

LITTLE RIVER CURRENTS



LITTLE RIVER BAND OF OTTAWA INDIANS

GAACHING ZIIBI DAAWAA ANISHINAABEK

TRIBAL NEWSLETTER

NMEBINE GIIZIS | MAY 2026

-Sucker Moon-

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**Cover Art By
Sky Gonzalez**

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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.

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

June 03	September 02	December 02
June 10	September 09	December 09
June 17	September 16	December 16
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.

2026 Calendar

Natural Resource Commission



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

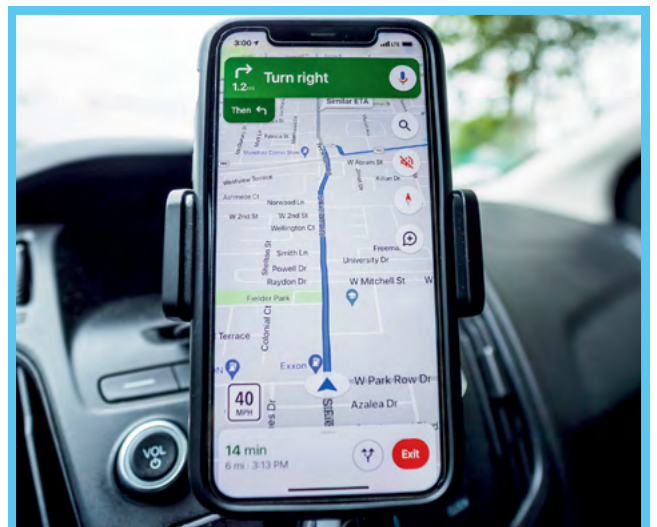
4905 S. Harvey St.
Norton Shore, MI 49441
Main: 231-723-8299 / 888-382-8299
Office: 231-398-6601
Pharmacy: 231-398-6853
Services include Family Medicine,
Pharmacy and Radiology.

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



Affordable Living LIHTC Apartments

Now Leasing!



Affordable Housing Opportunity - Tribal Set-Aside Units

Little River Holdings has partnered on 13 Low-Income Housing Tax Credit housing developments across Muskegon, Spring Lake, and Holland, with Tribal set-aside units available.



Income limits apply



For Tribal citizens & descendants of federally recognized Tribes



Join our waiting list:

Low Income Housing Tax Credit - Tribal set aside units

Michigan Recognizes MMIP Awareness Day

The Michigan Department of Health and Human Services (MDHHS) is joining communities across the state in recognizing May 5 as Missing and Murdered Indigenous Persons (MMIP) Awareness Day. The observance serves as a time to honor Indigenous lives lost, support affected families and raise awareness about the violence that continues to disproportionately impact Native communities across the United States.

MDHHS Director Elizabeth Hertel said acknowledging the experiences of Indigenous people and the families affected by violence remains a priority for the department.

“Recognizing the experiences of Indigenous people in Michigan and the families who have endured profound acts of violence remains at the heart of our work within the Michigan Department of Health and Human Services,” Hertel said. “We remain committed to elevating awareness of this ongoing crisis and strengthening our collaboration with tribal partners to ensure Indigenous individuals and communities receive the vital resources, services and support they need.”

The Michigan Domestic and Sexual Violence Prevention and Treatment Board has once again issued a resolution recognizing MMIP Awareness Day and is encouraging Michiganders to participate in gatherings, marches and community events hosted by federally recognized tribes throughout the state.





Across the country, cases involving missing and murdered Indigenous people — especially Indigenous women and girls — are often underreported, insufficiently investigated and frequently remain unsolved. According to findings from the Centers for Disease Control and Prevention, homicide rates among American Indian and Alaska Native people are nearly five times higher than those of non-Hispanic white people.

Research from the National Institute of Justice also found that more than 84 percent of American Indian and Alaska Native women have experienced violence in their lifetime, including stalking, sexual violence and intimate partner abuse.

The MDHHS Division of Victim Services works alongside federally recognized tribes in Michigan to provide funding for domestic violence, sexual assault and victim services programs that use culturally honoring approaches to care and support. Programs funded through the division include Sexual Assault Nurse Examiner services, shelters, victim advocacy programs, housing relocation assistance and direct client support services.

The division also supports the StrongHearts Native Helpline, a confidential and anonymous helpline designed specifically for American Indian and Alaska Native survivors of domestic and sexual violence. The helpline offers culturally appropriate advocacy and support for those seeking help.

Rebecca Shiemke, chair of the Michigan Domestic and Sexual Violence Prevention and Treatment Board, said addressing violence against Indigenous people requires statewide commitment and reform.

“Violence directed toward Indigenous people and their families remains a widespread crisis that demands an urgent and collective response,” Shiemke said. “By amplifying the voices of those who have endured unimaginable violence and advancing meaningful reforms to state laws and policies, our board continues its pursuit of justice for all Indigenous people in Michigan.”

Indigenous Chefs Shine in Historic “Chopped” Competition

A Diné chef has made history on the Food Network competition series Chopped after winning the show’s first-ever all-Indigenous episode.

The latest episode of the popular cooking competition aired Tuesday night and featured four Indigenous chefs from across Indian Country competing to create a three-course meal under intense time limits and mystery ingredient challenges. By the end of the competition, host Ted Allen announced that Navajo chef Justin Pioche had earned the title of “Chopped” champion.

Pioche faced strong competition from fellow Indigenous chefs Mariah Gladstone, who is Blackfeet and Cherokee; Ray Naranjo of Santa Clara Pueblo; and Jessica Walks First of the Menominee Indian Tribe of Wisconsin. The chefs represented Indigenous communities from across the country, bringing Native ingredients, cooking traditions and creativity to national television.

“It feels really good,” Pioche said during the episode. “I just won ‘Chopped,’ and I feel really ecstatic, and I can’t believe that I really pulled through. I had some really tough competition.”

The episode marked a major milestone for the long-running Food Network series, becoming the first Indigenous-themed competition in the show’s history. Viewers praised the episode for highlighting Indigenous culinary traditions and showcasing Native chefs on a national stage.

The historic episode also reflected the growing recognition of Indigenous cuisine in mainstream food culture, as Native chefs continue to gain attention for blending traditional foods and techniques with modern culinary styles.



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

**THURSDAY
MAY 28TH
5 PM - 7 PM**

Starting Your Food Garden

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



FREE class FREE food FREE giveaways

The Gathering Table

May 2026



Little River Band of Ottawa Indians
Food & Nutrition Center

Food of the Month:

Bakery Mix

Bakery mix is part of the grain group and is a refined grain, which means it does not have all parts of the wheat berry. The bran and germ are removed, but some vitamins, like iron, are added back. Iron helps the body make hemoglobin, which carries oxygen from the lungs to the rest of the body. After opening, keep the package closed and store in a cool, dry place or in the fridge in a non-metal container. Use low-fat bakery mix as a base for muffins, pancakes, quick breads, or as a topping for casseroles or fruit crisps.



Movement of the Month:

Tai Chi

Tai chi combines a series of slow, controlled movements into a flow. It's a low impact exercise that focuses on blending controlled breathing and movement. There's no special equipment and it can be practiced indoors or outdoors. Consistent tai chi practice can help with reducing stress and pain management.

Food Safety Tip:

Freezing foods

Freezing foods helps them last longer. Some foods do not freeze well, like mayo and lettuce. Never freeze unopened canned foods or eggs in shells. Freezing does not kill germs; only cooking makes food safe. Label and date frozen foods. Thaw food in the fridge, cold water, or microwave; never on the counter or outdoors, as this can cause illness. See chart below for how long to keep foods in the freezer.

<u>Food</u>	<u>Months</u>
Bacon, ham, hotdogs, lunchmeats, sausage	1 to 2
Casseroles, cooked meat, gravy, soups	2 to 3
Frozen dinners, uncooked ground meat, uncooked poultry giblets	3 to 4
Cooked poultry	4
Uncooked roasts, uncooked steaks	4 to 12
Uncooked wild game	8 to 12
Uncooked poultry parts	9
Egg whites, uncooked whole poultry	12

Barbecue Cups

Serves: 12

Recipe from The Chickasaw Nation

Ingredients:*

- 1-pound **frozen ground beef**
- ¾ cup barbecue sauce
- 2 cups low-fat **bakery mix**
- ½ cup water
- ½ cup cheddar **cheese**
- Cooking spray

*Items in **bold** can be found at food distribution. Please note that some vegetables are only seasonally available.

Directions:

1. Wash hands with soap and warm water. Clean cooking area.
2. Preheat oven to 375 degrees Fahrenheit. Spray a 12-cup muffin tin with cooking spray.
3. In a skillet, cook ground beef over medium high heat until brown. Drain and rinse in a colander. Add cooked ground beef back to skillet. Add barbecue sauce. Cook until heated through then set aside.
4. In a medium bowl, mix bakery mix and water until combined. Knead dough on a floured surface into a loaf shape. Divide dough into 12 equal parts. Place each piece of dough in a muffin cup. Using your fingers, form it into the muffin cup pressing dough up over the side and rim of the muffin cup.
5. Measure about 3 Tablespoons of beef mixture and place in dough cups. Top with about 2 teaspoons of cheese.
6. Bake for 18 - 20 minutes. Serve hot.

UPCOMING CLOSURES

May

- May 11th: CLOSED for USDA truck
- May 14th: CLOSED for deliveries
- May 25th: CLOSED for Holiday
- May 28th: CLOSED for inventory
- May 29th: CLOSED for inventory

June

- June 11th: CLOSED for deliveries
- June 29th: CLOSED for inventory
- June 30th: CLOSED for inventory

References:

U.S. Department of Agriculture. Bakery Mix, Low-Fat. Apr. 2020. <https://fns-prod.azureedge.us/sites/default/files/resource-files/BakeryMix.pdf>

U.S. Department of Agriculture. "Freezing and Food Safety | Food Safety and Inspection Service." [Usda.gov](https://www.usda.gov), 9 Aug. 2024, www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/freezing-and-food-safety.

Yang, Fei-Chi et al. "Effectiveness of Tai Chi for Health Promotion of Older Adults: A Scoping Review of Meta-Analyses." *American journal of lifestyle medicine* vol. 16, 6 700-717. 24 Mar. 2021, doi: 10.1177/15598276211001291

Bag of flour graphic by dueg-oth via Pixabay.com
Baked goods by Scott Bauer via USDA Agricultural Research Service
Tai chi by Wellness Gallery Catalyst Foundation via Pexels.com

UPCOMING EVENTS

- May 14th, 10:30 AM - 11:30 AM: Eat the Rainbow class (Muskegon - Ellis)
- May 15th, 12 PM - 1 PM: Monthly Client Lunch (Manistee)
- May 28th, 5 PM - 7 PM: Starting Your Food Garden class (Manistee)
- June 11th, 10:30 AM - 11:30 AM: Starting Your Food Garden class (Muskegon - Ellis)
- June 17th, 1 PM - 4 PM: Together We Grow (youth class) (Manistee)
- June 19th, 12 PM - 1 PM: Monthly Client Lunch (Manistee at Aki Maadiziwin Community Center)
- June 30th, 10 AM - 11:30 AM and 5 PM - 6:30 PM: How to Make a GOOD Salad (Manistee)

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
231-655-957
caitlinlorenz@lrboi-nsn.gov



REGISTER T

TOGETHER

**JOIN US FOR A WEEKLY SUMMER PROGRAM FOR YOUTH
(UNDER 18 YEARS OF AGE AND WITHOUT JUVENILE
SUPERVISION.) LEARN FROM NATURAL RESOURCES**

WEDNESDAYS, 1 - 4 PM

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



Questions
call C

caitlinlorenco

231-65

TODAY FOR:

WE GROW!

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

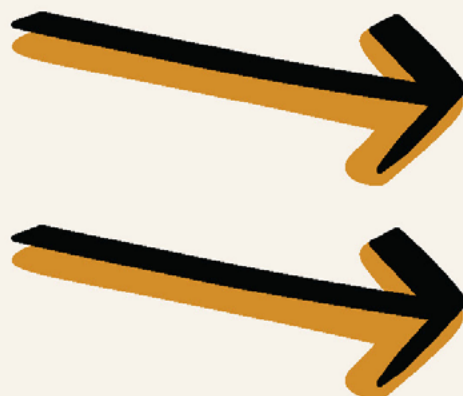
**JUNE 17 & 24
JULY 1, 8, 15, 22, 29
AUGUST 5 & 12**

**SCAN HERE
TO REGISTER**

? Email or
textline:

@lrboi-nsn.gov

55-9579



FREE SUICIDE PREVENTION TRAINING

CONNECTION SAVES LIVES

*In honor of Mental Health
Awareness Month this May*



**FREE
LUNCH
PROVIDED!**



**THURSDAY
MAY 21, 2026**



**9:00 AM –
4:00 PM**



**FREE AND
OPEN TO THE
COMMUNITY**

Join this interactive, evidence-informed training designed to equip professionals and community members with the skills to recognize and respond to suicide risk.

.....

This training integrates principles from leading models.



This Training has been approved by the
NASW-Michigan Chapter for
6.0 SYNCHRONOUS
General social work CE's.



Presented by
Carolyn Pifer: CPSS, CHW,
International Facilitator/Trainer

Reserve Your Spot!

SCAN THE QR CODE
TO REGISTER:



*Together,
connection
truly saves lives.*

This training is made possible in part by the
**Manistee County Suicide Awareness & Prevention Coalition,
Be Da Bin Behavioral Health & the Manistee Friendship Society.**



BE DA BIN BEHAVIORAL HEALTH
2608 Government Center Dr.
Manistee, MI 49660



Please call **Cassandra** at
231-398-0434
for any questions.

REGALIA CATCH UP WORKSHOP

Not all SUPPLIES provided
Sewing machines &
thread available

Little River Band of Ottawa Indians
FAMILY SPIRIT PROGRAM



231-655-9391

Save the Date!



MAY 12TH



5-7 PM



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

WORKSHOP OUTLINE :

Guided expert instruction on finishing your regalia, any style. No registration needed. Come sew with friends! Please bring a snack to share



Hosted By:
Vera and Kim Hinmon

Questions?
Call/text Holly at 231-655-9391

Eat the Rainbow!

**simple ways
to eat more
fruits and veggies**

All are welcome for a hands-on demo + taste testing!

Spots are limited - sign-up today!



**Thursday, May 14th
10:30 AM - 11:30 AM**

**Ellis Building (behind
the clinic)
1478 E. Ellis Rd.
Muskegon, MI**

Call or email Caitlin to sign-up:

caitlinlorenc@lrboi-nsn.gov

231-655-9579

FREE class FREE food FREE giveaways

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



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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