

MESKWAKI NATION

SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

Volume 22 Issue 5 | May 2025

TIMES



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	481-0496
• 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
• Recreation & Community Center	484-9560

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 - Mike Stacey

Enrollment: Term expires November 2027

Treasurer - Andre Roberts

Education: Term expires November 2025

Member - OPEN

Housing: Term expires November 2027

Tribal Council

Member - Vance Brown

Agriculture: Term expires November 2025

Member - Apollo Davenport

Employment: Term expires November 2025

Member - Zach Old Bear

Health: Term expires November 2027

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 Lexus Whitebreast in the Finance Office at 641-484-9208.

**Next
TRIBAL
COUNCIL
Meeting**

May 7 @ 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 Indigenous Journalists Association.

The deadline to submit articles for the next edition is:

MAY 20, 2025

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 - Video: Ryan "Beeber" Roberts

A NOTE FROM THE TRIBAL CHAIR

As the school year wraps up, we proudly recognize and congratulate all of our graduates. Completing this chapter is just the first step into a world full of opportunity. Whether you're continuing your education, entering the workforce, joining the military, or learning a trade, remember that persistence brings success. Just take it one step at a time. We encourage family, friends, and everyone in our community to keep supporting and uplifting our youth as they begin their next journey in life.

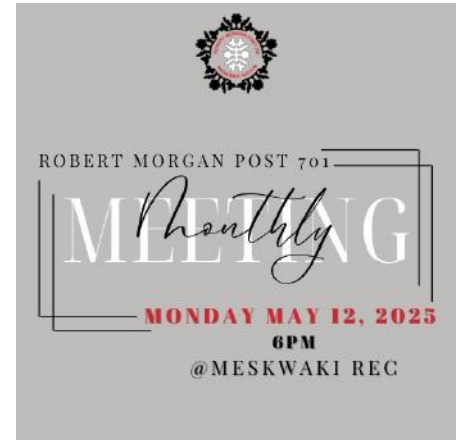
As we approach Memorial Day, let us remember and honor the brave men and women who gave their lives while serving in the U.S. Armed Forces. Serving in the Marines and Army myself, I know the possible sacrifice bestowed upon military veterans. Please take a moment to reflect, visit a memorial, or participate in honoring the fallen. Their sacrifice is the ultimate price paid for our freedoms, and we must never forget it.

We also want to reaffirm our commitment to open communication between the community and its leadership. We continue to value your input. The council and I appreciate Max Bear's service to the community. With an open seat now on council, we encourage everyone to participate in the upcoming election process. We also encourage you to reach out with ideas, concerns, or suggestions as we work together to build a strong, well-guided future for our community.

Lastly, I'd like to address an ongoing concern. Please ensure your dogs are properly vaccinated, tagged, and, if possible, contained. We've received several complaints regarding aggressive or loose dogs, and we hope this reminder will help alleviate those issues for everyone's safety and peace of mind.

Thank you for your continued support and attention. Let's move forward together with respect, dedication, and a shared vision for our community.

~ Vern Jefferson, Tribal Chairman



POSTED: APRIL 25, 2025

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 April 22, 2025; to fill one vacancy on the Tribal Council.

A Special Election will be held on May 15, 2025 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
3. Emailed to: elcommittee@meskwaki-nsn.gov

All absentee ballot requests must be received by April 30, 2025.

Absentee ballots and voting instructions will be mailed out to absentee voters on May 9, 2025. All completed absentee ballots must be received by the Election Committee no later than May 15, 2025 at 8:00 P.M.

NOTICE OF NOMINATION MEETING

A Nomination Meeting will be held on May 7, 2025 in the Gymnasium at the Sac & Fox Tribal Center Gymnasium on the Meskwaki Settlement. Doors will OPEN at 6:00 P.M. and will CLOSE at 7:00 P.M.

- **If the attendance is less than 30% of eligible voters of the Tribe at the first Nomination Meeting; a second Nomination Meeting will be held on May 8, 2025.**

Sec. 8-2101. Eligible Voter.

Except for an election to amend the Constitution or Bylaws of the Tribe, no individual shall be qualified to vote in any election unless the individual:

- (a) Is a member of the Tribe;
- (b) Is an adult on or before the date of the election;
- (c) Was a resident of the Settlement for at least six months prior to the current or any previous election; and
- (d) Is currently a resident of the State of Iowa.

MMIW + MMIP
FUN RUN



**T-SHIRTS,
FOOD, AND
DRINKS WILL
BE PROVIDED**

BRING OUR RELATIVES HOME


WEDNESDAY, MAY 14TH
@ MESKWAKI RECREATION AND
COMMUNITY CENTER
REGISTRATION @ 5 - RUN @ 5:30

DON'T FORGET TO WEAR RED



COMMUNITY CLASSES

MESKWAKI GARDENING PRACTICES



On Wednesday, April 23, Food Sovereignty in conjunction with Workforce Development hosted a “Meskwaki Gardening Practices” informational meeting. Luke Kapayou, Ancestral Farm Manager, along with Trey Keahna and Frank Blackcloud, shared gardening practices of Meskwaki Native heirloom seeds, specifically corn, beans, and squash.



SEED STARTING

A representative from ISU Extension Office led a class at Workforce Development titled “Growing Your Own Garden Transplants - Demystifying Seed Starting”. Participants learned what it takes to successfully grow seedlings to transplant outdoors. Everyone then planted their own tomato and pepper seeds to take home and begin their gardening endeavors.



BEGINNER BEEKEEPING

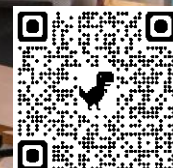


On April 21 and 28, Workforce Development and Food Sovereignty invited James Dolezal of Dolezal Honeybees to host a Beginner Beekeeping class. The next classes will be May 5 and 12.

MESKWAKI CIVICS 101



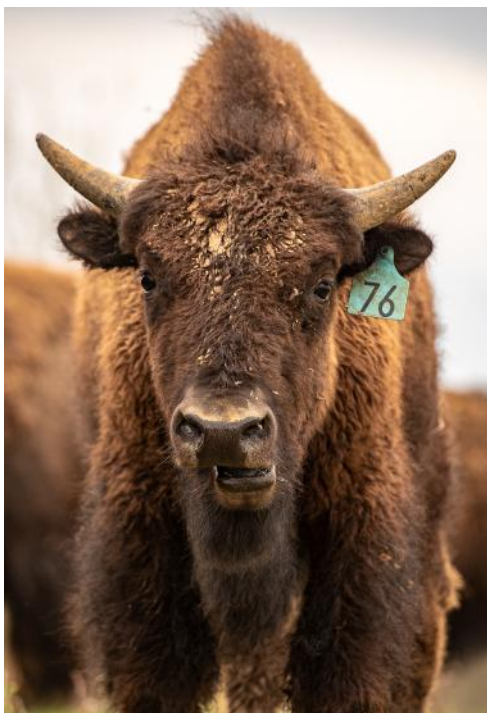
On April 17, Workforce Development, in collaboration with representatives from the Meskwaki Attorney General's Office, hosted this month's Community Empowerment Talking Circle, Meskwaki Civics 101. A video presentation will be available in the near future. Slides from this seminar can be found online by scanning the QR code to the right.

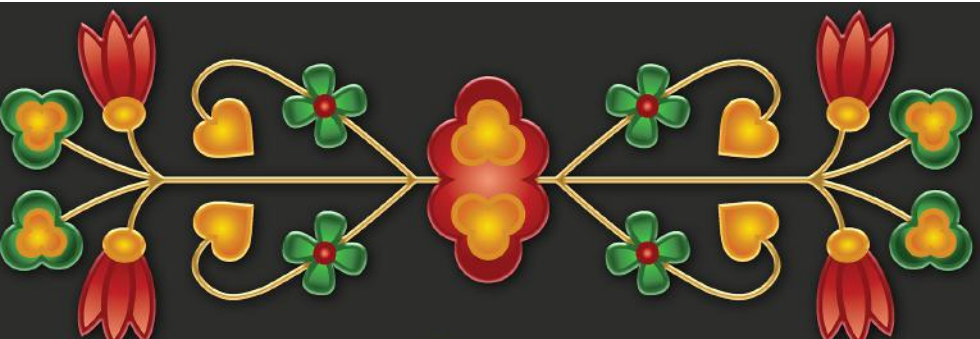


MNR RED EARTH DAY



On Tuesday, April 22, Meskwaki Natural Resources hosted a "RED EARTH DAY" celebration in honor of Earth Day. The day consisted of guided bison herd tours, tree planting, and activities for the youth, including coming up with unique names for the new bison calves.





Class of 2025 GRADUATION POWWOW

MC: Tyler Lasley
AD: Trey Keahna
Head Lady: Sophie Shuckahosee
Kiance Roberts-Keahna
Head Man: Tenoch Snow
Leland Hamilton-YoungBird
Color Guard: Robert Morgan Post 701
Sound Technician: Quinton Pushetonequa

SATURDAY, MAY 31, 2025 - GRAND ENTRIES 1 & 6PM
Meskwaki Powwow Grounds, Tama, IA

SPECIALS CONTESTS MESKWAKI HOTEL ROOM BLOCK CODE: MSS Graduate Powwow

- Funchle's Tiny Tots Special Sponsored by Yamni Whiteman Family
- Grass Dance Special Sponsored by Leland Hamilton-YoungBird Family
- Men's Original "Low & Slow" Grass Dance Special Sponsored by Tenoch Snow Family
- Drum Contest Sponsored by Damias Bear Family
- Men's Woodland 16+ Special Sponsored by Kiance Roberts-Keahna Family
- Women's Scrub Special Sponsored by Ethan Hainline Family
- Woodland Showdown Special Men & Women Sponsored by Kiance & Ethan's Families
- Contemporary Jingle 13+ Special Sponsored by Sophie Shuckahosee Family
- Men's Traditional Special 18+ Sponsored by Meskwaki Higher Education Program
- 2025 Beaded Graduation Cap Contest Sponsored by "Regalia Makins" - Steve & Terri Scott

ALL DANCERS AND SINGING GROUPS INVITED. LIVESTREAMING AT WWW.MESKWAKI.ORG
Presented by Meskwaki Higher Education. Committee and facility not responsible for accidents, lost or stolen items. Security and first-aid on site.



Hey all you fine beadsters!

Regalia Makins is hosting its 3rd Annual Local Community Beaded Cap Contest. We want to recognize the fine work you do. Graduates must register their cap at the upcoming Annual Graduation Powwow. Find us at the powwow!



Sophie Winter Shuckahosee
Contemporary Jingle Dress Special 13+
Sat., May 31, 2025
Meskwaki Powwow Grounds
Tama, IA

1st: \$600 + Jacket
2nd: \$400 + Jacket
3rd: \$200 + Jacket
(C) Consolation Prizes

Sponsored by the family of Sophie Shuckahosee



16 & over
Women's Pink Applique Special
2025 MESKWAKI GRADUATE, ETHAN HAINLINE
"MISKITTIMATA"
HONORING FOR HIS AUNTIE BATTLING BREAST CANCER
EMILY YOUNG BEAR-BROWN
participants must wear pink

- 1st Place- \$500 & T-Shirt
- 2nd Place- \$300 & T-Shirt
- 3rd Place- \$200 & T-Shirt

Special will take place at the 2025 Meskwaki Graduation Powwow, May 31, 2025
Meskwaki Powwow Grounds
1600 Battle Ground Road and E49, Tama, Iowa

2025 Graduation Powwow
Leland Hamilton-YoungBird Grass Dance Special
Saturday, May 31st
Meskwaki Powwow Grounds

1st Place: \$1,000	5th Place: \$200
2nd Place: \$800	5 Consolation
3rd Place: \$600	Prizes: \$100
4th Place: \$400	



MEN'S "LOW & SLOW" GRASS DANCE SPECIAL

Sponsored by
Tenoch Snow Family



Men's Traditional 18+ Special

Sponsored by Meskwaki
Higher Ed

Damias Bear "Wabanoskaka"

\$1,500 Winner-Take-All Singing Contest

\$1,500 Winner-Take-All + Drum + 5 Chairs

2025 Honoring Our Graduates Pow Wow
Sat., May 31, 2025
Meskwaki Pow Wow Grounds
Tama, IA



Damias, Wabanoskaka, is a 2025 Graduate from South Tama High School.
Damias and Family are sponsoring a Winner-Take-All Singing Contest to honor his Medas:
Dennis Keahna, Jr. (Lightning Boy) and the Late Alvin "Bunny" Bear (Bear Singers).

IN HONOR OF MESKWAKI GRADUATE
NEDISEA/DEKSI YAMNI WHITEMAN

FUNKLE TINY TOT MAY 31 2025 SPECIAL

MESKWAKI POWWOW GROUNDS
TAMA, IA

YAMNI HAS MANY NIECES AND NEPHEWS
AND THIS IS HIS WAY OF HONORING THEM



6 YEARS & UNDER

GRAND PRIZE:
(MUST BE IN REGALIA)

1 BOY AND 1 GIRL
WILL RECEIVE A
BRAND-NEW BIKE

GOODIE BAGS FOR ALL
PARTICIPANTS

SPRING GRADUATIONS AND RECOGNITIONS

The Meskwaki Higher Education Program has been preparing for its Annual Graduation Powwow all year long. We regularly update our lists of to-be graduates, both high school and college. So far, we have 30 high school graduates, 2 HSED recipients, 11 college graduates and 3 vocational/technical graduates. Matt Bear has also shared with us that there are 4 Apprenticeship graduates.

To be on these lists, high school students need to submit a bio form. We also request a baby picture and Senior picture. Once all items are turned in, the student will be contacted by Travis Mullen about quilt selection day. Only those who have turned in all the requested information will have first pick of a quilt. All those who do not turn in the items requested, can still receive a quilt, but will not be invited to come for a first pick of a quilt.

To be on the list for college graduate, a person must have been served by MHEP at least one semester prior to the completion of their degree. A person can request they be added and provide evidence that they have completed their course of study. Walking across the college graduation line may not mean

that a person has completed their course of study. We will need evidence that completion of study has been met. We are happy to announce all others at the powwow and invite them to stand with all college graduates.

There are times when MHEP has missed people and have not announced their names. This year, we respectfully request registration at the powwow to ensure that everyone who is finished with their degree is called. We will have a list of graduates. You will be able to find us near the speaker stand in order to register your name to be called.

Please note that the gift cards and quilts are provided through funding that comes directly from the tribe. As such, MHEP is required to ensure that all those receiving gifts are federally recognized, either by way of Certificate Degree of Indian Blood or Tribal Identification card.

~ Terri M. Scott, Director-MHEP



16 & OVER MEN'S WOODLAND SPECIAL

honoring 2025 Meskwaki graduate

Kiance Roberts-Keahna
"Naitoga"

- 1st Place- \$500 & T-shirt
- 2nd Place- \$300 & T-shirt
- 3rd Place- \$200 & T-shirt

*Special will take place at the 2025
Meskwaki Graduation Powwow
May 31, 2025*

Meskwaki Powwow Grounds
1600 Battle Ground Road and E49, Tama, Iowa

Honoring Our 2025 Graduates

Kiance & Ethan



Women's Applique vs Men's Woodland
Champion of the Champions

EMPOWERING THE NEXT GENERATION: YOUTH CAREER PROGRAMS OFFERED THROUGH MESKWAKI WORKFORCE DEVELOPMENT

The Meskwaki Workforce Development Department is again offering its Meskwaki Youth Internship Program, a vital summer initiative that provides Native American youth ages 14–24 with paid, hands-on work experience throughout the Meskwaki community. Applications for this year's program will close on May 9, 2025. The eight-week internship allows students to build professional skills, explore career pathways, and connect with mentors while earning a \$12/hour stipend for 30 hours per week.

Interns are placed across a wide variety of departments and entities, including Accounting, HVAC, Plumbing, Carpentry, Administrative Services, Family and Senior Services, Childcare, Media, Natural Resources, Health Services, Farming, Language, Historic Preservation, Youth, IT, Banking, and others. The program will provide internships for 47 youth participants this year.

With 25 Tribal Operations departments and entities partnering to host the interns this summer, the program ensures participants gain real-world insights and experience in meaningful roles. "We're excited to partner with so many departments again this year," said Shelley Kapayou, Workforce Development Director. "These internships not only help students build confidence and skills, but also help them see their future and how they might fit in right here in our community."

The program will launch on June 9th with an engaging Orientation Day hosted by Workforce Development. Then, over the next 8 weeks, Monday through Thursday, interns will work within their



assigned departments, contributing to department projects and learning the day-to-day responsibilities of various career roles. Each Friday is reserved for Development Day, when all interns gather for group activities that promote team building, leadership, and personal development.

Beyond this successful summer project, the team also recently launched the Meskwaki Career Awareness Series, a new, ongoing initiative bringing youth face-to-face with professionals throughout the school year. Finishing up this month at the Meskwaki High School, the series features presentations from departments such as Workforce Development, the Attorney General's Office, Media Services, Meskwaki Naturals (Hemp), Health Services, the Police Department, Child Support Services, Grants & Planning, and others.

The presentations introduce students to various career paths and provide insight into the education and training required. "We want students to see what is possible for their futures and understand that there's a path forward, back home in their community," said Shoshonis Brown, Meskwaki Workforce Development Project Manager. "There are so many career opportunities within the Meskwaki Nation. Our goal is to expose students to as many as we can."

The Workforce Development team plans to continue developing the program in the future. Departments are encouraged to sign up and participate in the 2025–26 school year.

MYIP and the Career Awareness Series are two youth initiatives through the Meskwaki Workforce Development program that help build a more resilient and career-ready generation of Meskwaki youth. Through strategic partnerships, mentorship, and immersive learning, the Workforce Development Department is preparing the next generation for the workplace and leadership in our community.



WORKFORCE DEVELOPMENT UPDATES

Hoa, Meskwaki Community. The growing season is approaching, and the Food Sovereignty program will offer plowing and tilling services again this season. We also have community plots available in the west and east gardens. To sign up, please call the Food Sovereignty program's cell phone at 641-481-6449 or contact Luke Kapayou at 641-481-1783. If there is no answer, please leave a message with your name, address, and request. Please remember to contact 811, if the location of your garden is new.

Please consider participating in the Meskwaki Farmers Market this season. The first two markets are scheduled for Thursday, June 12th, and June 26th. They will occur twice a month on Thursdays from 5 to 7 p.m. in July, August, September, and October. Contact Waylon Wolf at 641-481-0404 (REG cell phone) for more information.

The summer internship application for our Meskwaki Youth Internship Program (MYIP) is open. The deadline for applications is Friday, May 9, 2025. Please note that applicants are subject to a background check and drug testing, and there is a nondisclosure form that will require a parent/guardian signature. This is an 8-week program operating from June 9, 2025, through August 1, 2025. If you would like more information, contact Shoshonis Brown at 641-484-9506.

Akoi,
~ Workforce Development

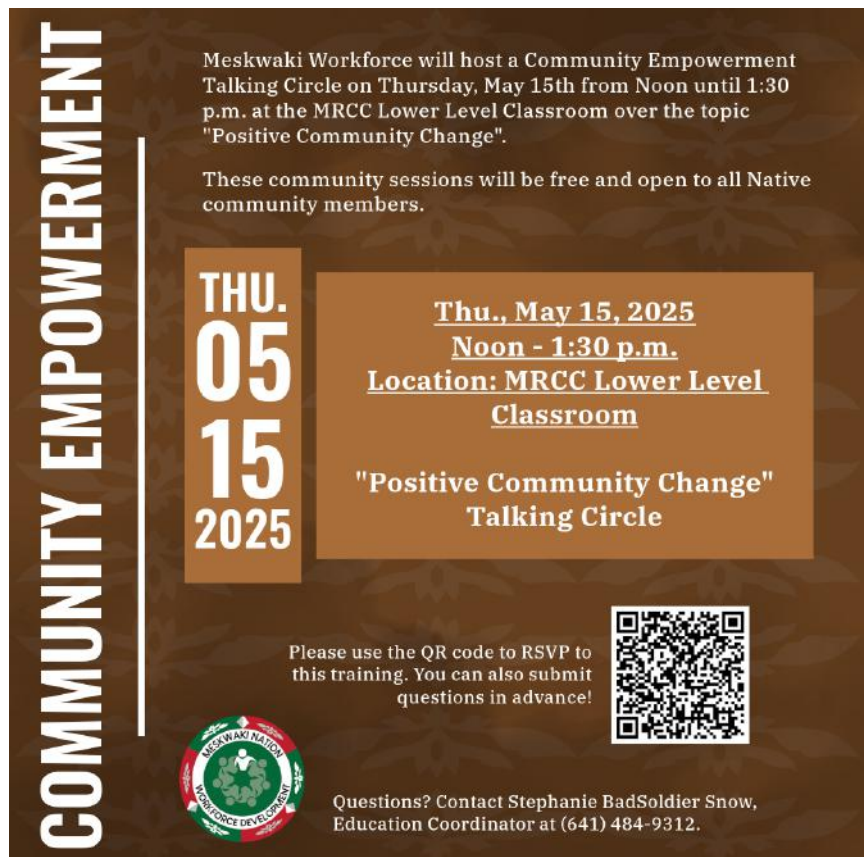


MESKWAKI HOME TILLING & COMMUNITY GARDEN

Call or text
Meskwaki Food Sovereignty
for details!

641.481.6449

Call or text
641.481.1783



COMMUNITY EMPOWERMENT

Meskwaki Workforce will host a Community Empowerment Talking Circle on Thursday, May 15th from Noon until 1:30 p.m. at the MRCC Lower Level Classroom over the topic "Positive Community Change".

These community sessions will be free and open to all Native community members.

THU. 05 15 2025

Thu., May 15, 2025
Noon - 1:30 p.m.
Location: MRCC Lower Level Classroom
"Positive Community Change" Talking Circle

Please use the QR code to RSVP to this training. You can also submit questions in advance!

Questions? Contact Stephanie BadSoldier Snow, Education Coordinator at (641) 484-9312.



BEGINNER BEEKEEPING
with James Dolezal

James Dolezal of Dolezal Honeybees will be hosting four classes to introduce interested community members to beekeeping!

CLASSES HELD AT WORKFORCE DEVELOPMENT OFFICE LOCATED AT 3166 H AVE IN TAMA

If you have any questions, contact Shoshonis Brown at 641-484-9506

MONDAY APRIL 21 Introduction into beekeeping. Learn types of bees and equipment needed.	MONDAY APRIL 28 Installation of package bees and nucs. Learn about Spring Management.	MONDAY MAY 5 Learn about Varroa mites, how to apply treatment and control. Summer Management and harvest.	MONDAY MAY 12 Learn about Fall Management and preparing hives for winter.
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6:00 PM - 8:00 PM

TALKING CIRCLE DISCUSSES POSITIVE COMMUNITY CHANGE

This month's community Talking Circle will be taking on the topic of "Positive Community Change". Join Workforce Development's Stephanie BadSoldier Snow and Susan Sanning from the Office of Careers, Life and Service, along with Sophia Snow - Wabeskesiga, Americorps Member. Vanessa Burnett from "Shift the Country" will join in June.

The program runs from noon to 1:30 pm at the Rec Center (lower level classroom) on Thursday, May 15.

YOUTH HIGHLIGHTS



Shown above: Artwork showcasing a turkey hunt from long ago.

Shown left and below: Highlights from the 2025 Youth Turkey Hunt.



YOUTH TURKEY HUNT 2025

Youth participants met at the Rec Center at 5am to begin these hunts each day over the weekend of April 26-27. Mornings were brisk and beautiful, filled with gobbling turkeys sometimes from all directions, enticing excitement and whispered conversations in the turkey blind.

Although we weren't lucky enough to harvest a turkey this year, one youth came incredibly close with a near miss, and several birds kept just out of range for an ethical shot. Despite the challenges, everyone had a fantastic time reconnecting with the land here on the Settlement and sharing memorable experiences.

Wild turkey hunting is notoriously difficult compared to other game, making every encounter even more thrilling. In addition to the hunt, participants enjoyed an impromptu mushroom forage, some scenic hiking, and a shared lunch where they shared stories about the morning's adventures.

We extend a heartfelt thank you to all who applied to be considered for this year's hunt. The nominations and essays we received were moving and meaningful—proof that these cultural, land-based activities are deeply valued by the Meskwaki community.

Congratulations to this year's selected youth and their supportive parents/guardians for submitting thoughtful, heartfelt entries. Special recognition goes to Addison "Bobby" Walker, Howard Davenport, Duane Keahna, and Joaquin Williams for successfully completing the hunter education class and firearms range training.

A sincere thank you to MNPD Firearm Instructor Officer Jon Keen for his valuable assistance at the range.

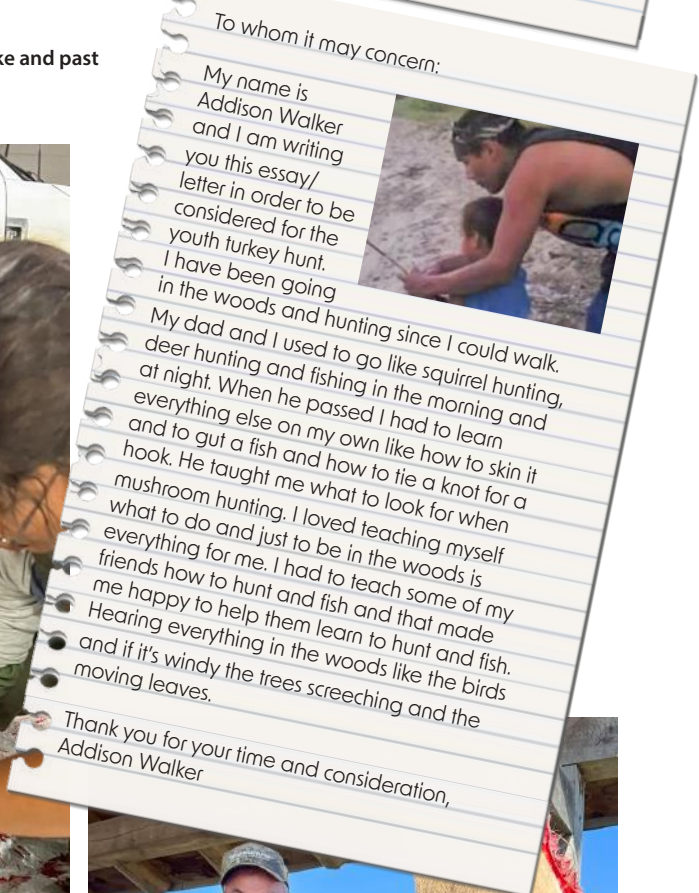
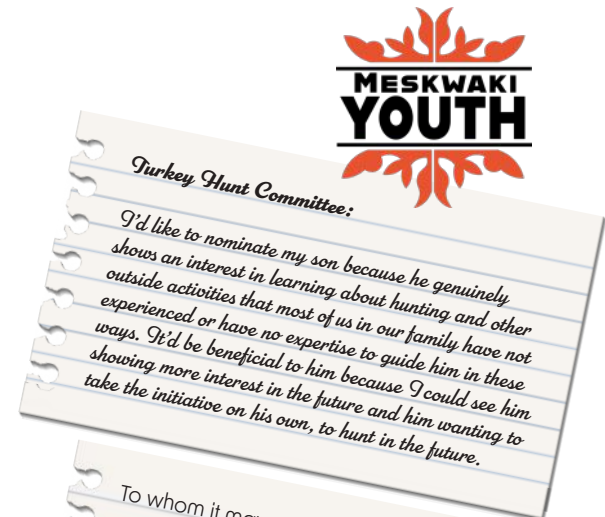
Thank you to Luke Kapayou from Meskwaki Food Sovereignty for his

mentorship and cultural guidance to the youth during these hunting events and a special thank you to Caleb Boyles. Caleb has played an intricate part in youth hunts for several years. However, Caleb has been unable to attend recent youth hunts to due medical complications. Please have Caleb in your thoughts, he truly is a partner to the tribe.

~ Mark Bear, Youth Activity Coordinator

Shown right: Nomination essays from this year's submissions.

Shown below: Photos of Caleb, Luke and past highlights.



NOTES FROM THE REC CENTER

Those interested in personal training should contact the front desk at 484-9560 and a trainer will contact you to set up an appointment.

Lockers in locker rooms have all been turned into day lockers, so they are available for use with your own lock.

FOOTWORK FOR BETTER BALANCE

Foot strength or lack of strength is the number one risk factor in falling. Developing better strength in the feet and toes is an excellent way to cut your risk of falling. There are some great exercises that you can do, to help to develop stronger feet. Most of these simple exercises can be performed at home.

To begin, start with shoes off.

- 1. Ankle circles.** While seated, lift one foot off the floor and perform controlled ankle circles in a clockwise direction. Then reverse and move the ankle in a counterclockwise direction. Do this five times, then switch to the other ankle.
- 2. Toe lifts.** Build foot control and stabilization for your walking gait with this exercise. Sitting or standing, try lifting only your big toe off of the ground while keeping your other four toes on the ground. Aim to do five per foot. If you have mastered this while seated, try standing.
- 3. Calf raise.** Stand near a wall, counter or chair for support. Lift your heels off the ground and stand on your toes to engage your calf muscles. Start with both feet at the same time then work up to one leg at a time.
- 4. Towel curl.** Towel curls strengthen the underside of the foot, the plantar fascia. Towel curls help to strengthen and mobilize the soles of the feet. While sitting in a chair, put a towel on the floor under your right foot. Use your toes, with heel on the floor, and pull the towel towards you until it is completely under your foot. Try it with your left foot.
- 5. Ball roll.** Loosen up the muscles in the arch of your feet to increase your range of motion and help to reduce tension in the sold of your foot. Standing or sitting, take a golf or lacrosse ball and roll it under your foot, under the arch.
- 6. Toe or heel walking.** Walk across the room on your toes, return to the start and do the same thing but walk on your heels.
- 7. Toe lifts.** Sitting with feet flat on the floor, lift your toes as high as you can. This dorsi flex position helps to strengthen the feet and the muscles in the front of your lower legs.

~ Kim Evans, Recreation Coordinator



ATTENTION DIABETES PATIENTS

INSULIN PUMPS NEED TO BE REPLACED TO OMNIPOD BY JUNE 1, 2025

Please take a moment to read about some important upcoming changes. Meskwaki Health Clinic has been working on transitioning patients using insulin pumps from Medtronic to Omnipod. The October 2024 newsletter featured an article by Dr. Frost on continuous glucose monitoring and discussed the insulin pumps' capabilities. Patients who are using Dexcom, as prescribed by the clinic, will need to switch to the Omnipod insulin pump. Omnipod is now available at Meskwaki Pharmacy. If you need to switch to Omnipod, please schedule an appointment with your provider. If you're not currently using an insulin pump but would like more information, you can also schedule an appointment with your provider.

Starting June 1, 2025, Medtronic pumps will no longer be covered by tribal funds through the PRC (Purchased Referred Care) program. If you choose to continue using Medtronic, any remaining balance will be your responsibility. Coverage for insulin pumps varies by insurance, so it's recommended to verify your coverage to better understand your out-of-pocket costs for Medtronic.



Mon-Fri: 5 am to 9 pm
Sat: 8 am to 8 pm
Sun: 10 am to 4 pm

MONDAY

Senior Workout 9am
Lunch Express
Workout 12:15 pm
Senior Workout 1pm

TUESDAY

Senior Workout 9am
Senior Workout 1pm
Yoga 5 pm
HIIT 6 pm

WEDNESDAY

Yoga 9am
Senior Workout 9am
Lunch Express
Workout 12:15 pm
Senior Workout 1pm

THURSDAY

Yoga 6 am
Senior Workout 9am
Senior Fun Games 1pm
HIIT 6 pm

FRIDAY

**FAMILY
FUN NIGHT
EVERY FRIDAY**
See Facebook for
details.

**Drop In Child Care available to all members from 5pm-8:30pm
every weeknight Monday through Friday!**

PHARMACY CORNER

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

Please remember to allow plenty of time for the pharmacy to prepare your refills. Calling at least 24 hours or more in advance will allow us to contact your provider, if necessary, to obtain more refills or to order a medication that we may not have in stock. Prescriptions without refills require extra time to contact the provider for approval and providers are often busy with scheduled patients and may not get to refill requests until late in the day. To prevent any delays in receiving your medications, please call at least 24 hours in advance. The refill line is available 24 hours a day, 7 days a week. You may leave your requests at any time of the day. Thank you for your consideration!

~Meskwaki Pharmacy



MESKWAKI Behavioral Health

MENTAL HEALTH AWARENESS WALK-RUN

Let's come together to raise awareness, show support and demonstrate that recovery from mental illness is possible!

MAY 28 AT 5:30 PM

Registration: 5:00 PM
Meskwaki Rec Center

Light refreshments will be served.
Route: Rec Center trail to Red Earth Drive and back

EVERYONE IS INVITED!



Alzheimer's Association Presentation

Tuesday, May 20

Meskwaki Senior Center
Meal at 5pm
Presentation at 5:30pm

Dementia Conversations
Driving, Doctor Visits, Legal & Financial Planning

Meskwaki community members of all ages are encouraged to attend!
Questions? Contact Christina Blackcloud at 641-484-9224.

DEMENTIA PRESENTATION

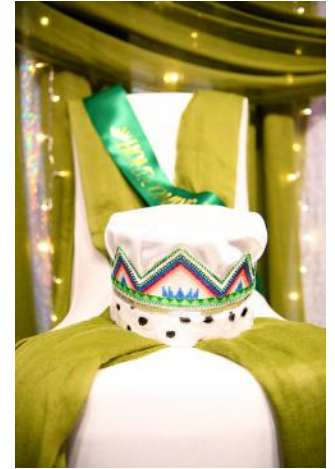
Don't miss "Dementia Conversations", this month's Alzheimer's Association Presentation. Topics will include doctor visits and legal/financial planning. The meal begins at 5 pm on May 20, 2025.

If you missed last month's Alzheimer's Association Presentation on the 10 Warning Signs of Alzheimer's or any in the series, you can access videos here: <https://training.alz.org/home>



Scan here to view videos!

MESKWAKI SETTLEMENT SCHOOL PROM 2025



MESKWAKI SETTLEMENT SCHOOL PROM

On Saturday, April 19, the Meskwaki Settlement School held their prom at the Meskwaki Bingo Casino Hotel Convention Center. The newly crowned king and queen were Tenoch Snow and Sophie Shuckahosee. DJ Bleu made it down all the way from Winnebago, Nebraska! Crowns were beaded by Annamae Pushetonequa.

CHILD CARE EASTER EGG HUNT



CHILD CARE EASTER EGG HUNT

On Friday, April 18, the Meskwaki Child Care Program put on an Easter Egg Hunt for all the kids. The Easter Bunny made an appearance, and kids got to chase around their teachers for more eggs.



HEALTH CLINIC EASTER EGG HUNT



HEALTH CLINIC EASTER EGG HUNT

On Saturday, April 14, the Meskwaki Health Clinic hosted their annual Easter Egg Hunt at the Meskwaki Rec Center. Ages 0-8 and 9-15 spent the morning looking for golden eggs and taking pictures with the Easter Bunny. Thank you Meskwaki Health Clinic for hosting this year's Easter Egg Hunt.





DENTAL CLINIC VISITS MESKWAKI SETTLEMENT SCHOOL FOR CHILDREN'S HEALTH MONTH

In February, Meskwaki Dental Clinic celebrated National Children's Dental Health month by going to Meskwaki Settlement School to provide dental health education. During these presentations, we discussed proper dental hygiene and how our diet can affect our teeth. There was a coloring contest that kids could choose to participate in. The coloring contest winners were Ellay Whitefish, Kiara Johnson-Whitefish, Sophee James. For the PreK and Kindergarten classes we also did a brush/floss sticker chart challenge to help encourage daily flossing and morning and nighttime brushing. Those who participated in the brush/floss challenge and coloring contest winners received electric toothbrushes. The sticker chart winners also received a dentist playdough kit for all their hard work. We were happy with students' participation this year and look forward to celebrating again next year.

A big thank you goes to the Meskwaki Settlement School nurses, Taylor Kaufman and Stephanie Vest, for letting us come to the school and helping us find each classroom, as well as for rounding up the papers and charts for the contests.

Coloring Contest winners: Sophee James, Ellay Whitefish, Kiara Johnson-Whitefish

Star Chart winners: KVN Whitebreast, Vera Youngbear, Phoenix Youngbear, Michael Youngbear, Raiden Wanatee

~ Maureen "Moe" Youngbear, CDA, RDA, EFDA II - Dental Assistant

School Vaccination List

Kindergarten

- ☐ DTap Vaccine
- ☐ Polio Vaccine
- ☐ MMR Vaccine
- ☐ Varicella Vaccine

7th Grade

- ☐ DTap Booster Vaccine
- ☐ Meningococcal Vaccine

12th Grade

- ☐ Meningococcal Vaccine



IMPORTANT ATHLETIC REMINDER

ALL 7-12TH GRADE ATHLETES MUST SUBMIT TWO (2) FORMS PRIOR TO 2025-2026 SCHOOL SPORTS PARTICIPATION

- **SPORTS PHYSICAL** - Valid for one (1) calendar year. *Schedule an appointment soon if it's expiring!*
- **2025-2026 CONCUSSION FORM** - A new form must be filled out for the 2025-2026 school year.

Sports Physical and Concussion Form must be completed BEFORE sports practices begin!



FALL APPLICATION DEADLINE APPROACHING

A reminder that the Higher Education Program application deadline for fall classes is June 1, 2025.

All students wanting consideration must submit the following by June 1st:

- Higher Education Program Application
- FAFSA Submission Summary (Copy) apply online: www.fafsa.ed.gov
- Acceptance letter from approved college/university/program or proof of registering for classes

Please contact the Higher Education office with questions at (641) 484-3157.

REMINDER: All students need to submit official transcripts for Spring 2025 semester/term within thirty (30) days after the last day of classes for continued funding assistance.

~ Harlan Whitefish, Adult Education Advisor

WED, MAY 7 & 21
REC CENTER | 5PM-7PM

CROCKPOT MEAL PREP



Learn how to plan and cook three (3) crockpot meals!
*You take home the 3 meals you make.
Limited to 8 participants per class

Call Christina Alamo, Diabetes Project Coordinator
at (641) 484-9414 to register!

DIABETES

BINGO NIGHT!

Wednesday, May 14 • Rec Center
Meal served at 5pm
Bingo Starts at 5:30pm
Everyone welcome to attend!

10 games of bingo will be played. Winners will receive a box of groceries!
Come out and have fun! Bring your own daubers; limited supply on hand.



Iowa Crisis Hotline
Partnering with Meskwaki Behavioral Health Services

CRISISPHONE

DIAL 988 Call: (855) 581-8111
24 HRS/DAY 7 DAYS/WEEK or Text: (855) 895-8398

...because sometimes problems arise after business hours!

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

Other helpful resources:

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

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

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

MESKWAKI BEHAVIORAL HEALTH SERVICES

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

OFFERING THE MESKWAKI
COMMUNITY MENTAL HEALTH AND
SUBSTANCE ABUSE COUNSELING SERVICES

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



nutrition



DIETITIAN AVAILABLE

Susie Roberts, RDN, LD

Meskwaki Health Clinic
1646 305th St., Tama, IA 52339
(641) 484-4094

Thursday Only
8:30AM - 4PM

TRIBAL OPERATIONS EMPLOYEE APPRECIATION

Meskwaki Tribal Operations hosted their Employee Appreciation event on Friday, April 25, at the Rec Center. The day began with a walk around the track and continued with a variety of games, including bags, bone dice, a three-point shooting contest, and a longest putt competition. Lunch was provided by the casino, along with side dishes contributed by employees. The event also featured a special recognition of many staff members for their years of dedicated service to the tribe.



Employees recognized for 5 years of service include: Jane Keahna, Nicole Kapayou, Jasmine Davenport, Daniel Campbell, Stephanie Thompson, Michelle Grimes, Maria Rubio, Rodney Claassen, Willis Davenport, Mylene Wanatee, Nicholas Cullinan, Ivy Marquez Villegas.



Employees recognized for 10 years of service include: Charles Finzen, Tonya Bear, Shannon Mitchell, Chad Kaler, Vance Brown, Jon Keen, Christie Morgan.



Employees recognized for 15 years of service include: Anneka Davenport, Dalyn Wabaunasee, Danelle Wabaunasee, Max Bear.



Kathy Shuckahosee was recognized for 15 years of service.



Natalie Wanatee was recognized for 45 years of service.



Owen Kapayou was recognized for 30 years of service.



Longest putt winner: Karac Davenport



Best potato salad winner: Steffanie Youngbear



Winners of the Bags tournament: 1st Dan Campbell and Francine Youngbear, 2nd Jason Kingbird and Crystal Mzhickteno, 3rd Kiyanna Pushetonequa and Zane OldBear.



Winners of the Bone Dice tournament: Marilyn Spoon, Denine Morris, and Anita Kapayou.



Winners of the 3 point shoot out: Zane OldBear, Trey Keahna, Sidney Richards.





RECYCLING

DID YOU KNOW?

Disposable diapers last centuries in landfills. An average baby will go through 8,000 of them.

Somewhere between 500 and 800 million scrap tires are in piles across the US. Each passenger tire contains 7 gallons of oil.

Americans throw out 25 Billion Styrofoam cups each year. 500 years from now, the foam coffee cup you used today will still be sitting in a landfill.

Americans throw away enough disposable plates and cups to give the world a picnic 6 times a year.

Americans dump the equivalent of more than 21 million shopping bags full of food into landfills every year.

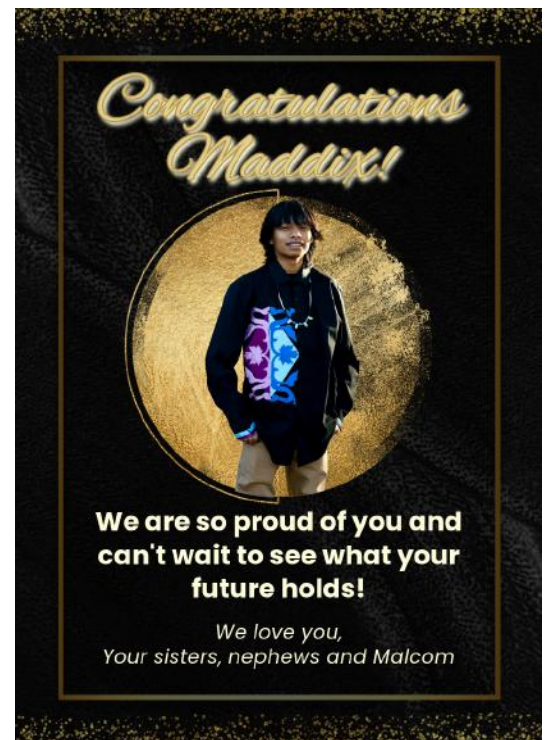
Plastic bags can take up to 1,000 years to decompose, and Americans use over 100 billion each year.

Only about 9% of plastic waste ever produced has been recycled. The rest ends up in landfills or the environment.

E-waste (like old phones, computers, and TVs) is the fastest-growing waste stream in the world, yet only 12.5% gets recycled.

A reminder from Public Works: Dumpsters are located at the South end of the Tribal Center parking lot. Pictured below. Each is clearly labeled with the items that can be recycled inside.

Let's all do our part to reduce, reuse, recycle. Every small action makes a difference.





"Ehe to Life. Agi to Drugs"

BREATHING LIFE INTO OUR TRADITIONS

MESKWAKI NATION TRIBAL COURT PSA

The Meskwaki Tribal Court recently launched a powerful Public Service Announcement (PSA) video project in partnership with Fox Valley Technical College. This awareness initiative, led by the Meskwaki Tribal Court and its Probation Department, is part of a grant funded "Choose Culture Over Drugs" campaign.

Filmed during the 2024 Meskwaki Annual Powwow, the 3½-minute video features many members of the Meskwaki community and emphasizes the importance of cultural connection in addressing substance abuse. The video opens with a strong message about the campaign's intent: to reduce substance abuse, child neglect, and other socially harmful behaviors by promoting cultural identity and community support.

The impressive video begins, "In the heartland of America, where east meets west, where the

sun meets the earth, lies a nation rich in heritage and resilience. Welcome to the beating heart of the Meskwaki Nation where every step is a dance, every word a song, and every moment a celebration of who we are. Here in the embrace of our Tribal family, we find strength beyond measure. Our culture is not just a heritage, it's a beacon of hope, guiding us through the darkest of times. Say "Ehe to Life. Agi to Drugs".

At the heart of the campaign is the belief that Meskwaki culture offers a path of healing and hope, not shame or blame. By embracing our cultural values and traditions, individuals are empowered to pursue sobriety and healthy living.

View the video in its entirety by visiting our website at: <https://www.meskwaki.org/video-gallery/>

Or scan the QR code with your phone to view online.

A NOTE FROM TRIBAL COURT:

We would like to thank the Fox Valley Team: Lynn Chernich, Brandon Landwehr, Kevin Poleyumptewa, and everyone there for putting together this beautiful visual of the Meskwaki Nation. They put a lot of time and effort for which we are very grateful.

Thank you to Meskwaki Media for providing their services. And we can't forget about ALL our community members who volunteered and participated in this video and even helped behind the scenes!

Directed by: Brandon Landwehr

Filmed by: Fox Valley Technical College

Clips from: Wendy Witt, Meskwaki Media

Music by: Romeo Buffalo

Narration voiceover: Keokuk Brown

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

Case no.: NC-2025-0003

ORDER TO SHOW CAUSE

RE: NAME CHANGE

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

From the present (first, middle, last)
PAIGE EILENE BROWN

To proposed name (first, middle, last)
PAIGE EILENE YOUNGBEAR-BROWN

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

NOTICE OF HEARING

Date of Hearing: **JUNE 10, 2025**

Time: **3:30 PM**

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

Christopher Nydle, Associate Judge of the Tribal Court

Dated: April 7, 2025

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

Case no.: NC-2025-0004

ORDER TO SHOW CAUSE

RE: NAME CHANGE

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

From the present (first, middle, last)
JOAQUIN MILTON WILLIAMS

To proposed name (first, middle, last)
JOAQUIN MILTON YOUNGBEAR-BROWN

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

NOTICE OF HEARING

Date of Hearing: **JUNE 10, 2025**

Time: **3:45 PM**

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

Christopher Nydle, Associate Judge of the Tribal Court

Dated: April 7, 2025



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



Douglas Cadotte



Aaron Dolash



James Ironshell



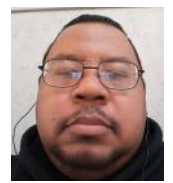
Nick Murty



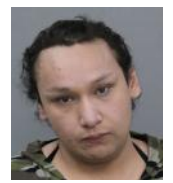
Thomas Butler



Michael Wabaunasee



Tim Bullard



Ren Corral



Krystle Tyon

* **EXCLUDED SUBJECTS** * Subjects (pictured to right of page) are not permitted on the Meskwaki Settlement. Violations by non-natives are a Federal Offense. Violations by natives are a mandatory minimum 30-day sentence. Harboring an excluded subject is also a mandatory minimum 30-day sentence. We encourage you to report violations for the safety of the community.

LACROSSE SEASON DEBUT

On Saturday, April 12, the Meskwaki Youth Development boys lacrosse teams hosted their season opener, facing off against Waukee and Johnston/Grimes.



MESKWAKI TEAMS UP WITH SOUTH TAMA

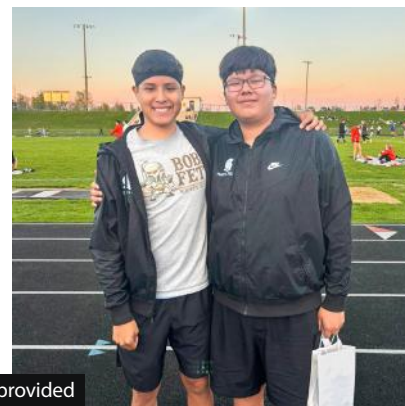
On Tuesday, April 22, Meskwaki athletes joined the STC Trojans Girls Tennis team in a match against Marion, held on the Tama courts. This marks the first year that students from Meskwaki Settlement School have participated in tennis alongside STC.



STC TRACK SENIOR NIGHT



On April 29, the STC Track and Field team honored two Meskwaki athletes, Damias Bear and Jerome Kapayou, along with their families during Senior Night. That same evening, the team clinched a victory at the South Tama Invitational. Way to go, guys!



Photos provided

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are subject to change with NO notice.	Home Delivery participants; please cancel before 10:00 a.m. if needed.		1 Baked Chicken Jasmine Rice Peas & Carrots Blueberry Parfait	2 Salisbury Steak Mashed Potatoes w/Gravy Broccoli Apple Slices
			8 Fish Sandwich Wheat Bun Asparagus Grapes	9 Beef & Noodles Wheat Bread Green Beans w/Bacon Strawberries
5 Sausage & Potato Soup Crackers Mixed Veggies Mandarin Oranges	6 Bison Goulash Dinner Roll Creamed Corn Pears	7 Chicken & Barley Soup Crackers Steamed Peas Peaches	15 Turkey Chili Cornbread Brussel Sprouts w/Bacon Cutie	16 Cold Cut Sandwich Baked Lays Potato Salad Banana
12 Chicken Alfredo Garlic Toast Beets Plum	13 Sausage & Rice Soup Biscuit Glazed Carrots Peaches & Cream	14 Spaghetti Wheat Bread Roasted Cabbage Cantaloupe	22 BIRTHDAY MEAL	23 Chicken Tenders Texas Toast Coleslaw Watermelon
19 Bison Sloppy Joes Wheat Bun Sweet Corn Cherry Crisp	20 Meat Loaf ½ Baked Potato w/Toppings 3 Bean Salad Raspberries	21 Pork Chop Parsley Noodles Mixed Veggies Orange Jell-O Salad	28 Rock Island, Frybread, Tagaani, Wabikonnia, Potato Salad, Strawberry Cake & Strawberry Ice Cream	30 Chicken & Vegetable Soup Crackers Fruit Salad
26 	27 Tuna Tetrazzini Garlic Breadstick Peas & Carrots Blueberries	28 Liver & Onions Roasted Red Potatoes Sugar Peas Apple Sauce	29 Bison & NDN Corn Sm.Frybread Wojapi	

COFFEE TALKS WITH
TAMA COUNTY PUBLIC HEALTH & HOME CARE



Meskwaki Senior Center
May 14th @ 1:00 PM

Topics include:
Physical Activity, Simple Exercises,
Heart Health, Home Health, Homemaking,
Home Health Aide Services

SENIOR INVITE



ELDERS NOON COOKOUT FRIDAY MAY 30, 2025

Enjoy friendship, food, and games at the Senior Center!

MENU

Cheeseburger, Hotdog, Potato Salad,
Baked Beans, Watermelon, Roasted Corn
Sugar-Free Pie w/Whipped Topping



Meskwaki Senior Services and Meskwaki Health Clinic

ELDER WELLNESS VISIT

Identifying Our Needs: A Survey of Elders IX



Elder Wellness Visit

Annual Medicare Wellness Check



Dates: **Every Thursday** (starting May 1)

Time: **1pm-4pm**

Location: **Senior Center**

Meskwaki Senior Services is partnering up with Larry Newman, DNP, AGNPPC, PMHNP and Mel Roberts, CMA, to kick-off the Elder Wellness Visit series and as part of the visit, each senior will complete the "Identifying Our Needs: A Survey of Elders IX".

Elder Wellness Visits will be held every Thursday beginning May 1st from 1pm-4pm at the Meskwaki Senior Center.

The "Identifying Our Needs: A Survey of Elders IX" is needed for a Senior Services grant. The visit is needed for Medicare and the Health Clinic. The goal is to complete two things in one visit!

Once a senior completes the visit, they will receive a \$25 Visa Gift Card!

Walk-ins are welcome or sign up in advance!

Contact Mel Roberts at (641) 484-4094.



DEMENTIA CERTIFICATIONS

We thank everyone who participated in our recent Dementia training and would like to acknowledge the following departments/programs who sent at least 1/2 of their staff or more to become certified.

Each Dementia Certified Program received a recognition certificate and window stickers for their office:

Red Earth Gardens
Health Education
Meskwaki Dental
Meskwaki Diabetes
Meskwaki Behavioral Health
Meskwaki Senior Services
Meskwaki Family Services
Meskwaki Grants/Planning
Meskwaki Human Resources

Meskwaki Natural Resources
Office of the Attorney General
Meskwaki Language Preservation
Meskwaki Child Support
Enrollment
Meskwaki Media
Executive Office
Meskwaki Housing Development

Tribal Departments who sent at least one or more team members:

Meskwaki Health Clinic
Health Administration
Clinical Staff
Pharmacy
Information Technology
Facilities Office
Justice Center
Meskwaki Public Works

Meskwaki Youth Program
Meskwaki Higher Ed
CHR
Finance
Meskwaki Housing & Realty
Meskwaki Nation Police Department
Sac & Fox of Iowa Gaming Commission

SENIOR SERVICES ACTIVITIES FOR MAY

May 1	May Day Baskets Delivery; 10:00 a.m.
May 2	Tulip Time; Pella, IA Depart: 9:00 a.m. Lunch On Your Own. Return by 3:30 p.m.
May 5-7	Crafts in the afternoon; 1:00 p.m. – 4:00 p.m.! Bring your project to work on. Bring your materials! Moccasins, shawl, lanyard, dolls, potholders, canoes, two piece, ribbon shirts, medallions..
May 8	NE Iowa Food Distribution; 11:00 a.m.
May 8	Elders Committee Meeting; 1:00 p.m.
May 9	Corn Hole (Bags); 1:00 p.m. @ Rec Center
May 12	Mother's Day Bingo; 1:00 p.m.
May 13	Language Bingo; 1:00 p.m.
May 14	Coffee Talk; 1:00 p.m. w/ Tama County Public Health
May 19	Crafts in the afternoon! Bring your project to work on.
May 20	"Dementia Conversations: Driving, Dr. Visits, Legal & Financial Planning; Alzheimer's Assoc. 5:00 p.m.
May 22	Birthday Meal
May 26	Closed (Memorial Day)
May 28	Prairie Ridge Presentation; 1:00 p.m.
May 30	Elders Lunch Cook Out hosted by MBCH @ Senior Center 10:00 a.m.: Cornhole & Bone Dice!

ORDER FOR SPECIAL ELECTION

Vice Chair, Shawnee Blackcloud, has called to order a special election to be held at the next regularly scheduled meeting to elect a Chairman for the Meskwaki Elders Committee.

A meeting will be held on May 8, 2025 at the Meskwaki Senior Center at 1PM.

CHAIRMAN DUTIES

- FACILITATES MONTHLY MEETINGS
- PLAN AND ATTEND FUNDRAISERS
- ACT AS SIGNATOR FOR THE BANK
- PROMOTE AND ADVOCATE SENIOR ACTIVITIES
- OTHER DUTIES AS THEY ARISE

If you are interested in the position, please attend the meeting.



Posted: April 29, 2025

LEGENDS LEAGUE

The Legends Basketball League will officially wrap up its extended season on May 15. Designed for players aged 50 and up (with a few close calls to round out the rosters), the league delivers Thursday night action with full-court intensity, music, and plenty of highlights.

Teams are drawn at random each week, keeping things fresh and friendly while still fueling the competition. Each game features live referees, a scoreboard, and live music with 15-minute halves. At the end of the season, all participants will walk away with "Legends League" hoodies, bragging rights and special recognition will be awarded to:

Mr. Hustle: Honoring relentless effort and energy
Mr. Rodman: Dominating the glass with rebounds
Sniper Award: For the most 3-pointers drained
Mr. Bucket: Leading scorers who lit up the scoreboard

Thank you to everyone who played this season, supported, and helped build something special.

~Elgin Youngbear



COMMUNITY CONNECTIONS

JUDGE NYDLE SWEAR-IN

On Friday, April 11, Judge Christopher Nydle was sworn in by Vice Chairman Mike Stacey as the new Chief Judge of the Meskwaki Tribal Court.



SEXUAL ASSAULT AWARENESS & CHILD ABUSE PREVENTION MONTH

On Tuesday, April 8, RISE/Meskwaki Family Services hosted an informational booth at the Meskwaki Recreation and Community Center. Staff was on hand to provide information and effects pertaining to Sexual Assault Awareness and Child Abuse Prevention Month.



DIABETES BINGO

The Meskwaki Diabetes Program hosted Diabetes Bingo Night on Wednesday, April 16, at the Rec Center. Participants enjoyed a light meal while Diabetes Program Coordinator, Christina Alamo shared facts about the disease. Afterwards, everyone played 10 games of Bingo, competing for various prizes. Mark your calendars for the next Bingo Night, Wednesday, May 14, at 5pm at the Rec Center.



MESKWAKI BINGO CASINO HOTEL SHINES IN “BEST OF GAMING 2024” AWARDS

According to Casino Player Magazine and its website at www.casinocenter.com, the Meskwaki Bingo Casino Hotel (MBCH) brought home an impressive list of honors in the publication’s prestigious “Best of Gaming 2024” awards. Competing head-to-head with other casinos across Iowa, MBCH earned top recognition in several categories.

Among the accolades, MBCH was named:

- 1st Place for Casino Where You Feel Luckiest
- 1st in Best Craps
- 1st in Best Keno
- 1st in Best Non-Smoking Casino Area
- 1st in Friendliest Sportsbook

In addition, the casino moved up to 2nd place in “Best Overall Gaming Resort” and received further awards in the following categories:

- 3rd in Best Suites
- 2nd in Best Casino
- 2nd in Best Roulette
- 2nd in Best Real Slots
- 3rd in Best Blackjack
- 3rd in Best Overall Sportsbook
- 2nd in Best Sportsbook Promotions
- 3rd in Best Betting Options

In the magazine’s August 2024 edition, the editors highlighted MBCH in a glowing review which stated: *“While it may be small, Iowa has been at the forefront of the gaming industry for decades. The state kicked off the move toward opening casinos away from traditional gambling meccas like Las Vegas and Atlantic City. The Hawkeye State was the first state other than Nevada and New Jersey to legalize commercial gambling. It has evolved and adapted along the way, moving beyond the riverboat properties and more traditional land-based casinos. Players will now find a large, diverse casino market stretching from the Mississippi River bordering Illinois and Missouri to the Missouri River bordering Nebraska.”*

The review specifically mentioned us: *“MBCH, located in Tama, in east-central Iowa, moved up one spot this year. The property offers players almost 68,000 square feet of gaming space, with 1,350 slots, numerous table games, several tasty dining options, a fully stocked bar, and friendly staff.”*

The article ended by listing all the award winners including MBCH’s awards listed above.

A huge congratulations to the entire Meskwaki Bingo Casino Hotel team for their dedication, professionalism, and commitment to excellence. These awards are a reflection of your hard work and outstanding service.

Keep up the great work!



Tower of Power

Saturday, May. 24, 2025 at 8:00 pm
Meskwaki Veterans Convention Center

[Get Tickets](#)

Make MESKWAKI BINGO CASINO HOTEL your future employer!

To Apply visit our website: <https://www.meskwaki.com/employment> and click on Meskwaki Career Center. The career center lists all of our open positions with detailed job descriptions.



ATTENDANT PT/FT \$13.25 hourly + tips. High school diploma or GED preferred. Must be at least 18 years of age. Must have prior work experience with positions requiring mathematical aptitude, cash handling, excellent guest service skills and sales.

CARPENTER FT \$20.00 hourly. Requires a high school diploma or GED with Certification/diploma from a one to two-year trade school, or three (3) years of on-the-job-training with a licensed contractor. Valid Iowa Driver License is preferred. SS

GENERAL MAINTENANCE WORKER FT \$15.00 hourly. Requires a certificate of training or one year work experience in relevant field. Must be able to comprehend and follow literature regarding proper installation and maintenance of equipment, tools, & devices. SS

HVAC TECHNICIAN FT \$20.00 hourly. Requires a valid Journeyman's license, an AAS/AA college degree in relevant field, or two years' work experience working in the trade, or an equivalent combination of education/experience. SS

LEAD GENERAL MAINTENANCE WORKER FT \$20.00 hourly. Requires a certificate of training or one year work experience in relevant field. Must be able to comprehend and follow literature regarding proper installation and maintenance of equipment, tools, & devices. SS

CAGE CASHIER FT \$16.50 hourly. Requires a high school diploma/GED. Must be 18 years of age or older.

COCKTAIL SERVER FT \$7.00 hourly PLUS tips (tips may vary). Must be 18 years of age.

FOOD COURT COOK/CASHIER FT \$16.00 hourly. Must be 18 years of age.

HOST /HOSTESS FT \$13.00 hourly. Must be 16 years of age.

LUCKY'S COOK FT \$16.00 hourly. Must be 18 years of age. One (1) year prior restaurant cooking experience or an equivalent combination of education and experience preferred.

DIRECTOR FT TBA Requires HS Diploma or GED. Bachelor's degree in hospitality management, business administration, or a related field required. (Ten (10) years of demonstrated progress hotel management experience may be substituted for education requirement.) Six (6) years of proven hotel management experience, preferably in a casino resort setting, across all aspects of hotel operations including guest services, front and back of the house hotel operations, and retail operations required.

MANAGER ON DUTY (MOD) FT \$14.00 hourly. Requires High school diploma or GED. Previous Front Desk experience required (minimum of one year). Requires previous computer experience and knowledge of software.

UTILITY PERSON FT \$15.00 hourly. Entry-level position.

DEALER TRAINEE FT \$7.50 hourly. This is a FREE paid training program that runs Monday through Friday from 8am to 4pm. Requires HS Diploma or GED. Requires. 18 years of age or older. Upon successful completion of the dealer training, you will become an EXPERIENCED DEALER qualified to operate Blackjack, Dice (Craps), Roulette Baccarat and/or Pai Gow.

EXPERIENCED DEALERS FT/PT \$20-25 hourly with tips (tips may vary). Requires HS Diploma or GED. Trained to operate any combination of: Blackjack, Dice (Craps), Roulette or Baccarat/Pai Gow. 18 years of age or older.

FLOOR PERSON/DEALER TRAINER FT \$20.50 hourly. Requires HS Diploma or GED and six months of pit experience and knowledge of game protection techniques.

EMT FT \$19.00 hourly. HS Diploma/GED preferred. Certified Iowa EMT or Registered Nurse. 18 years of age or older. SS

OFFICER FT \$16.00 hourly. HS Diploma/GED preferred. 18 years of age and older. SS

SLOT ATTENDANT PT \$12.00 hourly + 7.00 hr. average tips = \$19.00 hourly (tips will vary). Requires a HS Diploma/GED. Must be 18 years of age or older.

Call 641.484.1575/1478 for more information.

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.



Scan to view!

NEW HIRES



AZRA PAPAKEE

*Water/Wastewater Office Assistant
Public Works*

Hi, my name is Azra Papakee and I am the new Public Works Water/Wastewater Office Assistant. I am a member of the Meskwaki Nation and my Meskwaki name is Meskwanekwatokwea. I received my Bachelor of Social Work degree at University of Northern Iowa in May of 2023. Go Cats!

I've been here at Public Works for almost a year now where I've sat in on different projects while working with different government agencies. I'm thankful to be hired on full time and continue to work alongside the Public Works team. I hope to use my strengths in writing, communication, as well as my personable attitude to contribute to such an essential department for the Sac & Fox Tribe!

I enjoy spending time with my two fat cats, Mint and Bella, and also tending and caring for my houseplant collection. I have 53 to be exact.



JOSH WILSON

*Probation Officer
Tribal Court*

My name is Josh Wilson. I am the new Probation Officer with the Meskwaki Tribal Court. I was born and raised in Marshall County. I attended East Marshall Schools. Following high school, I attended Simpson College where I played football. I graduated with a Bachelor's Degree in Criminal Justice with minors in Social work and Human Resources.

Prior to working as a Probation Officer, I was a Child Protection Worker with the State of Iowa. I have always been passionate about working with the community and assisting those in need, and I hope to continue this in my new position.

I still reside in the area with my wife and 2-year-old son. In our free time, we enjoy all things sports, spending time with family, and working on classic cars.



EZEKIEL "ZEK" WABAUNASEE

*Farm Team Member - Seasonal
Red Earth Gardens*

Hi, my name is Ezekiel Wabaunasee and this is my first year working with REG as a seasonal team member. I am a member of the Meskwaki Nation and my Meskwaki name is Tokikada. I graduated from Meskwaki High School and have lived on the Settlement my whole life.

I applied to work as a Seasonal Worker with Red Earth Gardens because I like learning how to plant and harvest crops.



ANISHA DYE

*Food Service Worker
Senior Services*

Ho! My name is Nadikea aka Anisha Dye. I am a descendant of the Meskwaki Nation. I grew up on the Sett but I now live in Toledo.

I have worked for Senior Services a few times prior to this as a Custodian/Driver and really enjoy being here. I think I will also enjoy doing my part on the Food Service side of things as well. I decided to work here because I have the experience and know my way around the Senior Center. It also works well with my sons Gavin and Grayden's school and sports schedules, so overall, this seemed to be a perfect fit for us.



RICHARD BUFFALO

*Farm Team Member - Seasonal
Red Earth Gardens*

My name is Richard Buffalo. I work as a Farm Team Member for Red Earth Gardens. I grew up on the Meskwaki Settlement. I have enjoyed my time at Red Earth Gardens because I like working outside and working for the people of the tribe.

I have a daughter and a son who are my everything. I enjoy watching Iowa State athletics and Buffalo Bills football. I'm looking forward to another productive season at REG.



WANT TO BE A PART OF OUR TEAM?

BECOME A TANKER DRIVER!

We offer a competitive salary and awesome benefits!

Driver Qualifications:

- Valid Class A CDL with Tanker and Hazmat Endorsement
- 2 years of verifiable tanker experience
- Must be able to pass a pre-employment DOT physical and drug screen
- Clean driving record

Full-time Position Available!

For more information, contact Cory at (641) 751-2245

Applications available at the Renard's Warehouse, 1494 305th Street, Tama, IA 52339 or by emailing: hr@meskwakilinc.com

Driver Benefits:

- Home daily
- Excellent benefits package
- Paid time off (PTO)
- Paid holidays
- Designated tractor and trailer

\$2,000 Sign-On Bonus!

EVERY TEAM MEMBER MAKES A DIFFERENCE

CULTURE, COLLABORATION &
COMMUNITY

Please take a look at the positions
currently available to you.

We offer competitive wages, great
group benefits (health, dental, life),
paid vacation, sick leave, disability
income protection, retirement
benefits and more.

(Indian preferences given in accordance
with Sac & Fox Code, Title 9, Sec. 9-1303.)

Dental Assistant

Health Clinic - Dental

DUTIES & RESPONSIBILITIES:

- Assisting the dentist and/or hygienist during a variety of treatment procedures including setting up instrument trays.
- Taking and recording digital dental radiographs (x-rays).
- Assist in setting up office in the morning and closing down in the evening.
- Collect and record treatment information in patient record.
- Assist in development of infection control protocol.
- Preparing, maintain, and sterilize dental instruments and equipment.
- Providing patients with instructions for oral care following surgery or other dental treatment procedures, such as the placement of a restoration (filling).
- Teaching patients' appropriate oral hygiene strategies to maintain oral health; (e.g., tooth brushing, flossing and nutritional counseling).
- Taking impressions of patients' teeth for study casts (models of teeth).
- Pour, trim, and polish study casts (models of teeth).
- Performing office management tasks that often require the use of a personal computer.
- Monitor and manage inventory of dental instruments, equipment, materials, and related supplies.
- Sends x-rays, records and insurance information to outside providers via electronic media.

REQUIREMENTS:

- Must be Registered Dental Assistant in state of Iowa.
- Prefer active radiology qualification issued by the Iowa Dental Board (IDB) or be able to operate under supervision of dentist.
- Must possess CPR certification.

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

- Prefer one-year experience in dental office.
- Must have experience with electronic dental records.
- Prefer experience working with Native Americans.

ANNUAL SALARY: \$45,572.80 - \$61,380.80

POSITION OPEN UNTIL FILLED

Construction Laborer

Meskwaki Housing Program

DUTIES & RESPONSIBILITIES:

- Operate and care for construction equipment and machines.
- Help equipment operator, carpenters, and other skilled labor when necessary.
- Prep construction sites by cleaning obstacles and hazards.
- Load or unload construction materials.
- Put together and take apart temporary structures, such as scaffolding.
- Remove, fill, or compact earth.
- Follow instructions from supervisors.
- Assist craft workers.
- Ready to learn from on-the-job training when necessary.
- Perform site clean-up.

REQUIREMENTS:

- High School Diploma or G.E.D.
- Be at least 18 years of age.
- Must have valid driver license and be insurable
- Ability to do physical labor and other strenuous physical tasks.
- Ability to work in all weather.
- Workers must be punctual and reliable.
- Must have experience as a general laborer in the construction industry.

ANNUAL SALARY: \$39,852.80 - \$61,942.40

POSITION OPEN UNTIL MAY 16, 2025

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

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

- Associate Judge
- Sac & Fox Tribal Court
- Behavioral Health Services Director
- Health - Behavioral Health Services
- Certified Substance Abuse Counselor
- Health - Behavioral Health Services
- Electrician Trainer
- Apprenticeship Program
- Environmental Specialist
- Natural Resources
- Lead HVAC/Classroom Instructor
- Apprenticeship Program
- MSS Elementary Music Teacher
- Meskwaki Settlement School
- MSS Family Consumer Science Teacher
- Meskwaki Settlement School
- MSS Language Teacher Substitute
- Meskwaki Settlement School
- MSS Maintenance
- Meskwaki Settlement School
- MSS Middle School Science Teacher
- Meskwaki Settlement School
- MSS Temporary Utility/Grounds
- Meskwaki Settlement School
- Pest Control
- Apprenticeship Program
- Plumbing Trainer
- Apprenticeship Program
- Police Officer
- Meskwaki Nation Police Department
- Registered Dietitian
- Health - Diabetes Program
- Social Worker
- Family Services

MNT

Meskwaki Nation Times

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

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



WWW.MESKWAKI.ORG

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

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



Sac & Fox Tribe of the Mississippi in Iowa

MESKWAKI NATION

349 Meskwaki Road
Tama, IA 52339-9634

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

Percap Distribution: Friday - May 9, 2025

2025 MAY MESKWAKI					THU	FRI	SAT
SUN	MON	TUE	WED		1	2	3
4 2 - 6 PM BRUNCH BUFFET 10 AM - 2 PM FIESTA BUFFET 4 PM - 8 PM	5 8 AM - 11 PM	6 8 AM - 11 PM	7 SLOT POINTS		8 11 AM - 12:30 PM 3:30 PM - 5 PM LUNCH BUFFET 11 AM - 2 PM STEAK BUFFET 4 PM - 8 PM	9 LONESOME ROAD 8:30 PM - 12:30 AM LUNCH BUFFET 11 AM - 2 PM SEAFOOD BUFFET 3 PM - 9 PM	10 LONESOME ROAD 8:30 PM - 12:30 AM BRUNCH BUFFET 10 AM - 2 PM PRIME RIB BUFFET 4 PM - 8 PM
11 8 AM - 11 PM MOTHER'S DAY BUFFET 10 AM - 7 PM	12 8 AM - 11 PM	13 8 AM - 11 PM	14 SLOT POINTS		15 11 AM - 12:30 PM 3:30 PM - 5 PM LUNCH BUFFET 11 AM - 2 PM STEAK BUFFET 4 PM - 8 PM	16 ENCORE LEGENDS 8:30 PM - 12:30 AM LUNCH BUFFET 11 AM - 2 PM SEAFOOD BUFFET 3 PM - 9 PM	17 ENCORE LEGENDS 8:30 PM - 12:30 AM BRUNCH BUFFET 10 AM - 2 PM PRIME RIB BUFFET 4 PM - 8 PM
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25 PASSION 8:30 PM - 12:30 AM BRUNCH BUFFET 10 AM - 2 PM FIESTA BUFFET 4 PM - 8 PM	26 8 AM - 11 PM MEMORIAL DAY BRUNCH 10 AM - 3 PM	27 8 AM - 11 PM	28 SLOT POINTS		29 GRAND MARSHALL 8:30 PM - 12:30 AM LUNCH BUFFET 11 AM - 2 PM STEAK BUFFET 4 PM - 8 PM	30 GRAND MARSHALL 8:30 PM - 12:30 AM LUNCH BUFFET 11 AM - 2 PM SEAFOOD BUFFET 3 PM - 9 PM	31 GRAND MARSHALL 8:30 PM - 12:30 AM BRUNCH BUFFET 10 AM - 2 PM PRIME RIB BUFFET 4 PM - 8 PM

*Excludes Video Poker

HONORING ALL WHO SERVED: Tribal Offices will be closed on Memorial Day, Monday - May 26, 2025 in honor of the men and women who died in military service.