

LITTLE RIVER CURRENTS



LITTLE RIVER BAND OF OTTAWA INDIANS

GAACHING ZIIBI DAAWAA ANISHINAABEK

TRIBAL NEWSLETTER

ZIISIBAAKADAKE GIIZIS | APRIL 2025

-Sugar moon-

SAVE THE DATE



LRBOI JIINGTAMOK JULY 5TH & 6TH

Joanne Green
Press Secretary

JoanneGreen@lrboi-nsn.gov

Sky Gonzalez
Communications Officer

SkyGonzalez@lrboi-nsn.gov

ELECTED OFFICIALS

Ogema	District	Term	Phone	Email
Larry Romanelli	At Large	2023-2027	231-398-6824	ogema@lrboi-nsn.gov
Council	District	Term	Phone	Email
Tammy Burmeister (S)	9 County	2023-2027	231-398-6833	tburmeister@lrboi-nsn.gov
Al Metzger	Outlying	2023-2027	231-398-6869	almetzger@lrboi-nsn.gov
Misty Silvis	9 County	2023-2027	231-398-6838	mistysilvis@lrboi-nsn.gov
Ron Wittenberg	Outlying	2023-2027	231-398-6828	ronwittenberg@lrboi-nsn.gov
Gary DiPiazza	9 County	2021-2025	231-398-6825	garydipiazza@lrboi-nsn.gov
Pam Johnson (R)	Outlying	2021-2025	231-398-6836	pamjohnson@lrboi-nsn.gov
Shirley Wever	9 County	2021-2025	231-398-6802	shirleywever@lrboi-nsn.gov
Shannon Crampton*	Outlying	2021-2025	231-398-6885	shannoncrampton@lrboi-nsn.gov
Julie Wolfe	At Large	2021-2025	231-398-6834	juliewolfe@lrboi-nsn.gov

(S) = Tribal Council Speaker (R) = Tribal Council Recorder

Election Board	District	Term	Phone	Email
Laura Echelbarger	At Large	2023-2027	231-398-6709	electionboard@lrboi-nsn.gov
Kathy Gibson	At Large	2023-2027	231-398-6709	electionboard@lrboi-nsn.gov
Shawna Gonzalez	At Large	2021-2025	231-398-6709	electionboard@lrboi-nsn.gov
Lee Ivinson*	At Large	2021-2025	231-398-6709	electionboard@lrboi-nsn.gov
Janine Sam*	At Large	2021-2025	231-398-6709	electionboard@lrboi-nsn.gov

Chief Judge	District	Term
Angela Sherigan	At Large	2021-2027

Associate Judge	District	Term
Caroline LaPorte**	At Large	2019-2025

Appellate Judge	District	Term
Bernie Darrow	At Large	2023-2029
Melissa Pope	At Large	2021-2027
Bernadene Crampton	At Large	2021-2027



Voting Districts

At Large means all registered voters shall have the opportunity to vote for the seat.

9 County means all registered voters who reside within the 9 County district shall have the opportunity to vote for the seat.

Outlying means all registered voters who reside outside of the 9 County district shall have the opportunity to vote for the seat.

*Finishing term that started 2021 **Finishing term that started 2019

UPCOMING EVENTS

Obtain more information and a comprehensive list of events and meetings are available on the LRBOI Calendar of Events. The Calendar of Events is on the main page of our website at <https://lrboi-nsn.gov> under the News section. It is also accessible from the Citizen Communication page under Legislative.

If you have not already done so, please create a new account on our new website to access private content. Some content is available only to registered users of the site including some news and events. Our new website launched August 2024.

April

- Apr 2 - Cooking Matters: Cooking Classes [Muskegon]
- Apr 3 - Housing Commission Meeting
- Apr 4 - Little River Holdings Open Meeting @ LRCR
- Apr 5 - Spring Membership Meeting
- Apr 5 - Baby Shower (Tribal Children Born in 2024)
- Apr 7 - Health Commission Meeting
- Apr 9 - Cooking Matters: Cooking Classes [Muskegon]
- Apr 12 - Elder's Meeting
- Apr 14 - Natural Resources Commission Meeting
- Apr 23 - Arts & Crafts Night - Votive Candle Holders
- Apr 26 - Regular Election
- Apr 26 - Cradleboard Workshop

May

- May 3 - Elder's Meeting
- May 5 - March for MMIP
- May 12 - Citizen Advisory Board Meeting for the Little River Holdings (EDC)
- May 17 - Tightlines for Troops

June

- June 7 - Elder's Meeting

July

- July 5 - Jiingtamok
- July 6 - Jiingtamok
- July 7 - Citizen Advisory Board Meeting for the Little River Holdings (EDC)

LRBOI 2025 Holiday Closures

We want to keep you informed about upcoming holidays and office closures for LRBOI government offices in 2025. Below, you'll find the full list of observed holidays and closure dates.

A few things to note:

- Holidays falling on a Saturday will be observed on the preceding Friday, while those on a Sunday will be observed on the following Monday.
- Occasionally, our Ogema may declare additional holidays or closures. When that happens, we'll do our best to share updates on our website, government Facebook page and in the Currents newsletter.

Observed Holidays in 2025

New Year's Day

When: Wednesday, January 1

Observed: Wednesday, January 1

LRBOI Treaty Recognition Day

When: Friday, March 28

Observed: Friday, March 28

Memorial Day

When: Monday, May 26

Observed: Monday, May 26

Independence Day

When: Friday, July 4

Observed: Friday, July 4

Labor Day

When: Monday, September 1

Observed: Monday, September 1

LRBOI Reaffirmation Day

When: Sunday, September 21

Observed: Monday, September 22

Veteran's Day

When: November 11.

Observed: Tuesday, November 11

Thanksgiving

When: 4th Thursday in November.

Observed: Thursday, November 27

Extended Thanksgiving

When: Friday after Thanksgiving.

Observed: Friday, November 28

Christmas Eve Day

When: December 24.

Observed: Wednesday, December 24

Half day closure. Closed Noon-5pm

Christmas Day

When: December 25.

Observed: Thursday, December 25



TRIBAL COUNCIL MEETINGS



Meetings occur Wednesdays at 10am (eastern) on the following dates.

April 2	May 7	June 4	July 9	August 6	September 10	October 1
April 9	May 14	June 11	July 16	August 13	September 17	October 8
April 16	May 21	June 18	July 23	August 20	September 24	October 15
April 23	May 28	June 25		August 27		October 22

Tribal Council Meeting & Work Sessions

Tribal Council publishes to the website, a weekly calendar of upcoming work sessions. Tribal Council uses the same On-Line Zoom link for their meetings and work sessions. All citizens are encouraged to attend meetings and work sessions.

Attend a Tribal Council Meeting

In-Person: 2608 Government Center Drive, Manistee, MI 49660
in the lodge located on the 2nd floor.

On-Line: Zoom Web Link: <https://zoom.us/j/99705796129>
Zoom Call-In Number: 1-929-436-2866
Zoom Meeting ID: 997 0579 6129
Zoom Passcode: 1836

Etiquette for On-Line Attendance

Identify Yourself: When asked to do so, share your first and last name along with your tribal ID number.

Mute Your Device: When you join the meeting, please mute your device. Mute again after you've spoken.

Raise Your Hand: When you want to be placed in the queue to speak, use the Zoom control to virtually raise your hand.

COUNCIL MEETING MINUTES

Below are links to recently approved Tribal Council Meeting Minutes.

If you have not already done so, please create a new account on our new website to access the meeting minutes, as they are private content. Private content is available only to registered users of the site. Our new website launched in late August 2024.

Links to Meeting Minutes - - each blue date below is a link

[February 5, 2025 Minutes](#)

[December 16, 2024 Public Hearing](#)

[April 18, 2024 Minutes](#)

[February 14, 2024 Minutes](#)

[October 25, 2023 Minutes](#)



Please note, you must download the Currents for the links to work.
Links do not work on the enewspaper site.
When on the enewspaper site, click the down pointing
arrow icon above the Currents to download the Currents.



Work Session Attendance

Council Work Session Attendance from 02/17/2025 to 02/21/2025

Work Session	Tammy Burneister	Shannon Crampton	Gary DiPiazza	Pam Johnson	Al Metzger	Misty Silvis	Shirley Wever	Ron Wittenberg	Julie Wolfe
Agenda Review	A	Z	P	Z	Z	Z	Z	P	Z
Strategic Plan Updates for 2025	A	Z	P	P	P	Z	Z	P	Z/P
General Welfare Program Ordinance	A	Z	P	P	P	Z	A	P	P
Commissions/Committees Getting Information	A	Z	A	P	P	Z	P	P	P
Wisconsin and Muskegon Elders	A	Z	P	P	P	Z	P	P	P
Appropriating Funds for Expenditure	A	A	P	P	P	Z	P	Z	A
MSHDA Tribal Nations Housing	A	Z	P	P	P	Z	P	Z	P
LRH Agreement LLC Ordinance	A	Z	P	P	Z	Z	P	Z	P
Resolution for Gaming Industry TIP	A	Z	P	P	Z	Z	P	Z	P
Travel Approval	A	Z	A	P	Z	Z	P	Z	P
Housing Egg Hunt	A	Z	P	P	Z	Z	Z	Z	Z
Ratification of Contract with Grand Valley Automation Inc	A	Z	P	P	P	Z	Z	A	P
James LaPorte and Guest Discussion over the Muskegon Property (closed)	A	Z	P	P	P	Z	Z	Z	Z
Tribal Fish Passage Grant Application to National Oceanographic and Atmospheric Administration (NOAA)	A	Z	A	P	Z	Z	Z	A	A
2025 Jiingtamok Planning	A	Z	A	P	Z	Z	Z	A	Z
Round Table	A	Z	Z	P	P	Z	Z	P	P
P = Attended in Person Z = Attended via Zoom C = Work Session Canceled A = Absent B = Bereavement T = Business Travel V = Vacation									

Work Session Attendance

Council Work Session Attendance from 02/24/2025 to 02/28/2025

Work Session	Tammy Burneister	Shannon Crampton	Gary DiPiazza	Pam Johnson	Al Metzger	Misty Silvis	Shirley Wever	Ron Wittenberg	Julie Wolfe
Round Table Discussion	P	Z	P	P	P	Z	P	P	P
Agenda Review	P	A	P	P	P	Z	P	P	Z
TUA Final Report	P	Z	P	Z	Z	Z	P	Z	P
General Welfare Program Ordinance	P	Z	A	Z	Z	Z	P	P	P
Enrollment Ordinance	P	Z	P	P	Z	A	P	Z	A
Ratification of Real Estate Purchase Agreement with J. Phillips	P	A	P	P	Z	A	P	A	Z
Approval of Supplemental Appropriation Catastrophic Disaster Relief Assistance Program	P	Z	P	P	Z	A	P	A	A
Wisconsin and Muskegon Elders	P	Z	A	P	Z	A	P	Z	Z
Wells Fargo	P	P	P	P	P	P	P	P	P
Strategic Plan Updates for 2025	P	Z	A	P	Z	Z	Z	A	A
Internet Gaming Revenue Distribution Act of 20224	P	Z	A	P	Z	Z	Z	Z	A
Commissions/Committees - Getting Updates	C	C	C	C	C	C	C	C	C
Binojeeuk Commissioners - Qualified Expert Witness	P	A	A	A	Z	Z	A	Z	Z

P = Attended in Person | Z = Attended via Zoom | C = Work Session Canceled

A = Absent | B = Bereavement | T = Business Travel | V = Vacation

Work Session Attendance

Council Work Session Attendance from 03/03/2025 to 03/07/2025

Date	Work Session	Tammy Burnmeister	Shannon Crampton	Gary DiPiazza	Pam Johnson	Al Metzger	Misty Silvis	Shirley Wever	Ron Wittenberg	Julie Wolfe
3/3	Round Table Discussion	P	Z	P	P	P	A	P	P	Z
3/3	Agenda Review	P	Z	P	P	P	Z	P	A	Z
3/4	Strategic Plan Updates for 2025	P	Z	P	P	P	Z	Z	Z	P
3/4	Revision of Plan/Schedule of Operations or Modification of a contract - Custer Culvert Replacement	P	Z	Z	P	P	Z	Z	Z	P
3/4	Commissions/Committees - Getting Updates	P	Z	P	P	Z	Z	Z	A	P
3/4	Little Manistee River Streambank Grant	P	Z	P	P	P	Z	Z	Z	Z
3/4	Portable Water Systems LLC	P	Z	P	P	Z	Z	A	A	A
3/4	JWC Environmental Services	P	Z	P	P	Z	Z	A	A	Z
3/4	LRH Agreement LLC Ordinance	P	Z	P	P	Z	Z	Z	A	Z
3/4	Wisconsin and Muskegon Elders	C	C	C	C	C	C	C	C	C
3/6	Presentation of Financial Audit	P	Z	Z	P	P	Z	Z	Z	P
3/6	Enrollment Ordinance	P	Z	A	A	P	Z	P	Z	P
3/6	Shawna Gonzales Biskaabiiyang Commission	Data Not Available								
3/6	Marie Scheerer Biskaabiiyang Commission									
3/6	Cicilee Chivis Biskaabiiyang Commission									
3/6	Brenda Cogswell Biskaabiiyang Commission									

P = Attended in Person | Z = Attended via Zoom | C = Work Session Canceled
A = Absent | B = Bereavement | T = Business Travel | V = Vacation

ELECTION BOARD MEETINGS



Election Board Open Meeting Schedule

Meeting Dates | Submit Questions Deadline

April 17 | 15

June 19 | 17

August 21 | 19

October 16 | 14

May 15 | 13

July 17 | 15

September 18 | 16

November 20 | 18

Engage with the Election Board

All open meetings will begin at 7:15pm. If no one joins the meeting by 7:30 pm, the open session will adjourn and transition into a closed session. To partake in the open meetings, please ensure your questions are submitted by Tuesday of the week of the meeting you plan to attend (48 hours in advance of the meeting) to electionboard@lrboi-nsn.gov. This allows the Election Board ample time to prepare and address inquiries effectively.

Attend an Election Board Open Meeting

On-Line:

Zoom Web Link: <https://zoom.us/j/99808338390>

Zoom Call-In Number: 1-929-436-2866

Zoom Meeting ID: 9998 0833 8390

Zoom Passcode: 743234

Etiquette for On-Line Attendance

Identify Yourself: When asked to do so, share your first and last name along with your tribal ID number.

ELECTION BOARD INFORMATION

April

- 04/04 - Deadline to request replacement ballots.
- 04/25 - Regular Election Day.
- 04/28 - Deadline for Regular Election winners to withdraw, via email by 5pm.

May

- 05/01 - Deadline for challenges and/or recounts.
- 05/02 - Deadline for finance reports from candidates.

Offices to be elected on 4/25/2025

- At-Large - 1 seat
- Outlying Council - 2 seats
- Nine County Council - 2 seats
- Office of Election Board - 3 seats
- Associate Judge - 1 seat

Regular Election Day 4/25/2025

The Regular Election will be conducted by secret mail in ballot as well as in person voting. In person voting hours for the General Election are 3pm to 6pm.

Ballot counting for the Regular Election will begin at 12:30pm. Ballot counting and in person voting shall be held in the Lodge located inside the Government Center at 2608 Government Center Drive, Manistee on the second floor.

BINOJEEUK COMMISSION



We have one seat open on the Binojeeuk Commission.

This commission meets the first and third Tuesday of the month at 1pm at Administration Office at Government Center in Manistee & via Zoom.

The Binojeeuk Commission, formed under the Children's Protection Code, is committed to safeguarding the well-being of Indian children and families. Officially recognized by the Tribal Council, this commission operates with the authority to enforce federal and Tribal child welfare laws effectively. As a member of the Binojeeuk Commission, you will have a profound impact on the lives of our children and families. Your role will involve advising the Tribal Council and Tribal Court on child welfare issues, monitoring child welfare proceedings, recommending interventions in state court cases, and overseeing the licensing and regulation of childcare facilities.

BISKAABIYANG COMMISSION

We have several seats open on the Biskaabiiyang Commission.

This commission is new and does not have meetings scheduled yet.



If you are passionate about preserving and promoting our rich cultural heritage and dedicated to ensuring that future generations have access to our traditions, stories, arts, and ceremonies, we invite you to join the Biskaabiiyang Commission!

ENROLLMENT COMMISSION



We have two seats open on the Enrollment Commission.

Meets on once a month at 5:30pm per specified Monday.

The primary purpose of this commission is to determine eligibility for enrollment, verify blood quantum, address disenrollment matters, and ensuring the integrity of these processes. The Enrollment Commission is vital as it upholds fair and equitable enrollment procedures for the Tribe, ensuring the timely and fair processing of enrollment applications, audits, and hearings.

NOTICE: Enrollment is currently closed, meaning applications for enrollment into the tribe are not being accepted or processed with exceptions for newly born eligible children and adults who were adopted and didn't previously know they have qualifying LRBOI bloodline.

HEALTH COMMISSION

We have two seats open on the Health Commission.

Meets the first Monday of the month, unless otherwise stated, at 5pm in Council Chambers at the Government Center in Manistee & via Zoom.



The purpose of the Health Commission is to promote optimal provision of quality health services through the Tribal Health Department by policy recommendation to the Tribal Council based on tribal community input; and develop policies that ensure an effective coordination with Federal, State, local, and private entities to make available health services for the tribal members; and address the comprehensive needs of the Band's members in an effective, efficient and culturally appropriate manner.

HOUSING COMMISSION



We have two seats open on the Housing Commission.

Meets the first Thursday of the month at 10am at the Aki-Maadiziwin Building inside the conference room.

The purposes of the Housing Commission are to develop regulations to implement activities to provide housing services for tribal members; coordinate with Federal, State, local, and private entities to further housing opportunities for tribal members; and provide housing programs and services for tribal members.

APPLYING TO SIT ON A COMMISSION

Our tribe is looking for individuals such as yourself to serve on our commissions. If interested, please obtain an application (link below)

Create a letter of interest to submit with your completed application. It should serve as an introduction and provide a summary of your qualifications, experiences, and motivations for seeking the position.

Here's a detailed breakdown of what a letter of interest should include:

1. Contact Information: Your name, address, phone number, email address
2. Salutation: Address the letter to Ogema Romanelli and Tribal Council
3. Introduction: State your interest in serving on the commission
4. Body: Briefly describe your professional background, relevant experiences, and current role. Highlight the skills, qualifications, and experiences that make you a suitable candidate for the commission. Explain why you are interested in serving on the commission, including any specific issues or goals you are passionate about. Describe what you hope to contribute to the commission and how you can add value to its work.
5. Conclusion: Mention your willingness to provide further information and attend work sessions and tribal council meetings for your interview and or subsequent appointment.

Return the completed application along with your letter of interest to Mary Thomas in the Ogema's office and to Tribal Council via email.

Mary Thomas at marythomas@lrboi-nsn.gov
Tribal Council at tribal_council@lrboi-nsn.gov

[Commission Application Link](#)

LRBOI Elder Meeting Schedule
SAVE THESE DATES!

*MEETINGS TO BE HELD AT AKI-MAADIZIWIN COMMUNITY CENTER
MANISTEE, MICHIGAN – STARTING AT NOON**

**Lunch/Brunch to be served prior to the meeting*

- Saturday, January 18, 2025
- Saturday, February 1, 2025 – Meeting & Teaching -Sema (Tobacco)
- Saturday, March 1, 2025 – Meeting & Teaching - Kiishig (Cedar)
- ******Membership Meeting 4/5/25******
******Elders will be looking for participants to help with Spring Fire Teachings**
- Saturday, April 12, 2025 – Meeting & Teaching – Mshkwaadewashk (Sage)
- Saturday, May 3, 2025 – Meeting & Teaching – Wiingash (Sweetgrass)
- Saturday, June 7, 2025 – Meeting (location TBD) & Teaching – Jiingtamok Protocols
- July 2025 – NO MEETING – See you at Jiingtamok!
- Saturday, August 2, 2025 – Picnic at Gathering Grounds, Manistee, MI
- Saturday, September 6, 2025 – Meeting & Teaching – Seven Grandfathers
- ******Membership Meeting 10/4/25******
******Elders will be looking for participants to help with Fall Fire Teachings******
- Saturday, October 11, 2025 – Meeting & Talking Circles (Kwewok/Niniwok)
- Friday, November 7, 2025 – Elder Christmas Party, LRRCR, Dinner & Dancing
- Saturday, November 8, 2025 – Elder Conference, LRRCR
- Sunday, November 9, 2025 – Elder Meeting @ Aki Maadiziwin 10:00 AM**
****Brunch at 10:00 AM, Meeting & Teaching/Talking Circles – Topics TBD**

There is no meeting in December 2025
Enjoy the Holiday/Solstice & Storytelling time!

Please watch the LRBOI Website and LRBOI Facebook/Meta page for updates!

SERVICE DEPARTMENT CONTACTS

Education

Yvonne Parsons

E: yparsons@lrboi-nsn.gov

O: 231-398-6735

Services:

Michigan Indian Tuition Waiver
Vocational Education Assistance
Higher Education Scholarship
College Book Stipend Program
Tutoring Assistance
Student Services School Clothing/Activities
Student Services Driver's Training Assist.
Class Ring Assistance
Senior Pictures Assistance
Cap, Gown & Announcement Assistance
12th Grade Computer Assistance



Enrollment

Dianne A Lonn

E: diannealonn@lrboi-nsn.gov

O: 231-398-6713

Services:

Enrollment Process
Tribal Identification (ID)
Judgment Funds
Address Changes
Tribal Directory Information
Bereavement Program
Per Capita Beneficiary Form
Notary Services
Per Capita Information Services
Direct Deposit Form
Tax withholding on Per Capita

Housing

Tara Bailey

E: lrboihousing@lrboi-nsn.gov

O: 231-398-6879

Services:

Low Income Rentals - Elder designated housing, elder designated ADA housing, family housing, family ADA housing
Fair market housing
Section 184 Indian Home Loan Assistance
Down Payment & Closing Cost Assistance



Family Services

E: familyservices@lrboi-nsn.gov

O: 231-398-6707 or 398-6651

Services:

Individual Self-Sufficiency Education & Assistance
Family Self-Sufficiency Education & Assistance
Indian Child Welfare Intervention & Reunification Services
Elder Support Services
Family Violence Protection, Education, Advocacy and Counseling
Trauma Based Counseling
Positive Indian Parenting Program

Food & Nutrition Center

Jamie Friedel

E: jamiefriedel@lrboi-nsn.gov

O: 231-655-1041

Services:

USDA Commodities Distribution – The Food Distribution Program on Indian Reservations provides a variety of Commodity Foods to low-income households living on or near Indian reservations. Foods include fresh and canned vegetables, frozen meats, breakfast cereals, cheese, and butter. The FDPIR is an alternative to the Food Stamp Program.



Health Services



O: 231-723-8299

O: 231-398-6601

Pharmacy: 231-398-6853

Services:

Family Medicine
Foot and Ankle Clinic
Community Health Nurse
Diabetic Educator
Purchase & Referred Care (PRC)
Extended Health Assist. Program (EHAP)
Pharmacy
Fitness Center



Members Assistance

Jessica Steinberg

E: jessicasteinberg@lrboi-nsn.gov

O: 231-398-6739

Services:

Low Income Energy Assistance - LIHEAP
Food Assistance
Rental & Mortgage Assistance
Elder Meal Program
& Elder Chore Service
Emergency Transportation Assistance
Referral Assistance Service - help with finding assistance organization/agencies to assist with unmet needs.
Interdepartmental Referral Services - help to provide coordination and collaboration with tribal service departments.

Victim Services

E: victimservices@lrboi-nsn.gov

O: 231-398-6719

Web: www.victimservicesprogram.org

Services:

Advocacy and various other supportive services for victims and survivors of intimate partner domestic violence, sexual assault, dating violence, stalking, trafficking, and child sexual abuse.

Tax Department

Valerie Chandler

E: valeriechandler@lrboi-nsn.gov

O: 231-398-6874

Services:

Tax-exempt Motor Fuel Program
Tribal Certificates of Exemption for Resident Tribal Members
Tribal Certificates of Exemption for Tribal Entities
Tribal Tax Licenses
Tribal Business Licenses
Commercial and Subsistence Fishers

Members Legal Assistance

Mary Witkop

E: marywitkop@lrboi-nsn.gov

O: 231-398-2234

Services:

Estate Planning, Trust Preparation & Wills
Probates of Estates
Durable Power of Attorney
Durable Power of Medical Attorney
Real Estate
Land-Lord Tenant Matters
Divorce, Custody and Support
Criminal and Civil Matters
Paternity & DNA Testing
Birth Certificates
Guardianships & Conservatorships
Driver's Licenses
General Legal Advice

The attorney cannot appear in court with a tribal member or assist with issues that involve the Tribe. Attorney can assist with providing legal advice and drafting of documents.



LRBOI Service Department Contacts continued

Manistee

Government Center

Little River Band of Ottawa Indians
2608 Government Center Drive
Manistee, MI 49660
Main: 231-723-8288 / 888-723-8288

Little River Health Service Center

2608 Government Center Drive
Manistee, MI 49660
Main: 231-723-8299 / 888-382-8299
Office: 231-398-6601
Pharmacy: 231-398-3853

Food & Nutrition Center

2690 Dontz Rd
Manistee, MI 49660
Main: 231-723-8288 / 888-723-8288
Office: 231-398-6716 / 231-655-1041

Housing Department

2953 Shaw Be Quo-Ung
Manistee, MI 49660
Main: 231-723-8288 / 888-723-8288
Office: 231-398-6875 / 231-398-6879

Aki Maadiziwin Community Center

2953 Shaw Be Quo-Ung
Manistee, MI 49660
Main: 231-723-8288 / 888-723-8288
Office: 231-723-8288 / 888-723-8288

Justice Center

3031 Domres Road
Manistee, MI 49660
Main: 231-723-8288 / 888-723-8288

Natural Resources

310 Ninth St
Manistee, MI 49660
Main: 231-723-8288 / 888-723-8288
Office: 231-723-1594 / 866-723-1594

Victim Services

2840 Orchard Hwy., Suite D
Manistee, MI 49660
Main: 231-723-8288 / 888-723-8288
Office: 231-398-6719

Muskegon

Tribal Office

Little River Band of Ottawa Indians
1101 West Hackley
Muskegon, MI 49441
Main: 231-723-8288 / 888-723-8288

Little River Health Service Center

4905 S. Harvey St.
Norton Shore, MI 49441
Main: 231-723-8299 / 888-382-8299
Office: 231-398-6601
Pharmacy: 231-398-3853
Services include Family Medicine,
Pharmacy and Radiology.

Little River Health Center of Ellis

1478 E. Ellis Rd
Muskegon, MI 49444
Main: 231-723-8299 / 888-382-8299
Office: 231-398-6601
Pharmacy: 231-398-3853
Services include Behavioral Health,
PRC Dept., Admin Center, Dictation
Center, Laboratory Facility, and Foot
& Ankle Clinic.

Victim Services

1101 W. Hackley Avenue
Muskegon, MI 49441
Main: 231-723-8288 / 888-723-8288
Office: 231-398-6719





National Resource Center
on Native American Aging
NRCNAA

Little River Band of Ottawa Native Elders

Cycle VIII Needs Assessment Survey

Among **190** Native Elders 55 years and older:

Gender

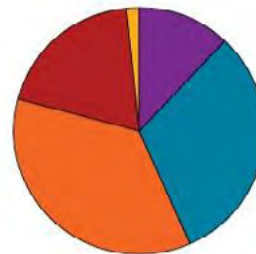


62.9%
were female



37.1%
were male

Self-Rated Quality of Life

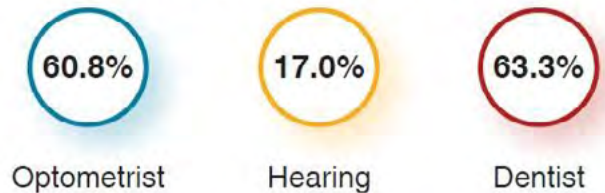


12.1% - Excellent
31.3% - Very Good
35.7% - Good
19.2% - Fair
1.6% - Poor

Socialization in Past Month



Percent Screened in Past Year



Cultural Practices and Traditions



Top 3 Health Conditions



0.0%

of Elders had been diagnosed with Alzheimer's Disease. Another 1.1% had dementia, and 9.5% reported other problems with memory or thinking.

11.6%

of Elders reported that cost was their largest barrier to medical care in the past year.

86.0%

of Elders had visited a doctor or healthcare provider for a routine checkup in the past year.

51.6%

of Elders were between the ages of 60 - 69 years. Another 21.6% were between 70 - 79 years, 16.3% were between 55-59 years, and 10.5% were 80+ years.

42.5%

of Elders were obese. Another 37.9% were overweight; 19.5% were at a normal weight.

17.6%

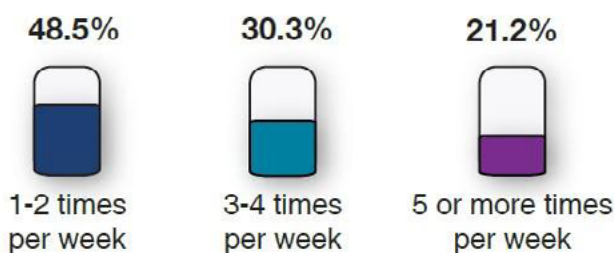
of Elders smoked everyday and 79.4% did not smoke. With regard to alcohol, 19.6% reported that their last drink was over 3 years ago.

Nutrition Among Little River Band of Ottawa Native Elders

Cycle VIII Needs Assessment Survey

Traditional Foods

47.6% of Native Elders regularly consumed traditional foods. Among them, most did so between 1-2 times per week.

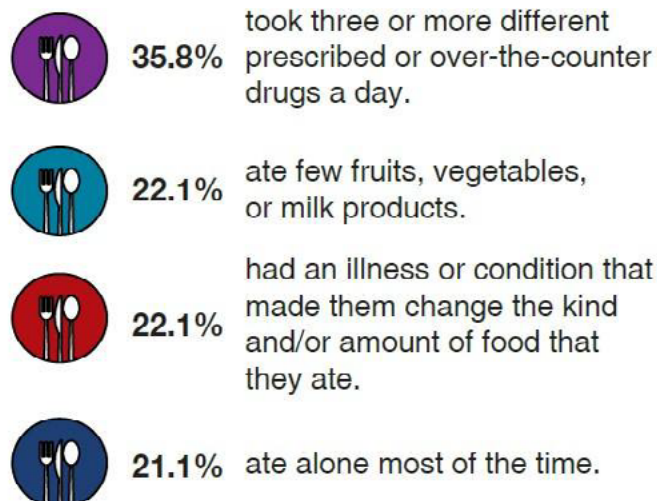


How Often Cut Size of or Skipped Meals



Most Elders did not report cutting the size of their meals or skipping them (**70.1%**), although **12.1%** did so every month.

Nutritional Health Barriers



Nutritional Health Status



Affordability

The food I bought just didn't last, and I didn't have money to get more. **69.8%** **21.5%** **8.7%**

I couldn't afford to eat balanced meals. **63.0%** **27.2%** **9.8%**

Never true Sometimes true Often true



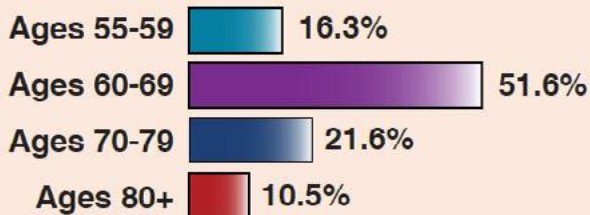


National Resource Center
on Native American Aging
NRCNAA

Frailty and Physical Functioning Among Little River Band of Ottawa Native Elders

Cycle VIII Needs Assessment Survey

Age

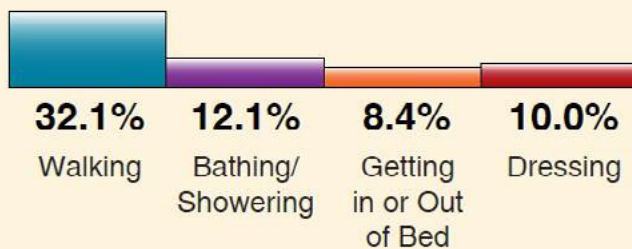


Falls

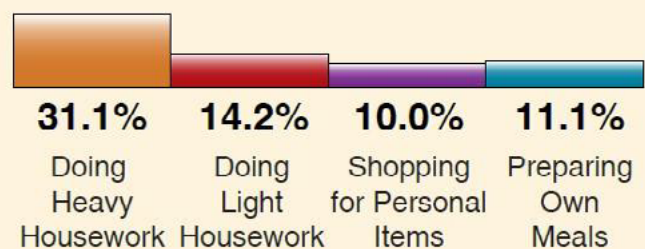
46.0% of Elders had one or more falls.
37.7% reported that they injured themselves seriously enough to need medical treatment in at least one of their falls.

Difficulties With:

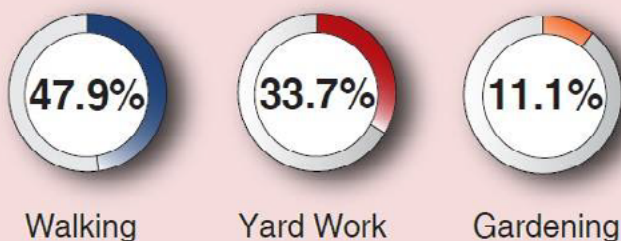
Activities of Daily Living



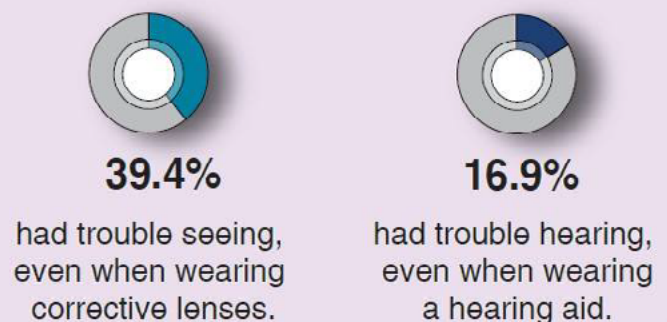
Instrumental Activities of Daily Living



Most Commonly Reported Exercises



Vision and Hearing



Special Equipment

28.1% of Elders reported having a health problem that required an assistive device such as cane, wheelchair, special bed, or special phone.

Disability

30.7% of Elders reported being disabled. Among them, 46.8% were disabled due to chronic disease; 21.3% due to accident/injury; 6.4% congenital, and 2.1% due to military service.

Caregiving and Socialization Among Little River Band of Ottawa Native Elders

Cycle VIII Needs Assessment Survey



25.9%

of Native Elders took
care of grandchildren.
3.0% were primary
caregivers.

28.6%

of Native Elders had a
family member who
provided care for them.



Who Takes Care of Grandchildren?



72.1%

were female



69.0%

reported having an
excellent, very good,
or good health status



63.6%

were between the
ages of 60-69 years



17.1%

had an annual
income between
\$25,000 and \$34,000

Support Among Native Elders

85.5%

had someone
they felt like
they can
depend on to
provide social
support.



69.9%

had someone
they felt like
they can
depend on to
provide physical
support.

Who Is Receiving Care?

62.5% were female



35.0%

reported having
a disability

37.1%

had between
1 and 4 falls

The average number of
chronic conditions was **3.19**

Socialization Among Native Elders

25.5% socialized 1-2
times per month



58.8% lived with
family members

0.1

average number of
children under 18
years in household

2.1

average number of
people in
household

2025 POLAR PLUNGE AT LRCR



2025 Polar Plunge continued



2025 Polar Plunge continued



2025 Polar Plunge continued



LITTLE RIVER HOLDINGS

OPEN MEETING



Little River Holdings kindly invites you to attend our first open meeting on Friday, April 4th, from 8:00 PM to 9:00 PM @ Little River Casino Resort in the Three Fires Conference Room. Refreshments, including food and beverages, will be available.



LRH's Open meeting serves as an opportunity for tribal citizens to pose inquiries, voice their concerns, and acquire information regarding ongoing and upcoming projects and developments.

LITTLE RIVER HOLDINGS NEWSLETTER

**We are pleased to witness the opening of
Wahlburger locations in Michigan.**

Wahlburgers Coming to Detroit Airport in 2025

Detroit Metropolitan Airport (DTW) is set to welcome a new addition in 2025 with the opening of a Wahlburgers restaurant. This marks the first Wahlburgers location in Michigan since the closure of the two previous outlets in the state. The new airport location will offer travelers a taste of the beloved family-inspired recipes that have made Wahlburgers a nationwide favorite. Mark Wahlberg, actor, producer, and co-owner of Wahlburgers, shared his excitement, saying, "Detroit is like a second home to me. Joining the DTW airport is an incredible honor, allowing us to share our signature burgers and uphold our brand pillars of great food, shared experiences, and community giving. We can't wait to bring a taste of our family-inspired recipes to DTW airport." This new opening highlights both the brand's commitment to quality and its connection to the Detroit community.

**WE INVITE YOU TO DISCOVER OUR
INITITIVES AND SHARE
ANY COMMENTS YOU MAY HAVE**



CITIZEN ADVISORY BOARD MEETINGS

Meeting Dates

March 17, 2025

September 8, 2025

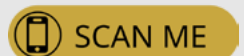
May 12, 2025

November 3, 2025

July 7, 2025

All meetings are held at 3pm

**MEETING ACCESS CAN BE
FOUND THROUGH THE QR CODE
OR ON WWW.LRHEDC.COM**



Share Your Story



Our community is filled with incredible stories, and it's time we celebrate them together. Whether it's Robert Russ (Bobby) stepping into the world of acting with *Skinwalker Island* or Michelle Lucas shining at ArtPrize with her top 100 finish, there are so many examples of talent and success within our tribe and community.

We want to hear your story! Every achievement, big or small, has the power to inspire others and spread positivity. Your journey could be the next one to uplift and motivate our people.

Let's come together and showcase the strength and creativity of our community. Reach out to Jo Jo at joannegreen@lrboi-nsn.gov to start the conversation.

Let's make sure your story gets the spotlight it deserves!



SEVERE WEATHER PREPAREDNESS



Severe weather can strike at any time, often with little warning. Among the most dangerous weather phenomena are thunderstorms and tornadoes. Understanding the risks, knowing the difference between watches, warnings, and emergencies, and preparing in advance can help protect you, your family, and your pets. Thunderstorms bring heavy rain, strong winds, lightning, and sometimes hail. They can develop quickly, escalating into severe storms capable of producing tornadoes, flash floods, and damaging winds exceeding 58 mph. Tornadoes are violently rotating columns of air that extend from thunderstorms to the ground, causing destruction in their path.

A severe thunderstorm watch means conditions are favorable for the development of severe thunderstorms. Be alert and prepared to take action if a warning is issued. A severe thunderstorm warning means a severe thunderstorm is occurring or imminent. Seek shelter indoors immediately.

A tornado watch means conditions are favorable for tornadoes to form. Stay tuned to weather updates and be ready to take shelter. A tornado warning means a tornado has been spotted or detected by radar. Take immediate action and seek shelter. A tornado emergency is the highest level of alert, indicating that a large, confirmed, and extremely dangerous tornado is on the ground, causing catastrophic damage.

Take immediate, life-saving actions. Move to a safe location immediately, such as a basement or an interior room on the lowest floor, away from windows and exterior walls. Protect your head and neck using pillows, mattresses, or heavy furniture. If possible, get under a sturdy table or workbench to shield yourself from falling debris.



If in a vehicle, do not attempt to outrun the tornado. Instead, abandon the vehicle and seek shelter in a sturdy building. If no buildings are nearby, find a low-lying area such as a ditch, lay flat, and cover your head. Avoid overpasses, as winds can accelerate through these structures and increase danger. Keep a whistle or loud noise-making device on hand to signal for help if trapped under debris.

Preparedness means being proactive rather than reactive. It involves planning, gathering supplies, staying informed, and practicing safety measures. The goal is to minimize risk, ensure safety, and recover quickly from disasters. By taking severe weather seriously and preparing in advance, you can significantly reduce the dangers to you, your family, and your pets. Staying vigilant and always having a plan can make a critical difference in survival and safety.

Before a storm strikes, creating an emergency plan is essential. Identify a safe location in your home, such as a basement or an interior room on the lowest floor with no windows. Make sure all family members know the safest routes to this location and establish a communication plan in case you are separated. Designate a contact person outside your area whom family members can reach out to for updates. If you have children, practice drills so they understand what to do in an emergency. Make plans for how to evacuate safely if needed and where to go if your home becomes uninhabitable. To practice with children, start by explaining severe weather in simple terms, using age-appropriate language. Show them how to recognize warning signals, such as sirens or alerts on a weather radio. Conduct drills where everyone moves quickly to the designated safe room, and time the process to improve efficiency. Practice different scenarios, such as power outages or evacuations, and discuss how to remain calm. Teach children how to call for help and memorize important phone numbers. Pack a comfort kit with small toys, books, or stuffed animals to keep them calm during a real emergency. Role-play various situations so they understand what to do if they are at school or away from home when severe weather strikes.

Assembling an emergency kit is crucial. Your kit should include non-perishable food that can last at least three days, one gallon of water per person per day, a flashlight with extra batteries, a first-aid kit with essential supplies, prescription medications, important documents such as identification and insurance policies, and cash in small bills. Also, pack blankets, extra clothing, personal hygiene products, a battery-powered weather radio, a whistle to signal for help, and a multi-tool or basic tools for emergency repairs. If you have infants, include baby formula, diapers, and baby wipes. For elderly or disabled family members, include any special medical equipment or extra supplies they may need. Additional useful items include a non-electric can opener, waterproof matches or a lighter, dust masks, a fire extinguisher, duct tape and plastic sheeting for sheltering in place, heavy-duty garbage bags for sanitation, a wrench or pliers to turn off utilities, extra eyeglasses or contact lenses, local maps, and a backup power bank for charging devices. A sleeping bag or warm blanket for each person is also recommended, as well as extra pet supplies such as food, water, and a sturdy pet carrier or crate.

During a thunderstorm, stay indoors, avoid using electrical appliances, and keep away from windows. If a tornado warning is issued, go immediately to your designated safe room. If you are in a mobile home or vehicle, seek shelter in a sturdy building or a storm shelter. If caught outside, find the lowest ground possible and cover your head to protect against flying debris.

After the storm passes, check for injuries and provide first aid if necessary. Avoid downed power lines and flooded areas, as these can pose significant dangers. Listen for official updates before leaving your shelter, as additional storms or hazards may follow.



Pets are family too, and you need an emergency plan for them. Have a pet emergency kit that includes food, water, a leash, medication, and vaccination records. Identify a safe space indoors where they can stay protected. Ensure pets have ID tags and-or microchips in case they become lost during the storm. Practice emergency drills so your pets become accustomed to their designated safe areas. Start by leading your pet to the safe area multiple times so they associate it with security. Use treats and positive reinforcement to encourage them to enter willingly. Conduct full emergency drills, including gathering family members, sounding an alert such as a whistle or alarm, and timing how quickly everyone, including pets, can reach the safe location. Train pets to enter carriers quickly if evacuation is necessary. For larger animals, ensure they are comfortable being led with a leash or harness under stressful conditions. Repeat these drills regularly so pets become familiar with the routine and respond calmly during an actual emergency.

By taking severe weather seriously and preparing in advance, you can significantly reduce the dangers to you, your family, and your pets. Stay vigilant, stay safe, and always have a plan.



COOKING MATTERS: COOKING CLASSES IN MUSKEGON

TOMATO CORN SOUP

INGREDIENTS*

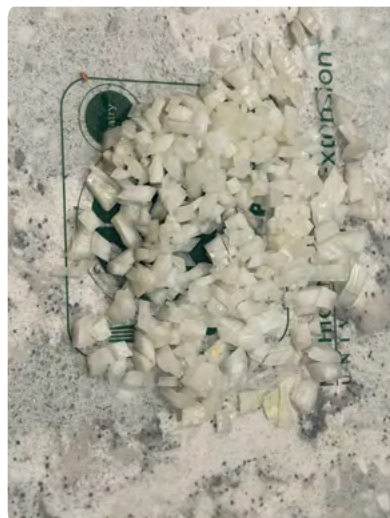
- 2 Tablespoons **vegetable oil**
- 1 **celery** rib, chopped
- 1 small **onion**, chopped
- ¼ cup chopped **green pepper**
- 2 - 15.5 oz. cans **diced tomatoes**
- 1 - 12.5 oz. **canned chicken**, chopped into ½ inch pieces
- 2 - 15.5 oz cans **whole kernel corn** OR **cream style corn**
- ¼ to ½ teaspoon salt
- Dash of black pepper
- 1 teaspoon cumin (optional, but gives soup a Southwestern flavor)
- 1 Tablespoon dried parsley OR 2 Tablespoons fresh parsley, minced
- 1 green onion, finely chopped (optional, but tasty)

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Add vegetable oil to a large saucepan or kettle, sauté the celery, onion and green pepper until tender.
3. Stir in tomatoes, chicken and corn. Bring to a boil. Reduce heat; cover and simmer for 20 minutes. Add additional water if needed.
4. Add salt, black pepper, cumin and parsley (if using). Bring to a boil. Reduce heat; simmer, uncovered, for 5 additional minutes. Garnish with green onion and serve.

NOTES AND IDEAS:

- This soup is good with the chicken or without it.
- Smoked fish is a nice addition to this soup, and may be added right before serving.
- One 15.5 oz. can of **black, light red kidney** or **pinto beans** may be added to this soup. Drain and rinse before adding.



Cooking Matters - Cooking in Muskegon continued



Whole Wheat Garlic Bread Sticks



Makes: 6 servings

Total Cost: \$\$\$\$

These easy and delicious garlic bread sticks are a great side dish for our [Chicken Spaghetti](#) or as a snack.

Ingredients

- 6 slices bread (100% whole wheat)
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning (or as needed, to sprinkle on)

Directions

1. Wash hands with soap and water.
2. Spread each slice of bread with one teaspoon oil.
3. Sprinkle with garlic powder and Italian seasoning.
4. Cut each slice into 3 equal parts.
5. Bake at 300 °F for about 25 minutes or until crisp and lightly browned.

Source:
Eat Smart New York!
Cornell University Cooperative Extension

Cooking Matters - Cooking in Muskegon continued



**FREE
FOR VETS**

**50/50
Raffle
2
DRAWINGS**



This event provides veterans with a day of fun and camaraderie, and thanks them for their outstanding service to our country.

May 16 & 17, 2025

Lake Michigan, Manistee, Michigan

2025 TIGHT LINES FOR TROOPS

**Fishing Tournament
for Michigan Veterans**

www.tightlinesfortroops.com

Friday, May 16	5:00 pm	Mandatory: Registration/Dinner for captains and all Tight Lines participants of Boat and Pier/Shore Division. All invited participants MUST register at this time, Manistee Iron Works, 254 River Street, Manistee, Michigan
Saturday, May 17		Tight Lines For Troops Tournament Begins Big Lake Division: Team entry - weigh your biggest fish. Pier/Shore Division: Individual entry - weigh your biggest fish. (Participants in both divisions are eligible for all activities and prizes)
	6:30 am	Shotgun start at the Manistee Harbor Pier heads. Participants must be ready to board buses by 5:00 am at Manistee Iron Works, 254 River Street, Manistee, MI (*unless otherwise directed.) Pier/Shore fishermen in position at 6:00 am. Box lunch provided for each participant.
	12:30 pm	Boats gather outside the Pier Heads; Pier/Shore fishermen must pull lines. Proceed to Manistee 1st Street Boat Launch Area Flag Welcome begins - Downtown Riverwalk
	1:00 pm	Weigh-in begins at Manistee 1st Street Boat Launch Area , Manistee, Michigan. Dinner and Awards immediately following
	5:00 pm	Raffle Prize Drawing at Little River Casino Resort

For sponsorship opportunities, donations or other information contact:

Bob Guenthardt at 231.723.3282 • renegade22@att.net • www.tightlinesfortroops.com

Priority given to WWII and Korean War Veterans, POW's and Purple Heart Recipients.

Veterans pay no charter fees, entry fees or banquet fees!

**Manistee
Iron Works**



Good People. Great Boats.

Little River
CASINO RESORT

**Manistee Area
Fishing Boats**

EMPOWER *The Future*

BUILD A LEGACY FOR THE NEXT SEVEN GENERATIONS!

Join us in building a vibrant legacy for the next seven generations by working for your tribe.

As a tribal member, you have a unique opportunity to contribute to the sustainable development and cultural preservation of our people, our tribe, and our nation.

Your skills, passion, and dedication can make a significant impact on our tribe's future, ensuring that our traditions, values, and prosperity are passed down to future generations.

By working together, we can create a thriving, self-sufficient community that honors our heritage while embracing innovation and growth.

The future of our tribe is bright and full of potential, shaped by our collective efforts to preserve our cultural heritage, promote sustainable development, and ensure the well-being of our community.

Be a part of this transformative journey and help secure a bright future for our next seven generations.

**LOVE, RESPECT, WISDOM,
TRUTH, HONESTY
HUMILITY, BRAVERY**

THE FUTURE *of Our People*

Government Careers

Mental Health Counselor
Peer Recovery Coach
Director of Commerce
Workforce Development Specialist
Prevention Work Specialist
Accounts Payable Clerk
Staff Accountant
Nutrition Program Coordinator
Tribal Historic Preservation Officer
Help Desk Technician
Operation Engineer
System Security Administrator
Technician
Clinic Nurse (Muskegon)
Seasonal Fisheries Technician
Seasonal Natural Resource Technician
Executive Assistant
Prosecutor
Road Patrol Officer
Court Clerk Recorder

APPLY TODAY

Click this [LINK](#) for our online application

eMail: apply@lrboi-nsn.gov

Phone: 231-398-6859

Fax: 231-331-1233

Web: www.lrboi-nsn.gov

Questions or concerns contact
Alicia Goff at aliciagoff@lrboi-nsn.gov



Team Member Perks

Team Member of the Month, Quarter, & Year. Team Member Recognition Committee. Safety Committee. Meal Discounts. Gift Shop Discounts. Gas discount at the C-Store. Golf Membership Discounts. Holiday parties for Team Members. Summer cook-outs. Ice Cream Socials. Company Picnic. Community Service Opportunities and more!



Fast Track Thursdays

Get an instant interview every Thursday from 10am to 4pm. Visit the Human Resources office using the employee entrance near the outer entrance of the River Rock!



Little River
CASINO RESORT

Apply in person at
2700 Orchard Hwy
Manistee, MI
Ph: 231-723-4530



Why Choose us?

Conveniently situated at the corner of the US31 and M22 in the charming town of Manistee, Little River Casino Resort is one of the most exciting entertainment destinations in northwest Michigan.

Why Choose us?

If you are passionate about doing your best work, making a difference, and having fun while doing it, apply to one of our open positions. We offer all types of positions: permanent, seasonal, intermittent, full time and part time.

Suite of Benefits

Full Time Team Members Enjoy a Suite of Benefits! Medical, Dental, Vision, Life Insurance, AD&D, Flexible Spending Account, Voluntary Life Insurance, Short Term Disability, Long Term Disability, 401K match up to 4 percent, Holiday Pay including Team Member Birthday, up to 3 weeks of Paid Time off can be earned in the first year and Flexible Scheduling.

Open Positions

F&B Server
Food Cashier
Steward
Bartender
Cook I
High Lift Floor Care Cleaner
Customer Service Associate
Guest Room Attendant
House Person
Laundry Attendant
Guest Service Agent
Groundskeeper
Pool Attendant
Project Manager
Banquet Server
Porter
Bus Person
Director of Finance
Main Bank Vault Cashier
Cage Cashier
Maintenance Technician I

Visit www.LRCR.com for current available positions



American Indian Diabetes Education and Prevention Sessions

Date:

A 12-Week Program—Meets Every Wednesday, 4:30—6:00 PM

New Program Beginning:

Wednesday, April 2nd

**For Pre-Evaluation, Registration,
or More Info:**

586-756-1350

Sue Franklin, Executive Director

E-Mail: semii1975@yahoo.com

Karen Tomalis, Program Manager

E-Mail: KTomalis.SEMII@yahoo.com

Madison Weingust, Program Coordinator

E-Mail: MWeingust.SEMII@yahoo.com



Location:

South Eastern Michigan Indians, Inc.

26641 Lawrence Ave., Center Line, MI 48015

Cradleboard Workshop

Presented by the
LRBOI Family Spirit
Program and Family
Services Dept.

Make and take home your
very own cradleboard!

Preference given in this
order: LRBOI members,
spouse of a member,
descendant, other Federally
recognized tribal members.



Space is limited
to 5 pregnant
families

When? : April 26th, 12-4
Sign-up deadline is April 11th,
and notification of those
chosen to participate.

- ✓ Learn how to Construct a cradleboard
- ✓ Take it home for your soon-to-arrive baby
- ✓ Cultural Teachings
- ✓ Excellent event for parents
- ✓ Free
- ✓ Main meal provided. Please bring a snack to share



Phone
231-398-6707



Our Website
www.lrboi-nsn.gov



Location
Aki Community Center,
Manistee, MI 49660

PLEASE JOIN US FOR A

BABY SHOWER

HONORING

TRIBAL MEMBER
CHILDREN (BORN IN
2024) & PARENTS

SATURDAY APRIL 5TH
AFTER THE MEMBERSHIP
MEETING 4-7PM

**CALL AMBER AT
(231) 398-6707
TO REGISTER TODAY!
OR SCAN THE QR CODE ---->**



LOCATION: AKI COMMUNITY CENTER, 2953
SHAW BE QUO-UNG (OFF DONTZ RD.),
MANISTEE MI, 49660





July 13-18, 2025

**Free One Week
Pre-College
Program for
Native Youth in
grades 8-11 at
the time of
application**

Michigan Indian Leadership Program Participants will:

- Learn about College and the Admissions Process
- Experience Living like a College Student
- Participate in Cultural Workshops
- Explore Majors at Michigan State University
- Enjoy Social Activities
- Network with Native Faculty and Staff
- Prepare for the SAT

Application Deadline: April 11, 2025

- Online application: <https://bit.ly/MILPapp>
- Apply early – limited spots available
- Sponsored by the College of Agriculture and Natural Resources and the Office of the Associate Provost for Undergraduate Education at MSU

FOR MORE INFO SCAN the QR Code or visit:
https://www.canr.msu.edu/academics/pre_college/milp/

Contact Information:

Stephanie Chau
Program Director
Little River Band of
Ottawa Indians Citizen
(517) 355-0234
chaus@msu.edu





Cooking Matters: Cooking Classes

CLASS DATES AND TIMES:

2/26/25, 5-6 p.m.

3/5/25, 5-6 p.m.

3/19/25, 5-6 p.m.

3/26/25, 5-6 p.m.

4/2/25, 5-6 p.m.

4/9/25, 5-6 p.m.

LOCATION:

1478 E Ellis Road
Muskegon, MI 49444

CONTACT US:

Aditi Kulkarni
Kulkar86@msu.edu
231-724-4737



Photo credit:

PROGRAM SUMMARY:

Join us for hands-on cooking classes with Michigan State University Extension! This is a six-class series - you may drop in for one class or attend all sessions. We will cook a new recipe every week and learn new skills together.



Scan the QR code to

register, or visit

[https://events.anr.msu.edu/
LRBOI/](https://events.anr.msu.edu/LRBOI/)

Follow **MI Health Matters** from
Michigan State University
Extension on social media!



MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.



#SNAPedWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP.
Delivered by MSU Extension.

2025

MARCH FOR MMIP

MISSING + MURDERED INDIGENOUS PEOPLE

MAY 5 | NOON - 3 PM

Ah-Nab-Awen Park
220 Front Ave. NW
Grand Rapids, MI
49504

*This event is rain or shine.
Attendees are encouraged
to bring their own chairs.*

