

LITTLE RIVER CURRENTS



LITTLE RIVER BAND OF OTTAWA INDIANS

GAACHING ZIIBI DAAWAA ANISHINAABEK

TRIBAL NEWSLETTER

NAABIDIN GIIZIS | MARCH 2025

-Snow Crust Moon-

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**Cover Art By
Sky Gonzalez**

**THIS
ISSUE**



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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	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 (R)	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 Ivinson	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.

April 01	July 01	October 07
April 08	July 08	October 14
April 15	July 15	October 21
April 29	July 22	October 28

May 06	August 05	November 04
May 13	August 12	November 11
May 20	August 19	November 18
May 27	August 26	November 25

March 04	June 03	September 02	December 02
March 11	June 10	September 09	December 09
March 18	June 17	September 16	December 16
March 25	June 24	September 23	

ELECTION BOARD MEETINGS



Election Board Open Meeting Schedule

Open Session Meeting Dates

March 19	May 21	August 20	October 15
April 16	June 18	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.



ENSURE YOU ARE INCLUDED AS PART OF THE QUORUM

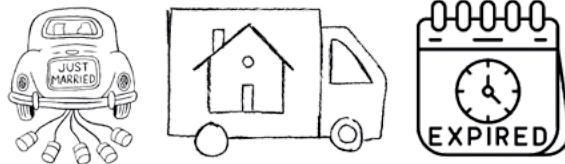
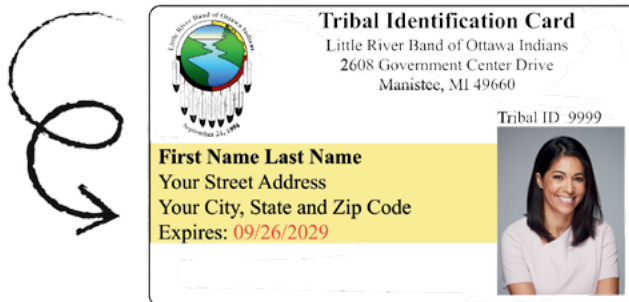
Doing so ensures you are able to vote on any potential Tribal business conducted at the membership meeting.

LRBOI Membership Meeting is April 11

If you are are not registered to vote **OR** if any of the information you provided on your voter registration form has changed (your name, your address, your tribal ID expiration date), you must submit an voter registration form by 5pm on Wednesday, April 8, 2026.

If your tribal ID is expired or will expire on or before April 11, 2026 update your tribal ID with the Enrollment Department **then** submit a voter registration form no later to 5pm on Wednesday, April 8, 2026.

ID CHANGES?



Get a voter registration form:

- By downloading it from the LRBOI website, under Election Board, then Forms
- Pick up one at the Manistee Government Center
- By request via email to electionboard@lrboi-nsn.gov
- By request via calling 1-888-723-8288 ext. 6709

2026 Calendar

Natural Resource Commission



March 9, 2026

April 13, 2026

May 11, 2026

June 08, 2026

June 13, 2026 (Bear and Elk Draw 12pm)

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

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 McCollum

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.



LRBOI Service Department Contacts continued

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

Gina Crotteau

E: ginacrotteau@lrboi-nsn.gov

O: 231-723-8288

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
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: 231-398-6853

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: 231-398-6853
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: 231-398-6853
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



Michigan's Native American Boarding School Final Report

A long-awaited report examining Michigan's role in the Native American boarding school system has surfaced after being obtained by the nonprofit news outlet Bridge Michigan, even though the state had previously declined to release the document publicly.

The report, commissioned by the Michigan Department of Civil Rights in 2022, was intended to examine the state's involvement in the boarding school system and document the experiences of Native American children who were forced to attend these institutions. Conducted by the consulting firm Kauffman and Associates, the report is more than 300 pages long and cost roughly \$1.1 million to produce.

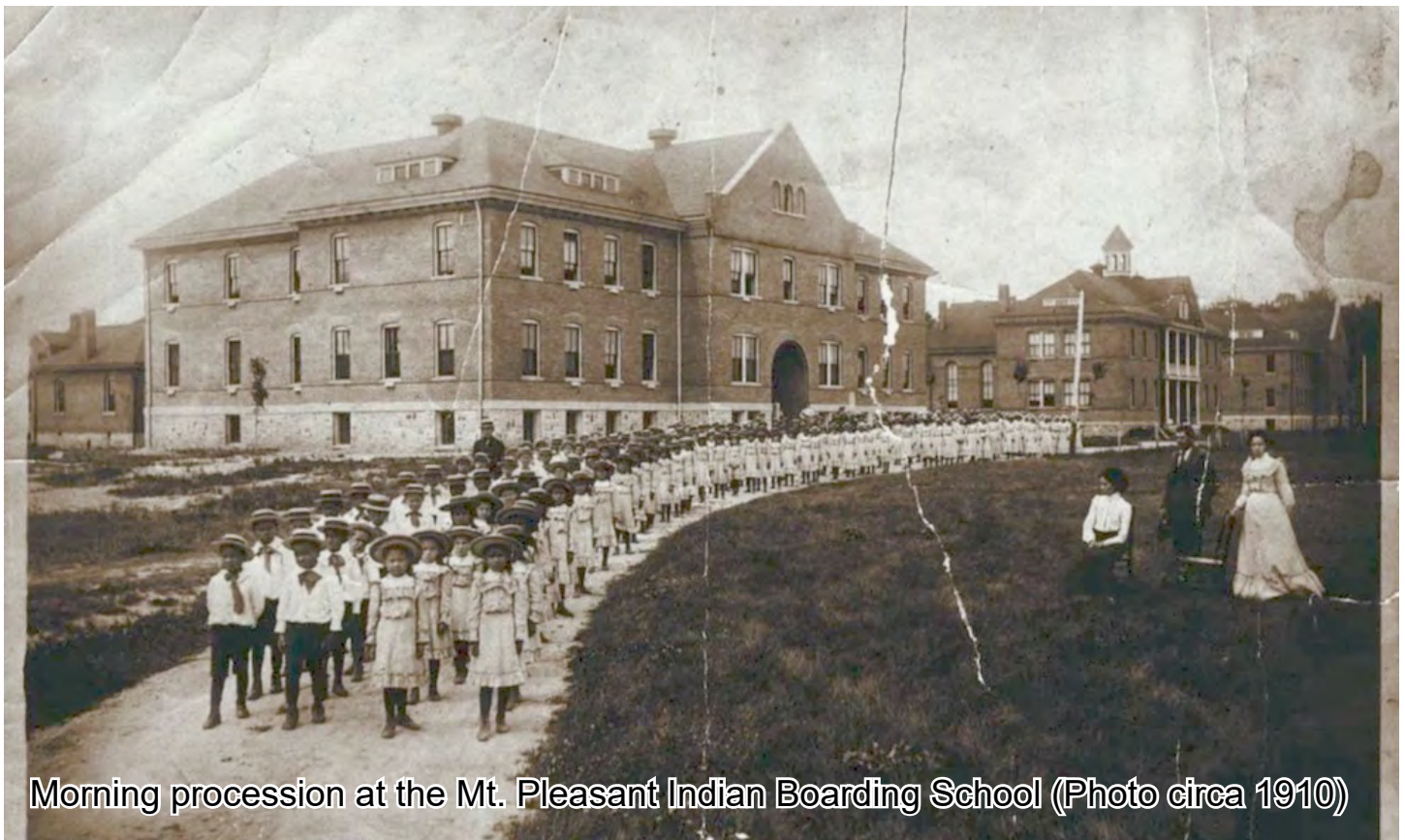
Despite the study being completed in September 2025, the state did not release the final report, citing concerns about possible inaccuracies and privacy issues involving survivor testimony. Instead, officials provided only a brief summary of the findings.

Now, the full report has become public it's bringing new attention to the history of boarding schools in the state and the experiences of Native survivors.



Link to Native American Boarding School Report

<https://bridgemi.com/wp-content/uploads/2026/02/MiNABS-Third-Report.pdf>



Morning procession at the Mt. Pleasant Indian Boarding School (Photo circa 1910)

The report details how Native American children were taken from their families and sent to boarding schools as part of federal policies aimed at assimilating Indigenous people into mainstream American society. Many children were punished for speaking their Native languages, practicing their traditions, or maintaining cultural ties with their communities.

Researchers identified numerous boarding schools connected to Michigan, including the Mount Pleasant Indian Industrial Boarding School, one of the most well-known institutions in the state, and the Holy Childhood of Jesus Indian School, which remained open until 1983.

Historical records and tribal research have revealed disturbing findings connected to the Mount Pleasant school. The Saginaw Chippewa Indian Tribe has documented 229 student deaths between 1893 and 1934, a number far higher than the handful of deaths officially recorded during the school's operation.

The state's decision not to release the full report previously drew criticism from lawmakers and tribal leaders who questioned why a publicly funded study would remain hidden.

With the report now available through Bridge Michigan, advocates say the findings provide an important opportunity for the public to learn more about the boarding school system and its long-term effects on Native communities.

For many tribal nations, understanding this history is a necessary step toward healing and reconciliation.

ANISHINABE CLAN SYSTEM

Based on 7 Grandfather Teachings. Assembled around 7-point star demonstrates their relationship to one another to show an effective governing system that guarantees equal participation of all the people.



BEAR CLAN

Truth (Debwewin)

Protector of Justice, Legal Issues; Knows History of Tribe and Clan, Constitution Guardians of traditions, Decision-makers & Healers.



FISH CLAN

Wisdom (Nbwaakaawin)

Vision Program Planning, Design, Leadership Philosophers/Mediators Integrated Development.



HOOF CLAN

Love (Zaagidwin)

Community & Social Development. Pursuers of well-being, reconcilers, Gift of Life, Communication.



BIRD CLAN

Humility (Ddaademdzwin)

Education, Teachers, Quest of Knowledge and Spiritual Life. Spirit Doctors, Elders, Ongoing Survival.



MARTEN CLAN

Respect (Mnaadendiwin)

Land, Economic Development, Warriors, Hunters, Providers. Appropriate use of land and resources, protection of environment.



LOON CLAN - CHIEF

Honesty, (Gwekwaadziwin)

Internal Responsibilities, Faith-keepers & Spokesperson for community; effective management of community through clans and chiefs.

CRANE CLAN - CHIEF

Courage (Aakdehewin)

External Negotiations, Speaks on behalf of tribe at their request. Leadership and Mediation - A leader does not utter her own sentiments, but rather, those of her people.



SACRED
FIRE

Gloves,
Grabbers,
and Garbage
bags will be
provided



World **EARTH DAY**

Wednesday, April 22, 2026

**LET'S SUPPORT
ENVIRONMENTAL EFFORTS TO
PROTECT MOTHER EARTH**

**4pm-5pm: Aki community cleanup
meet at the Aki pavilion
first 25 participants will receive a free gift**

For more information contact Krystal at 231-398-6878



The Gathering Table

March 2026



Little River Band of Ottawa Indians
Food & Nutrition Center

Food of the Month:

Hominy

Hominy is made from dried corn kernels that are soaked and cooked to remove the hull and make nutrients easier for our bodies to use. It is low in fat, has no cholesterol, and provides fiber that can help with blood sugar. As a starchy vegetable, it has carbohydrates that give the body energy. Canned hominy should be kept in a cool, dry place, and opened hominy should be stored in a covered container in the fridge. Hominy can be used like beans. Add hominy to soups, stews, and casseroles!



Food Safety Tip:

Wash

Wash fruits and veggies by rinsing them under running water. No soap, bleach, or commercial products needed! Rinse produce before peeling, removing skin, or cutting out any damaged areas. Firmly scrub foods like melons or potatoes with a produce brush. Produce labeled as “pre-washed” doesn’t need to be rinsed again. Don’t wash meat, poultry, eggs, or seafood - this can spread harmful germs around the kitchen.



Movement of the Month:

Aerobic

Aerobic activity, or cardio, uses large muscle groups and helps the heart and lungs stay strong. It can be moderate or vigorous, and the level feels different for each person. Fast walking, swimming, biking, dancing, and jumping rope are all cardio. Kids need 60 minutes a day, and adults need 150 - 300 minutes a week.



Beef & Vegetable Soup

Serves: 6

Recipe adapted from: MyPlate Kitchen

Ingredients:*

- 1 Tablespoon **vegetable oil**
- 1 pound lean **ground beef**
- 1 medium **onion**, diced
- 2 cloves garlic, minced
- 1 can low-sodium beef broth
- 1 - 14.5-ounce can low-sodium **carrots**
- 1 - 14.5-ounce can low-sodium cut **green beans**
- 1 - 14.5-ounce can low-sodium **diced tomatoes**
- 1 - 15.5-ounce can low-sodium **hominy**
- 1 teaspoon dried basil
- 1 cup cooked **egg noodles**

*Items in **bold** can be found at food distribution

Directions:

1. Wash hands with soap and warm water. Clean cooking area.
2. In a large saucepan, heat oil on medium-high heat. Cook ground beef until well browned on all sides, stirring frequently.
3. With a slotted spoon, move beef to a separate bowl. In remaining drippings, cook onion and garlic until tender-crisp.
4. Add beef broth, carrots, green beans, tomatoes, hominy, basil, and ground beef. Bring to a boil.
5. Reduce heat to low; cover and simmer 10 to 15 minutes to blend flavors, stirring occasionally.
6. Stir in cooked egg noodles.
7. Serve hot!

Notes:

- Instead of lean ground beef, use canned beef.
- No canned carrots? Use sliced, frozen carrots instead!

UPCOMING CLOSURES

- March 9th: CLOSED for USDA semi-truck unpacking
- March 27th: CLOSED for LRBOI holiday
- March 30th: CLOSED for inventory
- March 31st: CLOSED for inventory
- April 29th: CLOSED for inventory
- April 30th: CLOSED for inventory

UPCOMING EVENTS

- March 10th, 1 PM - 2 PM: Less Is More...Delicious! class (Manistee)
- March 12th, 10:30 AM - 11:30 AM: Cooking class: Bean there, done that (Muskegon - Ellis)
- March 20th, 12 PM - 1 PM: Monthly Client Lunch (Manistee at Aki Maadiziwin Community Center)
- April 9th, 10:30 AM - 11:30 AM: Less Is More...Delicious! class (Muskegon - Ellis)
- April 17th, 12 PM - 1 PM: Monthly Client Lunch (Manistee)
- April 21st, 1 PM - 2:30 PM: Eat the Rainbow: simple ways to eat more fruits & veggies class (Manistee)

References:

"4 Steps to Food Safety: Clean." FoodSafety.gov, U.S. Department of Health & Human Services, 18 Sept. 2023, www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety#clean

Office of Disease Prevention and Health Promotion. "Physical Activity Guidelines for Americans." U.S. Department of Health and Human Services, Sept. 2019.

U.S. Department of Agriculture. Hominy, Canned. Aug. 2024. <https://fns-prod.azureedge.us/sites/default/files/resource-files/Hominy-Canned.pdf>.

Hominy image by Teasdale Latin Foods
Family playing football image by USDA SNAP-Ed Connection
Rinsing image via Unsplash.com

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
caitlinlorenc@lrboi-nsn.gov

FREE, HANDS-ON COOKING CLASS



Ellis Building

(BEHIND THE CLINIC)

1478 E. ELLIS RD.,
MUSKEGON, MI

BEAN THERE, DONE THAT

**THURSDAY,
MARCH 12TH**

10:30 AM - 11:30 AM



Call or email Caitlin to sign up:

caitlinlorenc@lrboi-nsn.gov

231-655-9579





Less Is

More...Delicious!

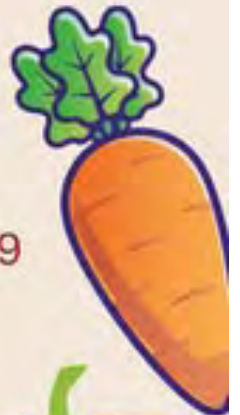
LEARN HOW TO LOWER SALT, SUGAR,
AND FAT IN YOUR MEALS.

Tuesday, March 10th
1 PM - 2 PM

Food & Nutrition Center
2967 Dontz Rd.,
Manistee, MI



Call or email Caitlin to sign-up:
caitlinlorenc@lrboi-nsn.gov 231-655-9579



Family Spirit Presents

Save the Date!

YOUTH JINGLE DRESS WORKSHOP

All Supplies provided
Potluck lunch both days

Zoom link



Registration link



MARCH 14TH & 15TH



10:00AM - 2:00PM



Aki Maadiziwin Community Center,
2953 Shaw Be Quong
Manistee, MI 49660

WORKSHOP OUTLINE :

Instruction on how to make a youth jingle dress regalia, preschool age only.
Limited to 5 adults.

Others may join via zoom to learn, but materials will not be shipped.



Hosted By:
Vera and Kim Hinmon

Questions?
Call Holly at 231-655-9391

LRBOI's BeDaBin Behavioral Health AND Manistee County Library

will be partnering for Summer reading fun! We are looking for tribal members who would love to share their love of reading, their culture, and enthusiasm with emerging readers!



231-655-3651



autumnjmoore@lrboi-nsn.gov



June & July, Thursdays only

Come read a Dibaajimowin story to us!!





Milkweed Planting

On May 22, you're invited to join the Little River Band of Ottawa Indians Wildlife Division in planting milkweed plugs at Aki Maadiziwin to benefit pollinators such as monarch butterflies!



Where: the North end of N Kaw-Gay-Gaw-Bowe, near the maintenance building

When: 2:00 PM, Friday, May 22, 2026

Email naturalresources@lrboi-nsn.gov with any questions



Access to our Culture IS Prevention Against Substance Use and Abuse

Why Prevention

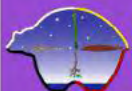
It can reduce negative health outcomes like alcohol/drug addiction and related physical/mental health issues, while also improving educational and long-term quality of life.

Why does Cultural Access Matter

It builds trust, promotes stronger community engagement, and enables the creation of more effective tailored programs. Prevention is not a “one-size-fits-all” approach, it must carry our peoples’ values, beliefs, and lived experiences.

How to Make a Difference

Your knowledge and lived experience is at the heart of effective Prevention programming. Please reach out; email your stories or interest in sharing your cultural knowledge to help shape the future of LRBOI/Be-Da-Bin Behavioral Health’s Prevention Program.



BE-DA-BIN BEHAVIORAL HEALTH

2608 Government Center Dr. Manistee,
MI.

☎ 231-655-3651

✉ autumnjmoore@lrboi-nsn.gov

🌐 www.lrboi-nsn.gov

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





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](https://usccatraining.com)
OR CHECK OUT MY WEBSITE [TACTICALTREATS.COM](https://tacticaltreats.com)
OR FEEL FREE TO GIVE ME A CALL, (231)220-5207**



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.





FAMILY OWNED  AUTO REPAIR

Gremore Garage is a family owned and operated business that offers a small town feel. Both Dylan and wife Tianna are committed to providing the highest quality of automotive services.

Owner and lead mechanic Dylan Gremore is master certified, and ASE certified with over a decade in the trade. He started his career here in Manistee and is excited to be back and service the fine people of this community once again.

Stop by or give us a call to schedule your vehicle for an inspection.

We are located at 1200 28th St. Manistee, across the street from the Filer Credit Union on the south side of town.

Present your Tribal ID and receive 10% off on parts.

For more information, please visit <https://www.gremoregarage.com>

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