Native Community Engagement Coordinator Debra Yepa-Pappan at dyepapappan@fieldmuseum.org, or Ryan Schuessler at rschuessler@fieldmuseum.org."

~ Shannon Mitchell, Media Services Director



Sources of Information about the Chicago Field Mueum:

Magazine, S., & Kuta, S. (n.d.). *Field Museum Confronts Its Outdated, Insensitive Native American Exhibition*. Smithsonian Magazine. Retrieved June 28, 2022, from <https://www.smithsonianmag.com/smart-news/field-museum-confronts-outdated-insensitive-native-american-exhibition-180980148/>

ckearney. "Native Truths: Our Voices, Our Stories." *Field Museum*, 19 Nov. 2021, www.fieldmuseum.org/exhibitions/native-truths-our-voices-our-stories?utm_source=google-ads&utm_medium=cpc&utm_campaign=native_truths&gclid=CjwKCAjwzeqVBhAoEiwAOrEmzeMG7-L-LB1udmHn4vyj6S2rJVZQeoucNydYuyREtzPmYEqIQ8l3BoCG6oQA vD_BwE. Accessed 28 June 2022.

SUMMER YOUTH EMPLOYMENT PROGRAM UPDATES

This week, June 13-17, marked the beginning of the Summer Youth Employment Program's training week. The program has hired a total of 13 youth to work in internship-like positions at Meskwami Apprenticeship, Ancestral Farming, Seniors Center, Meskwami Settlement School, Pinnacle Bank, and the Travel Plaza.

These young people were trained in topics ranging from the Job Search to Hand Tools and Basic Safety, and also discussed topics in the areas of Food Sovereignty and they used the Meskwami Language throughout the week during team building activities. Future training opportunities will be given in traditional agriculture experiences and Financial Literacy.

These exceptional young people will be expected to manage time wisely, provide excellent customer service, maintain professionalism, perform an act of community service, and show initiative.

The Workforce Development department would like to thank all departments who agreed to take on a youth employee, and we would like to thank all the youth who applied with the program. We look forward to working with you all through the summer!

~Aditea
Stephanie BadSoldier Snow
Meskwami Workforce Development
Education Coordinator



This page was created and edited by Media Services summer intern, Sophie Snow. Welcome Sophie to the team!

GARDEN UPDATES

Things are going great over at Red Earth Gardens. The team is happy to see the progress so far with the garden growing and the plants beginning to produce healthy food for the community. We are currently at about 80% growing capacity with various fruits, vegetables, herbs and flowers growing in our gardens. We are taking a small step back this season due to unpredictable weather and new management.



We are currently growing broccoli, cabbage, carrots, radish, turnips, peppers, snap peas, spinach, beets, strawberries, raspberries, blackberries, onions, tomatoes, cucumbers, kale, popcorn, sweet corn, potatoes, basil, dill, summer squash, winter squash, beans, garlic and other various vegetables.

We have started our weekly Diabetes Share Program giveaways on Wednesdays which started on June 15th. The Diabetes Program has also begun cooking demos at REG the last Wednesday of the month at 1:30 PM. Stop in to watch and learn how to prepare dishes utilizing food freshly harvested from the garden. You don't have to be a Diabetes patient to participate, it's open to anyone in the community. Hope to see you there. Special thanks to the Health Clinic and Dietitian Jennifer Scales for partnering with us to provide this beneficial program.

We have relocated our chickens from their brooders inside our garage to their new portable chicken coop outdoors. We expect to have them producing eggs by fall. We have doubled our bee production for honey this year, and have been learning to take care of them along side our honey bee production contractor. We currently have two new (replaced from derecho) 30' by 96' high tunnels being constructed, if you stop by the garden, you'll see them taking shape this week. This will allow us to grow more in a covered setting so we can extend our growing season from year to year.

The HUD grant we obtained last year for food give aways is coming to an end. With the remaining funds we will be holding a fruit tree distribution. There will be a limited supply, so you will need to sign up for one. More information will be coming your way about the giveaway next month.

If you have questions or would like to help out in the garden, give me a call or stop by. We're located just behind the casino and I can be reached at (641) 484-9550.

~ Waylon Wolf, Instructional Farm Manager



Photos by Media Services summer intern, Sophie Snow.



RED EARTH GARDENS SHARE PROGRAM

1PM TO 5PM

1506 350 ST. TAMA, RED BARN BEHIND THE CASINO

Date to pick up produce:

June 15, 22, and 29

July 6, 20, and 27

August 3, 17, 24 and 31

September 7 and 14

Cooking Demo will be last Wednesday of every month at 1:30pm starting June 29!

For patients with Diabetes or Prediabetes. Sign-up today!



Meskwaki

SUMMER Walk for Wellness

July 04 8:30AM

Meskwaki Health Clinic

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!



POOL PASS

FREE Pool Passes to the Tama-Toledo Pool on 07/04 ONLY will be available at the Walk for Wellness Event. While supplies last, first come first serve.

MUST HAVE TICKET TO ENTER

FOR MORE INFO PLEASE CALL 641.484.4094

Meskwaki Nation Day celebrations have been expanded this year to include a 3-session two day powwow!

Meskwaki Nation PROCLAMATION POW WOW

JULY 12-13, 2022
Tama, Iowa

Meskwaki Powwow Grounds
Battleground Road and E49

GRAND ENTRIES

TUES: 7 PM
WED: 1 PM & 7 PM

ACCOMMODATIONS

MESKWAKI BINGO CASINO HOTEL
1504 305th St.
Tama, IA 52339
(641) 484-2108

CONTEST CATEGORIES

GOLDEN AGE (60+) \$600, \$400, \$200, \$100
2 Categories (Men & Women) - Any Style

ADULTS (18-59) \$600, \$400, \$200, \$100
Grass, Fancy, Woodland, Traditional, S. Straight

TEENS (13-17) \$300, \$200, \$100, \$75
Grass, Fancy, Traditional

JUNIORS (6-12) \$100, \$75, \$50, \$25
Grass, Fancy, Traditional

TINY TOTS -Sponsored by Meskwaki Youth Program



SPECIALS

JUNIOR & TEEN BOYS FANCY
~Sponsored by Lauryn Keahna Family

MENS TRADITIONAL
~Sponsored by Triston Lasley

HOST DRUMS

THE BOYZ
MESKWAKI NATION

DRUM CONTEST

1st: \$3,000
2nd: \$2,000
3rd: \$1,000

HEAD STAFF

ANNOUNCERS
Tyler Lasley, Keveon KingBird

ARENA DIRECTORS
Triston Lasley, Jerod Pushetonequa

HEAD DRUM JUDGE
Cody Davenport

SOUND
Quinton Pushetonequa

COLOR GUARD
Robert Morgan Post #701

VENDORS WELCOME!
\$100 Food Vendor Fee
\$50 Craft Vendor Fee
*Fee due at time of set-up, no vendor application.

TAMA JOB FAIR



JULY 20
3:00 PM - 6:00 PM

Meskwaki Bingo Casino Hotel
Veteran's Convention Center
1504 305th St, Tama, IA 52339

Bring Your Resume, Dress to Impress and Meet Your Next Employer!

Door Prizes

Event Hosted by: **IowaWORKS** **MESKWAKI**
A proud partner of the American Job Center network

Coffee and Culture

Who: Community elders, members of the Meskwaki Elders Circle, & members of the Meskwaki Nation Police Department

What: Discuss Meskwaki life and Police life to strengthen relationships between two unique cultures

When: Every 2nd Wednesday each month from 12:00 pm-2:00 pm.
*Alternate date: last Wednesday of the month

Where: Meskwaki Senior Center; 301 Meskwaki Rd., Tama, IA 52339

Why: Increase knowledge of both cultures to grow, blend, understand and share....knowledge is power!

How: By inviting a group of like-minded individuals to a well-rounded conversation about Meskwaki and Police Culture.

New time!!

COMMUNITY MEMBERS LAY THE FOUNDATION FOR THE NEW MESKWAKI RECREATION CENTER

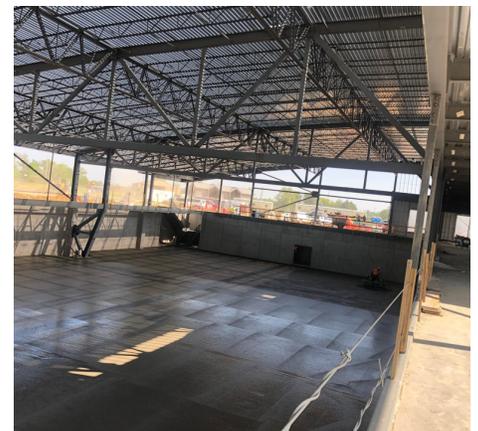
For more than a year, Iowa Local Iron Worker's Unions have been laying the foundation, installing steel and iron forms, and building supports for what will soon become the Meskwaki Recreation Center. The 75,959 sq. foot building will include a large gathering area for the community, youth classrooms, a daycare, a four-court gymnasium, running/walking track, weight room, kitchen, and more. As part of the project, a number of Meskwaki community members have been an essential part of the teams involved.

Pictured (right), are some of the community's Local Union Iron Workers including Brent Kucera, Nader Buffalo Arlo Wanatee, and Zach Oldbear, as they worked on the project. Between the four men, they have a combined 46 years of experience in the trades. Others who worked on the project include Travis Davenport, Derek Bear and others. The group is looking forward to seeing the completed project, estimated for completion in 2023.

In a social media post, Arlo Wanatee stated, "It was a great job to work on. We started with rebar, then went to structural iron welding, connecting beams, putting 20,000 lb. trusses in place, and then decking the gymnasium. [I worked] with some great iron workers."

Wanatee, raised by Frank and Adeline Wanatee, expressed his appreciation for being a part of the project and said that he liked that he could contribute and give back to the community in this way. He stated, "In 2001, the Tribe paid for me to become an apprentice through a program in Chicago. Now 21 years later as an iron worker, I'm using the skills they provided to me to create something that will help others be healthy and active for years to come. It's a really nice building, set up with a lot of thought and attention to detail. I'm excited about the huge gym. Putting the reflective roofing deck up in the heat, though, has been something to remember. With temperatures over 90 degrees, it definitely felt 20 degrees hotter!"

Wanatee spoke of his occupation and wanted to push for others to work in the trades. He expressed, "Being an iron worker is extremely rewarding. You'll



receive good benefits, fulfilling work, and get to work with the best people around."

Iowa Iron Workers have been in the area since 1909. These highly skilled people specialize in bridge, structural, ornamental, architectural, rigging, and a variety of welding. Apprenticeship trainings are available through their

website and provide an opportunity to earn while you learn. A career where self-esteem, good work ethic and positive attitude is promoted. Their Iron Workers/AWS National Welding Certification Program offers a way into a very rewarding career. To consider it, visit <https://ironworkerslocal67.com/> or <http://www.iwlu89.com/>

SMOOTHIE SAMPLING

Meskwaki Food Sovereignty hosted a Smoothie Sampling day at Workforce Development. Participants rode the smoothie bike for fun and fitness and sampled some delicious smoothie recipes.



ANOTHER SUCCESSFUL DOGGY WELLNESS DAY



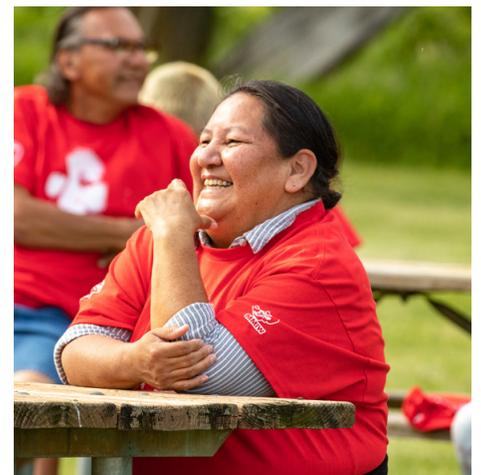
In partnership with ARL of Des Moines and The Humane Society of the United States "Doggy Wellness Day part 2" was a success. 21 microchips, 22 rabies, 23 DA2PPV, 1 FVRCP, 26 tags. The Meskwaki Nation Police Department is hopeful the tribal community enjoyed and utilized access to these dog care resources. Big thanks to the professionals who donated their valuable time and resources to the tribe. We will assess when another event is a need and facilitate another with help from our new partners/friends. Until next time!

~Mark V. Bear, MNPD, Police Commissioner



#Run4Rita

On June 1st the MNPD hosted a 5K walk/run honoring Rita Papakee's birthday and MMIW awareness. Participants gathered at the Anagewa Park to show support for Rita and her family. Birthday cake and refreshments were served along with t-shirts, a safety whistle, and flashlight.



THE WALL THAT HEALS COMING TO THE MESKWAKI HIGH SCHOOL

The Wall That Heals, a three-quarter scale replica of the Vietnam Veterans Memorial along with a mobile Education Center, is coming to Tama, Iowa on August 4th thru August 7th at The Meskwaki Settlement School and will be open 24 hours a day and free to the public. The Wall That Heals honors the more than three million Americans who served in the U.S. Armed forces in the Vietnam War and it bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam.

“The Vietnam Veterans Memorial Fund is pleased to bring The Wall That Heals mobile exhibit to Tama, IA to allow Iowa veterans and their family members a chance to experience The Wall,” said Jim Knotts, president and CEO of VVMF. “Hosting The Wall That Heals provides an opportunity to honor and remember all those who served and sacrificed in the Vietnam War and educate visitors on the continuing impact of the Vietnam War on America.”

Details regarding The Wall That Heals coming to the Meskwaki Settlement School August 4th – August 7th in Tama can be found here; <https://twthtama.org/>.

Volunteers are needed to make sure the experience for all guests especially Iowa veterans and their families to The Wall That Heals is impactful and fulfilling. To find out more about becoming a volunteer and being a part of this impactful event, interested individuals can sign up by visiting the volunteer page here; <https://www.signupgenius.com/go/10c0e49adaf2babffcf8-thewall> or by visiting the website <https://twthtama.org/> and clicking on “Volunteer”.

The Wall That Heals is transported from community to community in a 53-foot trailer. When parked, the trailer opens with exhibits built into its sides, allowing it to serve as a mobile Education Center telling the story of the Vietnam War, The Wall and the divisive era in American history.

The three-quarter scale Wall replica is 375 feet in length and stands 7.5 feet high at its tallest point. Visitors will experience The Wall rising above them as they walk towards the apex, a key feature of the design of The Wall in D.C. Visitors are able to do name rubbings of individual service member’s names on The Wall.

The mobile Education Center exhibit includes: digital photo displays of “Hometown Heroes” - service members whose names are on The Wall that list their home of record within the area of a visit; digital photo displays of Vietnam veterans from the local area honored through VVMF’s In Memory program which honors

THE WALL THAT HEALS
VIETNAM VETERANS MEMORIAL REPLICA & MOBILE EDUCATION CENTER

★

A PROGRAM OF THE VIETNAM VETERANS MEMORIAL FUND
FOUNDERS OF THE WALL

AUGUST 4TH-7TH, 2022

★

MESKWAKI SETTLEMENT SCHOOL BASEBALL FACILITY
1610 305TH STREET ~ TAMA, IA 52339 ~ 24 HR ACCESS ~ CLOSING AT 2PM SUNDAY

SPONSORED BY:
Z LINE
ROBERT MORGAN AMERICAN LEGION POST 701

FOR MORE INFORMATION:
VISIT: www.twthtama.org

veterans who returned home from Vietnam and later died as a result of their service; video displays that teach about the history and impact of The Wall; educational exhibits told through items representative of those left at The Wall in D.C.; a replica of the In Memory plaque; a map of Vietnam and a chronological overview of the Vietnam War. The exhibits tell the story of the Vietnam War, The Wall and the era surrounding the conflict, and are designed to put American experiences in Vietnam in a historical and cultural context.

Since its debut in 1996, the exhibit has been on display in nearly 700 U.S. communities in addition to an April 1999 tour of the Four Provinces of Ireland and a visit to Canada in 2005. The Wall That Heals is a program of VVMF, the nonprofit organization that built the Vietnam Veterans Memorial in Washington, D.C. in 1982. The Wall That Heals is the only traveling

exhibit affiliated with The Wall in Washington, D.C. and includes the largest Wall replica that travels the country. Two VVMF staff members lead volunteers on site, educate visitors and students, and ensure the reflective atmosphere of The Wall. More information can be found at: www.thewallthatheals.org.

**The Vietnam Veterans Memorial Fund (VVMF) is the nonprofit organization that built the Vietnam Veterans Memorial (The Wall) in Washington, D.C. in 1982. VVMF continues to lead the way in paying tribute to our nation's Vietnam veterans and their families. VVMF's mission is to honor and preserve the legacy of service in America and educate all generations about the impact of the Vietnam War and era through programs, ceremonies and education materials. To learn more about VVMF, visit www.vvmf.org or call 202-393-0090.*

GREETINGS MESKWAKI COMMUNITY,

Summer is officially here and our Settlement is painted in many shades of green as our land reflects the height of



growth and foliage. Most of our gardens are planted and we can see the corn, beans and other crops thriving. I noticed quite a few community members took advantage of the brief milkweed harvest season this year and that's great. Our ancestors relied on our local vegetation to supplement their diets on a daily basis as they had knowledge of what was edible from the land. The foods harvested by them are still here, and the work of retaining that knowledge is on our shoulders. Along with milkweeds there are wild onions, wild potatoes, dandelions, blackberries, raspberries, plums, ground cherries and strawberries. Our grandmothers used to harvest these fruits and make preserves or canned the vegetables from their gardens. I remember seeing canned milkweeds at my Koko's house at one time along with the dried corn and squash. I do not know how to do the canning of food in this manner, but I hope to learn in the near future. Reach out to me if you have this skill and we can set up a learning opportunity for our community. Let's work together to retain true food sovereignty for everyone. Having said that, I encourage you to reach out to our own Food Sovereignty program for help and information regarding any question or concern you may have regarding food. The staff is knowledgeable as well as accessible.

After centuries of migration across our continent as well as being at war with different governments, our people settled in Iowa along the banks of the Iowa river in Tama County. Through a miracle of timing and fate, we were allowed to actually purchase 80 acres of land at a time in history when Natives weren't allowed to buy land under any circumstance. Not only that, we did this with the help of local non-Natives that were willing to do so on our behalf. Buying land for indigenous people was an unprecedented act that hasn't been replicated to this day and the Meskwaki Nation remain the sole tribe in this country to own the land they live on as a community. As



landowners, we have been able to dictate a great portion of our future, including the education of our children, tribal enterprise, and culture retention. The balance of these things has always been fragile, but now we are at a precarious point of keeping our language and the integrity of



our culture. Without these parts of our tribal identity, can we call ourselves Meskwaki? Our ancestors fought and sacrificed so their people would have a place to live and be who we always were, Meskwaki. Having said that I urge you to think about our ancestors and honor their sacrifice by using your Meskwaki name, plant a garden, make time to spend with an elder, pray, give thanks with tobacco and help each other. Be grateful every day to be here, to be a part of this community and strive to keep learning about our history and culture. That's a life worth living.

Ketebi

~ Bonabiga- Mary Young Bear

HEMP UPDATES

Greetings from Meskwaki Hemp Supply, Inc. Years ago, I read a quote from Audrey Hepburn that was displayed on a friend's kitchen wall, and it has stayed with me and come to mind with regularity during the growing seasons. "To plant a garden is to believe in tomorrow." We as growers plant in the hopeful expectation that our efforts and partnership with nature's rhythms and resources will provide for us a good harvest. It is also a practice in patient persistence, as we get into routines of mowing our cover crop, cultivating and weeding around the young hemp plants, monitoring for pests and disease, and watering and fertilizing.

We continue to believe in tomorrow through these early days of summer, trusting that the sweat-inducing repetition of the field work will reward us with a good end result, as we keep in mind our goal of premium-quality and cannabinoid-rich medicinal hemp, while maintaining legal compliance and low THC levels. No small task, but a rewarding one to engage in, and giving us purpose as we know that everything we do matters, even when the plants remain small as they put

most of their energy into root development underground, building energy reserves for a burst of growth we eagerly anticipate over the course of the next 2 to 3 weeks. We trust that our efforts above ground are being matched, and even exceeded, by the young hemp plants' work below the surface of the soil.

We are happy to have Kade Brown join Meskwaki Hemp Supply, Inc. as our Hemp Farming Apprentice. He has jumped right into the heat and humidity of field work with a willingness to get the job done and a desire to learn. With Luke Jacobs as our Hemp Production Specialist, and myself splitting time between the field and the office, we will care for the nearly 5000 hemp plants until early fall's harvest. Until then, we work and believe in tomorrow.

Thanks,

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



PUBLIC WORKS

NOTICE ABOUT FLUSHABLE WIPES

A reminder to the community to NEVER dispose of "flushable wipes" through the sewer system. Although it may advise on the package that they are "flushable"... THEY ARE NOT!

See pictures (right) showing wipes that have gotten caught inside the grinder pump because there wasn't enough liquid to help carry them through the system. Once they reach the pump, the wipes will eventually burn up the pump. Depending on the size of the pump, the cost

of replacement can be up to \$30,000 plus the cost of the repair bill.

Even when the grinders are able to successfully grind up the wipes, you will notice that the remnants still remain once outside of the system.

Please be considerate and do your part to alleviate this problem.

Thank you.

~ Chad Keahna,
Public Works Director





MESKWAKI SUMMER FUN RUN

July 4 at Health Clinic
8:30 am Registration
9:00 am Walk/Run Start
 Food and Refreshments provided after walk/run, Door prizes, Games, and activities to follow!

DIABETES PRODUCE SHARE PROGRAM

July 6, July 20, July 27 from 1:30-4:30 pm

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

DIABETES COOKING DEMO

July 27 at 1:30 pm
 at Red Earth Gardens
 More details to come.

INNOVATIONS IN DIABETES

July 28 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 July 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

To sign up call or email Jennifer Scales at the Health Clinic!
 Ph: 641-484-9421
 Email: jennifer.scales@meskwaki-nsn.gov

COMMUNITY HEALTH SERVICES REMINDERS

CHR transportation requests should be called into the CHR office 641-484-9419



HERE ARE A FEW REMINDERS WHEN REQUESTING TRANSPORTATION:

- CHR transports are for medical appointments.
- Eligibility requirements include current Meskwaki Health Clinic patients who live within 25 miles of the clinic.
- Transportation services should be considered only when all other options have been exhausted. (Personal vehicle, family, etc.)
- Patients requesting transportation must contact the CHR office 2 business days prior to scheduled appointment.

Even with advance notice, transportation is not guaranteed. Transportation is dependent on availability of staff and scheduling.

-Minor patients must to be accompanied by a parent/guardian.

CHRS WILL NOT TRANSPORT:

- Patients who have an operable vehicle within the household with the exception of those having a medical procedure which would prohibit driving after.
- Patients in a medical emergency that would require an ambulance.
- Intoxicated patients.
- Patients leaving a facility against medical advice.

MEDICATION DELIVERY

-Medication delivery is available for patients residing on the settlement

who are unable to pick up medication themselves.

-Requests for medication refills and delivery should be made with pharmacy staff at 641-484-9451. They will pass deliveries on to CHR's.

- Medication deliveries are made twice a day, morning deliveries are between 10am and noon and afternoon deliveries are between 2pm and 4pm. There will be no deliveries after 4pm.

BEHAVIORAL HEALTH TRANSPORTATION

Eddie Kapayou is available for patients needing transportation for Behavior Health appointments and services. Requests for transportation should be arranged with Eddie at 641-484-9487 or 641-481-0015.

OTHER TRANSPORTATION SERVICES

Tatum Davenport is available for non-medical transportation services such as: grocery store, bank and other errands. Request for other transportation services should be arranged with Tatum at 641-484-9410 or 641-481-5067.

~ Danelle Wabaunasee - CHR Coordinator/LPN

Medical Transportation: (641) 484-9419
Medication Deliveries: (641) 484-9451
Behavioral Health Transport: (641-484-9487)
Non-Medical Transport: (641) 484-9410

Innovations in Diabetes
 Thursday, July 28th at 11AM and 3PM
 Meskwaki Health Clinic
 Information session about technology and ways to deliver insulin. Come to this session to learn more from Mary Beth with Medtronic.

July 28 at 11AM and 3PM
 Health Clinic
 Snacks will be provided

Please sign up by Monday, July 25th!
 To sign up call or email Jennifer Scales at the Health Clinic
 641-484-9421 or jennifer.scales@meskwaki-nsn.gov

HEALTH & WELLNESS



MESKWAKI PHARMACY

Call the pharmacy's 24/7 hour refill line:
(641) 484-9451

Meskwaki Health Clinic
1646 305th Street
Tama, IA 52329

PHARMACY EXPERIENCING SUPPLY CHAIN ISSUES

The pharmacy is experiencing some supply chain issues with several common medications. Not only are we out of stock of these medications, but our supplier is as well. These shortages may take several days up to a week to be corrected. We do not want anyone to have to go without medication. It is very important that you call and request a refill before you run out of medications.



Prescriptions can generally be refilled when you have 5-7 days' worth of medication remaining from the previous fill. 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. You can also use the Rx2Go app on your smartphone to place refill requests. Ask at the pharmacy window for information and assistance. Thank you for your consideration!

~Meskwaki Pharmacy



Rx2Go

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



BEHAVIORAL HEALTH PATIENTS

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



WE'RE BACK!

106th Annual Meskwaki POWWOW

Vendor Aps Now Online!

Contact Jerod Pushetonequa for questions at (641) 484-4678.

THURSDAY - SUNDAY
GRAND ENTRY
1 PM & 7 PM

AUGUST 11-14

The Meskwaki, also known as the Sac and Fox Tribe of the Mississippi in Iowa, invite you to share in what is truly distinctive about the Meskwaki way of life as they dance and celebrate at the 106th Meskwaki Annual Powwow.

The only one of its kind in Iowa, the powwow is held annually on the only American Indian Settlement in the state. During the four day event, those who gather celebrate and perform, in full-dress regalia, dances that have been handed down for generations. Grand Entry into the powwow arena begins at 1:00 pm and 7:00 pm daily.

- Dancing & Singing
- Native Arts & Crafts
- History Exhibit
- Food & Fun

Nimitane!
(Let's Dance!)

www.MESKWAKIPOWWOW.com

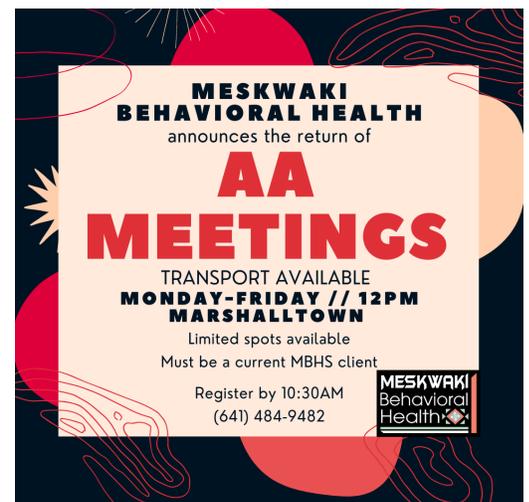
SCHOOL SPORTS PHYSICALS

Every year students must participate in a pre-participation physical examination signed by a licensed physician. Summer is a great time to get this done to be prepared for the upcoming school year.



As a reminder, contact the Health Clinic to schedule your child's physical. They can be reached at (641) 484-4094.

Forms are available at: <https://www.iahsaa.org/wp-content/uploads/2019/09/PreparticipationPhysicalForm.pdf>



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

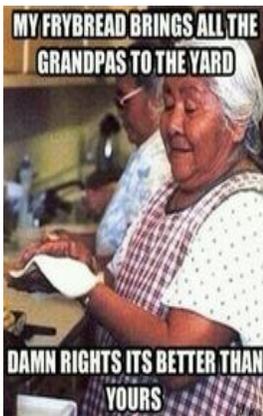
MESKWAKI Behavioral Health

The Meskwaki are of Algonquian origin from the Eastern Woodland Culture areas and have been historically located in the St. Lawrence River Valley along the Canadian border, Michigan, Wisconsin, Illinois, Missouri, and Iowa. The Meskwaki were called “Renards” (the Fox) by the French but always identified themselves as “Meskwaki.” The Meskwaki fought against the French in the Fox Wars (1701-1742) and in 1735, the Sauk and Meskwaki allied together to fend off Europeans and other Indian Tribes. Both tribes moved southward from Wisconsin into Iowa, Illinois, & Missouri. The Meskwaki and Sauk are two distinct tribal groups, with linguistic & cultural similarities, but both tribes have often been associated throughout history. After the Black Hawk War of 1832, the U.S. officially combined the two tribes into a single group known as the Sac & Fox Confederacy for treaty-making purposes. Through a series of land concessions in 1845 under the name of “Sac & Fox,” the Sauk and Meskwaki formally lost all lands & were removed to a reservation in east-central Kansas (some persevered and chose to stay). After banishment to Kansas, Meskwaki ancestors longed to reclaim their Iowa woodland homeland. Some stayed hidden in Iowa, while others left for the Kansas reservation only to go back to Iowa in the next few years. There was an unbroken presence in Iowa and by 1856, the State of Iowa enacted a law allowing the continued residence of the tribe.

On **JULY 13, 1857**, the Meskwaki formally purchased their first 80 acres in Tama County, which gave formal federal identity to Meskwaki people as the “Sac & Fox in Iowa.”

PROCLAMATION DAY
JULY 13, 1857

Life is like a batch of frybread



Welcome Misty Jefferson, CSS' new Case Worker.

MESKWAKI ELDERS CIRCLE

Do you consider yourself an elder?
Curious what the Meskwaki Elder Circle Committee is?
Wondering how we help the Meskwaki community?
Interested in being on the committee?
For more information please reach out to Tiffany Alva 641-484-9313



BREAKING NEWS

CSS NOW HAS A DROP BOX LOCATED NEXT TO THE FRONT DOOR OF THE SOUTH FARM BLDG THAT CAN BE USED FOR:

- Documentation requested by Case Management.
- Information a client wants to give to Case Management.
- Information clients want to give the Financial Specialist.
- An Application for MNCSS Services.
- A Check or Money Order made out to Child Support Services for your case.
- Any paperwork for CSS Staff.
- Any information placed into the CSS drop box should be placed in an envelope, if possible.
- The drop box will be checked daily.



(Meskwaki Family Services' drop box is still located closest to the corner of the building).

Do YOU Want TO GO To MESA, AZ?

Are you a father or male who would like to learn about the Native American Fatherhood Association? NAFFA has trainings in Mesa, Arizona coming up! CSS would like local, community fathers/males to attend & take part in NAFFA's amazing learning experience. But you have to come back to teach those interested within the Community this info to help “support fathers and mothers in becoming models of healthy parenting...”

NAFFA began in 2002 with one father & the mission of bringing men back to strengthen their families.

Their Philosophy & Mission: “Families are at the heart of all cultures. There is no work more important than fatherhood & motherhood.” “To strengthen, keep, and reunite families by responsibly involving fathers and mothers in the lives of their children, families, and communities to provide happy and safe families.”

This does not mean you are a “perfect” person or unflawed. Maybe you have changed your ways or just want to teach. Are you willing to learn some Native American 101 and help keep families together to grow healthy children?

CALL ALLISON at CSS FOR INFO: 641-484-9301

HOUSING

HOUSING PROGRAM NOTICE

We want to encourage everyone to update their application. If you submitted an application in 2022, you do not need to update.



If you would like an application emailed, please call Housing and provide an email address. An application will be emailed to you.

This notice will help us save money in postage as the cost of a certified letter has risen to \$7.38. We encourage your assistance in helping our program save money.

Visit our website for complete Housing Policy and Procedures.

2022 HEAVYWEIGHT CATFISH TOURNAMENT

A FAMILY FUN EVENT!

MESKWAKI COMMUNITY
JOIN US FOR A FAMILY FUN-FILLED EVENT!

SATURDAY & SUNDAY
JULY 16-17

REGISTRATION JULY 16 AT 12PM/NOON
MESKWAKI POWWOW GROUNDS COOK SHACK

- > **JULY 16:**
- > REGISTER AT 12PM
- > FISHING FOR 24HR PERIOD - ANYWHERE IN IOWA
- > **JULY 17:**
- > CATFISH WEIGH-INS AT 12PM
- > MEDALS FOR WINNERS
- > FUN RUN/WALK AT 10AM
- > FOLLOWED BY GAMES, ACTIVITIES & MORE!

FOR MORE INFORMATION CALL OFFICER CALEB BOYLES AT (641) 484-4844.

Meskwaki Food Sovereignty 2022 Summer & Fall Workshops



All events are free and open to tribal community.



Summer Volunteer Work Days

Contact us if interested or you want work off community service hours!

Questions? Contact us!

Phone: (641) 484-9508, ext. 9511

Email: christina.blackcloud@meskwaki-nsn.gov

Maneniaki - Milkweed

Meet @Workforce Development
Milkweed Sampling provided.
Friday, July 1, 5:00-8:00pm

Jam Making

With Mel Davenport
@Meskwaki Tribal Center Kitchen
Thursday, July 7, 5:00-8:00pm

Proclamation Day Meal

@Powwow Grounds Cook Shack
Wednesday, July 13, 5:00pm

Fishing Trip

@West Bend, IA
Lunch provided.
Friday, July 15, 5:30am - 6:00pm

Foraging/Edible Walk

With Linda Black Elk, Ethnobotanist
Meet @Workforce Development
Lunch provided.
Friday, July 22, 9:00am - 12pm

Tomato Canning

@Tribal Center Kitchen
Thursday, July 28, 5:00-8:00pm

Seed Saving Discussion

@Workforce Development
Dinner provided.
Tuesday, August 2, 5:30-7:00pm

Corn Processing

@East Gardens
Thursday, August 25, 5:30-7:00pm

Gathering

@Amana Colony—Lily Pond
Lunch provided.
(mid September—early October)
Weather dependent—contact us for more information!

Cucumber Pickling

With Holly VanHeel, ISU Extension
@Tribal Center Kitchen
Tuesday, August 30th, 5:00-9:00pm

Sumac Berry Tea Making

@Tribal Center Kitchen
Wednesday, Sept 21, 5:00-8:00pm

Salsa Making/Canning

@Tribal Center Kitchen
Wednesday, Sept 28, 5:00-9:00pm

Sac & Fox (Meskwaki) Tribe Public Water System Consumer Confidence Report Covering Calendar Year 2021

This annual report is about the quality of the drinking water provided by the Sac & Fox (Meskwaki) Tribal Public Water System in 2021. All Public Water Systems (PWS) in the United States are required by the EPA to test for specific chemicals or contaminants in the drinking water being served. **The Sac & Fox (Meskwaki) Tribal Public Water System was required by the EPA to test for 90 chemicals or contaminants in 2021 and 0 were in violation of the EPA-accepted limits for drinking water.** We are committed to providing you with information because informed customers are our best allies. It is important that customers be aware of the efforts that are made to continually improve their drinking water systems. To learn more about your drinking water, please attend any of the regularly scheduled Tribal Council meetings. Please check the Tribal Office for the monthly meeting schedule dates and times. For more information about this report please contact, **Roger Eberhart at: (641) 484-4600**

Your drinking water comes from a ground water source using five wells located on Springs Road. Your water is treated with chlorine to protect against microbial contaminants.

Sac & Fox (Meskwaki) Water Quality Data

The tables on the next page list most of the drinking water contaminants, which were tested for during the 2021 calendar year. The presence of these contaminants does not indicate the water poses a health risk. Unless noted, the data presented in this table is from testing done January 1- December 31, 2021. EPA requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. Some variances were granted in the monitoring of inorganic chemicals, asbestos, and some synthetic organic contaminants as recent results from the Sac & Fox (Meskwaki) PWS suggest that the system qualifies for a reduced frequency. Some of the data, though representative of the water quality, is more than one year old.

The Safe Drinking Water Act (SDWA) requires the primacy agency to develop a Source Water Assessment (SWA) for each public water supply that treats and distributes raw source water in order to identify potential contamination sources. The Indian Health Service has completed an assessment of our source water. For detailed results of the assessment, please contact **Roger Eberhart at: (641) 325-1062**.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as those with cancer and undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (800-426-4791).

The sources of drinking water (both tap water and bottled water) included rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

- Microbial contaminants, such as viruses and bacteria, which may

come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

- Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
- Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.
- Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.
- Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA implements regulations which limit the amount of certain contaminants in water provided by public water systems. We treat our water according to EPA's regulations. FDA regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

The Sac & Fox (Meskwaki) Tribal Public Water System tested a minimum of five samples per month in accordance with the Revised Total Coliform Rule for microbiological contaminants. In 2021, there were 0 samples that tested positive for total coliform. Coliform bacteria are usually harmless, but their presence in water can be an indication of disease-causing bacteria. When coliform bacteria are found, special follow-up tests are done to determine if harmful bacteria are present in the water supply. If this limit is exceeded, the water supplier must notify the public by newspaper, television or radio.

Additional Information for Lead

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The Sac & Fox (Meskwaki) Tribal Public Water System is responsible for providing high quality drinking water but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

Terms & Abbreviations

Maximum Contaminant Level Goal (MCLG): the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Contaminant Level (MCL): the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.

Secondary Maximum Contaminant Level (SMCL): recommended level for a contaminant that is not regulated and has no MCL.

Action Level (AL): the concentration of a contaminant that, if exceeded, triggers treatment or other requirements.

Treatment Technique (TT): a required process intended to reduce levels of a

contaminant in drinking water.

Maximum Residual Disinfectant Level (MRDL): the highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG): the level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

Non-Detects (ND): lab analysis indicates that the contaminant is not present.

Parts per Million (ppm) or milligrams per liter (mg/l).

Parts per Billion (ppb) or micrograms per liter (µg/l).

Picocuries per Liter (pCi/L): a measure of the radioactivity in water.

Millirems per Year (mrem/yr): measure of radiation absorbed by the body.

Million Fibers per Liter (MFL): a measure of the presence of asbestos fibers that are longer than 10 micrometers.

Nephelometric Turbidity Unit (NTU): a measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.

Testing Results for: **Sac & Fox (Meskwaki) Tribal Public Water System**

Microbiological	Result	MCL	Violation	Typical Source
Total Coliform / Fecal Coliform	0 positive TCR samples 0 positive <i>Escherichia-coli</i> samples	No more than one positive sample per month	None	Naturally occurring in the environment

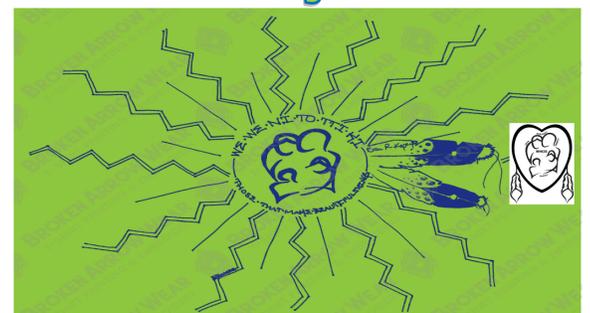
Regulated Contaminants	Collection Date	Highest Value	Range	Unit	MCL	Violation	Typical Source
Fluoride	July 2021	0.48	0.48	ppm	4	No	Erosion of natural deposits; Water additive which promotes strong teeth.
Lead	September 2021	0.001	<0.001-0.001	ppb	0	No	The most common sources of lead in drinking water are lead pipes, faucets, and plumbing fixtures.
Copper	September 2021	0.32	<0.01-0.32	ppm	1.3	No	The major source of copper in drinking water is corrosion of household plumbing, faucets, and water fixtures.
Nitrate	June 2021	<.50	<.50	ppm	10	No	Runoff from fertilizer use

Disinfection Byproducts	Monitoring Period	Highest Value	Range	Unit	MCL	MCLG	Typical Source
Chlorine Residual	2021	1.9	1.5 – 1.9	ppm	MRDL=4	MRDLG=4	Water additive to control microbes
Total Trihalomethanes (TTHM)	August 2021	11	11	ppb	80	0	By-product of drinking water chlorination



WALK/RUN DETAILS:
 REGISTRATION STARTS at 5PM; WALK/RUN at 5:30PM
 ROUTE: BEGIN AT TRIBAL CENTER, TO THE T & BACK, OR TO CLINIC STOP SIGN & BACK TO TRIBAL CENTER
 >LIGHT REFRESHMENTS WILL BE SERVED<
 >T-SHIRTS FOR PARTICIPANTS WHILE SUPPLIES LAST<

Father's Day Walk/Run



July 7th @ 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.

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*

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.)

Broadband Technician

Information Technology

DUTIES & RESPONSIBILITIES:

- Perform data entry.
- General office duties associated with department business.
- Assists co-workers with storing, retrieving, checking, correcting and copying records.
- Files correspondence, invoices, receipts and other records in alphabetical or numerical order or according to subject matter or other system.
- Performs reconnects, requested and no pay disconnects, and change of service, while adhering to Tribal ordinances in order to provide (or remove) service to the customer.
- Ability to use basic fiber installation tools, hand tools, and perform jobs from high places (on poles and roofs,) including climbing poles with proper equipment (safety belt, strap, climbers,) ladders, and bucket trucks (18 to 20 feet,) as determined by the system's requirements.
- Other duties as assigned.

REQUIREMENTS:

- High School Diploma or GED.
- Prior experience using various power tools and hand tools while performing jobs from high places (on poles and roofs), including climbing poles with proper equipment (safety belt, strap, climbers), ladders, and bucket trucks (18 to 20 feet), as determined by the system's requirements, also working in tight, dark spaces such as crawlspaces.
- Prior experience installing and programming wireless routers.
- Requires skills including Microsoft and Adobe products, accounting systems, and remains current on job-specific knowledge.
- Must have Driver's License and be insurable.

ANNUAL SALARY: \$37,169.00 - \$56,264.00

POSITION OPEN UNTIL FILLED

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

**FOR FULL JOB DESCRIPTIONS GO TO:
WWW.MESKWAKI.ORG & CLICK 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**

Certified Substance Abuse Counselor

Health

DUTIES & RESPONSIBILITIES:

- Facilitate and provide counseling to individuals, families and groups on an outpatient basis.
- Perform assessments, intakes, and make referrals as necessary.
- Formulate treatment plans, chart progress and develop aftercare programs following inpatient treatment.
- Be proficient with various computer assessment programs.
- Provide assistance with emergency committals.
- Attend court proceedings and probation meetings with clients as required.
- Ability to provide culturally appropriate treatment methods and also to help coordinate local services for alcohol and substance abuse offenders.
- Must adhere to the Iowa Board of Certification's Code of Ethics for Alcohol and Drug Counselors or other professional code within their career field.
- Be available for 24-hour crisis intervention.
- Assist in the process of advocacy for client's access to resources.
- Other duties as assigned.

REQUIREMENTS:

- Bachelor's Degree in social work, psychology, sociology, criminal justice, counseling or human services.
- Minimum of four years of work experience in substance abuse area, of which, at least one year of providing integrated services to clients with co-occurring disorders.
- Experience with crisis intervention or crisis management.
- Possess certification as CADC, IADC, IAADC or able to obtain certification within one year of hire.
- Be certified as a Mandatory Reporter of Child and Adult Dependent Abuse or obtain certification prior to hiring.
- Be familiar with ASAM placement criteria, DSM

diagnostic criteria and the ability to make sound, educated diagnosis of Co-Occurring clients.

- Prefer experience working with Native Americans.
- Must possess valid driver license and submit certified driving record for review.
- Become familiar with and respect Meskwaki cultural beliefs.
- Must submit to and successfully complete background investigation.

ANNUAL SALARY: \$37,856.00 - \$65,458.00

POSITION OPEN UNTIL FILLED

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

Elder/Vulnerable Adult Case Manager

Family Services

DUTIES & RESPONSIBILITIES:

- Provide trauma informed comprehensive direct case management services to elder/vulnerable adult population.
- Provide elder/vulnerable adults and their family's information and referral services (Tribal and Community) available for their protection, safety, and support.
- Transport elder/vulnerable adults to and from necessary appointments including daily needs, medical, legal, law enforcement, court, etc.
- Provide crisis intervention services to elder/vulnerable adults.
- Coordinate and facilitate support groups.
- Research and incorporate policy for program and assist updating Tribal Code.
- Provide public education about needs of elder/vulnerable adults in the community.
- Assist with capacity building and research to further develop the elder/vulnerable adult program.
- Other duties as assigned.

REQUIREMENTS:

- A Bachelor's degree or higher in Social Work, Sociology, Psychology or other closely related field from an accredited college or university and

one year (1) year of work experience focusing on the provision of services within the community (i.e.: human behavior, elder/frail adult population, abusive adults, medical issues and psychological issues etc.) at the professional level; OR three (3) years of case management/social work experience at the professional level which includes one (1) year of experience working with the elder/frail population

- Experience in grant writing and reporting is desirable.
- Must possess a valid driver's license.
- Willingness to learn and incorporate skills in the cultural context of the Meskwaki community.
- Must submit to and successfully complete a background investigation.

ANNUAL SALARY: \$43,264.00 - \$62,000.00

POSITION OPEN UNTIL FILLED

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

Health Educator

Health

DUTIES & RESPONSIBILITIES:

- Act as a resource to health education to the community.
- Educate people on the importance of health services particularly as they relate to diabetes.
- Plans and presents education to targeted audiences to make community aware of preventative health programs.
- Provide informal counseling and social support on health prevention.
- Advocate for individual and community health needs.
- Assess patient and client needs for health education, including change readiness.
- Design an outreach program to teach people how to better manage their health condition.
- Develop, conduct, or coordinate health needs assessments and other public health surveys.

REQUIREMENTS:

- Requires a BA or BS in health science or related field.
- Prefer at least 2 years' experience working in health-related field.
- Good public speaking skills required.
- Strong written and verbal communication and interpersonal skills.
- Be sensitive to tribal beliefs and traditions.
- Must be able to maintain confidentiality
- Must submit to and successfully complete background information.
- Must have valid driver's license.

HOURLY SALARY: \$25.00

POSITION OPEN UNTIL FILLED

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

Meskwaki Language Teacher

Meskwaki Settlement School

DUTIES & RESPONSIBILITIES:

- Shall be responsible for the daily operation, development, and implementation of the Meskwaki Language/Culture in the classroom, including teaching traditional Meskwaki values and related areas.
- Plan and organize the learning activities of the class with due regard to the individual differences and needs of the students.
- Maintain order in the classroom and school premises, consistent with the Meskwaki Settlement School PBIS guidelines.
- Prepare unit plans and lessons for the class, in accordance with the Meskwaki Language & Culture Curriculum.
- Develop and maintain a positive learning environment for the utmost learning of each student.

REQUIREMENTS:

- Minimum of a high school diploma or GED. Prefer AA Degree or equivalent post-secondary education.
- Prefer the ability to speak, read and/or write Meskwaki Language fluently.
- Working knowledge of the Meskwaki Language/ Culture
- Must pass a background check in accordance with Public Law 101-630, Public Law 101- 647, and the Indian Child Protection and Family Violence Prevention Act.
- Must possess a valid driver's license.
- Must pass a pre-employment drug screen.

SALARY: DOQ

POSITION OPEN UNTIL FILLED

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



MESKWAKI BINGO CASINO HOTEL IS HIRING!

Visit their website at:
meskwaki.com/careers

Resources for Indigenous Survivors and Empowerment (R.I.S.E.) Manager

Family Services

DUTIES & RESPONSIBILITIES:

- Manage victim service programs for victims of crime, domestic violence, sexual assault, dating violence, stalking, human trafficking and elder/ vulnerable adult abuse.
- Supervise R.I.S.E. staff.
- Assist child welfare social workers in cases involving domestic violence and sexual assault by providing consulting and assigning advocates to provide outreach to the recommended clients.
- Research and prepare grants and funding proposals to private, local, state and federal funding sources in collaboration with Director and Grants Manager.
- Contribute to the preparation of grant budgets and reimbursement claims.
- Assist in the development of RISE communications materials such as brochures, newsletters, and social media posts.
- Train community members and professionals about Coordinated Community Response (CCR) for sexual assault/domestic violence and assist agencies in creating and implementing these groups.

REQUIREMENTS:

- Master Degree in Criminal Justice, Counseling, Public Health, Social Work, Psychology or related field and 2 years' experience with advocacy or case management, family violence intervention, counseling, and/or crisis intervention OR an equivalent combination of education and experience.
- Experience related to domestic violence and sexual assault advocacy preferred.
- Must be eligible for certification by the Iowa Coalition Against Sexual Assault, the Iowa Coalition Against Domestic Violence, and the Survivors of Homicide (SOH).
- Experience in grant writing and reporting.
- Must possess a valid driver's license and be insurable.
- Willingness to learn and incorporate skills in the cultural context of the Meskwaki community.
- Must submit to and successfully complete a background investigation.
- Must be willing to be on call evenings and weekends.

SALARY: \$48,276.00 - \$70,532.00

POSITION OPEN UNTIL FILLED

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

EMPLOYMENT

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

- **Apprenticeship Director**
- Apprenticeship Program
- **Carpentry Trainer**
- Apprenticeship Program
- **Clerk of Tribal Court**
- Tribal Court
- **Delivery Driver (PT)**
- Senior Services
- **Dental Assistant**
- Health - Dental
- **Dental Hygienist**
- Health - Dental
- **Executive Director**
- Executive Management
- **Farm Crew Leader**
- Red Earth Gardens/ WFD
- **Human Resources Specialist**
- Human Resources
- **HVAC Technician**
- Housing
- **Mental Health Counselor**
- Health
- **Meskwaki Language Instructor (PT)**
- Language Preservation
- **Art Teacher**
- Meskwaki Settlement School
- **Elementary Teacher**
- Meskwaki Settlement School
- **Behavior Strategist**
- Meskwaki Settlement School
- **Custodian, 2nd Shift**
- Meskwaki Settlement School
- **Food Services Coordinator**
- Meskwaki Settlement School
- **Head Varsity Girls Basketball Coach**
- Meskwaki Settlement School
- **HR Manager**
- Meskwaki Settlement School
- **Math Teacher (Middle/High School)**
- Meskwaki Settlement School
- **Meskwaki Language Teacher**
- Meskwaki Settlement School
- **Middle School Generalist (7th-8th)**
- Meskwaki Settlement School
- **Special Education Teacher**
- Meskwaki Settlement School
- **Teacher Assoc.: Special Education (3)**
- Meskwaki Settlement School
- **Police Officer**
- Meskwaki Nation Police Department
- **Police Officer (Non-Certified)**
- Meskwaki Nation Police Department
- **Victim Advocate**
- Family Services



JOIN OUR TEAM!

We're looking for you!
Visit www.meskwak.org to view complete job descriptions.
Contact Human Resources with any questions: (641) 484-4678

WELCOME NEW STAFF



AMARRA POWELL
CHR Driver

I'm Amarra and have been recently hired as a CHR driver. I'm a descendant of the Sac and Fox Tribe and am enrolled in Creek Nation in Oklahoma. I will be helping our community by bringing with delivering medications or driving people to their appointments and destinations.



ANNE MACKOELYN, MBA, MAFM
Comptroller/CFO

My name is Anne, and I am the CFO/Comptroller for the Tribe. I enjoy the complexities of working in tribal finance. I have worked in tribal finance for the last 15 years, both on the government side and the enterprise side. I enjoy traveling, riding my motorcycle and spending time with my dogs.



ME SKWA KO
EDWARD KAPAYOU, JR.
Behavioral Health Services Driver

WELCOME NEW STAFF



DENINE MORRIS
Planner/Grant Writer

I am currently the Planner/Grant Writer at Meskwaki Nation, Sac & Fox of the Mississippi in Iowa. I was born in Marshalltown and raised on the Meskwaki Settlement until I relocated to Nebraska at age 15 with family. I graduated from Omaha Nation High School and then Midland University, earning a Bachelor of Arts Degree in Fine Arts. Later, I obtained by Master's Degree in Education Administration, Curriculum and Supervision from the University of Oklahoma. I've spent the majority of my career assisting tribal communities in education, grant writing and tribal program administration.



MISTY JEFFERSON
MNCSS Case Worker

Hi, I'm Misty. I have worked for the tribe for 10 years and recently changed careers. I'm now a Case Worker with MNCSS. I have always had an interest in human services because I enjoy helping people and the community. I served 12 years in the military, with two tours in Iraq. I have a BA double majoring in Human Services and Criminology from Buena Vista University. In my free time I enjoy spending time with my family and traveling.

**IN THE TRIBAL COURT OF THE
SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA
MESKWAKI TRIBAL COURT
MESKWAKI SETTLEMENT**

Case no.: NC-2022-0003

ORDER TO SHOW CAUSE

RE: NAME CHANGE

1. Petitioner, through himself/herself or a representative, is requesting the Court legally change Petitioner's name:

From the present (first, middle, last)
KAILEE ONESTAR PUSHETONEQUA

To proposed name (first, middle, last)
KAILEE ONESTAR LASLEY-PUSHETONEQUA

2. The Court orders that all persons interested in this matter shall appear before it for a hearing to show cause, if any, why the petition for name change should not be granted.

NOTICE OF HEARING
Date of Hearing: **September 4, 2022**
Time: **2:00 PM**
Location: Meskwaki Tribal Court
307 Meskwaki Rd.
Meskwaki Settlement
Tama, IA 52339

Jessica R. Bear, Judge of the Tribal Court
Dated: June 23, 2022

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



MINT

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

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Web/Email Edition



HAPPY MESKWAKI NATION DAY WEDNESDAY, JULY 13, 2022

Tribal Offices including the Health Clinic and Pharmacy will be closed on July 4 for Independence Day and July 13 for Meskwaki Nation Day.

July 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Please call before 10 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 congregare meal, please pay \$8.00. Thank you.		1 Maid-rite Pork & beans Cauliflower Yogurt	2
3	4 CLOSED 	5 Tuna noodle casserole Roll Tropical fruit	6 Roast beef Wheat bread Mashed potatoes Corn Peaches	7 Hamburger patty Wheat bun Peas & carrots Cottage cheese Applesauce	8 Grilled chicken Flatbread Broccoli Cantaloupe	9
10	11 Beef spaghetti Garlic bread Green beans Strawberries	12 Scrambled eggs Bacon Wheat toast Green beans Yogurt	13 CLOSED MESKWAKI NATION DAY	14 Hamburger/potato stew Wheat bun Mixed veggies Apricots	15 Fish/cheese sandwich Carrots/celery sticks Blueberries	16
17	18 Chicken strips Lettuce salad Au gratin potatoes Fruit cocktail	19 Tater tot casserole Garlic breadstick Applesauce	20 Breaded catfish nuggets Steamed rice Coleslaw Banana	21 Corn dog California medley Blackberries	22 Coldcut combo sandwich Wheat bun -sandwich fixings Cucumber/onion salad Orange fluff	23
24	25 Meatloaf Wheat bread Peas & carrots Mashed potatoes Pears	26 Tuna tetrazzini Cornbread Asparagus Cutie orange	27 Chicken/rice w/ gravy Biscuit California medley Jell-O w/ fruit	28 Pork ribs/green beans Frybread Wabikoni Mixed berries	29 Beef goulash Breadstick Corn Grapes	30
31						