

Meskwaki Nation Times

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 20

Issue 02

February 2023



Times



A blanket of snow covers the Meskwaki Settlement one wintry January morning

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

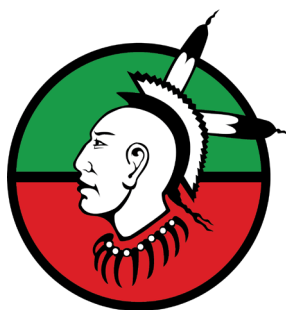
MESKWAKI SETTLEMENT

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

Feb. 1 @ 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:

FEBRUARY 20, 2023

Articles can be submitted via email to:

MEDIA@MESKWAKI-NSN.GOV

Or mailed to:

Meskwaki Nation Times, 1646 305th Street, Tama, Iowa 52339

All articles submitted are subject to approval and/or editing due to the space available.
Editor: Shannon Mitchell - Photographer: Wendy Witt - Content: Crystal Mzhickteno



MESKWAKI RECREATION CENTER COMMITTEE ENVISIONS SPRING OPENING

In an article from *The Whole Town's Talking, Tama, Iowa* dating back to April 1952, a young Meskwaki tribal member first wrote about the community's need to build a recreation facility. It was an idea that was brainstormed and talked about for many, many years. It took the leadership of countless tribal council members, department directors, staff and community members, joining together to come up with a thorough plan; one that could fit both the needs of the community and be financially feasible.

After years of planning, the current proposal for a year-round gathering place that could bring the entire community together for the promotion of active lifestyles, was approved. Its mission expanded from just a health aspect to include building family relationships, engaging, educating and empowering children and youth, and cultivating cultural community connections throughout the Meskwaki Nation. The project, which broke ground on August 18, 2021, is scheduled for completion this spring.

Today, seventy plus years in the making, the new Meskwaki Nation Recreation Center will soon be opening and community members will be given the first opportunities to utilize it.

Project Committee Chair Rudy Papakee commented, "The sky is the limit with regards to what programming can look like in the new facility. There are designated areas for large group gatherings, infant through school aged daycare, afterschool and summer youth programs, recreation and fitness classes for all ages, a large running track, weight lifting and cardio equipment areas, and plenty of room for many cultural and educational programs that can benefit the mind, body and spirit."

Papakee noted the first steps include



hiring a daycare director as well as a director for the center. Human Resources is working to roll out these job opportunities soon. Along with Papakee, Recreation Center Committee members have included Olivia Walker, Jarvis Bear, Delonda Pushetonequa, Charlie Shuckahosee, Tashina Azure, Curtis Seymour, Tamara Mauskemmo, Jason Jefferson, Brett Westphal and Elizabeth Dolezal.

Media Services was recently given the opportunity to tour the current construction site to gather photos and information to share with the community about the new 75,000 square foot facility. The tour included a sneak peek into its spaces with information about some of the dynamic initiatives planned within. As these plans are fluid and ever-changing, the facility holds unending possibilities with the needed space to see programming expand and evolve throughout the years.

DAYCARE/AFTERSCHOOL CARE: Ideally the daycare area, which features a locked area where parents and family members can ensure the safety of their children by checking them in and out, could host more than 20 dedicated staff members working specifically with up to 75 infant through pre-k aged children and school aged youth for summer and afterschool care including free-play in the gyms. With plenty of job opportunities for community members working within the daycare center, the tribe can tailor its initiatives to

align with language immersion, cultural efforts, public health control curricula, and others. The daycare center will charge for its services (just like any other daycare location) but by accepting state funding, MFS funding, and accepting out-of-pocket payments for usage, payment structures should align with other daycare facilities in our area and benefit the Meskwaki community by offering priority services to Native children.

HEALTHY/ACTIVE COMMUNITY: Native Americans, including the Meskwaki, continue to face multiple health disparities including diseases of the heart, diabetes, liver, mental health, and chronic respiratory issues. According to the Indian Health Service, Native Americans born today have a life expectancy that is 5.5 years less than all other races. Over and over again, studies show that people who exercise regularly have lower blood pressure, delayed onset of diabetes, lower heart disease rates, improved mental health, and overall increased longevity. Exercise can also strengthen immune systems and reduce stress.

For this, leadership took advanced steps by incorporating many areas within the facility to address these needs.

Committee Member Charlie Shuckahosee explained, "Having a new rec center is a 20 plus year dream that has come true for the community. Take full advantage of this opportunity for fitness because it's not a seasonal hobby, it's a lifestyle."

REC CENTER



Parking Area/Front



Back/Stadium Seating



Lobby



Lobby

The state-of-the-art gymnasium hosts two full college sized basketball courts, which can be broken down into four separate practice courts that have the ability to be partitioned off as necessary. The upper area of the gymnasium hosts a walking/running track, of which eight laps equals one mile. With two areas on the track level for cardio equipment, as well as a large free weight and cardio equipment filled area sectioned below, there is plenty of space for those of any age wishing to work on their health and wellness. Each piece of cardio equipment hosts its own individual TV screen, hardwired for the internet and ready for those wishing to watch their favorite Netflix show while they work out.

The facility hosts locker rooms which include full showers and a wet sauna in both the men's and women's areas. The fitness studio will host fitness classes and be available for wrestling, cardio classes, etc. In addition to current Wellness staff members, the program will be hiring six

to eight additional staff for fitness classes, personal training and exercise programs as needed. Current plans include charging a nominal fee to the Meskwaki community for fitness usage with additional membership fees charged to non-Native employees, visitors and their families.

Upon the opening of the facility, each person will be asked to go through an in-person orientation class prior to usage to ensure proper use of all the new weights and cardio equipment, signing off on their understanding of the importance of safety, equipment usage, and ensuring a clean environment so the equipment will last for many years. Each piece of equipment in the facility will be new, older equipment from the current Wellness building will be sold at a later date.

There is also a revenue generating avenue the facility could choose in the future by offering the ability to rent out part of the facility for basketball and volleyball tournaments, other sporting events, etc.

With full live streaming capabilities built within, the possibilities are endless.

YOUTH DEVELOPMENT: Dating back to 1952, Meskwaki youth have been craving a safe place to "hang out". The current Meskwaki Youth Development Program staff includes six positions with up to five more to be hired for summer programming, all empowered to actively engage up to 250 youth participants. In addition to the department's current sports leagues which include cheer, basketball, baseball, lacrosse, softball, track, wrestling and others, new plans include hosting school fun nights like Bingo Monday, Laser Tag Tuesday, Jumping Wednesdays, etc.

The area includes two full sized class rooms and an open hang out space, a library, a gaming area, a small theater, rooms for private music instruction and a food prep/kitchen.

Programming, although some awaiting grant funding, will incorporate hiring a cultural coordinator and others to assist with

specific educational components to include teaching about the life-ways of the Meskwaki through language, history, dance, arts and others, all designed to keep Meskwaki culture alive and vibrant. Plans include classes in the creation of bone necklaces, ribbon skirts, two piece dresses, grass dance outfits, fancy bustles, wood carving and more.

Youth Program Director Tashina Azure-Mitchell explained, "The Youth Department has needed a dedicated space for many years and we are excited to be moving into the Rec Center. With all the extra space, we can start working toward new goals by creating positive spaces for our youth that will help strengthen the skills they need into adulthood and beyond."

She went on to speak specifically to the youth, "Look what can be accomplished when we all band together. The many that made this facility happen have shown that through tenacity, hard work, dedication, and camaraderie, anything is possible!"

BENEFITS TO FAMILIES/ CULTURAL CONNECTIONS: As a thriving hub for the community, the facility becomes a unifier bringing everyone together for the promotion of active lifestyles, cultivating community relationships through cultural immersion, and improving the overall quality of life for the Meskwaki Nation. Youth and children will be engaged. Families will have the ability to spend time together in play, education, cultural activities, and so much more.

The entrance to the facility and lobby areas include a snack bar with healthy goodies for purchase as well as a space to just sit and read a book, drink a cup of coffee and "people watch", meet a friend or family member to chat, etc.

The outside area includes a play-scape for kids with a water splash pad running during the warm months at specified times and throughout the back area of the building is stadium seating for

outdoor events. The area also includes picnic tables and a walking trail leading from the South end to 305th Street between Public Works and the Settlement School, extending on to Rainbow Park. Long-term planning will involve more trail connection throughout the Settlement.

Inside, the multi-purpose room(s) are set up to be utilized for educational classes, groups, and program usage for Tribal Operations, community meetings and more. The room has the ability to be sectioned off as needs arise. The entire facility has been set up to be an inclusive, safe space for the entire community to enjoy.

During winter and inclement weather, powwows can be moved into/ scheduled within the gymnasium. Artificial turf has been purchased to line the gymnasium floor to adapt to those needs. With full stadium seating and live streaming capabilities throughout, the space will be the perfect indoor arena for many years to come.

For two years the community has been watching in anticipation as the hardworking crews, many from the Meskwaki community, have come together to build this expansive facility. Now, in just a few short months, the Meskwaki people can gather together in a new, unique way. With so much potential, the space can't help but be an asset to the tribe as it grows, adapts, and continues to thrive for generations to come.

Meskwaki Tribal Chairman Vern Jefferson expressed, "The rec center gives the community not only an opportunity to continue to work on and/or start their health journey, but moreover it will be a benefit to them by building up our children and youth, strengthening cultural awareness and growth, and encouraging the entire Meskwaki community to enjoy what is truly distinctive about our way of life. I encourage everyone to visit the rec center often to learn, grow, and enjoy."



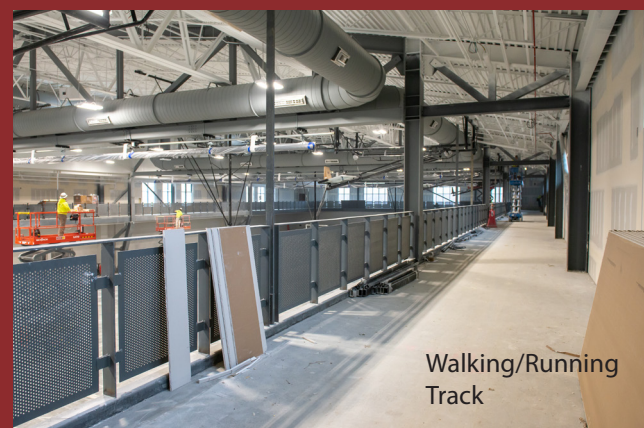
Youth Program Space



Daycare Area



Gymnasium



Walking/Running Track

ORDER FOR SPECIAL ELECTION

In accordance with Title 8 Election Code of the Sac & Fox Tribe of the Mississippi in Iowa, Article IV, Chapter 6, the Election Committee has issued an Order for Special Election; effective January 16, 2023; to fill one vacancy on the Tribal Council.

*** DUE TO THE DEATH OF A TRIBAL MEMBER AND THE OBSERVANCE OF THE MOURNING PERIOD, THE SPECIAL ELECTION HAS BEEN POSTPONED. PLEASE SEE THE NEW DATE BELOW.**

A Special Election will be held on February 8, 2023 in the Gymnasium at the Sac & Fox Tribal Center on the Meskwaki Settlement from 8:00 A.M. to 8:00 P.M.

Upon written request, absentee ballots will be made available to those eligible voters who are living away from the Meskwaki Settlement as defined by Title 8. Election Code, Article II. Requests for an absentee ballot can be made via the following:

1. Faxed to the Sac & Fox Tribal Offices at 641-484-5424, Attn: Election Committee.
2. Mailed to Sac & Fox Tribal Office, 349 Meskwaki Road, Tama, IA 52339
Attn: Election Committee
1. Emailed to: el.committee@meskwaki-nsn.gov
 - All absentee ballot requests must be received by **January 24, 2023**.
 - Absentee ballots and voting instructions will be mailed out to absentee voters on **February 2, 2023**.
 - All completed absentee ballots must be received by the Election Committee no later than **February 8, 2023** at 8:00 P.M.

Meskwaki TAX SERVICES

FREE
Tax
Service

Services begin February 10, 2023
from 9:00am until 4:00pm by
appointment only.

Limited amount of volunteers
available.

*Saturday hours TBA

HOURS:
Wednesday
1:00pm - 8:00pm
...
Friday
9:00am - 4:00pm

LOCATION:
Tribal Center Gym



What you need to bring to your appointment:

- Photo ID
- Social Security Cards/Numbers (For everyone on the return)
- All tax forms
- Copy of 2021 tax return (If you don't have this, it is ok. Will explain impact when you come in)
- Banking information for direct deposit (Name of Bank, account number, routing number, account type - checking or savings)

DEADLINE
Friday, Feb 10, 2023
@ 4:00PM

CALL US
641-484-5369

STOP BY
3138 H AVE

2023 SPRING Sports Signups

Meskwaki Youth Development Program

\$50 MGSA Softball & Baseball

Boys \$60 - Girls \$65 Knucklehead & Swan Lacrosse (USLAX / IALAX)

MESKWAKI WAR CLUBS

×

3 ON 3 LEAGUE

Meskwaki Tribal Center on Sundays

12 FEB	GAMES START AT 2:30 TRIBAL CENTER 05:30 PM
19 FEB	GAMES START AT 2:30 TRIBAL CENTER 05:30 PM
26 FEB	GAMES START AT 2:30 TRIBAL CENTER 05:30 PM
05 MAR	GAMES START AT 2:30 TRIBAL CENTER 05:30 PM



Meskwaki Housing Myths vs. Fact

We are very fortunate that our Tribe provides housing. Many tribes charge rent to live in tribally owned homes. At Meskwaki Housing we get many calls from individuals who have expectations of free services and get upset when they learn that they are required to pay for services. In this article we will separate myth from fact and evaluate the responsibilities of a Home Assignee.

Housing Committee Members Needed!

Home Assignments, Terminations, Changes in Status are all functions of the Housing Committee. Without an active Housing Committee these actions do not get completed. We need members to join the team to get items moving. If you would like to serve on the Housing Committee you may submit an interest letter to the Tribal Council.



Myth	Fact
"Water Heaters and Air Conditioners are free."	Water Heaters and Air Conditioners are not a covered item. Replacement and repair of these items are the responsibility of the Home Assignee.
"It is the Tribe's job to take care of my house."	The Home Assignee is required to maintain the home in a standard that is safe and secure.
"I am a senior/elder, I don't have to pay for anything."	Regardless of your age, the Home Assignee is responsible to pay for repairs. The only consideration given to seniors/elders within policy is doing furnace and air exchanger filter checks free of charge. All other repairs are to be charged to the Home Assignee.
"Why are you sending me bills? The Tribe pays for my services."	Service to your home during regular business hours 8:00am - 4:30pm is \$10.00/hr. Outside of regular business hours the rate is \$25/hr. These hourly rates along with any parts or material for your repair is the responsibility of the Home Assignee to pay for.
"Housing is supposed to cut my grass.""	The home assignee is expected to keep his/her assigned area mowed on a regular basis. If the length of the grass becomes too high, a letter will be sent out from the Housing Office requesting the grass be cut. A deadline will be given. If the deadline is not met, the Housing Office staff will cut the grass and the home assignee will be charged at the rate of \$50.00 per hour.

Home Assignee Overdue Invoices

We have several "Home Assignees" that have a balance due for services rendered to the house. Please be sure to view the invoices that are sent to you and pay them. We will begin to evaluate outstanding bills that are 90 days past due. If the amount is not paid it will be taken from the Home Assignee's Per Cap.

INVESTING WOES

Dear Dr. Per Cap: I received my end of year 401k statement and my account was down for the year, even when factoring in my contributions and my employer's match. This is not cool. I opened my 401k when I started a new job last spring so I can start saving for retirement and I'm already losing money. What can I do?



Signed, Worried in Washington

Dear Worried,

2022 is officially in the books and unfortunately it was a rocky year for investors. Nearly all capital markets—global stock indexes, bond mutual funds, currencies, and commodities ended the year on a down note. Many investors like yourself saw their portfolios take a nose dive to close out a whirlwind year that brought us Popsockets, Incredibles 2, and the Washington Capitals first Stanley Cup victory – yes, I'm a hockey fan!

Here's my advice - stay cool and learn some terms every new investor should know, realized and unrealized losses and gains. I'll talk some sports to help explain. Say your favorite basketball team is down 10 points with three minutes to go in the second half. They're losing but there's still time to turn it around and win the game. An unrealized investment loss is similar to a team that's losing but hasn't lost. Here's an example: you purchase an investment for \$5,000 that performs poorly. Six months later the investment is only worth \$4,500. However, you hold onto the investment and don't sell it. Because you haven't sold anything it's considered a \$500 "unrealized" loss or a "paper" loss.

The funds inside your retirement account are experiencing unrealized losses because they're worth less than you paid for them, but as long as you don't sell you haven't lost a dime. Moreover, just like a scrappy basketball team can pull off a

come from behind victory, a struggling investment can climb its way back from an unrealized loss and turn it into a gain.

I know what you're thinking: what if my basketball team doesn't come back? In that case the buzzer sounds and they lose. You must be a Lakers fan - just kidding! All joking aside, at this point an unrealized loss becomes a "realized" loss, meaning an investment has been sold for less than it was originally purchased. A realized loss hurts a lot more than an unrealized one because like the name implies, it's real - like Beyonce's long hair.

Hey, if you buy that I've got a beach front bungalow in Tuba City, Arizona I want to sell you!

Getting back to your retirement account. Investments like stocks and bonds, which

is what most 401k's are composed of, will fluctuate in value over time. Some years your account will be up, other years it will be down. And since I'm thinking you're quite a few years away from retirement, you've got a long investing timeframe. So don't panic, keep up with those contributions, and especially keep enjoying those free matching contributions from your employer. When investing long term, investment accounts with a healthy balance of stocks and bonds have an excellent track record!

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.

PROMOTING TRIBAL ECONOMIES & COMMUNITY
IS A MESKWAKI WORKFORCE DEVELOPMENT PROGRAM FOR ANY TRIBAL COMMUNITY MEMBER INTERESTED IN ENHANCING WORKPLACE SKILLS, LEARNING ABOUT FOOD, FARMING AND RELATED BUSINESSES



PTEC

**APPLICATIONS ACCEPTED NOW FOR 4 POSITIONS
PLACED WITH MESKWAKI FOOD SOVEREIGNTY
AND RED EARTH GARDENS FOR GROWING &
HARVEST SEASON: APRIL - NOVEMBER, 2023
ONBOARDING & CLASSES BEGIN APRIL 17.**

Contact Workforce Education Coordinator, Stephanie
BadSoldier Snow for any questions:
stephanie.snow@meskwaki-nsn.gov
641-481-1855

Applications available on-line. Scan bar code (right) with
your phone or visit www.meskwaki.org/ptec/



SCAN HERE

CULTURAL DISCUSSION #2

Thank you for taking time out of your busy schedules to attend the Cultural Discussion #2 "Meskwaki Story telling & Gardening". The evening started out with a pork and hominy soup meal made by our Lead Food Service, Alexis Walker.

Thirty-three (33) people attended. Your presence helped to make this event a great success and your positive spirit helped make our time together both enriching and heart-warming. Many stories and Meskwaki gardening guidance were shared.

Due to the sensitive nature of topics, the Cultural Discussions are not recorded.

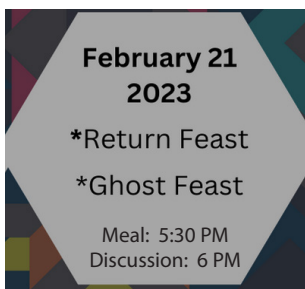
We hope to see you again at the next Cultural Discussion #3 "Return Feast and Ghost Feast" on February 21, 2023. Meal starts at 5:30 p.m. and the discussion is after. This is only open to the Meskwaki Community and located in the Senior Center.

The Senior Center's Cultural Discussions is a time to listen, a time to share experiences and perspectives. This is NOT the time to judge, point fingers or criticize others. Let's do our best to keep our Meskwaki culture strong by talking and listening to each other.

Thank you Jane Keahna for taking pictures. Thank you Shannon Peters for bringing a chocolate cake.

Questions? Contact Christina Blackcloud, Director of Meskwaki Senior (Aging) Services

NEXT CULTURAL DISCUSSION NIGHT IS SCHEDULED FOR:



Caregiving

♥ SIGN-UP NIGHT ♥

FEBRUARY 17, 2023

5:30 PM - 6:30 PM

Tribal Center Gymnasium

Thank you to all of the caregivers who care for the elderly and grandchildren that require long-term care.

Take a night off of cooking and join us for an evening meal. Take home a meal or bring your loved one. Grandparents bring your grandchildren. We are planning to begin an elderly caregiver support group and also a grandparent taking care of grandchildren support group.

Let's get the conversation started.



Meskwaki Senior Services exists to encourage Meskwaki seniors to maintain a healthier lifestyle by offering nutritional information, assistance, service, cultural related classes, and opportunities.

BEHAVIORAL HEALTH NOW OFFERING PLAY THERAPY

Meskwaki
Health Services
and Meskwaki
Behavioral



Health would like to welcome its newest Mental Health Counselor, Nicolette Nefzger to the team. Nefzger specializes in play therapy, the first of its kind offered through Behavioral Health. The department is excited to be able to expand services to include play therapy as an option to children ages 3 and above.

Play therapy is to children what counseling is to adults. Using play, their natural way of expression, children are able to express their feelings using toys instead of words. It is a method of therapy that uses play to uncover and deal with issues in the child's life. By observing and gaining insights into the child's

issues, therapists can help the child explore emotions and help deal with any unresolved issues and/or trauma. Through play, the child learns new coping mechanisms as they learn to deal and redirect inappropriate behaviors. They learn new ways to process their emotions and deal with the things happening around them in a healthy way. It also creates a safe space for children to be themselves and take charge of the therapy process.

Play therapy is designed to help with behavioral issues due to bullying, grief/loss, divorce/abandonment, abuse, crisis situations, and/or any other trauma. Play therapy also assists families in managing mental health disorders such as anxiety, depression, ADHD, autism spectrum disorders, and academic or social difficulties.

It may be time to schedule an appointment for your child if you notice:

- Significant changes in mood
- Significant changes in behavior



- They have experienced a stressful or traumatic event
- They are engaging in self harm
- They express suicidal thoughts
- Anytime that you are concerned about their well-being/development

To learn more or to schedule an appointment, contact Behavioral Health Services at (641) 484-9482.



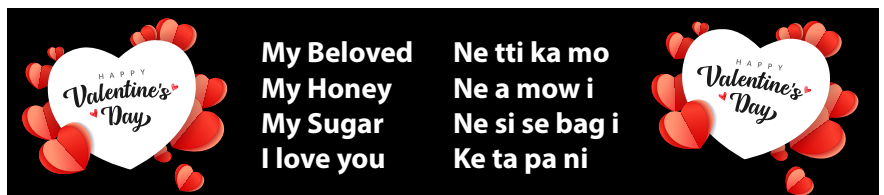
LFPA FOCUS GROUP MEETING

All native produce growers who live on or near the Meskwaki Settlement who are interested in becoming a vendor for our LFPA Food Producers, we invite you to attend this informational meeting to learn more!

TUE, FEB 7
1PM - 3PM

MBCH CONVENTION
CENTER
BREAKOUT ROOM

Any questions contact Workforce Development at 641-484-9506.



MESKWAKI WRESTLERS AT STC

On January 12, South Tama observed Parents Night for their Senior wrestlers. Meskwaki students wrestling for the Trojans include Rudy Papakee, Amare Chavez, MaCael Bear, Marcus Bear, Jacob Youngbear, Nathaniel Palmarez, Haydin Branan, Eligh Branan, and Raul Alas.



Sr. Nathaniel Palmarez and mother Noelle Youngbear



Sr. Haydin Branan with mother Tonya Branan



Sr. Rudy Papakee III with parents Lucie Roberts and Rudy Papakee II



Jacob Youngbear



MaCael Bear



Amare Chavez

FEBRUARY IS *Heart Health* MONTH

DO YOU KNOW HOW TO KEEP YOUR HEART HEALTHY?

You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure.

THIS IS A GREAT OPPORTUNITY TO START SOME HEART-HEALTHY HABITS!

60 Mile Walking Challenge

BEGINS FEBRUARY 1 - ENDS FEBRUARY 28



Sign-in sheets will be at two locations, the Tribal Center and Wellness Center. If you walk at the Tribal Center, 25 times around the gym is one mile. If you choose to go to the Wellness Center, you can utilize the treadmills there to get your miles in.

Participants will have blood pressure checks on Mondays at the Tribal Center Gym during walking times.

JOIN US AT EITHER LOCATION!

TRIBAL CENTER GYM

10-11AM Mon.-Thurs.
4-5PM Mon.
5-6PM Tues., Thurs.
4:30-5:30PM Fri.

WELLNESS CENTER

Staff Hours/Days:
5AM-9:30PM Mon.-Fri.
Unstaffed Hours/Days:
8AM-4:30PM Sat.
9AM-2PM Sun.

INCENTIVES

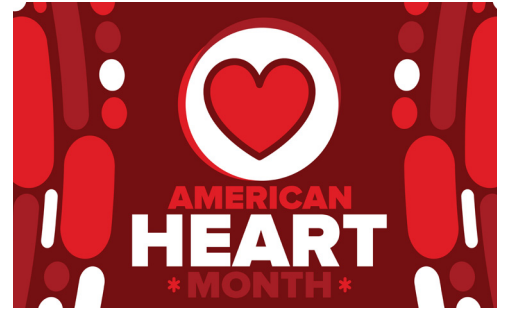
Participants that sign-up will receive a light-weight jacket. Everyone who reaches the 60 mile goal will be put into a drawing for an Apple or Samsung Watch.

Must be Native American to be eligible for incentive.

QUESTIONS?

If you have any questions, please contact Christina Alamo, Diabetes Program Coordinator by calling (641) 484-4094.

**Diabetes Program is not responsible for accidents or injuries.



PHARMACY CORNER

The first Friday in February is designated as National Wear Red Day. National Wear Red Day recognizes heart disease as the #1 killer of women in the United States. Women are encouraged to take part in the observance by wearing an article of clothing or accessory that is red and to take care of their hearts by eating healthier, becoming active and talking to their doctor about their personal risk for heart disease.

Many respiratory illnesses are circulating in the community, including influenza. If you have not yet received your flu shot, please make an appointment to get one right away. It's not too late to receive yours. Get protected, get immunized.

Do you have old prescription bottles and medications in your home? These old bottles and medications can pose a risk for an accidental poisoning. There is a drug disposal/return bin located in the entryway of the clinic. You can bring any unused or expired medications and dispose of them in this bin at any time. Please, do NOT place needles or sharps in this bin, medications and bottles only. Talk to anyone in the pharmacy if you have any questions.

~Meskwaki
Pharmacy



Congrats

to

Pookie Feaman, CMA

on passing the Limited Radiology Technician certification exam!

She is now able to perform x-rays at the clinic along with CMA Krisiti S. Currently, the Health Clinic is offering x-rays on Tues., Wed., and Thurs.

MESKWAKI Behavioral Health

ATTENTION MESKWAKI BEHAVIORAL HEALTH SERVICES CLIENTS:

GROUP THERAPY

MONDAY - THURSDAY
1:30PM - 3:30PM

TRANSPORT AVAILABLE

REGISTER BY 10:30AM
(641) 484-9482

HEART DISEASE

February is American Heart Month which makes it the perfect time to focus on your cardiovascular health. Cardiovascular disease, or CVD, otherwise known as heart disease, describes a range of conditions that affect the heart and blood vessels. Some of the most common forms of heart disease include heart failure, abnormal heart rhythm (arrhythmia), stroke, heart attack, narrowing of the arteries (coronary artery disease), disease of the heart muscle (cardiomyopathy), heart valve disease, disease of the blood vessels (vascular disease), and blood clots (deep vein thrombosis or pulmonary embolism). Since 1950, heart disease has been the leading cause of death in the United States for men, women, and most racial and ethnic groups. In fact, in 2020 alone, 697,000 people died from heart disease, which is 1 in every 5 deaths. Sadly, this means that every 34 seconds, one person in the United States dies from cardiovascular disease.

Studies have shown that heart disease is the leading cause of death for Native Americans and that they are disproportionately affected by heart disease when compared to other racial and ethnic groups. In fact, the rate of heart disease in Native Americans is approximately 50% higher when compared to Caucasian Americans. The most common risk factors for development of heart disease include high blood pressure, high cholesterol, tobacco use, obesity, unhealthy diet, physical inactivity, excessive alcohol use, and diabetes. Diabetes affects Native Americans at more than three times the rate of Caucasian Americans and it remains the leading cause of

heart disease in Native Americans.

Below are a few myths and facts regarding cardiovascular disease:

• **Myth: "I am too young to worry about heart disease."**

Fact: Typically, adults age 65 and older are more likely than younger people to suffer from heart disease, but the rates of heart disease in younger Native Americans is particularly high. In fact, more than 33% of Native Americans who die from heart disease do so before the age of 65.

• **Myth: "Diabetes won't affect my heart as long as I take my medicine."**

Fact: While treating your diabetes and controlling your blood sugars can help reduce the risk of or delay the development of heart disease, you are still at an increased risk. This is because some of the risk factors for the onset of diabetes (high blood pressure, overweight/obesity, decreased physical activity, and tobacco use) also make you more likely to develop heart disease.

• **Myth: "I'd know if I had high blood pressure because there would be warning signs."**

Fact: High blood pressure is called the "silent killer" because most people do not know they have it. You should never wait for your body to alert you that there is a problem. Early treatment of high blood pressure is important, so you should have regular check-ups, that include blood pressure testing, with your doctor. Untreated high blood pressure can cause heart attack, stroke, kidney damage, and other serious health issues.

• **Myth: "I'll know if I'm having a heart attack because I'll have chest pain."**

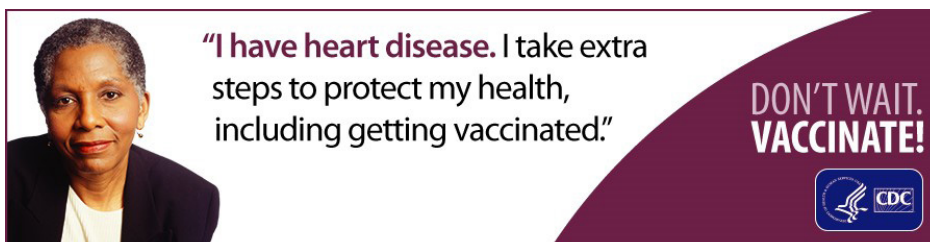
Fact: This statement is not necessarily true. While it is common to have chest pain or discomfort (including heaviness or pressure) when suffering from a heart attack, many people have minor symptoms and some people have almost no symptoms at all. Symptoms of heart attack include shortness of breath, nausea, feeling lightheaded, pain or discomfort in one or both arms, jaw pain, neck pain, or even back pain.

• **Myth: "I don't need to have my cholesterol checked until I am middle-aged."**

Fact: According to recommendations from the American Heart Association, you should start getting your cholesterol checked every 5 years starting at age 20. If your family has a history of heart disease, it is a good idea to see your doctor regularly and start having cholesterol and other blood tests even earlier than 20 years of age. You can help yourself and your loved ones by eating a healthy diet and exercising regularly.


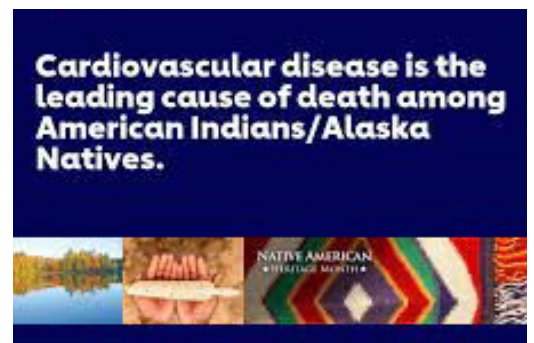
In an effort to maintain a healthy heart, there are a few things you can do, like stop smoking, maintain a healthy weight, exercise regularly, follow a heart healthy diet, and be sure to see your medical provider regularly. The staff at Meskwaki Health Clinic are here to answer any questions, discuss your concerns, and assist you in improving and maintaining your heart health. Please call the clinic to speak to a member of our nursing staff if you have any questions or concerns. As always, we are here to help you!

~ Sara Augspurger, RN, Clinic Nurse Manager




"I have heart disease. I take extra steps to protect my health, including getting vaccinated."

DON'T WAIT. VACCINATE!

Cardiovascular disease is the leading cause of death among American Indians/Alaska Natives.



NATIVE AMERICAN
HEALTH MONTH



**SAVE
THE
DATE**

DIABETES BINGO

Feb. 6 @ 1 PM
Meskwaki Senior
Center

DIABETES BINGO

Feb. 20 @ 1 PM
Meskwaki Senior Center

MEDTRONIC VISITS

Feb 23 from 12pm - 1pm
Meskwaki Tribal Center Snack Bar

Mary Beth from Medtronic will discuss insulin pumps and talk with patients that are using them.

**To learn more,
call Chris Alamo at
(641) 484-4094.**



NEED A RIDE?

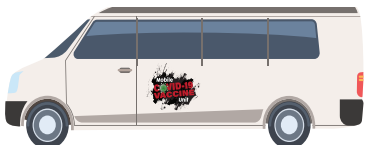
Transportation is available for qualifying visit to the Health Clinic and other medical transports. Call the numbers below for info:

Medical Transportation: (641) 484-9419

Medication Deliveries: (641) 484-9451

Behavioral Health Transport: (641) 484-9487

Non-Medical Transport: (641) 484-9410



WHAT IS VAPING?

Are you thinking about quitting smoking? If so, it is one of the best things you can do for your health because smoking harms just about every organ in your body, your heart included. According to johnhopkinsmedicine.org, nearly one-third of deaths from heart disease are the result of smoking and secondhand smoke.

Vaping (e-cigarettes, vape pens, hookahs, etc.) is one way people use to transition to becoming a non-smoker. Both adults and adolescents alike regularly or occasionally vape. These vaping devices heat up a liquid, creating a vapor which you inhale into the lungs. The vapors consist of chemicals and may have flavorings as well. When inhaling these vapors, one doesn't really know what they are willingly putting in their body. Even though it is thought to be a healthier alternative to cigarette smoking, there are still many health risks involved. Expect advice against starting to do it.

Just like a regular cigarette, vaping devices contain nicotine. Nicotine is an addictive organic compound found in tobacco plants. It is the chemical that makes smoking and vaping so very hard to quit, and is associated with many health-related problems. Even though vaping products typically contain less nicotine found in a cigarette, vaping device users can get even more nicotine than they would from a regular cigarette due to being able to purchase extra-strength vaping cartridges which contain a higher concentration of nicotine.

Vaping liquid may also include many other harmful substances such as ultra-fine particles that can be inhaled deep into the lungs, flavorings that may be linked to lung disease as well as heavy metals like lead and nickel.

Emerging data suggests that exposing yourself to these kinds of chemicals, many we don't yet understand, is not safe. For that reason alone, health experts suggest that vaping isn't the best smoking cessation tool.

If you want to quit smoking, there are many tools to assist you on that journey. Whether vaping or smoking, there is a strong link between smoking and cardiovascular disease so the sooner you quit, the quicker your body can rebound and repair itself. To learn more, contact the Health Clinic to learn about which smoking cessation program and/or tools may be best for you!

~ Dana Davenport, Health Educator



The Diabetes Program partnered with Senior Services to provide a painting activity at the Senior Center from Messy Missy's. Each painting had their own personal touch and character!

Do you owe fines to Meskwaki Tribal Court for old and new cases?

Did you know there is always the option of community service?

Meskwaki Probation has included new options for community service. Here are some of them:

Beading/Sewing Projects

~ Beading/Sewing projects - Items will be donated to Meskwaki Seniors for their monthly birthday drawings, or other elder events and MSS/STC student clubs for prize raffles. If you assist with outside donations to families within the community, that can also be counted as community service.

Community service can be used toward court costs, fines and supervision costs. 1 hour of community service = \$10.00. Community service does not cover jail costs and will need to be paid out of pocket.

Seasonal Labor

~ Labor - Assisting with seasonal cooking events, seasonal planting, gardening and maple syrup collection.

Artwork

~ Artwork - Accepting completed drawings/paintings themed for certain program events.



In accordance with the Tribal Probation & Parole Department Mission Statement:

"The Meskwaki Probation & Parole Department provides guidance to Tribal Court probationers by encouraging them to be successful community members. Probationers are provided access to a variety of resources & services that not only address their offenses but also promote healthy lifestyles and help reconnect them with the community."

QUESTIONS?

Call Meskwaki Probation Officer

Gea Aitkens

Phone: (641) 484-9300

gaitkens@meskwakicourt.org



SENIOR NIG

On January 31, MSS observed Senior I



Irene Keahna with parents Sophilia Keahna and Armando



Agnes Sanache with parents I



Davian Pushetonequa with mother Delonda Pushetonequa



HT AT MSS

Night at the last Home basketball game.



Mary Shuckahosee & Jason Kingbird



Sophie Snow with parents Stephanie Bad Soldier Snow & Troy Brave Heart



Eryk Hoag parent: Heather Hoag





2023 10-WEEK MESKWAKI SETTFIT DUAL CHALLENGE

The 10-Week Meskwaki SetFit Dual Challenge will begin Monday, February 13th and end Friday, April 21st.

Registration and weigh-ins will be held Monday, February 6th through Friday, February 10th. Weigh-in at the Wellness Center from 9:00am-7:00pm or at the Health Clinic from 7:30am-5:00pm.

BI-WEEKLY WEIGH-INS:

Will be held every two weeks on Tuesday, Wednesday, and Thursday from 9:00am-7:00pm at the Wellness Center and 7:30am until 5:00pm at the Health Clinic.

If you are tracking points, be sure to bring your points card to the bi-weekly weigh-ins!

FOUR BI-WEEKLY WEIGH-IN DATES:

- (1) February 28th - March 2nd
- (2) March 14th - March 16th
- (3) March 28th - March 30th
- (4) April 11th - April 13th

During the bi-weekly weigh-ins there will be prize drawings for one team (four drawings total with 5 teams being drawn) to win incentives.

HALFWAY MARK MOTIVATIONAL EVENT:

March 15, 2023 beginning at 5:30pm in the Tribal Center Gym. *'Bring your healthiest dish!'*

- o Group Exercise
- o Motivational Speaker
- o Potluck

Participants who weigh-in and attend Halfway Mark Motivational Event will weigh in and then give their size for sweatpants that will be given out at end of challenge.

FINAL WEIGH-IN:

Will be **one day only**. The final weigh-in will be held on Monday, April 24th, 2023 from 5:00am-8:30pm at the Wellness Center and from 6:00am-8:30 pm at the Health Clinic.

Participants who complete the challenge will receive a pair of Jogger Sweats.

POINTS: Participants can earn points for the following per day:

- **WORKOUT:** Did you complete a workout with your teammate? (*Teams must be doing same workout plan on the same day*) = **5 Points**
- **PERSONAL TRAINING:** Work out with Jason or Sidney = **4 Points**
- **GYM:** Work out at the Wellness Center = **15 Points**
- **FITNESS EDUCATION:** Participants who speak with Jason or Sidney regarding gym equipment, exercises or anything fitness related that they had questions about (*Limit of three days per week*) = **4 Points**
- **HEALTH EDUCATION:** Participants who have health related questions and speak with Dana (*Limit of two days per week*) = **8 Points**
- **BI-WEEKLY WEIGH-IN:** Weigh yourself at the bi-weekly weigh-ins = **5 Points**
- **REST DAY:** We encourage all participants to take a rest day. It is important to rest your body! (*There are no points awarded for a rest day*)
- **BONUS POINTS:** Random opportunities to earn extra points, stay tuned to find out more!

PRIZES:

Prizes for success will be awarded by category. The top team in each category wins.

Prizes awarded to the top team in each category. There will be 3 winning teams total. Each Winning Team Member will receive a \$500 Scheels Gift Card = \$3000 TOTAL for Overall Winners

THREE CATEGORIES:

- **MOST WEIGHT LOST** (Weight by Percentage)
- **MOST MUSCLE BUILT** (Muscle Mass)
- **MOST TOTAL POINTS** (Total Challenge Points)

VISIT THE MESKWAKI WELLNESS FACEBOOK PAGE TO LEARN MORE!

Meskwaki
10-Week
**DUAL
SETTFIT
CHALLENGE**

Meskwaki
SETTFIT



KIWITTIKITO KEWIYAWI

(Make your body stronger)

FEB 13 - APR 21

**WEIGH-INS FEB 6-10
AT HEALTH CLINIC
& WELLNESS CENTER**

**EVERY PARTICIPANT GETS
\$25 GIFT CARD
FOR SIGNING UP!**

**THREE (3)
CATEGORIES:**

- Muscle
- Weight
- Points

**ONE (1) TEAM TO WIN
OVERALL IN EACH
CATEGORY**

- **\$500 Scheels Gift Card for
Each Winning Team Member!**
- **\$3000 TOTAL for Overall Winners**

**TWO-PERSON
TEAMS (18+)**

- Teams must have a Team Name
- Teams can be mixed, i.e. Female/Male
- Meskwaki Community Members and their Families & Tribal Employees are encouraged to participate
- Participants will receive one (1) pair of sweats

**BI-WEEKLY
DRAWINGS**

- Four drawings total with five (5) teams being drawn to win incentives

**HALFWAY MARK
MOTIVATIONAL EVENT**

- Group exercise
- Motivational speaker
- Potluck

**\$3000 TOTAL FOR
OVERALL
WINNERS!**



MESKWAKI BISON HERD 2023

A lot has happened this year within the Meskwaki Natural Resources department, and as a result a lot has also changed with the bison herd. With the help of Elliott Lincoln, Brunell Buffalo, Sterling Tyon, and Windy BlackCloud, the bison refuge was well maintained over the past year. Including almost 100 posts replaced, more than 50lbs of new staples, and a lot more mowing than you'd think. There were also a couple changes made to the fence. This fall a new fence line was built by Novak Fencing Company, in the north most paddock. This new fence acts as a funnel for the herd as we move them into the holding pens for roundup. With the expert help of Todd Robbins and Patrick Whitefish, we also set posts and hung gates on the exit of our corral system to provide more control as animals are leaving after being worked. These gates also brought our new holding pen to completion, which is where we hold animals overnight to take for slaughter.

During the rut this year, a new bull (above left) took the reins from Neil (above right). They are both very large bulls and the only two that do not have ear tags, as their horns are too wide and head too long to fit in the neck gate of

our squeeze chute. There are a couple ways you can differentiate them though:

- You will often see these two away from the rest of the herd, but the new bull will be with them more frequently than Neil.
- The new bull has more muscle definition on his neck and a slightly taller ridge on his back. You can see this from the side, look at the top of their necks, Neil has a deep U shape while the new bull's is a lot shallower.
- Neil usually keeps his head lower and closer to the ground, even when not actively grazing.
- If you have high-powered binoculars, you may see that Neil, in his old age, often has white eye boogers.

With a lack of targeted culling over the past couple years, a lot of younger bulls have come into maturity this year. As a result there was more fighting than we are used to seeing during rutting. This lead to two severe injuries which we unfortunately had to euthanize both animals. A young and small cow also passed of natural causes, due to what appeared to be while attempting to calve. Other than these three and the animals sent to slaughter, there were no incidental deaths.

In better news, roundup was a resounding success. Numerous departmental records were set, including; largest herd worked, every animal getting worked, and no major injuries suffered by herd (only a couple nose bleeds). With a total of 74 animals worked, including Neil and the Herd Bull, we have been able to get a very accurate count and demographics of the herd. We've had the largest birthing year with 20 calves, this is primarily due to lack of culling which has led to more bulls and a higher chance of insemination. After sending six, 3-4 year old bulls to slaughter, we are left with 68 head. The herd is currently 72% female or about 2.5 cows per bull. As we do not separate cows and bulls this will be very beneficial as there will hopefully be little to no fighting. Though this is still the largest herd we have overwintered, so far there have been no issues and we have plenty of hay to last well into growing season.

At the MNR office, we still have plenty of organs from this year's animals, including; liver, kidney, heart, tongue, and testicle. We also still have skulls and a few hides. If you are interested in these please do not hesitate to come visit or call the office to set up a time to take them.

~ Thomas Peters, MNR

SOMETHING FISHY

On October 6th, 2022 a fish bio assessment was conducted on the Iowa River by the University of Iowa, which was accessed at the Pow Wow Grounds. A fish bio assessment is conducted using an electrofishing unit, usually a boat but can be done with a back pack electro shocker. This is harmless to the fish and allows for researchers to identify the fish species. The species of fish in a river can help obtain an estimate of river health, especially in that area.

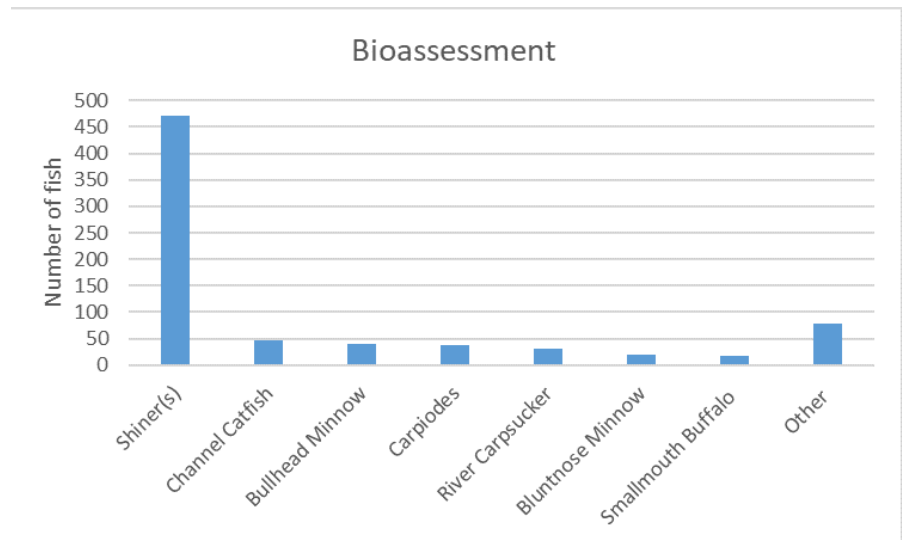
Due to the low water levels of the entire stretch of the Iowa River, only one site was able to access. Sampling was also limited to waters less than 4 feet deep due to usually a back pack shocker for the majority of the sampling. A FIBI score was given which stands for Fish Index of Biotic Integrity, which is a score ranging from 0 (poor) – 100 (optimum). The stretch of the Iowa River that was sampled was given a score of 46 (fair).

Figure 1. This is a complete breakdown of the fish that were sampled. The most sampled fish was a Spotfin Shiner at 408. A total of 26 different species were sampled, due to the habitat shocked, and not deeper pools Shiners, are the most abundant species found.

~ Alex Frankila, MNR



Environmental Specialist Alex Frankila of MNR holding two different species (Smallmouth Buffalo left and Flathead Catfish right) sampling during the bio assessment.



REDUCED FEES AVAILABLE FOR INTERNET SERVICES

Meskwaki Information Technology would like to share information about a new federally funded government program that allows people to subsidize or in some cases pay for internet services. People living on Tribal Land can receive up to \$75/mo and people not on Tribal Land can get up to \$30/mo. There is also a program that will provide up to \$100 towards a computer purchase (laptop, tablet or desktop).

The information about the program and the application form are here: <https://www.affordableconnectivity.gov/>

FAMILY & CHILD SERVICES

MESKWAKI NATION CHILD SUPPORT SERVICES (MNCSS)



Are you interested in modifying your current support order?

Please see the criteria below to see if you would qualify:

1. The child support obligation has not been reviewed for 12 months
2. There has been a 25% variance in one party's income since the last order
3. There is a change in the number of children included in the child support order (birth, emancipation, adoption, marriage, etc)
4. Undue hardship due to health or other unexpected circumstances

MNCSS is currently located at South Farm

1834 340th St, Tama IA 52339

Mailing address: PO Box 36, Tama IA 52339

Phone: 641-484-9301

Fax: 641-484-4978

TRAITS OF A HEALTHY LOVE RELATIONSHIP

by Michelle Farris, LMFT



- 1 **BALANCING THE NEEDS OF SELF-CARE WITH THE NEEDS OF THE RELATIONSHIP.**
- 2 **A WILLINGNESS TO COMMUNICATE WITHOUT BLAME AND STICK TO THE POINT.**
- 3 **KNOW WHEN TO TALK THINGS OUT AND WHEN TO WAIT UNTIL YOU'RE BOTH READY.**
- 4 **PHYSICAL TOUCH AND AFFECTION THAT IS MUTUALLY ENJOYABLE.**
- 5 **EXPRESS ANGER ASSERTIVELY WITHOUT MAKING THE OTHER PERSON WRONG.**
- 6 **KNOW WHEN IT'S TIME TO SEEK PROFESSIONAL HELP.**
- 7 **SUPPORT EACH OTHER WITHOUT HAVING TO DO EVERYTHING TOGETHER.**
- 8 **BE ACCOUNTABLE FOR WHAT YOU CONTRIBUTE.**



CounselingRecovery.com

FEBRUARY IS NATIONAL TEEN DATING VIOLENCE AWARENESS MONTH

TEEN DATING SAFETY TIPS FOR PARENTS

Remember to be open and non-judgmental when talking to your kids about dating safety. This will help them to feel safe and secure when discussing any topic with you. Let your kids know what you expect when it comes to their dating relationships. Here are some dating safety tips and topics to discuss with your kids:

- Dating in a group setting is a safe way to date and to get to know one another
- Make sure you know who your child is going out with and where they are going
- Be assertive in a relationship:
 - ~ Know what you want
 - ~ Have clear expectations and communicate those expectations
 - ~ Expect respect
 - ~ Don't change yourself for a relationship

It is your responsibility to inform MNCSS of any changes in contact information or custody changes. Please contact our office to update information regarding your case at (641)-484-9301.

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



- Date someone with similar interests and values
- Evaluate to determine if the relationship is unhealthy or healthy:
 - ~ Is it conditional or unconditional?
 - ~ Is it controlling?
 - ~ Is it respectful or disrespectful?
 - ~ Is it trusting, equal, and supportive?
 - ~ Is it mostly physical or is there attraction on many levels?
- If a relationship is unhealthy (conditional, controlling, and mostly physical,) it is time to break up.
- Break ups should be done privately and in a safe place with honesty and without cruelty (unless it is an abusive relationship.)
- If a relationship is abusive, break ups should be done by telephone and not in person.
- If physical violence occurs, report it to the police immediately.
- For more information: visit www.loveisrespect.org

Tips have been adapted from Relationships Smarts PLUS by Marline E. Pearson, 2013. Reprinted with permission from the February 2014 newsletter of Child Builders, Houston, TX.



The Meskwaki Settlement School held their Mid-Year Academic Assembly on January 12 to recognize students who have been working hard this past semester. Awards included A & B honor roll, perfect attendance, most improved attendance, most improved by subject area, leadership, and Warrior PRIDE.

Honor Roll students not pictured: Middle School A Honor Roll: Aurora Bear, Izayah Blackcloud, Nevaeh Buffalo, Dayeci Davenport, Izik Furcap, Kaelonna Kaler, Nahliya Pushetonequa, TyJerrison Raphealito, Eva Roberts, Kenley Ryan, Layne Steuhm. Middle School B Honor Roll: Victoria Big Eagle, Isabella Kapayou, Denson Keahna, Gregory Keahna, Rylee Roberts, Sevastian Scabbyrobe, Kobe Wabaunasee. High School A Honor Roll: Christopher Blackcloud, Kimaura Horton, Elyse Kapayou, Aerial Roberts. High School B Honor Roll: Maheengunse Bear, Devon Roberts, Agnes Sanache, Eva Sanache, Sophia Snow, Leticia Agebi Washington.



High School students who made 1st Semester A Honor Roll 3.5-4.0 include Sia Bear, Tenoch Snow, Kalayna White, Sitara Xaivong, Jayven Roberts, Breann Kurth



High School students who made 1st Semester B Honor Roll 3.0-3.49 include Sophie Balderas, Kimaura Horton, Christopher Blackcloud, Sandra Velazquez, Syrus Kucera, Sophia Kucera, Ittibi-Imachokmah Billy, Cyan Thompson, Aerial Roberts, Davian Pushetonequa



Middle School students who made the A Honor Roll include Hegan Azure, Isabella Bear, Jarvis Bear, Dayeci Davenport, Emiliano Duran, Jaymison Hill, Emery Roberts, Johnelle Roberts, Addison Walker, Viviana Wanatee, Dominick Lasley, Dorothy Bear, Nathan Bear, Allison Riva, Amyla Sheridan, Dantavious Slick-Driscoll, Karsyn Wolf



Middle School students who made 1st Semester B Honor Roll 3.0-3.49 include Aurora Bear, Nevaeh Buffalo, Izik Furcap, Kaelonna Kaler, Vawn Lasley, Lance Mauskemmo, Nahliya Pushetonequa, Kenley Ryan, Roman Trickley, TyJerrison Raphealito, Eva Roberts, Viola Wrase-Lasley



Students receiving Perfect Attendance are Dayeci Davenport, Devin Hoag, Sophia Kucera, Tenoch Snow, Kobe Wabaunasee, Cadelle Youngbear



**NOW
AVAILABLE!**

*If you or someone
you know is
experiencing a
mental health issue
NOW, please contact
the National Suicide
Prevention Lifeline at
1-800-273-8255 or
just Dial 988!*

**IF YOU ARE IN NEED OF
HELP NOW, TEXT NATIVE
TO 741741**

**DIAL 988
FROM
ANY
PHONE TO
GET HELP.**



**MESKWAKI
Behavioral
Health**



Help Us Help You

For 24-hour non-emergency assistance and to be
connected to the MNPd officer on duty:

Dial

641-484-3760 option 1

for Meskwaki/Tama Co. Dispatch

Ask to speak with the MNPd officer on duty

BRING HER HOME. YOUR HELP IS NEEDED.

**MISSING
PERSON**

\$100,000

REWARD



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

On January 16, 2015 Rita Papakee was last seen
at the Meskwaki Bingo Casino Hotel near
Tama, Iowa. She has not been heard from since.

She was 41 years old at the time of her
disappearance. She was described as a Native
American female with brown hair and brown
eyes. She was 5'4" tall and weighed between
145-170 lbs.

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



Missing since January 16, 2015

RITA PAPAKEE

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

(641) 484-4844

Anonymous tip hot-line
and text line: (641) 481-0840

**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**

EMPLOYMENT OPPORTUNITIES

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.)

Construction Carpenter 2

Housing Program

DUTIES & RESPONSIBILITIES:

- Constructs, erects, installs and repairs structures and fixtures of wood, plywood and wallboard using carpenter's hand tools and power tools in conformance with local building codes.
- Studies blueprints, sketches or building plans to determine type of material required and dimensions of structure to be fabricated and selects specific type of lumber to be used.
- Prepares layout, marks cutting and assembly lines on materials, assembles cut and shaped materials to prescribed measurements.
- Verifies trueness of structure.
- Erects framework for structures, lays subflooring, builds stairways and partitions, and installs cabinetry.
- Fits and installs prefabricated windows, doors and interior trim and finish hardware.

REQUIREMENTS:

- High School Diploma or G.E.D.
- Must have at least 3 years of carpentry experience in the following:
 - Framing and Layout
 - Trim and Finish Work
 - Roofing and Siding
 - Concrete Forming and Finishing
- Must be in good physical condition.
- Must have initiative to motivate self and complete work as instructed.
- Must have valid driver's license and provide own transportation.
- Must be willing to work overtime.
- Prefer ability to read blueprints.

SALARY: \$47,549 - \$59,696

POSITION CLOSES FEB 10, 2023

**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

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

Construction Carpenter 3

Housing Program

DUTIES & RESPONSIBILITIES:

- Constructs, erects, installs and repairs structures and fixtures of wood, plywood and wallboard using carpenter's hand tools and power tools in conformance with local building codes.
- Studies blueprints, sketches or building plans to determine type of material required and dimensions of structure to be fabricated and selects specific type of lumber to be used.
- Prepares layout, marks cutting and assembly lines on materials, assembles cut and shaped materials to prescribed measurements.
- Verifies trueness of structure.
- Erects framework for structures, lays subflooring, builds stairways and partitions, and installs cabinetry.
- Fits and installs prefabricated windows, doors and interior trim and finish hardware.

REQUIREMENTS:

- High School Diploma or G.E.D.
- Must have at least 6 years of construction experience in the following:
 - Framing and Layout
 - Trim and Finish Work
 - Roofing and Siding
 - Concrete Forming and Finishing
- Must be in good physical condition.
- Must have initiative to motivate self and complete work as instructed.
- Must have valid driver's license and be insurable.
- Must be willing to work overtime.
- Prefer ability to read blueprints.

SALARY: \$51,876 - \$59,696

POSITION CLOSES FEB 17, 2023

For full job descriptions & information

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

General Dentist

Health Clinic - Dental

DUTIES & RESPONSIBILITIES:

- Provide routine dental services such as general restorative procedures, crown and bridge, removable prosthetics, endodontics, and oral surgery.
- Provide services with an understanding of medical diseases such as cancer, diabetes, and heart disease as they relate to the care and treatment of teeth.
- Read dental radiology to plan for patient needs.
- Administer anesthetics to patients.
- Supervision of dental staff.
- Assist in the development of dental policies and procedures for the dental office.
- Provide quality assurance and evaluation process to improve patient care and facilitate monitoring of program planning.
- Provide individual and family counseling, guidance, and health instruction to help patients to understand how to prevent disease and maintain good oral health.
- Documentation of patient procedures into electronic dental record.

REQUIREMENTS:

- Must be a Registered DDS or DMD in good standing with licensure board.
- Prefer one year experience in private or clinical practice.
- Must have current CPR and/or ACLS certification.
- Must have DEA certification and maintain at all times.
- Must submit and pass a federal background check.
- Prefer experience working with Native American populations.
- Prefer experience working with Electronic Dental Health records.
- Must be creative in approach to patient management and oral health education.

EMPLOYMENT OPPORTUNITIES

- Must adhere to confidentiality guidelines.

SALARY: DOQ

POSITION CLOSES FEB 17, 2023

*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.
- Attend conferences and workshops related to issues concerning elder/vulnerable adults.
- Prepare monthly, quarterly, and annual reports.
- Assist with capacity building and research to further develop the elder/vulnerable adult program.

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.
- Must have strong oral and written communication skills and positive interpersonal relationships skills.
- Must be willing to be on call evenings and

weekends.

- Must be proficient in computer skills such as word processing, spreadsheet, internet, email, etc.
- Must be willing and able to travel.

SALARY: \$51,667 - \$77,625

POSITION CLOSES FEB 17, 2023

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

Environmental Specialist Land and Wildlife

Natural Resources

DUTIES & RESPONSIBILITIES:

- Implement Natural Resources management, procedures, policies and projects, to include land, plant material, and wildlife management programming
- Assist in the care of all Tribal lands, forests, prairies, wetlands, waters, and wildlife, to include the enhancement and protection of same.
- Assist in disease and insect control on Tribal lands by safe and effective means that promote conservation practices. Maintain knowledge of invasive species local to Iowa and related practices of management.
- Conduct and assist in the development of resource assessments and inventories. Assist with development of Tribal natural resource databases, standards, and programs.
- Assist in the development and implementation of research methods and procedures for monitoring natural resource components.
- Assist with and coordinate the day-to-day operations of all MNR field activities. Assist with the supervision of seasonal, temporary and part time staff.
- Attend training conferences and meetings as appropriate to assigned responsibilities to include, but not limited to, horticulture, conservation, wildlife and agriculture
- Maintain assignment related maps and databases, and assist with maintaining and further developing GPS/GIS databases.
- Contributes to grant writing and adhere to area budgets to provide adequate funding for programmatic needs.
- Assists with and promotes a fire prevention plan to protect Tribal lands and communities from wildfire damage, actively participate in the prescribed and wildland fire programs.
- Maintain accurate records of work activities, data, and information gathered for Natural Resources Department reporting requirements. Perform information gathering and reporting for the purposes of grants management, and programmatic funding, as required.
- Assist with outreach and education activities in the Meskwaki Community concerning natural resources. Perform public relations activities to educate Tribal

public, and select outside entities, in natural resource related areas; conducts field trips, performs public speaking, contributes to print and electronic media.

- Assist in management of tribal bison herd and bison wildlife refuge, to include routine inspections of herd and related facilities, perform maintenance to fencing/handling facility, water supply and all related components of a robust livestock operation. Responsible for annual health checks of individual animals and administering, recording, and updating vaccinations and medications.
 - Take part in required "roundup" for the buffalo herd and commit to the promotion of the health and welfare of the herd in all work related to the buffalo operation.
 - Ensures that bison herd plans and projects are achieved in a manner consistent with the goals and objectives of the Meskwaki Natural Resources Department and the Meskwaki Nation. Develops, updates, and implements a bison herd management plan. Assists in the development of bison funding/grant proposals.
 - Responsible for management of pasture (rotation, invasive species, seeding, etc.), providing for maximum growth and forage during the grazing season, as well as production of surplus hay.
 - Keeps current and up to date on herd, pasture, and farm/ranch management techniques by attending assigned training.
 - Perform routine maintenance, inspections of and repairs to all department tools, equipment, machinery, etc.
- #### **REQUIREMENTS:**
- High School Diploma or equivalent required. Bachelor's degree in a Natural Resource Management or Environmental discipline preferred. Compilation of experience in conservation and agriculture fields preferred.
 - Must have a strong comprehension of and commitment to the protection of natural resources and its relation to Tribal lands, cultures, and community.
 - Desire and willingness to earn higher level education/degree and hands-on experience in an Environmental or Natural Resource Discipline for continued career advancement.
 - Must successfully complete all departmental safety training within thirty (30) days of hire.
 - Knowledge of Windows, word processing, spreadsheets, and other office computer applications.
 - Must have physical ability to lift up to 50 lbs, work in extreme weather conditions, and traverse varied outdoor terrains.
 - Must possess the self-motivation, capability, willingness, and desire to work independently, with little supervision and as part of team.
 - Ability to effectively communicate orally, in writing and with effective listening skills
 - Must be dependable, possess initiative, be self-

EMPLOYMENT OPPORTUNITIES

motivated and be effective in working as part of a team.

- Ability to effectively communicate orally, in writing, and with effective listening skills.
- Must exhibit analytical and problem solving skills.
- Ability to take initiative on projects and planning as needed.
- Ability to maintain strict confidentiality at all times, including the ability to recognize situations in which confidentiality is required.
- Ability to establish and maintain effective working relationships with Tribal officials, staff, membership, and the public.
- Ability to manage and schedule multiple tasks and projects in order to meet the demands of the Natural Resource department.
- Ability to exhibit confidence in judgement and decision-making.
- Ability to effectively interpret policies, codes, and regulations.
- Must possess a valid driver's license and be insurable.
- Must possess the aptitude and or experience to adeptly and safely operate heavy and light machinery and in rugged terrains, to include safe hauling practices of said equipment.
- Ability to operate hand and power tools, chainsaws and related conservation and agriculture tools, in a safe and effective manner.
- Ability to obtain a DCL class A with Air Brakes, within one year of employment.
- In and out of state travel required for training, conferences, and/or meetings.
- Attendance required according to routine department schedule with some evening, holiday and weekend work required
- Must successfully pass a background investigation and pre-employment drug/alcohol screening.

SALARY: \$42,682 - \$59,612

POSITION CLOSES FEB 17, 2023

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

Grant Accountant

Finance

DUTIES & RESPONSIBILITIES:

- Coordinates the accounting functions related to sponsored programs and all Local, State and Federal Awards.
- Proposes policies and procedures related to restricted funds for review and implementation by Program Managers.
- Assist Program Managers in the financial reporting and other administrative requirements of their grants/contracts, and Memorandum of Agreement.
- Monitor/track the financial and accounting status of each program through its program life cycle to

closure and reconciliations.

- Maintain the Tribes master grant financial calendar.
- Prepare, review, and coordinate the A-133 Audit work papers as they relate to awards and preparation of the SEFA.
- Prepare, review, or direct all accounting entries (transactions and journals) related sponsored programs and restricted funds.
- Prepare invoice/billings and collect funds for the support of Special Revenue Fund expenditures.
- Prepare all applicable fiscal reports for sponsored programs and ensure the timely submission thereof.
- Attend professional development training and stay abreast of the Office of Management and Budget Circulars and their applicability to grants management related to A-133 audit.
- Assist in the closing of the Tribe's fiscal year end books as needed.
- Maintain and update the database & the multiple reports, that derives from this database, for the Comptroller, Council, and Executive Director.
- Write, update, train and maintain the Grant Accounting Handbook, which will serve as the policies and procedures manual for all program managers over special programs and grants/contracts.
- Directly consult with all stakeholders as it relates to financial administration of grants and the budgeting of such grants, including interpretation of federal requirements pertaining to allowable and unallowable costs based on the guidelines provided by the agency and contained in the grant stipulations.
- Apply agency and grant specific indirect costs quarterly.
- Attend professional development workshops and seminars to stay abreast of changes related to special programs and restricted grants in Special Revenue.

REQUIREMENTS:

- Associates Degree in Accounting or related field and four years accounting experience, preferably in a Tribal or State and Local Government environment.
- Prefer Bachelor's Degree in Accounting or related field.
- 2 years of personal computer based applications including word processing, spreadsheets, and databases experience required.
- Prior experience with MIP system preferred.
- Prefer GFOA(Government Finance Officers Association) Certified Public Finance Officer Certification or able to obtain within the first year of employment.
- Knowledge of federal regulations related to sponsored programs at local, state, and federal levels.
- Must demonstrate knowledge of general accounting and fiscal management principles.
- Must have strong, effective verbal and written communication skills.

- Must possess the ability to work with minimal supervision.
- Must maintain strict confidentiality.

SALARY: \$60,050 - \$85,945

POSITION CLOSES FEB 17, 2023

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

Office Assistant

Child Support Services

DUTIES & RESPONSIBILITIES:

- Answer main telephone line, logging all incoming calls, routing calls, and taking messages for Staff.
- Answer general questions public and clients might have through phone calls and in person.
- Greet & direct visitors/clients coming into office, updating confidential Visitor log daily.
- Daily runs to Post Office and as needed runs to bank.
- Log & disseminate all incoming and outgoing mail.
- Log, Date Stamp & route all incoming MNCSS applications.
- Log all outgoing applications, IWO's and other important documents.
- Maintain and update MNCSS data systems such as CIS, interoffice Shared file, and Microix.
- Perform data entry, typing, filing, copying, faxing, & related duties.
- Be back-up time-keeper for Admin. Assist. And Fin. Spec. by creating and reviewing timesheets.
- Notarize official documents for clients and community members as needed.
- Assist Case Management as needed with setting up cases in CIS, creating case files, and case notes.
- Assist Financial Specialist with cases notes, mailing, and filing.
- Keep all files organized and file all necessary documents in a timely manner.
- Keep all MNCSS forms organized and replenished.
- Maintain MNCSS literature & bulletin board of public announcements.
- Maintain updated W-9's and contracts for payments of people and businesses.
- Create requisitions to ensure contracted services are paid in a timely manner.
- Keep all office supplies organized and replenished as needed by creating requisitions and replenish through Microix as needed.
- Keep all supply & other orders documented in Purchase Tracker correctly, utilize current budget for orders, events, committees, and travel.
- File hard copies of Requisitions, RFPs, Packing Slips, Invoices, Checks, P.O.'s, etc. once completed.
- Ability to create travel requisitions, including compiling travel documents, for submission.

EMPLOYMENT OPPORTUNITIES

- Assist with Elder's Circle and other related activities as scheduled.
- Participate in community committees such as Financial Literacy committee, event planning committees and collaborations.
- Safeguard confidentiality of all MNCSS activities, communications & records.
- Conduct all MNCSS business professionally & maintain reception area.
- Avoid the appearance of impropriety, conflicts of interest, favoritism, & other negative attitudes, both on and off the job.

REQUIREMENTS:

- Must possess a High School Diploma or G.E.D. and have at least one year of work experience.
- Type a minimum of 35 words per minute.
- Must possess familiarity with Native American culture.
- Be knowledgeable and proficient in P.C. word processing, spreadsheet, internet and email.
- Basic understanding of teambuilding and teamwork.
- Must be able to comply with confidentiality guidelines.
- Must have valid Driver's License and be insurable.
- Per Federal Guidelines & MNCSS requirements, applicant must pass a background check (this includes previous charges, pending charges or charges during the course of employment).

SALARY: DOQ

POSITION CLOSES FEB 10, 2023

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

Victim Advocate

Family Services

DUTIES & RESPONSIBILITIES:

- Provide direct services to victims of domestic violence and sexual assault.
- Recruit, train, and maintain a group of volunteers who work as advocates with victims of domestic violence and sexual assault.
- Provide victims information on legal services available for their protection, safety, and support.
- Refer victims to community agencies and other resources such as shelters, job training, and family counseling.
- Transport clients to and from necessary appointments including medical, legal, law enforcement, court, etc.
- Provide crisis intervention to victims of domestic violence and sexual assault addressing immediate and long-term needs.
- Coordinate and facilitate educational support

groups for survivors.

- Assist clients through and provide information of the criminal justice system.
- Provide public education through public speaking and other means on safety and planning related to domestic violence, sexual assault, and related issues.
- Attend conferences and workshops related to domestic violence and sexual assault.
- Assist child welfare social workers in cases involving domestic violence and sexual assault.
- Prepare monthly, quarterly, and annual reports, as required for grant.
- Assist needs assessment and research necessary to further develop the domestic violence and sexual assault programs.

REQUIREMENTS:

- Associate's Degree in Criminal Justice, Counseling, Public Health, Social Work, Psychology or related field and some personal or professional experience with advocacy or case management, family violence intervention, counseling, and/or crisis intervention OR an equivalent combination of education and experience.
- Preferred Bachelor's Degree
- Willingness to participate in certification trainings with Iowa Coalition Against Sexual Assault and Iowa Coalition Against Domestic Violence.
- 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.
- Must have strong oral and written communication skills and positive interpersonal relationships skills.
- Must be willing to be on call some evenings and weekends with a rotating crisis line.
- Must be proficient in computer skills such as word processing, spreadsheet, internet, email, etc.
- Must be willing and able to travel.

SALARY: \$43,097 - \$64,376

POSITION CLOSES FEB 10, 2023

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

Program Assistant

Youth Development

DUTIES & RESPONSIBILITIES:

- Assist in the planning, development and implementation of programs and extra-curricular

activities for youth.

- Provide positive mentorship and leadership to youth participants.
- Supervise program staff and volunteers as assigned.
- Gather, track and collect attendance statistics.
- Assist with obtaining and administering grants.
- Drive participants to and from Meskwaki Youth Program sponsored events.
- Be responsible for proper care, maintenance and storage of program equipment and supplies.
- Be responsible for proper care and maintenance of all recreation facilities to ensure safety of participants and staff.
- Coordinate and facilitate trainings for youth and community events.
- Provide instruction and demonstrate techniques for activities.
- Supervise activities and enforce rules and guidelines for staff and participants.
- Refer youth to resources for personal counseling services as necessary.
- Maintain records of activities and provide reports to Director.
- Administer proper money handling procedures.
- Maintain communication, activity logs.

REQUIREMENTS:

- High School Diploma or G.E.D. required, Associates Degree preferred.
- Three (3) years' administrative experience preferred.
- Two (2) years' experience working with youth and/or developing programs for youth required.
- Must obtain CPR and First Aide Certification within two (2) months.
- Must possess valid driver's license, prefer Chaffeur's license.
- Must have a good driving record and be insurable.
- Must have good verbal and written communication skills, organizational skills and planning skills.
- Have knowledge of or be willing to learn Meskwaki language and traditions.
- Must submit to and successfully complete background investigation.
- Be willing to work evenings and weekends.
- Be willing to travel.

SALARY: \$31,948 - \$49,046

POSITION CLOSES FEB 10, 2023

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

EMPLOYMENT OPPORTUNITIES

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

- **Assistant Comptroller**
- Fiscal
- **Behavioral Health Services Director**
- Health - Behavioral Health Services
- **Certified Medical Assistant**
- Health
- **Certified Substance Abuse Counselor**
- Health - Behavioral Health Services
- **Chief of Police**
- Meskwaki Nation Police Department
- **Diabetes Educator**
- Health
- **Gaming Commissioner**
- Sac & Fox Gaming Commission
- **HVAC Trainer**
- Apprenticeship Program
- **Mental Health Counselor**
- Health - Behavioral Health Services
- **MSS - Custodian 2nd Shift**
- Meskwaki Settlement School
- **MSS - Facilities Compliance Specialist**
- Meskwaki Settlement School
- **MSS - Food Service Worker**
- Meskwaki Settlement School
- **MSS - Head Varsity Girls Volleyball Coach**
- Meskwaki Settlement School
- **MSS - Industrial Technology Teacher 7-12**
- Meskwaki Settlement School
- **MSS - Math Teacher (MS/HS)**
- Meskwaki Settlement School
- **MSS - Meskwaki Language Teacher**
- Meskwaki Settlement School
- **MSS - Meskwaki Language Teacher Assoc.**
- Meskwaki Settlement School
- **MSS - Substitute Teacher (Long-Term)**
- Meskwaki Settlement School
- **MSS - Teacher Assoc: Special Education**
- Meskwaki Settlement School
- **Natural Resources Conservation Aide**
- Meskwaki Natural Resources
- **Pharmacy Director**
- Health - Pharmacy
- **Police Officer**
- Meskwaki Nation Police Department
- **Registered Dietitian**
- Health - Diabetes Program
- **Social Worker**
- Family Services



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Teller / Customer Service Representative

Pinnacle Bank, located in Marshalltown and Toledo, Iowa, is seeking professional, competent applicants with exceptional customer service skills to join our team as full-time Bank Teller and Customer Service Representatives in the Marshalltown office. Working hours would be approximately 40 hours per week and are subject to business activity and scheduling of staff. Workdays include Monday through Friday and rotating on Saturday mornings. The bank offers a full line of benefits including health, dental, vision, life, and disability insurance, retirement plan, paid holidays, Paid time off, and other benefits.

The position requires a high school education or greater. Experience is preferred but will consider good applicants with experience and/or educational backgrounds commensurate with requirements of the job. Applicants must have acceptable credit report scores and background checks. Please submit resume/application to Alyssa McCarthy. EOE

Contact: Alyssa McCarthy
(641) 752-2393





STACY YOUNGBEAR

*Athletic Coordinator
Meskwaki Youth Development
Program*

My name is Stacy Youngbear. My Meskwaki Wisoni is Attibita. I went to the old settlement school during my early years of education and went to South Tama from 3rd grade to sophomore year in HS. Transferred out to Meskwaki and Graduated from there in 2011. Went to Ellsworth CC and currently trying to finish at DMACC. I like to relax and spend time with my family during my off time. Being a dad is the best thing in the world. My family consists of 3 little Meskwaki cubs; Stephen 8, Ashton 4, Case 1, and my high school sweetheart Dia. I enjoy playing slow-pitch softball, hooping, coaching, working out, and running basketball leagues.

I have a strong passion for working with the youth. Either it's coaching them or running games/programs for them at summer activities. I believe sports can help with their social life, learning about respect, manners, sportsmanship, taking on defeat, and teaching them to get back up on their feet when they get knocked down. Learning how to play sports should be fun and fundamentally focused. I want to provide a service for kids who want to get better at their sport or sports during the off-season.

I'm excited for Meskwaki Youth Development Program to get into the Rec Center, we have some great opportunities coming this summer!



NICOLETTE NEFFZGER

*Mental Health Counselor
Health Clinic*

Hello, my name is Nicolette and I am a Mental Health Counselor at the Health Clinic. I will be providing behavioral health services for those 3 years old and up.

Prior to coming to the Meskwaki Clinic, I worked as an outpatient therapist in community mental health. During my time in community mental health I developed my play therapy skills and I am excited to utilize my skills in a new way and to continue to grow as a clinician.

I have always been passionate about making sure that kids and families have access to resources that they need. In the past I have volunteered as a court appointed special advocate in Linn and Benton counties.

In my free time I can usually be found spending time with my spouse and/or 3 kids.



REBECCA NEIMAN

*Office Manager
Child Support Services*

My name is Rebecca 'Becky' Neiman, and I have been hired as the Office Manager at Meskwaki Nation Child Support Services providing support to the staff in the Child Support office.

I enjoy working to help others. I worked for the Social Security Administration for 27 years in various capacities and at several locations in Minnesota, South Dakota and Iowa.

I took the opportunity to take an early retirement and there came a point where I felt I really needed and wanted to get back into a service field, so I feel very fortunate to have been selected for this position with the Child Support Services Office.

I live in Marshalltown with my fur babies, both cats, and dog. Having grown up in Minnesota and learning to fish as a little girl I still enjoy fishing when given the opportunity. I enjoy nature and the outdoors. I am an animal lover, so I was very pleased to see the buffalo outside my office window.



MARK BEAR

*Activities Coordinator
Meskwaki Youth Development Program*

Hello, My name is Mark Bear, I am happy to be taking over the duties as Activities Coordinator within the Meskwaki Youth Development Department.

My several years of acting as a public servant in law enforcement has offered me the opportunity to practice tending to troubled youth and event coordination. I look to utilize those experiences, my time as coach, and being a father of four in becoming a valuable part of this team. I further believe that MYDP plays an important role for our youths here on the Settlement.

My hobbies are hunting/fishing, exercising, regalia creation and attending my children's sporting events. But above all my favorite thing is spending time with my family; my father, Nathan, my wife-Jordan and my children- MaCael, Marcus, Percy and Anistyn.

The children are our future and I am thankful for this opportunity.



DANA DAVENPORT

*Health Educator
Health Clinic*

Hi, I'm Dana. I am a Health Educator at the Health Clinic and will be acting as a resources to health education for the community.

I had previously worked at the Wellness Center as a Fitness Specialist for 8 years and just recently I had worked in Human Resources for the last 3 ½ years.

I have a Fitness Specialist Certification, Coaching Healthy Behaviors Certification and I'm currently finishing up my BA in Health Services Leadership.

I hope to be a great resource for you in regards to health education!



To Apply visit our website: <https://www.meskwaki.com/employment> and click on Meskwaki Career Center! Celebrate the New Year with a new job! Make **MESKWAKI BINGO CASINO HOTEL** your future employer!



BINGO

BINGO FLOOR WORKER PT \$17-18 hourly plus tips (\$10/hour plus tips. Tips may vary.) High School diploma or GED preferred. 18 years of age.

CASINO CLEANING

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

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

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

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.

ENGINEERING

ADMINISTRATIVE ASSISTANT FT \$16.00 hourly. Requires a High School diploma or GED and two years of secretarial or clerical experience or an equivalent combination of education and experience.

FOOD & BEVERAGE

EXECUTIVE SOUS CHEF & TRAINER \$DOQ Salary. Requires a high school diploma or GED. Must be at least 21 years of age. Requires a Culinary degree from an accredited institute/school and three years of kitchen management experience in a large-scale operation or 10 years kitchen management experience in a large-scale operation.

F&B SUPERVISOR FT \$20.00 hourly. Requires a high school diploma or GED. Must be at least 21 years of age. One year of F&B experience or an equivalent combination of education and experience.

BUFFET BUS PERSON FT \$12.00 per hour. Must be at least 16 years of age.

DISHWASHER (Buffet) FT \$13.00 hourly. Must be at least 18 years of age.

LUCKYS COOK FT \$15.00-\$18.00 hourly. Must be at least 18 years of age. One year of prior restaurant cooking experience or an equivalent combination of education and experience preferred.

SECURITY

SECURITY EMT FT \$17.00 hourly. High School 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

SLOTS

SLOT ATTENDANT FT \$18.00 hourly (\$12.00 per hour, plus 6.00 an hour average tips (tips will vary)). High school diploma/GED. Must be at least 18 years of age and pass a basic math test.

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

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. 1.27.2023

MNT

Meskwaki Nation Times

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

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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

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ADDRESS SERVICE REQUESTED

Percap Distribution: Friday - 2/10

FEBRUARY 4, 2023 MESKWAKI NEW YEARS EVE SOBRIETY POWWOW

GRAND ENTRIES: 1:00PM & 7:00PM
MESKWAKI SETTLEMENT SCHOOL
1610 305TH STREET TAMA, IA 52339

HOTEL INFORMATION

MESKWAKI BINGO CASINO HOTEL | 1.800.728.4263

SINGER REGISTRATION **ONLINE CLOSING 2/3/23**

ONLINE REGISTRATION: <http://bit.ly/3IDAOfG>

OPENS AT: 12PM | CLOSING AT 12:35PM

OPENS AT: 6PM | CLOSING AT 6:35PM

DANCER REGISTRATION **ONLINE CLOSING 2/3/23**

ONLINE REGISTRATION: <http://bit.ly/3V10oa8>

OPENS AT: 12PM | CLOSING AT 12:35PM

OPENS AT: 6PM | CLOSING AT 6:35PM

VENDORS

Arts & Crafts

Wy's Blankets (Youth Entrepreneur: Wyatt Kapayou)

Food

NYE Snack Shack (Youth Entrepreneur: Sia Bear)

Meskwaki Chaos (Youth Entrepreneur: Daycei Davenport)

Agabee's Indian Tacos (Youth Entrepreneur: Leticia Washington)

DOOR PRIZE CATEGORIES

SENIORS | ADULTS | YOUTH | VETERANS

TSHIRTS **WHILE SUPPLIES LAST**

DESIGN CREATED BY MESKWAKI MEDIA

ROYALTY CONTEST **APPLICATION CLOSED**

VETERANS POWWOW PRINCESS CONTEST | 12PM

HEAD STAFF

COLOR GUARD: ROBERT MORGAN POST 701

MC: MANNY KING | YOUTH MC: TENOCH SNOW

AD: STEADMAN BROWN | YOUTH AD: PIPPEN KEAHNA

HEAD MAN: ROMEO BUFFALO

1PM HEAD WOMAN: STEPHANIE BADSOLDIER SNOW

7PM HEAD WOMAN: DALYN WABAUNASEE

HEAD BOY: HEPAN AZURE | HEAD GIRL: JASLYN HILL

HOST DRUM: COON HUNTERS | YOUTH DRUM: THA CREW

SOUND: WOLF PRODUCTIONS

DANCE CONTESTS

GOLDEN AGE (55+): \$300 | \$250 | \$200

ADULTS (18-54): \$300 | \$250 | \$200

TEENS (13-17): \$200 | \$150 | \$100

JUNIORS (7-12): \$100 | \$75 | \$50

TINY TOTS (0-6): DAY MONEY (in regalia)

SINGERS | NON CONTEST DANCERS: DAY MONEY

COMMITTEE SPECIALS

MENS LULU \$40 | \$30 | \$20

WOMANS WAR HOOP \$40 | \$30 | \$20

HALF COURT SHOT \$50 (3) RAFFLE WINNERS

Meskwaki Senior Services has a new display case featuring jewelry for sale, handcrafted by local artists. Stop by the Senior Center and check it out!

FREE ADMISSION | DRUG & ALCOHOL FREE EVENT

MESKWAKI NATION

349 MESKWAKI ROAD TAMA, IA 52339

QUESTIONS CONTACT MYDP 641.484.5369

SPONSORED BY
MESKWAKI HEALTH CLINIC
HOSTED BY MY LEADERSHIP COUNCIL

