

LITTLE RIVER CURRENTS



LITTLE RIVER BAND OF OTTAWA INDIANS

GAACHING ZIIBI DAAWAA ANISHINAABEK

TRIBAL NEWSLETTER

MIIN GIIZIS | JULY 2026

-Berry Moon-

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**Cover Art By
Sky Gonzalez**

**THIS
ISSUE**



Sky Gonzalez
Communications Officer
SkyGonzalez@lrboi-nsn.gov



ELECTED OFFICIALS

Our newly elected officials were sworn in June 11, 2025

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	9 County	2023-2027	231-398-6833	tburmeister@lrboi-nsn.gov
Al Metzger (R)	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	ronaldwittenberg@lrboi-nsn.gov
Shannon Crampton (S)	Outlying	2025-2029	231-398-6885	shannoncrampton@lrboi-nsn.gov
Gary DiPiazza	9 County	2025-2029	231-398-6825	garydipiazza@lrboi-nsn.gov
Susan Thull	Outlying	2025-2029	231-398-6820	susanthull@lrboi-nsn.gov
Connie Waitner	9 County	2025-2029	231-398-6836	cwaitner@lrboi-nsn.gov
Julie Wolfe	At Large	2025-2029	231-398-6834	juliewolfe@lrboi-nsn.gov

(S) = Tribal Council Speaker

(R) = Tribal Council Recorder

Election Board	District	Term	Phone	Email
Kathy Gibson	At Large	2023-2027	231-398-6709	electionboard@lrboi-nsn.gov
Shawna Gonzalez	At Large	2023-2027	231-398-6709	electionboard@lrboi-nsn.gov
Kristi Fowler	At Large	2025-2029	231-398-6709	electionboard@lrboi-nsn.gov
Jo Jo Green	At Large	2025-2029	231-398-6709	electionboard@lrboi-nsn.gov
Lee Iverson	At Large	2025-2029	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	2025-2031

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



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.

TRIBAL COUNCIL MEETINGS



From left to right | Al Metzger, Connie Waitner, Susan Thull, Julie Wolfe, Shannon Crampton, Gary DiPiazza, Ron Wittenberg, Tammy Burmeister, and Misty Silvis

Meetings occur Wednesdays at 10am (eastern)

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.

Tribal Council Regular Meeting Schedule for 2026

Regular Meetings have been scheduled for the following Wednesdays at 10:00 AM EST.

All regular meetings shall be held at the Government Center Lodge and via Zoom and are open to members.

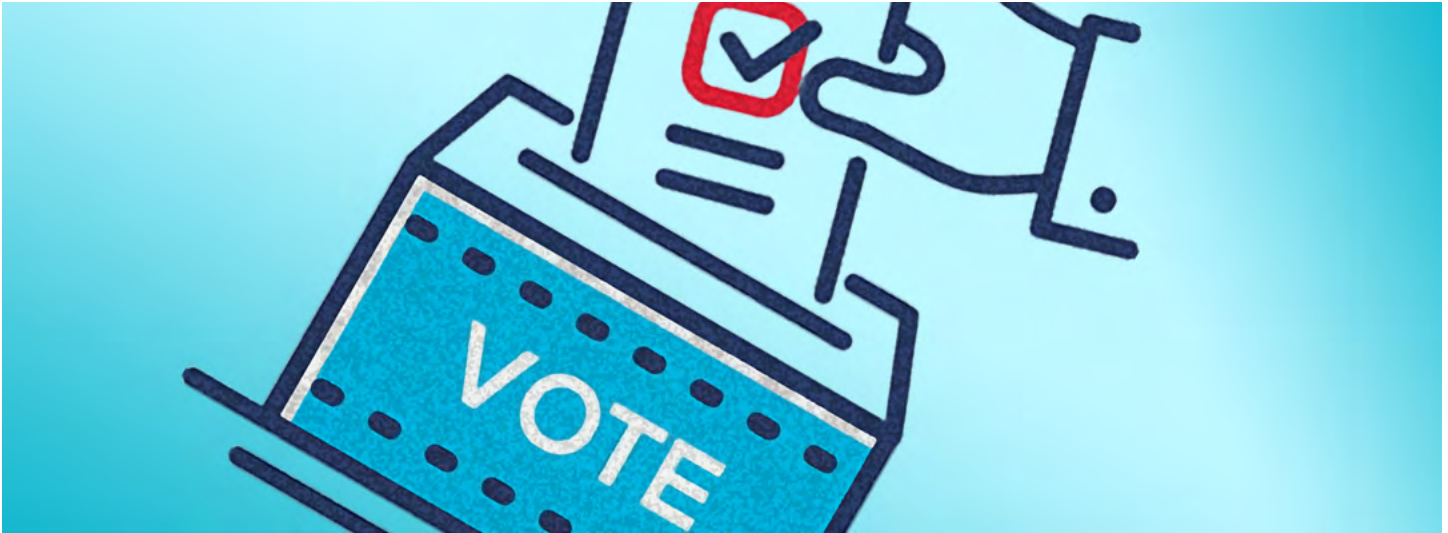
Department Reports & minutes of various entities of the Tribe will be accepted during the third meeting of the month.

July 01	October 07
July 08	October 14
July 15	October 21
July 22	October 28

August 05	November 04
August 12	November 11
August 19	November 18
August 26	November 25

September 02	December 02
September 09	December 09
September 16	December 16
September 23	

ELECTION BOARD MEETINGS



Election Board Open Meeting Schedule

Open Session Meeting Dates

August 20

October 15

Sept 17

November 19

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.

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.

2026 Calendar

Natural Resource Commission



July 13, 2026

August 10, 2026

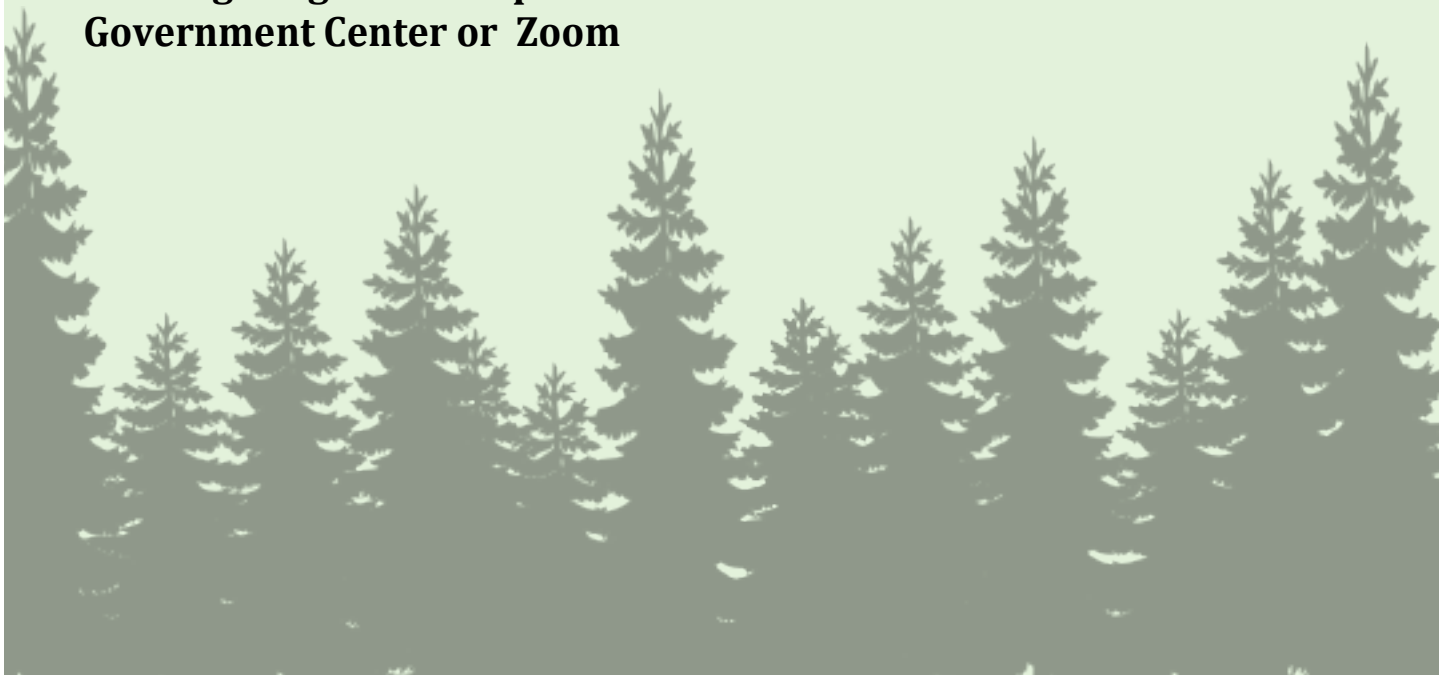
September 14, 2026

October 12, 2026

November 09, 202

December 14, 2026

Meetings Begin at 5:00 p.m.
Government Center or Zoom





LRBOI 30th Annual Jiingtamok







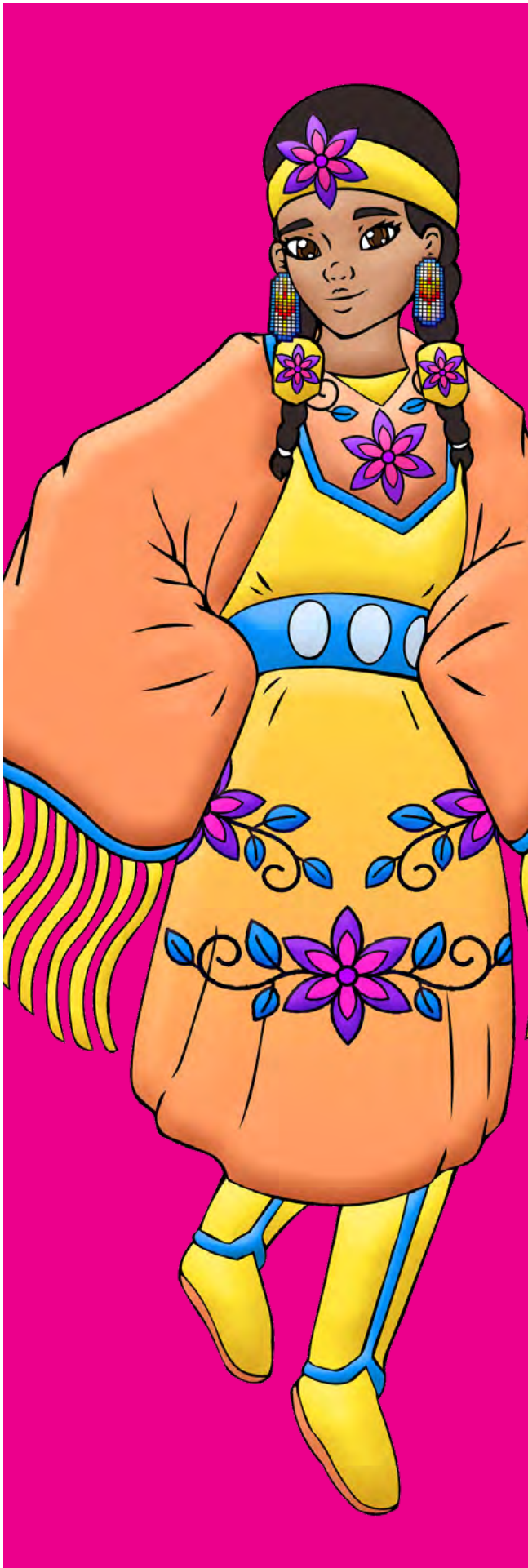






SEE YOU NEXT YEAR





The Gathering Table

July 2026



Little River Band of Ottawa Indians
Food & Nutrition Center

Food of the Month:

Milk

Warm weather means staying hydrated is important for good health. Milk is a refreshing choice. Milk is part of the dairy group and has calcium to build strong bones and teeth. It also has vitamin D, which helps the body use calcium and supports muscles. Store unopened shelf-stable milk in a cool, dry place. After opening, refrigerate at 40°F or below and use within 1-2 weeks. When grocery shopping, put cold milk in the refrigerator as soon as possible. Enjoy milk cold, on cereal, with oatmeal or farina, in muffins, or in smoothies!



Food Safety Tip:

Eating Outdoors

Summer is a great time for BBQs and picnics outdoors. Warm weather also helps bacteria grow quickly, which can cause illness. Keep cold foods cold in coolers with ice and keep lids closed and out of sunlight. Keep hot foods hot. Use a food thermometer to check safe temperatures. Think food safety!



Movement of the Month:

Swimming

Many people enjoy water exercise more than land exercise. Activities like swimming are gentle on joints and muscles and can help with arthritis and fibromyalgia. Swimming can boost mood and lower stress. It is a fun way to be active, enjoy the outdoors, and raise the heart rate!



Mixed Fruit Smoothie

Serves: 4 - 6

Recipe adapted from Lac du Flambeau

Ingredients:*

- ½ cup **apple cherry juice**
- 1 can **mixed fruit** (drained, about 1 ½ cups)
- 1 cup **low-fat milk**
- ½ cup ice (crushed or small cubes)
- ¼ teaspoon vanilla extract

*Items in **bold** can be found at Food Distribution. Please note that some fruits and vegetables are only seasonally available.

Directions:

1. Wash hands with soap and warm water. Clean cooking area.
2. Add ingredients to a blender or food processor.
3. Blend until smooth and enjoy!
4. Refrigerate leftovers within 2 hours.

Notes:

1. Substitute any canned fruit for the mixed fruit.
2. For a thinner smoothie, add more juice, about ¼ cup at a time.

UPCOMING CLOSURES

July

- July 3rd: CLOSED for LRBOI holiday
- July 9th: CLOSED for deliveries
- July 13th: CLOSED for USDA truck
- July 30th: CLOSED for inventory
- July 31st: CLOSED for inventory

August

- August 6th: CLOSED for deliveries
- August 10th: CLOSED for USDA truck
- August 13th: CLOSED for deliveries
- August 17th - August 21st: CLOSED for training
- August 28th: CLOSED for inventory
- August 31st: CLOSED for inventory

References:

Center for Disease Control and Prevention. "Swimming and Your Health." Healthy Swimming, 8 May 2024, www.cdc.gov/healthy-swimming/about/index.html.

Messing, Laurie. Summer with Safe Food. Michigan State University Extension, 5 June 2025, www.canr.msu.edu/news/summer_with_safe_food. Accessed 1 July 2026.

Oklahoma Tribal Engagement Partners. Add Dairy to Your Plate. United States Department of Agriculture, Dec. 2023.

Glass of milk by Pezibear via Pixabay.com
Child swimming, bowl of cereal images via Canva
Picnic by Samuel Peter via Pexels.com
Smoothie graphic by Microsoft Copilot

UPCOMING EVENTS

- Every Wednesday in July, 1 PM - 4 PM: Together We Grow (youth class) (Manistee)
- July 9th, 10:30 AM - 11:30 AM: How to Make a GOOD Salad (Muskegon - Ellis)
- July 17th, 12 PM - 1 PM: Monthly Client Lunch (Manistee)
- August 5th, 1 PM - 4 PM: Together We Grow (youth class) (Manistee)
- August 12th, 1 PM - 4 PM: Together We Grow (youth class) (Manistee)
- August 13th, 10:30 AM - 11:30 AM: Beans, Cucumbers, and Tomatoes: Oh my! (Muskegon - Ellis)
- August 14th, 12 PM - 1 PM: Monthly Client Lunch

The Food Distribution Program on Indian Reservations is funded by the USDA. USDA is an equal opportunity provider, employer, and lender.

This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by Little River Band of Ottawa Indians or USDA or bias against those not mentioned.



Questions?
Contact Caitlin at:
231-655-9579
caitlinlorenz@lrboi-nsn.gov



REGISTER T

TOGETHER

**JOIN US FOR A WEEKLY SUMMER PROGRAM FOR YOUTH
(UNDER 18 YEARS OF AGE WITH JUVENILE COURT SUPERVISION.) LEARN FROM NATURAL RESOURCES**

WEDNESDAYS, 1 - 4 PM

**FOOD & NUTRITION CENTER
(2967 DONTZ RD.
MANISTEE, MI 49660)**



Questions
call C

caitlinlorence

231-65



TODAY FOR:

WE GROW!

**AGES 10-18. (YOUNGER KIDS WELCOME WITH ADULT
SUPPORT, FAMILY SPIRIT, EDUCATION, AND OTHERS!)**

**JULY 15, 22, 29
AUGUST 5 & 12**

**SCAN HERE
TO REGISTER**



? Email or
aitlin:

@lrboi-nsn.gov

55-9579

Unclaimed Per Capita Payments

The following tribal members have one or more per capita payments that have been determined as unclaimed:

Joseph F. Adamczak
Laurie A. Michalski
Michael E. Pete

Steven J. Antoine Jr.
Shawn M. Birdsall

Pauline Wabindato
Duane DeVerney

The above members are still able to claim their per capita payment(s) and can do so by contacting the Enrollment Department. The Enrollment Department can be contacted by calling Diane Lonn (231)398-6713, Jessika Moore (231)398-6720, or the toll-free line (888)723-8288 and asking to be transferred to Enrollment.

*Failure to make claim will result in forfeiture of the payment(s) after a specified period of time as defined in Regulation #R100-11: RAP-01 (Chapter 2. Unclaimed Per Capita Payments).





WHAT Hope LOOKS LIKE



Community Art Contest

In recognition of Overdose Awareness Month, we invite community members of all ages to participate in our "What Hope Looks Like" Art Contest.

*Hope.
Healing.
Recovery.
Together.*

THEME

What Hope Looks Like

Hope can be found in recovery, family, friendship, community, healing, resilience, and new beginnings. Share your interpretation through art and help inspire others.

ELIGIBLE ENTRIES

- Paintings
- Drawings
- Photography
- Mixed Media
- Digital Art

CATEGORIES

- Youth (Under 18)
- Adult (18+)

Winners will be selected by the organizations hosting the event.



SUBMISSION DEADLINE
**FRIDAY,
AUGUST 1, 2026**





WINNERS ANNOUNCED
AUGUST 14, 2026
*at the Community
Overdose Awareness Event*

HOW TO SUBMIT

Bring artwork to:
Manistee Friendship Society
50 Filer St. SUITE 320
Manistee, MI 49660

Or email digital submissions to:
ckamaloski@manisteefriendshipsociety.org

Digital submissions are welcome.

ARTWORK GUIDELINES

- ✓ Must reflect the theme "What Hope Looks Like"
- ✓ Family-friendly content
- ✓ Original work created by the participant
- ✓ Include name, age, phone number, and title of artwork

NEED ART SUPPLIES?

Don't let a lack of supplies keep you from participating!

The Manistee Friendship Society has a limited number of free art supply kits available while supplies last.

Please contact Cassandra at 231-398-0434 or ckamaloski@manisteefriendshipsociety.org to request a kit.

QUESTIONS?

Call Cassandra at 231-398-0434

Or call Patrick at 231-729-3575

Thank you for being part of the hope.

THIS EVENT IS HOSTED BY



Samaritan Way
Hope | Help | Healing | Recovery Center



BE DA BIN
BEHAVIORAL HEALTH



Mental Health Matters
MFS
Manistee Friendship Society

Together, we can raise awareness, reduce stigma, and celebrate hope, healing, and recovery in our community.

July 2026 | Little River Currents

20



OVERDOSE AWARENESS EVENT

Honoring Lives. Supporting Recovery. Building Hope. 

 **FREE COMMUNITY EVENT** 



**FRIDAY,
AUGUST 14, 2026**

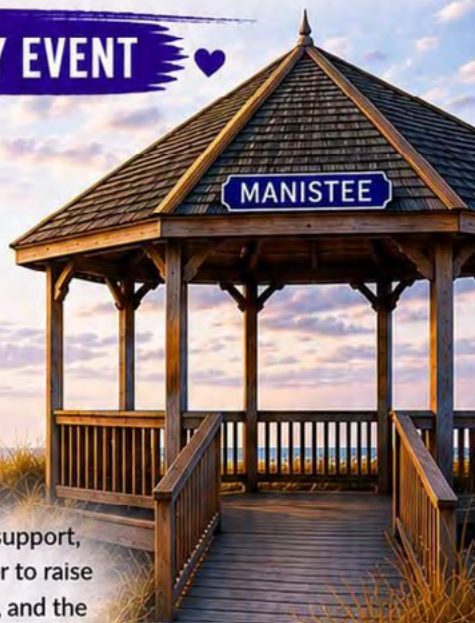


8:00 AM - 3:00 PM



**LIONS PAVILION
1ST ST., BEACH
MANISTEE, MI**

Join us for a day of remembrance, education, support,
and community connection as we come together to raise
awareness about overdose prevention, recovery, and the
resources available in our community.



≡ Everyone is Welcome! ≡

EVENT HIGHLIGHTS



Speakers & Presentations
Throughout the Day



Community Resource Booths
Open All Day



Food Truck
from 11:30 AM to 2:30 PM



Music & DJ



Overdose Prevention Education



Recovery Resources



"What Hope Looks Like"
Art Contest



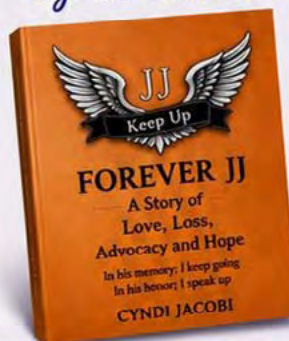
Community Connections
& Support

SPECIAL FEATURE!

Book Signing with

Cyndi Jacobi 

Cyndi will be signing
copies of her book



**Keep Up
Forever JJ**

*A Story of Love,
Loss, Advocacy
and Hope*

All proceeds from
book sales will
benefit Saged
Recovery, a new
recovery resource
for our community.



If you have questions, please call:

Cassandra
231-398-0434

or call Patrick
231-729-3575



Samaritan Way
Hope | Help | Healing | Recovery Center



PROUD COMMUNITY PARTNERS
**Be Da Bin
Behavioral Health**

Mental Health Matters
MFS
Manistee Friendship Society



**Centra Wellness
NETWORK**

There is hope. There is help. You are not alone. 



FAMILY SPIRIT PROGRAM INVITES YOU TO

FREE KID CRAFTS



PAINT CANVAS BAGS

MANISTEE JULY 6TH
MUSKEGON JULY 10TH

PAINT ROCKS

MANISTEE JULY 13TH
MUSKEGON JULY 20TH

Canceled

PAINT BIRD HOUSES

MANISTEE JULY 23RD
MUSKEGON JULY 24TH

ALL SUPPLIES
PROVIDED

FOR AGES 0-5



LOCATION ADDRESSES

MANISTEE: AKI MAADIZIWIN COMMUNITY CENTER, 2953
SHAW BE QUO-UNG

MUSKEGON: LITTLE RIVER HEALTH CENTER OF ELLIS
1478 E ELLIS RD, MUSKEGON

QUESTIONS? TEXT HOLLY AT (231) 655-9391

Kequom's Crafts

Native Made

- Turtle bags
- Chokers
- Dream catchers
- Medicine bags
- Beaded earrings
- Feather earrings
- Bracelets
- Beaded necklaces

Email Steve at
terriebrodock@yahoo.com





Harper Lou's Bowtique

When in doubt put a bow on it



Aanii, My name is Sara Crampton and I am a LRBOI tribal member. I'm a stay at home Mother to three beautiful children and recently I've turned a hobby of mine into a small business. I started making hair bows for my Daughter because I wanted her to have bows that matched every single outfit, sport, or event she did. We got so many compliments everywhere we went that I decided to start making them for everyone to enjoy. I use vegan leather and love to make polymer clay accessories to make my bows unique. I strive to take custom orders and to make sure you have a bow for every outfit and occasion. We can be found on Facebook and Instagram at Harper Lou's Bowtique and reached at ThatBowThough23@gmail.com for any inquiries.





TACTICAL TREATS

USCCA Accredited CPL Instruction

Weekly Classes

1. Basic Hand Gun knowledge & Cleaning

This class will show the student the differences in Hand Gun calibers, their uses & effectiveness. There will be no live ammunition in class! (snap caps only) Basic mechanics of how most hand guns function.

We will also be covering types of Holsters, Hand Gun cleaning & effective Storage,

2. Dry Fire Laser Training

This class will help improve Handgun accuracy & Trigger control using Snap caps, Striker caps & Lasers in conjunction with an elite shooting performance system designed to increase consistency by recording shot by shot analysis. The student will see in real time their subtle hand movements & learn " Proper Grip" "Avoiding Recoil Anticipation" "Trigger Press Movement" "Follow Through" Just to name a few.

3. CPL Certification Class

Successful completion of this class will allow you to apply for a Concealed Carry Permit (CCW). See MI state laws.

4. CPL RENEWAL Certification Class

Successful completion of this 4 hr.class will allow you to re-apply for a Concealed Carry Permit (CCW). See MI state laws.

TO SIGN UP FOR A CLASS GO TO: USCCATRaining.COM

OR CHECK OUT MY WEBSITE TacticalTreats.COM

OR FEEL FREE TO GIVE ME A CALL, (231)220-5207

Online Shopping

Authentic
Native
American Made

- Beaded Earrings
- Dream Catchers
- Smudge wands
and more

Anishinaabe
Homestead
Victoria Wells
Owner/Artist
P. 231-655-1773



photo by Canva

Please visit me online at
etsy.com/shop/AnishinaabeHomestead

