

Meskwaki Nation Times

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 19 Issue 11 | November 2022



On Friday, October 28, 2022 Meskwaki Tribal Operations held their Halloween party in the Tribal Center gymnasium.

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

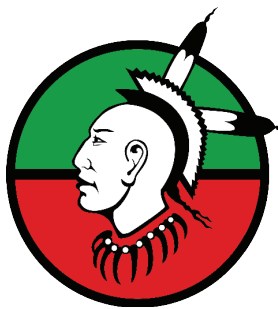
Health Clinic	484-4094
• Contract Health Services	484-9406
• Benefits Coordinator	484-9404
• Medical Records	484-9431
• CHR Program	484-9419
• Diabetes Program	484-9414
• Behavioral Health	484-9482
• Pharmacy	484-9451
• Wellness Center	484-9271

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 - Donica Wanatee

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

Nov. 16 @ 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:

NOVEMBER 21, 2022

Articles can be submitted via email to:

MEDIA@MESKWAKI-NSN.GOV

Or mailed to:

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

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



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, December 14, 2022

AGENDA

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

6:00 PM – Meeting

1. Welcome – Vern Jefferson, Chairman
2. Hemp
3. Meskwaki, Inc.
4. Meskwaki Nation Police Department
5. Meskwaki Health Clinic
6. Meskwaki Bingo Casino Hotel
7. Executive/Fiscal
8. Question / Comment Period
 - a. Question / Comment box will be available at the front entrance of the Convention Center. Members can write and submit their questions and/or comments upon entrance.

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

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

The Gaming Commission must receive requests no later than December 7, 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.*

PUBLIC HEARING

Meskwaki Child Care Program will be having a public hearing on November 15, 2022 from 5:00 p.m. until 7:00 p.m. in the Tribal Center Snack Bar. This public hearing is in regards to the new fiscal year that goes from May 1, 2023 to September 30, 2025.



If you would like a copy of the Child Care Plan please email Kayla Morgan kayla.morgan@meskwaki-nsn.gov for a copy.



TAX PREPARATION VOLUNTEERS NEEDED

Tax season is just around the corner and volunteers are needed to assist with tax preparation from Feb 6 - April 15.

Training is provided, which will require some online and in-person training. All supplies are provided. This is a great way to give back to the community and provide a much needed free service to the population. The more volunteers, the greater the service we can provide.

Please contact Rudy Papakee by calling the Meskwaki Clinic @ 641.484.4094 to learn more. Online training needs to be completed before the in-person training scheduled for November 18.

GENERAL NOTICE

This notice serves to inform the general public that per capita may be garnished for the purposes of Child Support (pursuant to Meskwaki Nation Child Support Code, Title 6, Article II, Section 6-2315) and you may have an arrears balance or owe back child support.



In an effort to help resolve child support debt, MNCSS may withhold an additional amount, up to Fifty Percent (50%), from Tribal monetary disbursements including any "Bonus" monies, if one is issued. This amount will be applied to the total arrears balance in each case, reducing the amount of back support owed to each child.

We are providing this information in advance to assist you in budget planning in the coming month. Once arrears are paid in full, this additional withholding will not be applied.

If you have questions or concerns, please feel free to contact us at:

Meskwaki Child Support Services

1834 340th St, Tama IA 52339 (Family Services Building)

By mail at PO Box 36, Tama, Iowa 52339

By calling 641-484-9301, or

Toll free at 1-844-333-5656

Thank you,

~ Meskwaki Nation Child Support Services



ROCK YOUR MOCS - ROCK YOUR MOCS - ROCK YOUR MOCS!

November is Native American Heritage Month

Please join Meskwaki Tribal Court & Probation in celebrating this month by

Rockin' Your Moccs!

Share a photo of you Rockin' Your Moccs November 13th – 19th to the Meskwaki Probation Officer, Gea Aitkens to be entered into a drawing to win one of two gift cards.

You can submit your photo to gaitkens@meskwakicourt.org or to the Meskwaki Probation Department's Facebook Page Messenger, listed under Gea Aitkens.

Please be sure to add your name and phone number on your submissions.

(Any submissions made by Meskwaki Probationers will be given 1 hour of community service, along with an entry into the drawing. Anyone who still has outstanding fines can also utilize the 1 hour for community service.)

If you have any questions please contact Gea Aitkens at (641) 484-9300.



"Moccasins represent more than footwear to Native people. They are sacred and passed down through generations. Moccasins are a physical expression of the Native journey."
- (Jessica "Jaylyn" Atsye of Laguna Pueblo)



HARVEST REVIEW

Greetings from Meskwaki Hemp Supply, Inc. We are grateful to be able to say we completed our first year's harvest, and overall it was a success, despite some challenges with the weather and our startup operation being spread out a bit. We had our compliance test on September 23rd, which we had all 4 varieties pass. We had to wait for the test results to come back before harvesting, and had 3 nights of frost on the crop in a row the last week of September, which is definitely atypical for around here. With that the hemp plants were a bit stressed, and the condition of them began to deteriorate, so we pushed hard to harvest as quickly as possible, while still maintaining quality assurance practices. It is a delicate balance between leaving the plants as long as you can to allow them to continue to gain potency, but at the same time ensuring the end product will be clean and of good quality.

The testing/compliance drama continued. We got word back on our compliance test results, but the lab in Florida could not upload the report to the USDA website because they were being hit by Hurricane Ian. Knowing time was of the essence, I

worked with Joshua in legal, and he was able to get us permission from the USDA to begin harvesting due to extenuating circumstances, and we were able to start harvest on September 30th.

The harvesting and processing of the hemp crop is certainly the most labor-intensive portion of the whole CBD hemp farming enterprise. Mechanical harvesting equipment is available, which would save many hours of labor. However, they tend to be rough on the hemp plants, causing the loss of some of the highest potency parts of the plant, which we want to preserve as much of as possible. We brought on some temporary laborers to assist with the harvest and processing. It was fun having many hands engaged in work, and having so much activity occurring for a couple of weeks.

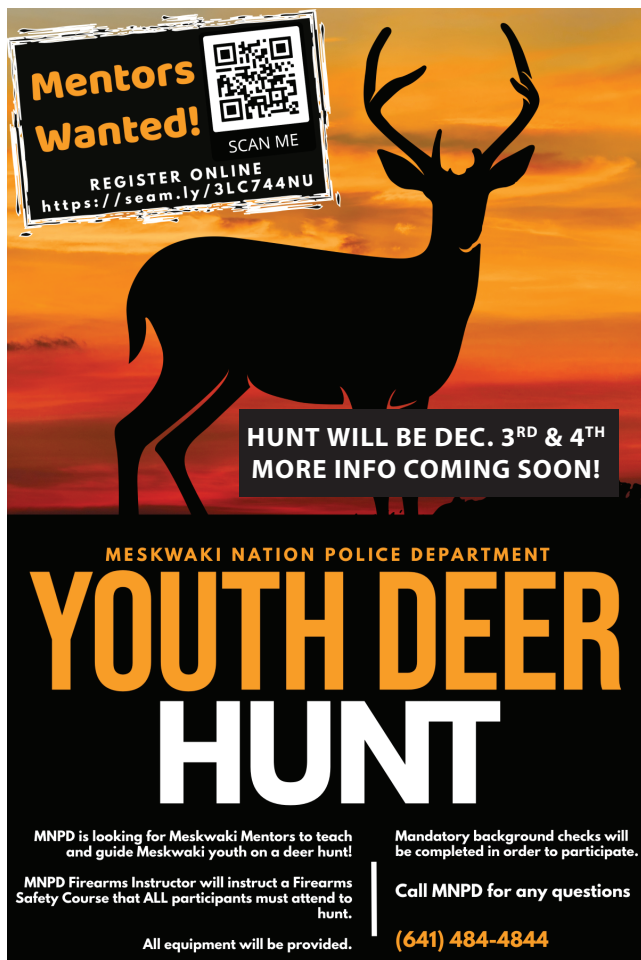
We cut the plants at ground level, and then loaded them into our trailer for the drive up the hill to the dryer site, located at the old Youth Program house site. Once there, we would begin breaking apart the plants and getting them into the stainless steel totes, which were then placed on the commercial dryer. Once they were dry enough, we would then strip the dried stems of their

leaves and flower buds, and place that into barrels.

After the dust settled on our harvest, we are happy to report that we were able to harvest, dry, process, and store enough high potency hemp biomass to get the hemp oil extraction and product manufacturing corporation up and running, enabling it to make high-potency full spectrum hemp oil products once it is formed and operational. We are taking the offseason to go over our notes and strategize how we can improve the operation even more for the 2023 season, and are already excited to get planting, but for now, we will have to be patient.

We also sent in samples of the final product of the team's efforts for potency testing. Of the 4 varieties, CBDRX-18 was the clear winner in terms of potency, and it was also faster-maturing, which with the early frosts seems like a good quality to have for our growing context. We plan to make this variety our mainstay for the 2023 season, while also keeping an eye out for other promising varieties to try growing in small amounts as we continue to develop the operation.

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



Mentors Wanted! SCAN ME
REGISTER ONLINE
<https://seam.ly/3LC744NU>

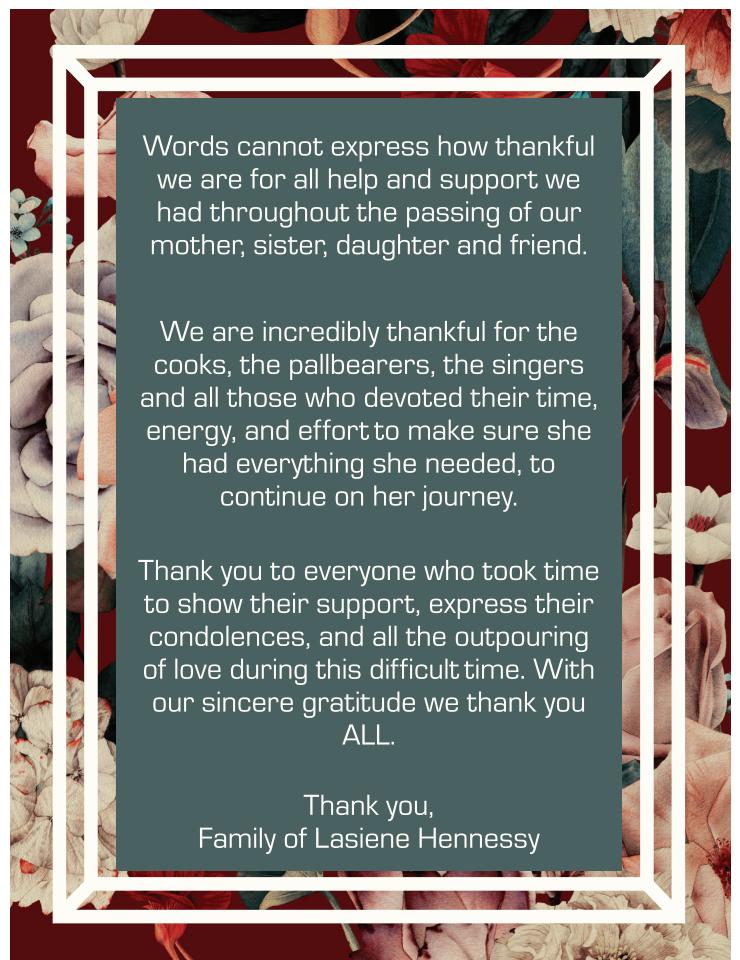
**HUNT WILL BE DEC. 3RD & 4TH
MORE INFO COMING SOON!**

MESKWAKI NATION POLICE DEPARTMENT
YOUTH DEER HUNT

MNPD is looking for Meskwaki Mentors to teach and guide Meskwaki youth on a deer hunt!
Mandatory background checks will be completed in order to participate.

MNPD Firearms Instructor will instruct a Firearms Safety Course that ALL participants must attend to hunt.
Call MNPD for any questions
(641) 484-4844

All equipment will be provided.



Words cannot express how thankful we are for all help and support we had throughout the passing of our mother, sister, daughter and friend.

We are incredibly thankful for the cooks, the pallbearers, the singers and all those who devoted their time, energy, and effort to make sure she had everything she needed, to continue on her journey.

Thank you to everyone who took time to show their support, express their condolences, and all the outpouring of love during this difficult time. With our sincere gratitude we thank you ALL.

Thank you,
Family of Lasienne Hennessy



Committee Members Needed

Community members are needed to serve on the following committees. Please consider!

Interested individuals should write a letter to Tribal Council asking to be considered for inclusion to any of the committees listed below and should drop off the letter to the Tribal Center in care of Tonya Bear, Interim Executive Director, or mail to: 349 Meskwaki Road, Tama, IA 52339.

ELECTION COMMITTEE

The Election Committee is in need of volunteers to this important committee. The committee currently has three openings for members and two alternates to carry out six year terms. Must be 21 years of age, law abiding and of good moral character and good standing in the community.

ENROLLMENT COMMITTEE

Committee members review applications and submit recommendations to Tribal Council. Four terms are ending at the end of the year. Candidates must be enrolled members, 21 years of age, law abiding and of good moral character and good standing in the community.

HOUSING COMMITTEE

Housing Committee members help carry out Meskwaki Housing Program Policies and Procedures by reviewing applications, recommending approvals, reviewing and recommending requests for home additions, and recommending terminations of housing assignments when necessary. The committee currently has two vacancies. Committee members serve 2 year terms.

See the rest of the photos from this event at meskwakimedia.smugmug.com

Red Earth Gardens Movie Night

On Friday, Sept. 30, REG hosted a movie night for the Meskwaki community.



**MY LEADERSHIP COUNCIL & MSS TRU COUNCIL
PRESENTS:**



2022 VETERANS DAY POWWOW

Saturday, Nov. 12, 2022 * Meskwaki High School* Tama, Iowa

5:00 p.m. DINNER *Sides Greatly Appreciated!!!*

6:30 p.m. GRAND ENTRY

Color Guard Robert Morgan Legion Post #701

Head Man Alex "Bugitch" Walker Jr., US ARMY-101 AIRBORNE- VIETNAM

Head Lady Jane Keahna, US NAVY

Youth Emcee Hepan Azure (MY Leadership Council)

Emcee Matt Bear

Youth Arena Director Dave Pushetonequa (MSS-TRU Council)

Arena Director Trey Keahna

Youth Host Drum Da Crew

Host Drum Meskwaki Nation

CONTESTS

Men's Veterans Special (18+): 3 Places (200, 175, 150)

Women's Veterans Special (18+): 3 Places (200, 175, 150)

Men's Woodland Special (18+): 3 Places (200, 175, 150)

Women Scrub Special (18+): 3 Places (200, 175, 150)

Teens Tradish, Fancy, Grass/Jingle (13-17): 3 Places (100, 90, 80)

Jr Tradish, Fancy, Grass/Jingle (7-12): 3 Places (70, 60, 50)

Tiny Tots Sponsored by MNCSS (0-6 YRS) - Regalia

Meskwaki Veterans

Pow Wow Princess & Brave (13-18)

Jr. Princess & Jr. Brave (6-12)

CONTEST @ 4:00 pm

- Must be Descendant of Meskwaki Veteran
- Must do a Written 1 Page Essay or a 1-minute Video of a Veteran that has Impacted your life.

- Must complete the Veterans Royalty

Application form:

<https://tinyurl.com/3k6nm4t>

★ **DOOR PRIZES** throughout the evening, **MUST BE PRESENT TO WIN**

★ **First (30) SINGERS & First (30) Non-Contest Dancers** to register will receive Day Money

★ **VENDORS WELCOME (5) Craft Booths:** Cost \$75 / (3) Food Vendors Booths: \$150

★ **CHAIRS WILL BE AVAILABLE- NO OUTSIDE CHAIRS**



Find Updates on MYDP FB page: "Tashina Azure-Meskwaki Youth Development Program." *Everyone is welcome to attend this Alcohol and Drug-Free Event. MY Leadership & TRU Youth Committee not responsible for Thefts, Accidents, or short-funded travelers. MYDP @ 641-484-5369*

MISSOURI JUDGE VISITS THE MESKWAKI TRIBAL COURT

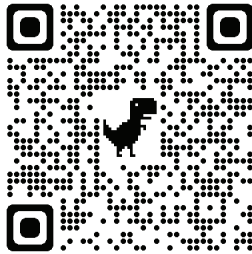
On September 14, 2022, Judge Jay Hemenway, Associate Circuit 3 Judge from Bethany, Missouri, visited the Meskwaki Tribal Court in order to learn more about the tribal judicial system and Indian Child Welfare cases. Judge Hemenway was able to meet with the Tribal Court staff and observe several hearings. The Chief Justice of the Missouri Supreme Court Paul C. Wilson also sent a letter thanking the Tribal Court for hosting Judge Hemenway and for sharing information on our justice system. The Chief Justice was impressed with our leadership with the Indian Child Welfare Act and stated that, "The more we learn about each other's systems, the stronger we all become."



L-R- Chief Judge Jessica Bear; Missouri Judge Jay Hemenway; Pro Tem Associate Judge Tish Keahna; and Deputy Clerk Suzanne Buffalo

STUDENT DEBT RELIEF

Applications for federal student loan debt relief are being accepted now. All applications must be submitted by 4/30/23. Although the program is currently paused, the application process is very simple and provides up to \$20,000 to Federal Pell Grant recipients and up to \$10,000 for non-Pell Grant recipients.



The Meskwaki Higher Education Program recommends anyone wishing to receive Student Loan Debt Relief, should apply now. Follow this link for more information and the application: <https://studentaid.gov/debt-relief/application> or scan the bar code with your phone to learn more.

2023 GRADUATE PARENT COMMITTEE MEETING PLANNED

The Graduate Parent Planning Committee needs to plan this year's event. For mor info, contact Harlan Whitefish at (641) 484-3157 or email to: hdwhitefish@meskwaki-nsn.gov

All HS graduates and their parents are encouraged to attend. First meeting to be held:

WEDNESDAY, NOVEMBER 16TH, 2022 @ 7 PM
MBCH VETERAN'S CONVENTION CENTER

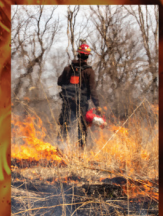
WILDLAND FIREFIGHTER TRAINING



Personnel needed for the next burn season coming Spring 2023.

This federally certified training will be a self-paced online training program offered this winter for interested community members.

- **Pack Test:** Participants must carry a 45 lb. pack, walking (not running), 3 miles in under 45 mins.
- **Written Test:** Participants must complete the self-paced online training and obtain a passing grade on the test.



If interested, contact Jerod Pushetonequa, Tribal Emergency Manager, at (641) 484-4678 ext. 9226 or email: jerod.pushetonequa@meskwaki-nsn.gov



Snow Removal Bid

...

Meskwaki Senior Services is seeking bids from interested parties to provide snow removal services. The successful contractor shall remove snow in a timely manner from each house identified by the Tribe and in the order identified by the Tribe any time there is a snow fall event of one (1) or more inches. Snow removal shall be from the driveway to the main door of the home. This includes removal of snow from the driveway to the pathways, ramps, and steps. The removal must be sufficient to allow the resident safe access to the end of the driveway from the main door of the home by foot or by vehicle. All areas in which snow was removed shall also be treated with pet-friendly ice melt as well. Contractor must provide proof of business liability insurance within 48 hours of award.

Bidders shall submit their name/business name, contact information and a completed bid schedule as detailed below:

Bids shall be submitted with a flat fee per residence per occurrence for the following measurable snowfall events:

...

Flat Rate per Removal 1" up to 3.99"
_____/event

Flat Rate per Removal 4" up to 7.99"
_____/event

Flat Rate per Removal 8" and greater
_____/event

Sealed bids will be received until 2:00 p.m. CST on Wednesday, November 16, 2022 by Elizabeth Dolezal, Procurement Coordinator, at the Meskwaki Tribal Center, 349 Meskwaki Road, Tama, IA 52339.

Career Awareness



Meskwaki Workforce Development is hosting a Career Awareness event on Wednesday, November 16, 2022 at the MBCH Convention Center.

Our goal is to provide an environment for students in 7-12th grades to be able to learn more about tribal departments and associated jobs.



AGENDA

1. Welcome address
2. Guest speaker
3. Wellness activity
4. Guest Panel
5. Departments Speed Showcase
6. Meskwaki Higher Education Program
7. Closing statement

We are excited you can join us!
If you have any questions,
please contact Shoshonis Brown



Meskwaki Nation Workforce Development
► Shoshonis Brown, Project Manager
(641) 484-9506



On October 18th, crew members from Meskwaki Natural Resources, Meskwaki Public Works, MNPD, Meskwaki Hemp Supply, IT Broadband, and Steckelberg Veterinary Clinic PC took part in the 2022 Bison Roundup. A total of 73 bison were funneled through the coral. 7 of these were sent to harvest. The rest were tagged, vaccinated, de-wormed and deloused. Thank you to everyone for making this a successful and safe roundup. And a special Thank You to Nina for providing the lunch!



HAPPY BIRTHDAY

SKILES (24), OSCAR (19) AND HOOK (17)!



LOVE, AMARRA, LAILA, BRIELLA, AND MASON!!

Delayna Bear's birthday November 2nd



Love Mom,
Damias, Martin
and Marleigh

Meskwaki Bingo Casino Hotel

Owner Appreciation Dinner

MESKWAKI

MESKWAKI

Meskwaki Convention Center

Thursday, January 12, 2023

5:00 p.m. - 8:00 p.m.

MNR CALENDAR PHOTO CONTEST



PRIZES:

1st PLACE \$100
2nd PLACE \$75
3rd PLACE \$50
4th PLACE \$25

Photos must be submitted digitally to
nina.youngbear@meskwaki-nsn.gov by
Mon., November 14th at 4:30pm

MNR PHOTO CONTEST DETAILS:

- Winners will be announced on November 21st
- Photos can be in black and white and/or color
- Horizontal photos preferred for printing in calendar
- Photos must be Natural Resource related or a Natural Resource activity
- Photos can be taken by community members and Tribal employees
- Submit up to 4 photos per person (1 per season)
- Photos will be judged by Tribal Judges

THE TOP 12 PHOTOS WILL BE PUBLISHED
IN THE 2023 MNR CALENDAR!

IS THE DERECHO STILL IMPACTING YOUR LIFE?

We may be able to help.

¿LA TORMENTA EL DERECHO
LE SIGUE AFECTANDO SU VIDA?

Nosotros podríamos ayudarle.

IOWA
LEGAL
AID®

HOPE. DIGNITY. JUSTICE.

Call the Derecho Hotline: 1-877-469-2259

iowalegalaid.org

Meskwaki Tribal Council, along with the Attorney General's office would like to remind you about Iowa Legal Aid's assistance. They are providing legal help to those needing assistance from the Derecho storm. Please contact their helpline for information and assistance. 1-800-469-2259.



MSS Homecoming Week



MSS King Davian Pushetonequa

MSS Queen Sophie Snow



Rudy Papakee Jr. was crowned
STC Homecoming King





**SAVE
THE
DATE**

NATIONAL DIABETES MONTH WALK/ RUN

Nov. 1 @ 5:30 PM

Join us for tee-shirts, food, door prizes and walk/run for Diabetes prevention!

DIABETES BINGO

November 7 @ 5pm
Tribal Snack Bar

COOKING WITH JENNIFER AT HEALTH CLINIC

November 9 at Noon
Learn to make chicken with wild rice soup

DIABETES BINGO

November 28 @ Noon
Tribal Snack Bar

DIABETES CLINIC DAY

November 22

This special day is to schedule your visit with a medical provider, dietitian, JVN, and/or dental provider. Call to see if you qualify to be seen on this day. Stop in to pick up incentives for the diabetes service that you have earned this year! Information table about technology and ways to deliver insulin presented by Mary Beth with Medtronic will be available too. Call the clinic to register (641) 484-9421 or email:

jennifer.scales@meskwaki-nsn.gov.

NEED A RIDE?

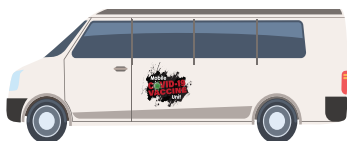
Transportation is available for qualifying visits to the Health Clinic and other medical transports. Call the numbers below for info:

Medical Transportation: (641) 484-9419

Medication Deliveries: (641) 484-9451

Behavioral Health Transport: (641) 484-9487

Non-Medical Transport: (641) 484-9410



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



Give your feet a good treat by not skipping a beat! Go see your local Podiatrist today.



The Meskwaki Health Clinic has many services to help you manage your diabetes, and one of them is by having a Podiatrist available to all patients. Dr. McMurray is in the office two Wednesdays out of each month from 8:00am- 2:30pm. For individuals who have diabetes it is extremely important to take care of your feet to prevent problems from developing. For more information or to schedule an appointment call 641-484-4094.

What can happen if you don't take care of your feet?

- Nerve damage which can lead to loss of feeling or tingling sensation
- Deformed or misshaped feet
- Poor circulation
- Pressure points that can cause blisters, sores, or ulcers to form
- Burning or pain in feet
- Poor sensory to hot and cold
- Toenails can be thick or yellow
- Fungus can begin to grow in between your toes
- Cuts or open sores can lead to infection

How can you prevent problem feet?

- Have regular doctor visits at least 4 times per year
- Control your glucose levels
- Don't smoke or use tobacco products
- Receive patient education from your doctor

Daily foot care tips:

- Check your feet daily with a mirror.
- Wash your feet daily and use lotion to prevent dry cracked skin
- Trim your toenails after washing and drying them **(the Podiatrist will trim your toenails for you)**
- Treat corns and calluses with care **(receive help with treatment)**
- Always wear shoes and socks
- Wear shoes that fit well and protect your feet
- Be physically active to help increase circulation

TIS THE SEASON...FOR THE FLU!

Getting vaccinated against the flu is the best way to protect yourself and your family from severe illness caused by the influenza virus. Since the nursing staff at Meskwaki Health Clinic strongly recommend that anyone who is eligible get vaccinated against the flu, we wanted to offer some information about the vaccine. Below are some facts and myths about flu shots.

Myth: Young, healthy people do not need to get a flu shot.

Fact: Young, healthy people are less likely than children or the elderly to be hospitalized and/or die from the flu, but you can still spread the flu to others who may be more vulnerable, so being vaccinated also helps to protect anyone you have contact with.

Myth: The flu shot will make you sick.

Fact: The flu vaccine does not contain a live virus, so it can't infect you or make you sick. If you feel a little under the weather after your vaccine, it's your immune system getting charged up and that's a good thing!

Myth: The flu is just a bad cold.

Fact: While the flu causes cold-like symptoms, like sore throat, runny nose, cough, fever, and body aches, it is more severe than the common cold. In fact, in the U.S. influenza causes an average of 36,000 deaths

and over 200,000 hospitalizations every year.

Myth: Flu shots don't work because people who get vaccinated can still get the flu.

Fact: Getting a flu shot does not guarantee that you will not get the flu, but it does decrease the chance of you getting sick by up to 60% and, if you do contract the flu virus, it lessens the severity AND duration of your illness.

We recommend that everyone, age 6 months and older, get vaccinated against the flu and we have vaccines available at the health clinic for all ages. Please call the clinic to schedule an appointment for your annual flu vaccine today. Remember, getting vaccinated is the best way to protect yourself and those around you this flu season.

~ Sara Augspurger, RN, Clinic Nurse Mgr.

STEP INTO BETTER HEALTH DURING NATIONAL DIABETES MONTH

Healthy living is an ongoing journey – one that's important to keep you energized for the things that matter most. Celebrate the people and activities you love by prioritizing healthy habits to keep living your best life.

Did you know that [96 million adults in the United States] have a condition called prediabetes? This means a person's blood sugar levels are higher than normal, but not yet high enough to be considered type 2 diabetes. While prediabetes can be reversible, type 2 diabetes can't -- and

it can lead to increased risk for other serious health problems like heart attack, blindness, and kidney failure.

If you have prediabetes, there are healthy changes

you can make that can prevent or delay type 2 diabetes. National Diabetes Prevention Program is a lifestyle change program through the Centers for Disease Control and Prevention National Diabetes Prevention Program (National DPP) designed to help you do just that. November is National Diabetes Month and a chance to think about improving your health. Here at Meskwaki Health Clinic, we offer the lifestyle change program starting in January of 2023 more information to come, with trained Lifestyle Coaches whose goal is to help you enhance your life with healthy habits that work for you.

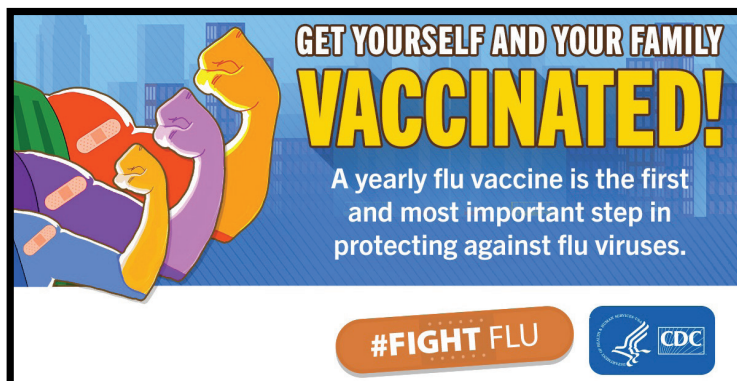
What will the lifestyle change program help you do?

Eat healthier – Eating a balance of healthy foods is one of the biggest factors in losing weight and having better health overall. Small swaps like switching out starchy vegetables like potatoes for leafy greens like a salad can make a big impact. You'll also learn how reducing portion sizes lets you enjoy some of your favorite foods while limiting unhealthy amounts of salt, fat, and sugar.

Get more physical activity – Learn ways to move more that you'll actually enjoy! You don't have to run for miles or spend hours in the gym to be active. Something as simple as a walk with a friend or your partner or dancing to some music while doing household chores can improve your health and energy.

Manage stress – Stress affects your health in many ways, and learning to reduce stress can help prevent type 2 diabetes. Getting 8 hours of sleep each night and building in short breaks at work are examples of stress management methods that make a difference for your health.

Continued on next page.



Continued from last page.

With practical tips that are proven to work, you'll develop habits that will last long after the program is done. By losing 5-7% of your body weight (10-14 pounds for a 200-pound adult) and adding 150 minutes of weekly physical activity to your routine, you can cut your risk for type 2 diabetes in half!

Instead of taking away from what you enjoy doing or how you spend your time, we can help you make small changes that fit into your lifestyle. You'll do all of this with the support of your Lifestyle Coach during group sessions with others also looking to reverse prediabetes. Living healthier may feel overwhelming, but with a team behind you, you can achieve your goals and make positive changes for the future.

So, ready to get started? Learn more about prediabetes and the lifestyle change program by calling Jennifer Scales at Health clinic, 641-484-9421. We're here to support you on your health journey so you don't have to do it alone. Sign up today to find a community working to prevent or delay type 2 diabetes so you can keep on celebrating the life you love all year long.

~ Jennifer Scales, RDN, LD

TURN AROUND DON'T DROWN

Each year, more deaths occur due to flooding than from any other thunderstorm related hazard. The Centers for Disease Control and Prevention report that over half of all flood-related drownings occur when a vehicle is driven into hazardous flood water. The next highest percentage of flood-related deaths is due to walking into or near flood waters. People underestimate the force and power of water. Many of the deaths occur in cars swept downstream.

Never drive around the barriers blocking a flooded road. The road may have collapsed under that water. A mere 6 inches of fast-moving flood water can knock over an adult. It takes just 12 inches of rushing water to carry away most cars and just 2 feet of rushing water can carry away SUVs and trucks. It is NEVER safe to drive or walk into flood waters. Pictured right, Jerod Pushetonequa, Emergency Management, receives signage to be posted along the Iowa River flooding area.





MNCSS



Attention MNCSS Clients it's your responsibility to inform MNCSS of any changes in contact information or custody changes. Please contact our office to update information regarding your case.

If you are interested in Direct Deposit please call our Financial Specialist Sherrie Marland at (641)484-9301.





Join us in welcoming Tristan Zoffka to the Meskwaki Nation Child Support Services team! She is our new CSS Office Assistant.



MNCSS Staff would like to thank all veterans for your service!

...
Happy Veterans Day

We need you! As an integral part of the community we need your knowledge, traditions, experience to help families come together for the children!

Meskwaki Elders Circle Meeting

When: November 15th, 2022
Time: 4:30pm-5:30pm
Where: 1834 340th St Tama, IA 52339

Transportation available if needed!
Please call 641-484-9313!

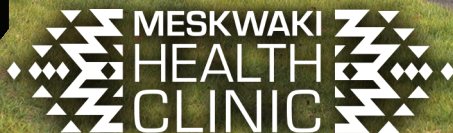


October 2022 5K Fun Runs

Fun Runs held in October were Thyroid Cancer Awareness, Breast Cancer Awareness and the Halloween Monster Dash.



Photo provided by Tyler Lasley



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

Case no.: NC-2021-0004

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)

OKOYE XAVIER KAPAYOU

To proposed name (first, middle, last)

OKOYE XAVIER YOUNGBEAR

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: **NOVEMBER 15, 2022**

Time: **1:00 PM**

Location: Meskwaki Tribal Court
307 Meskwaki Rd.
Meskwaki Settlement
Tama, IA 52339

Jessica R. Bear, Judge of the Tribal Court

Dated: August 25, 2022

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

Case no.: NC-2021-0005

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)

HARRISON MARTIN KAPAYOU

To proposed name (first, middle, last)

HARRISON MARTIN YOUNGBEAR

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: **NOVEMBER 15, 2022**

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Tama, IA 52339

Jessica R. Bear, Judge of the Tribal Court

Dated: August 25, 2022

SMART GAMBLING

Dear Dr. Per Cap:



My uncle says there are smart ways to gamble if you understand the odds. What's the best way to win in the casino? He says craps is the way to go.

*Signed,
High Roller*

Dear High Roller,

First off, I never like seeing the words "smart" and "gambling" in the same sentence. At best gambling should be considered entertainment. At worst it's an unhealthy addiction. Somewhere in the middle is probably where most casino customers lie.

That said this is an easy question. Best way to win in a casino is to splurge using that complimentary all-you-can-eat buffet coupon and then get the heck out of there.

Ok enough pontificating. People are going to gamble regardless of what I think so let's do this.

Almost every casino game has a house edge, the casino's advantage over the customer or player. However, your chance of winning is lower with some games than others.

Your worst odds are the slots. They don't call them one armed bandits for nothing. In a typical casino the house edge on a slot machine is about 7%. This means if you play long enough you'll end up losing ninety-three cents of every dollar you feed the machine. That might not sound like much but just like a leaky bathtub, eventually they'll drain you dry.

You stand a better chance of winning at the table games. The house edge on a roulette wheel is 5.26%. Next is black jack where the house edge is 1%. A card

counter can actually get that 1% edge on a blackjack table even lower. But as soon as a casino catches on to someone counting cards, it reserves the right to show that person the exit.

Your best odds are usually found on the craps table just like your uncle said. At some casinos there's no house edge on dice. That's right 0%. You've got an even chance against the casino.

But here's the thing. This only applies if you bet strictly by the book. That means sticking only to the pass/don't pass line and backing those bets with odds behind the line. In many casinos you can reach true odds, which is another way of saying 0% house edge, when playing craps if you place the maximum odds bets that the house allows. If you notice, casinos list their maximum odds on a little plaque positioned on the side of the dice table.

While this is the smartest way to play craps it's not always the most exciting. It means you have to steer clear of all the prop bets like the horn, hard ways, field, and the granddaddy of all sucker bets – Any 7. Interestingly, these prop bets actually have the highest house edges and are the worst bets in the whole casino, which is why casinos are able to make money on craps. Very few players have the discipline to resist prop bets and bet only the pass/don't pass line during a long grind on a craps table.

So there you have it. And yes, once upon a time and before I found my calling as a financial skills educator, I considered myself a bit of a high roller too.

Please gamble responsibly and remember the same thing I tell people who invest in cryptocurrencies and meme stocks - don't gamble more than you can afford to lose. Also if you ever feel like you've got a problem with gambling reach out to the casino staff or call the National Problem Gambling Helpline Network at 1-800-522-4700.

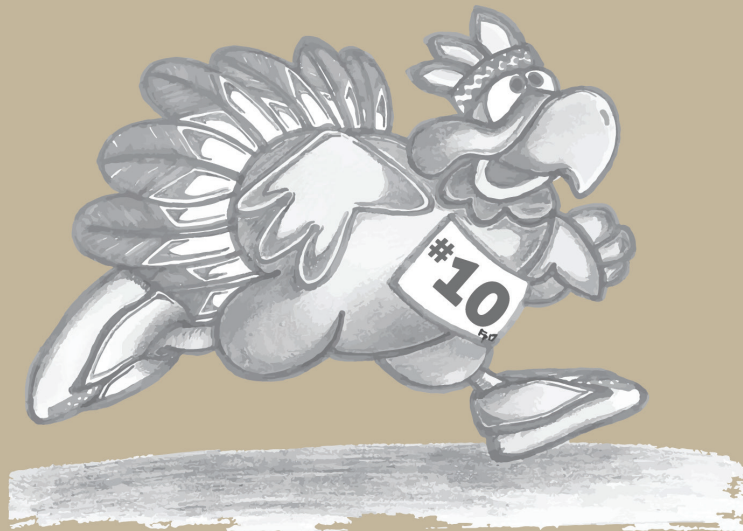
AskDr. Per Cap is a program funded by First Nations Development Institute with assistance from the FINRA Investor Education Foundation and submitted by the Meskwaki Financial Planning Committee. For more information, visit www.firstnations.org. To send a question to Dr. Per Cap, email askdrpercap@firstnations.org.

Trick-or-Treat!



Meskwaki Nation

2022



Turkey Trot

When: Thursday, November 24, 2022

- 7:30 a.m. Registration
- 8:00 a.m. Turkey Trot Fun Run/Walk Start

Location: Meskwaki Tribal Health Clinic

Entry Fee: Two (2) Non-Perishable Food Items

Route: Start at Clinic, loop Tribal Center parking lot, and back to Clinic.

Hoodies and beanies will be available while supplies last. First come, first serve.

Door prizes to be given away at the end of run. *Bring additional non-perishable food items for additional entries. Must be present to win.

Top male and female finisher receive award. Top 3 male and 3 female winners to receive pies.

Questions? Call Rudy Papakee at (641) 484-4094.

** All donations divided between the Meskwaki Seniors and Tama County Food Pantry **



RITA PAPAKEE

BRING HER HOME. YOUR HELP IS NEEDED.

MISSING PERSON

\$100,000

REWARD

MESKWAKI NATION POLICE DEPARTMENT

We are NOW

RECRUITING

BECOME A NEW
**Meskwaki
Nation Police
Officer**

ANYONE CAN APPLY!

Requirements:

- Must be 20 and over to test (Must be 21 to hire)
- Must pass a thorough background check
- Physical fitness/performance requirements apply:

**We offer competitive
salary and benefits!**

For more information contact: (641) 484-4844

Email: Mbear.MNPD@meskwaki-nsn.gov

Join us for a **rewarding career**
while helping to **protect and serve**
your community!

To apply, visit: www.Meskwaki.org/Careers/

Scan
application
from your
phone!



Test MALES AGE	20-29	30-39	40-49	50-59	60+	Test FEMALES AGE	20-29	30-39	40-49	50-59	60+
1 minute sit up	38	35	29	24	19	1 minute sit up	32	25	20	14	6
1 minute push up	29	24	18	13	10	1 minute push up	15	11	9	*12	*5
1.5 mile run	12:51	13:36	14:29	15:26	16:43	1.5 mile run	15:26	15:57	16:58	17:54	18:44

NOW HIRING!

CONSIDER A CAREER IN LOCAL LAW ENFORCEMENT!



**DRIVE SOBER OR
GET PULLED OVER!**

THINK BEFORE YOU DRINK!

- ~ If you think a small amount of alcohol won't affect your ability to drive, you're wrong.
- ~ Even a small amount can affect judgment and reaction times.
- ~ If you get a DUI, be prepared to pay - it could cost you back over \$10K in fees and fines!

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.)

Custodian/Driver

Senior Services

DUTIES & RESPONSIBILITIES:

- Safely transport elderly clients locally and long distance for meals, events, and services.
- Deliver meals to approved home delivery participants.
- Deliver food bank items to approved participants.
- Record meal delivery and client transportation data.
- Maintain delivery and transportation vehicle fuel levels as directed.
- Cleaning of Senior Services Facilities and vehicle as directed.
- Check the heating and cooling systems to keep the building comfortable.
- Perform minor routine plumbing, change filters, and related maintenance activities.
- Manage supply of cleaning supplies and equipment.
- Other duties as assigned.

REQUIREMENTS:

- High School Diploma or equivalent.
- Must possess a valid State of Iowa Class B Chauffeurs License within 30 days of hire.
- Must have a good driving record and insurable.
- Prefer experience operating a shuttle bus.
- Must be able to drive in all weather conditions.
- Must submit and successfully pass a criminal background check. Candidate must not have 2 (two) misdemeanors or 1 (one) felony in the last 5 years.
- Must enjoy working with persons' age 55 and over.

ANNUAL SALARY: \$31,699.20 - \$45,011.20

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

Environmental Specialist Senior

Meskwaki Natural Resources

DUTIES & RESPONSIBILITIES:

- Assists Director by instructing employees, answering questions, and distributing, balancing and checking work; may make suggestions on selection, promotions and reassignments.
- Develops, implements, and reviews, or participates in the development, implementation, and review of rules, policies, methods, and techniques, relating to an assigned environmental program area on a Tribal basis.
- Reviews various reports, permit applications, or other documents to insure conformance with departmental rules, policies, and technical standards, program consistency, documents technical inaccuracies and deviations from departmental policy.
- Acts as the Environmental "Officer" for the department in performing NEPA (National Environmental Policy Act of the US EPA) and Environmental Assessments; CWA Section 401 permitting; Wetland Delineation; all other determined assessments and permitting as it pertains to environmental capacities of the Tribe.

REQUIREMENTS:

- Bachelor's Degree in Environmental or Natural Science and three years of full time professional scientific experience in an environmental program in the areas of water quality, hazardous substances and pollutants, geology, history, archeology, flood plain, air pollution, soil, natural resources management, or public administration, or an equivalent combination of education and experience.
- Experience in grant writing and grant program management.
- Ability to develop, read, interpret, and understand environmental control laws, rules and regulations.
- Ability to perform statistical computations, to prepare and interpret charts, tables, graphs, and maps, and to prepare and present detailed scientific or administrative reports of findings and analysis, orally or in written form.
- Knowledge of Tribal sovereignty and Tribal

government function and structure preferred.

- Ability to work with Tribes and federal agencies that provide services to the Tribes.
- Ability to operate basic hand and power tools and machinery, such as ATV's and UTV's.
- Ability to work outdoors in inclement weather of all seasons, walk long distances, while carrying necessary tools, to perform field work.
- Must have a valid driver's license and be insurable.

ANNUAL SALARY: \$56,118.00 - \$80,808.00

POSITION OPEN UNTIL FILLED

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

Mental Health Counselor

Health

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.
- Counsel clients and patients, individually and in group sessions, to assist in overcoming dependencies, adjusting to life, and making changes.
- Collect information about clients through interviews, observation and tests.
- Act as client advocates in order to coordinate required services or to resolve emergency problems in crisis situations.
- Develop and implement treatment plans based on clinical experience and knowledge.
- Implements counseling case management for assigned patients. Provides group and individual therapy.
- Assesses, collaborates and coordinates patient's discharge planning needs and readiness for discharge with other members of the care team.
- Work in partnership with local departments to meet mental health needs of community.

EMPLOYMENT

- 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.
- Strong ability to work independently and complete documentation in timely manner.
- Experience in partnerships to ensure client's needs are being met.
- 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 Manager

Child Support Services

DUTIES & RESPONSIBILITIES:

- Oversee and support all administrative duties in the office and ensure that office is operating smoothly.
- Manage office supplies inventory and place orders as necessary.
- Perform receptionist duties: greet visitors, and answer and direct phone calls.
- Receive and sort incoming mail and deliveries, and manage outgoing mail.
- Develop office policies and procedures, and ensure they are implemented appropriately.
- Assist with office layout planning and office moves, and with managing and maintaining IT infrastructure.
- Manage office budget.
- Identify opportunities for process and office management improvements, and design and implement new systems.
- Provide other administrative support as necessary, including scheduling group meetings, maintaining calendars, doing research, and creating reports.
- Maintain all literature, documents, and forms with updated and correct information.
- Maintain contracts.
- Performs other duties as needed or assigned by the immediate supervisor.

REQUIREMENTS:

- Associates Degree and 4 years of administrative experience or equivalent combination of education and experience.
- Bachelor's Degree preferred.
- Strong communication skills, verbal and written.
- Must be familiar with Native American culture or willing to learn.
- Knowledgeable and proficient in Microsoft Office applications, internet, and e-mail.
- Demonstrate knowledge and experience in teamwork and team building skills.
- Ability to maintain confidentiality of sensitive information.
- Possess strong organization and customer relations skills.
- Must possess a valid Driver's License and have a good driving record.
- Native American Preference.

SALARY: DOQ

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
- **Carpenter 4**
- Housing
- **Carpentry Trainer**
- Apprenticeship Program
- **Cert. Substance Abuse Counselor**
- Health - Behavioral Health
- **Clerk of Tribal Court**
- Sac & Fox Tribal Court
- **Dental Assistant**
- Health - Dental
- **Diabetes Educator**
- Health - Diabetes
- **Elder/Vulnerable Adult Case Manager**
- Family Services
- **Environmental Specialist Land & Wildlife**
- Natural Resources
- **Gaming Commissioner**
- Sac & Fox Gaming Commission
- **Grant Compliance Specialist**
- Executive Management

- **Housing Accounting Specialist**
- Housing
- **Housing Maintenance Technician**
- Housing
- **HVAC Technician**
- Housing
- **HVAC Trainer**
- Apprenticeship Program
- **Legal Assistant (Part-time)**
- Attorney General
- **MSS Custodian (2nd Shift)**
- Meskwaki Settlement School
- **MSS Facilities Compliance Specialist**
- Meskwaki Settlement School
- **MSS Food Service Worker**
- Meskwaki Settlement School
- **MSS Food Services Coordinator**
- Meskwaki Settlement School
- **MSS Head Varsity Girls B-Ball Coach**
- Meskwaki Settlement School
- **MSS Math Teacher (MS/HS)**
- Meskwaki Settlement School
- **MSS Meskwaki Language Teacher**
- Meskwaki Settlement School
- **Police Officer**
- Meskwaki Nation Police Dept.
- **Police Officer (Non-Certified)**
- Meskwaki Nation Police Dept.
- **Property Manager**
- Housing/Realty
- **Social Worker**
- Family Services
- **Victim Advocate**
- Family Services

Are you awesome?
we're hiring.



To Apply visit our website: <https://www.meskwaki.com/employment> and click on Meskwaki Career Center!

JOIN US AT MESKWAKI BINGO CASINO HOTEL. WE'VE MADE SOME CHANGE\$!!

BINGO CASHIER FT or PT \$13.25 hourly. Must be at least 18 years of age.

BUFFET CASHIER FT \$13.00 hourly. Must be at least 18 years of age.

CAGE CASHIER FT \$15.00 hourly. Requires a High School diploma or GED and at least 18 years of age.

CCS SHIFT SUPERVISOR FT \$16.00 hourly. Requires a High School diploma or GED. One year housekeeping experience required, and 6 months of supervisory experience required.

CLUB ASSOCIATE FT \$13.00 hourly. Requires a High School diploma or GED and at least 18 years of age.

CLUB MESKWAKI SUPERVISOR FT \$16.00 hourly. Requires a High School diploma or GED and at least 18 years of age. Previous marketing or guest service experience preferred.

COOK/CASHIER FT \$13.00 hourly. Must be at least 18 years of age.

DEALER TRAINEE FT This is a *FREE training*, and we will pay you \$7.50 hourly while training, Monday-Friday, 8 am to 4 pm. After training you could earn from \$20-25 per hour with tips (tips may vary). Requires high school diploma or GED. Requires successful completion of the appropriate dealer training course.

EXECUTIVE SOUS CHEF & TRAINER FT Salary \$DOQ. At least 21 years of age. Requires High School diploma/GED. Requires a Culinary degree from an accredited institute/school and 3 years kitchen management or 10 years kitchen management in large scale operations.

EXPERIENCED DEALER FT/PT \$20.00-25.00 per hour with tips (tips may vary). Requires High School diploma or GED. Trained to operate any combination of: Blackjack, Dice (Craps), Roulette or Baccarat/Pai Gow.

HOUSEKEEPING SUPERVISOR FT \$16.00 hourly. Requires a High School diploma or GED. Two years of supervisory experience required.

INFORMATION SUPPORT SPECIALIST I FT \$Dependent on Qualifications/Salary. Requires a degree in Computer Science or relevant field of study, with an emphasis in computer systems. In the absence of a degree, 2 years' experience in Computer Science or relevant field of study, with an emphasis in computer systems will be required.

SECURITY EMT FT \$17.00 hourly. HS Diploma/GED preferred. Certified Iowa EMT or current Registered Nurse. SS

SECURITY OFFICER FT \$14.00 hourly. High school diploma/GED preferred. 18 years of age and older. SS

SLOT SHIFT SUPERVOR FT \$18.00 hourly. High school diploma/GED. Four years Slot Attendant experience.

SLOT TECHNICIAN II FT \$16.50 hourly. High school diploma/GED. Must be 18 years of age and older.

SURVEILLANCE OBSERVER FT \$15.00 hourly. High School diploma/GED. Must be 21 years of age and older.

BANQUET SERVER FT \$9.00 per hour with tips (tips may vary). Must be 18 years of age.

CASINO CLEANING PORTER FT \$13.00 hourly. Must be at least 18 years of age.

DISHWASHER FT \$13.00 hourly.

EQUIPMENT CREW FT \$14.00 hourly. Must be at least 18 years of age.

GUEST ROOM ATTENDANT FT Up to \$14.00 per hour includes room incentive (\$11.00 per hour + \$3.00 per standard rm/\$4.00 per Suite).

LAUNDRY WORKER FT \$13.00 hourly. Must be at least 18 years of age.

Requirements: **Pre-Employment Drug Screen Required and Gaming Commission License Background Interview.** **Hourly Shift differential – Swing 2nd shift \$.50, Grave 3rd shift \$1.00.** Native American preference policy applies to all positions. Call 641.484.1575/1438 for more information. SS indicates a Safety Sensitive position. 11.1.2022

NEW STAFF

FAITH LAURENT,
BA/BS
Investigator
Gaming Commission



My name is Faith Laurent and as the Investigator for the Gaming Commission will be doing full investigations for possible employment for licensing, renewals, alleged violations. I love to analyze, review facts and findings to determine the best outcome for everyone involved. I've worked in the mental health field for ten years helping clients with criminal charges, proceedings to help find solutions to best suit their needs. I'm originally from Chicago and moved to Iowa about 15 years ago to help care for my grandparents. Iowa grew on me and I decided to stay long-term. I decided to go to college at Iowa State University to study Criminal Justice, Political Science and Psychology. I chose those degrees because I have a lot of compassion for others, believe in justice, and want to make a change to better serve the public in a legal capacity.

TRISTAN RAE
ZOFFKA
Office Assistant
Child Support
Services



Hi, my name is Tristan Zoffka and I have recently started as an Office Assistant with Child Support Services. This is something new for me and I'm looking forward to working for the Sac and Fox Tribe. I have been in healthcare for the past 8 years working as a CNA in long term care/hospice. I grew up in Garwin. I am the oldest of 4. I am a huge animal lover, I have 2 Great Danes, Loki and Wrigley. I love fall time as I enjoy watching football. Go Hawkeyes!

Tribal Operations Employee

HARVEST M E A L

11-10-2022

THURSDAY: 11 AM - 1 PM
CASINO CONVENTION CENTER

Meskwaki Holiday Expo

Homemade and creative crafts!

FREE Admission!
December 2- 3, 2022
Friday - Saturday
10 AM to 6 PM

\$20 Vendor Fee
Scan to register

- Crafts & Gifts
- Food
- & More!

**Dec.
2nd-3rd**

Meskwaki Veterans Convention Center
1504 305th Street - Tama, IA
<https://www.facebook.com/MeskwakiExpo>
FOR MORE INFO CALL (641) 484-3185 / (641) 484-3511

Tribal offices including the Health Clinic, Pharmacy, Senior Center and Tribal Center will be closed on Friday, Nov. 11 for Veteran's Day, Thursday, Nov. 24 for Turkey Day, and Friday, Nov. 25 for Native American Heritage Day.

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

PRESORTED
STANDARD MAIL
US POSTAGE PAID
TAMA, IOWA
PERMIT NO. 7

ADDRESS SERVICE REQUESTED

Tribal offices including the Health Clinic, Pharmacy, Senior Center and Tribal Center will be closed on Friday, Nov. 11 for Veteran's Day, Thursday, Nov. 24 for Turkey Day, and Friday, Nov. 25 for Native American Heritage Day.



2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Baked Catfish, 3oz, 1c Wheat Bread, 1, 1c Mac & Cheese, ½ cup, 1.5c Steamed Carrots, ½ cup, 0.5c Fruit Cocktail, ½ cup, 1c	Porcupine Balls, 3, 1.5c Wheat Bread, 1, 1c Sweet Peas, ½ cup, 1c Cutie 1, 1c	NDN Corn w/ Beef, 1 cup, 1c Dinner Roll, 1, 1c Greenbean Casserole, ½ cup, 1c Pears, ½ cup, 1c	Steak Tacos, 3 oz, 0c Shell, 2, 1c Rice, 1/3 cup, 1c Corn Salsa, ½ cup, 1c Pineapples, ½ cup, 1c
7	8	9	10	11
Potato & Pork Soup, 1 cup, 1c Wheat Bread, 1, 1c Green Beans, ½ cup, 0c Grapes, ½ cup, 1c	Hamburger w/ Toppings, 3 oz, 1c Bun, 1, 2c French Fries, ½ cup, 1c Strawberries, ½ cup, 1c	Chicken Stir Fry, ½ cup, 1c Rice Pilaf, ½ cup, 1c Creamy Applesauce, ½ cup, 1c Orange Fluff, ½ cup, 1c	Hominy & Pork, 1 cup, 2c Dinner Roll, 1, 2c Squash, ½ cup, 1c Blueberries, ½ cup, 1c	
14	15	16	17	18
Beef & Noodles, 1 cup, 1c Biscuit, 1, 2c Brussel Sprouts, ½ cup, 0c Bananas, ½, 1c	Lemon Pepper Cod, 3 oz, 0c Wild Rice, ½ cup, 1 Green Beans, ½ cup, 0c Applesauce, ½ cup, 1c	BBQ Pork Ribs, 3 oz, 0.5c Dinner Roll, 1, 1c Au Gratin Potatoes, ½ cup, 1c Jello w/ Fruit, ½ cup, 1c	Chicken & NDN Corn Wabikoni Tagaani Frybread Fresh Fruit, Choc. Cake & Ice Cream 	Turkey Meal 
21	22	23	24	25
Sausage & Cornmeal, 1cup, 1.5c Crackers, 6, 1c Peas & Carrots, ½ cup, 0.5c Blackberries, ½ cup, 1c	Chicken, ½ cup, 0c Tostadas, 2, 1c Rice, ½ cup, 1.5c Pico De Gallo, ¼ cup, 0c Pineapples, ½ cup, 1c	Oatmeal, ½ cup, 1.5c Sausage, 2, 0c Boiled Egg, 1, 1c Toast, 1, 1c Orange, 1, 1c	CLOSED HAPPY <i>Thanksgiving</i> 	CLOSED 
28	29	30		
Chicken/Veg Noodle Soup, 1 cup, 1c Biscuits, 1, 2c Salad, 1 cup, 0c Strawberries, ½ cup, 1c	Tater Tot Casserole, 1 cup, 1c Wheat Bread, 1, 1c Broccoli, ½ cup, 1c Grapes, ½ cup, 1c	Hot Turkey, 3oz, 0c Wheat Bread, 1, 1c Baked Potato, 1, 1c Pears, ½ cup, 1c Brownie, 2x2, 2c	All Meals include milk. *Menu is subject to change* *Dietitian Reviewed Menu c = carb	

*Guest Speakers – Noon
*Wellness Workouts – 10:15 am

Questions?
Please call or stop by!

Percap Distribution Direct Deposit and Checks: 11/10

ARPA Distribution Direct Deposit and Checks: 11/23