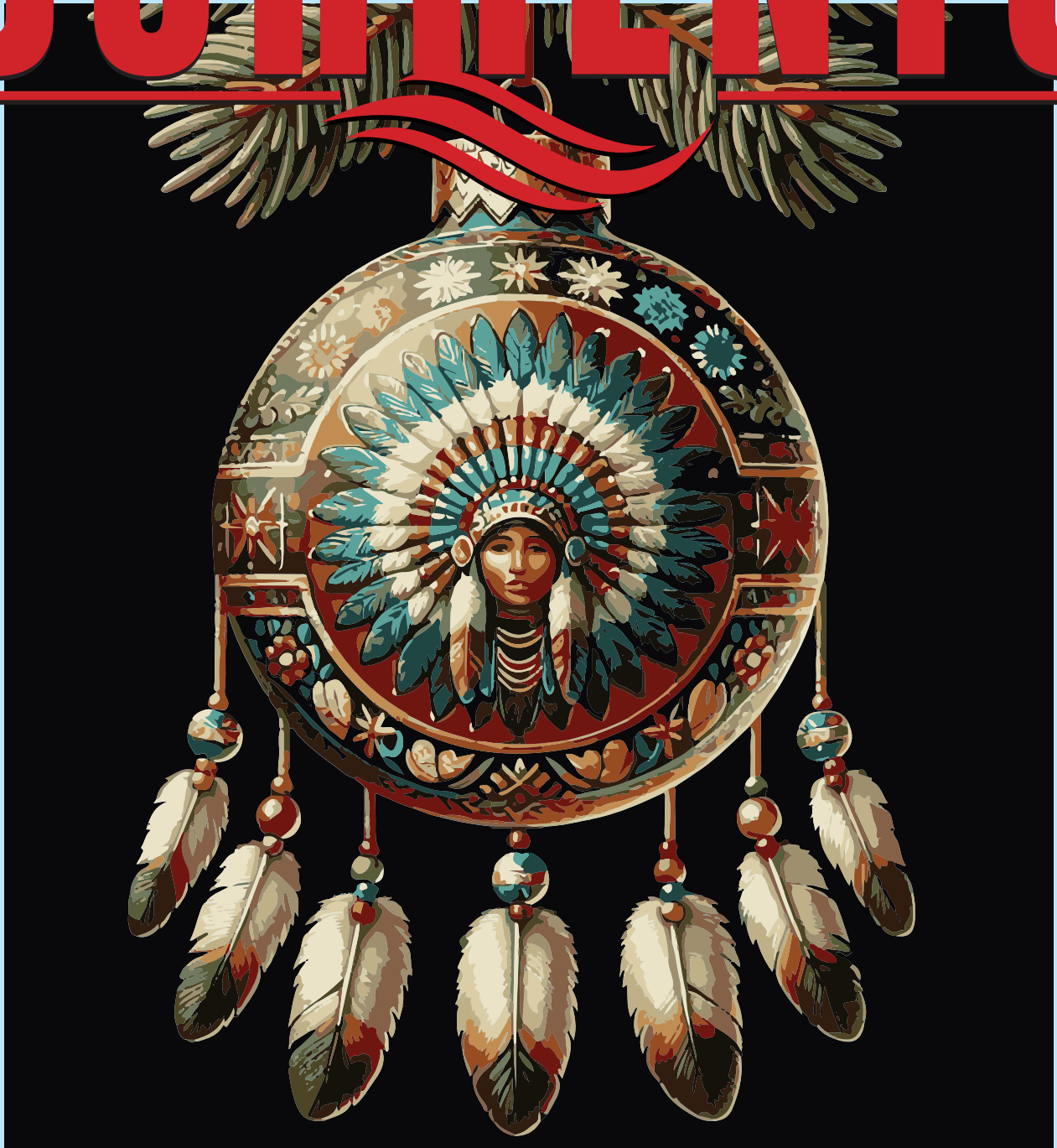


LITTLE RIVER

CURRENTS



LITTLE RIVER BAND OF OTTAWA INDIANS

GAACHING ZIIBI DAAWAA ANISHINAABEK

TRIBAL NEWSLETTER

MANIDOO GIIZISOONHS | DECEMBER 2023

-Little Spirit Moon-

Page 02 | Welcome/Holiday Shutdown

Page 03 | Tribal Leadership

Page 04 | December Activities

Page 05 | Elder's meal Menu

Page 07 | Little River Holding

**Page 08 | Int. Day Of Persons
With Disabilities**

THIS ISSUE



Page 11 | Outstanding Checks 2021

Page 13 | Hunter's Corner

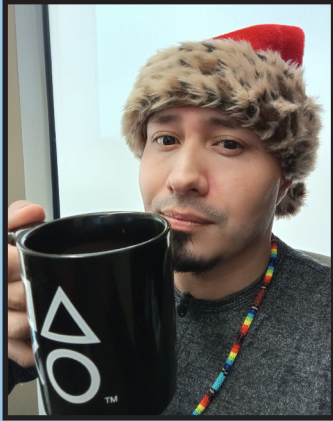
Page 15 | Little River Community Day

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Cover art by
Sky Gonzalez

WELCOME



Sky Gonzalez

Communications Officer

CONTACT INFO

231-398-6811

skygonzalez@lrboi-nsn.gov

The month of December brings many holidays, feasts and events. It is a time to celebrate family and friends.

We wish you and your loved ones a happy Holiday season.

It is important to remember that many people experience suicidal crisis or mental health-related distress without the support and care they need during the holiday season.

The Suicide and Crisis Lifeline number is 988.

You can call or text 988.

The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.

Tribal Government offices will be closed for the Christmas Holiday

Tribal Government offices will close at 5pm on Friday, December 22nd, 2023.

Normal office hours resumes at 8am Tuesday, January 2nd, 2024.

Reduced Pharmacy hours for the Christmas Holiday closure

Pharmacy Hours: (Muskegon and Manistee)

December 25	CLOSED
December 26	CLOSED
December 27	9am - 1pm
December 28	9am - 1pm
Dec 29 - January 1	CLOSED

There will be NO MAILING of prescriptions after December 21st until January 3rd. Pharmacy will resume normal business hours at 8am on Tuesday, January 2nd.

TRIBAL LEADERSHIP

OGEMA'S OFFICE

Larry Romanelli - Tribal Ogema
(231) 723-8288
lromanelli@lrboi-nsn.gov

Mary Thomas - Executive Assistant to Tribal Ogema
(231) 398-6824
mthomas@lrboi-nsn.gov

GIIGADOO NINII KWEK & GIIGADOO NINIWOK (TRIBAL COUNCIL)

Tammy Burmeister - Speaker (9 Counties)
231-398-6833
TBurmeister@lrboi-nsn.gov

Shirley Wever (9 Counties)
231-398-6802
ShirleyWever@lrboi-nsn.gov

Pam Johnson - Recorder (Outlying)
231-398-6836
PamJohnson@lrboi-nsn.gov

Shannon Crampton (Outlying)
231-398-6885
ShannonCrampton@lrboi-nsn.gov

Ron Wittenberg (Outlying)
231-398-6828
RonaldWittenberg@lrboi-nsn.gov

Julie Wolfe (At Large)
231-398-6834
JulieWolfe@lrboi-nsn.gov

Gary DiPiazza (9 Counties)
231-398-6825
GaryDipiazza@lrboi-nsn.gov

Misty Silvis (9 Counties)
231-398-6838
MistySilvis@lrboi-nsn.gov

Al Metzger (Outlying)
231-398-6869
AlMetzger@lrboi-nsn.gov

**Regular Tribal Council Meetings are
Wednesdays at 10:00AM via Zoom**

Tribal Council's Meeting Room

Join The Zoom Meeting

<https://zoom.us/j/99705796129?pwd=OWY5SVVnUis4Y0d1aGdqMXBjRjdxZz09>

Meeting ID: 997 0579 6129

Passcode: 1836

After Lunches At Aki



DECEMBER ACTIVITIES

December 5th - Decorate Aki!!

December 7th- Gift Feather Decorating

December 11th-Make an Ornament

December 13th- Medicine Wheel Craft

December 20th- Cookie Decorating

December 22nd-Bingo!

**AFTER LUNCHES AT AKI AROUND 1PM
ON DAYS LISTED**

December 2023



Sunday	Monday	Tuesday	Wednesday
26	27	28	
3	4 Rosemary Garlic White Bean Soup, garlic bread	5 Taco Tuesday! 	Turkey Sw Potato Sk wild rice
10	11 Mediterranean-Style Sauteed Shrimp and Zucchini	12 Santa Fe Baked Chicken, Spanish Rice	Meatloc pepper
17	18 Bison Stir Fry over orzo	19 Taco Tuesday! 	Creamy Basil Sou grilled ch
24	25	26	



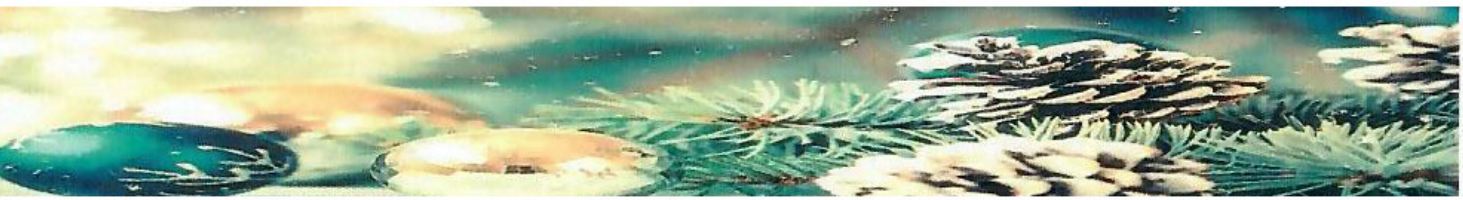
No Meals Christmas



31 1



Happy New Year!!

Notes:
All Meals Meet the 33.3%
subject to change based
the 24th until January 1st.



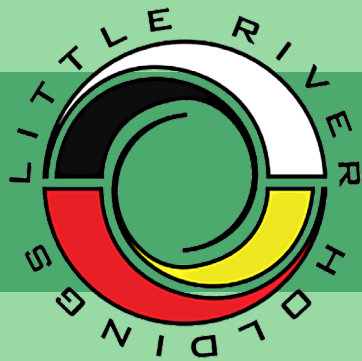
Wednesday	Thursday	Friday	Saturday
29	30	1 **Muskegon Meals**	2
6 Sweet skillet over pilaf	7 Elders Choice 	8	9
13 Puff, lemon broccoli	14 **No Meals** Gov Center Closure Day	15 **Muskegon Meals and Bingo**	16
20 Tomato soup and cheese	21 Chefs Choice 	22 **Bingo at Aki**	23
27	28	29	30

Christmas Break!!!



Daily Recommended Intake and is served with fruit. Menu on supply availability. Christmas and New Year Break from Salad Bar offered 4 days a week at Aki.

LITTLE RIVER HOLDINGS



Nativewahl



Coming Soon Wahlburgers Favorite Outlet Opens in Comanche Nation in Lawton, Oklahoma.

Little River Holdings is proud to announce the first Wahlburgers Favorite in the state of Oklahoma. This location will open in the Comanche Nation in 2024 that is wholly owned and operated by the Comanche Tribe in Lawton, Oklahoma.

The restaurant will become the first Wahlburgers restaurant to open in the state of Oklahoma under the sub-franchise agreement between the restaurant chain and NativeWahl, a subsidiary of Little River Holdings, the economic development corporation of the Little River Band of Ottawa Indians Tribe, base in Manistee, Michigan.

Wahlburgers is a casual dining burger restaurant founded by brothers Mark, Donnie, and Chef Paul Wahlberg.

Heading the effort for the Comanche Nation is Chief Executive Officer Mia Tahdooahnippah, of Comanche Nation Entertainment.

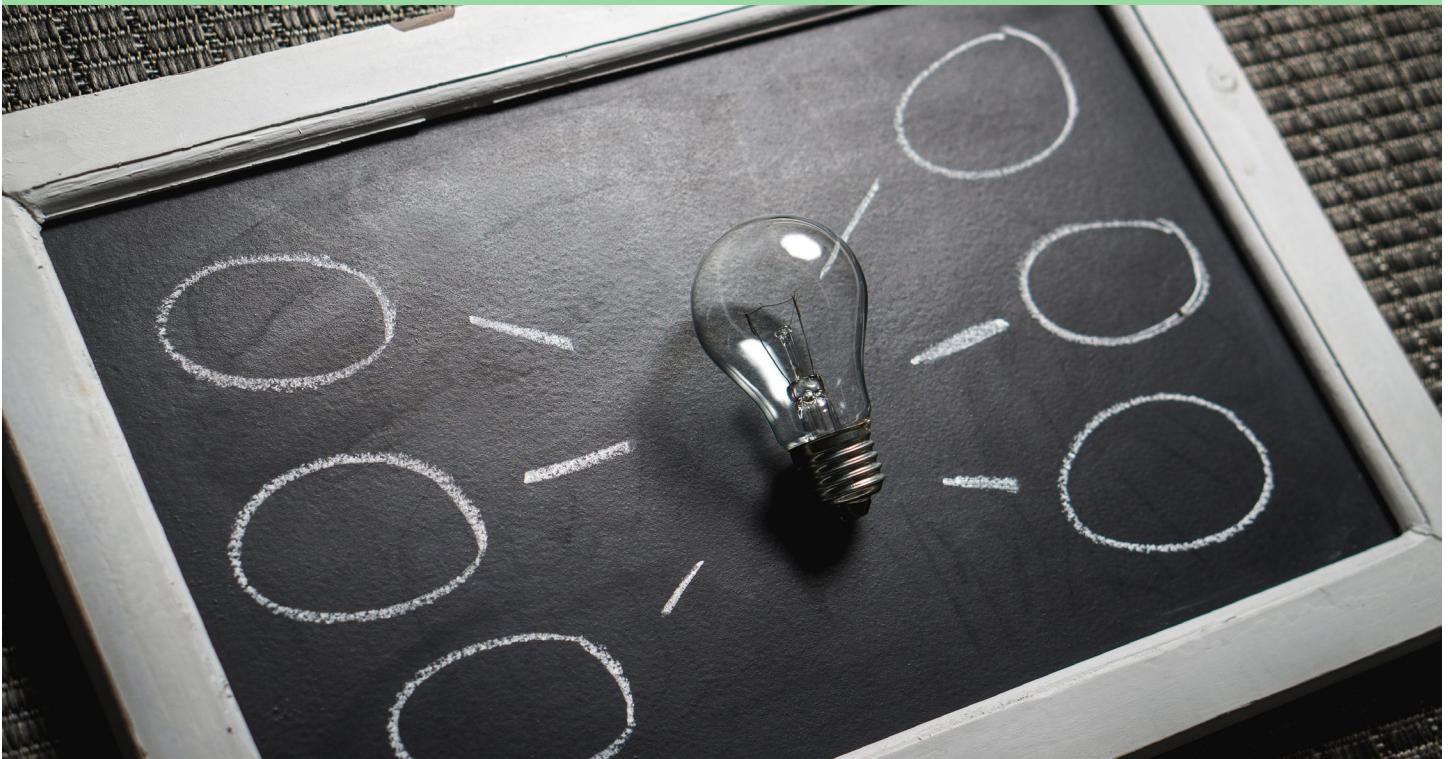


LITTLE RIVER HOLDINGS

Little River Holdings is still looking for volunteers for the Citizen Advisory Board.

Volunteers will be compensated for their time. This board meets every other month and discusses current projects Little River Holdings is working on and gives opinions and recommendations on how Little River Holdings can move forward.

This board also gives Tribal Members the opportunity to learn how boards operate and to possibly progress to a seat on Little River Holdings' board. If interested in learning more, please send an email to admin@lrhedc.com



INTERNATIONAL DAY OF PERSONS WITH DISABILITIES IN DECEMBER

December 3 is recognized as the IDPD, but let's emphasize excellent dental care for these folks for the entire month of December. Disabled people include:

- Aging and elderly people
- Individuals with mobility issues
- Mentally disabled individuals
- Physically impaired folks
- People with behavioral or emotional conditions
- Those cognitively impaired

Dental care for Persons with Disabilities starts in infancy. The care giver is instrumental in preventing dental problems. A visit to the dentist should take place as soon as the first tooth appears, between 6 and 12 months old. This is the time for caregivers to ask questions. The dental team will help with dietary tips and will teach the caregiver how to care for the teeth at home. Starting these practices early and consistently will prevent severe dental disease.

Excellent dental health enhances the quality of life and improves the overall health of all people in so many ways:

- Healthy food intake
- Speech development
- Emotional expression
- Comfort and psychological ease
- Patient acceptance of oral touching and manipulation

Here are some tips to improve daily home care are:

- Use a power toothbrush with a small head if possible. Or a manual toothbrush with a large or modified handle and a floss holder can make brushing and flossing easier.
- If possible, use fluoride toothpaste and mouth rinse to prevent tooth decay and strengthen the enamel. For patients who cannot tolerate toothpaste, try diluting an acceptable mouth rinse and dip the toothbrush in that. Sometimes plain water is okay to use.
- Avoid sugary foods that can damage the teeth.
- These patients should be offered only water or milk to drink. Drink plenty of water to keep the mouth moist and wash away food particles.
- Fun routines are beneficial. A few ideas include singing or counting during brushing; allowing a choice of the flavor of the toothpaste to be used. Always compliment when done with a hearty "Good job!"
- Here are positions which often are easier for cleaning another's teeth: "hygiene in a Highchair," "knee-to-knee" and laying a "swaddled baby: onto a soft rug with the care giver behind the head.
- Clean the teeth in the same manner and at the same time and place every day.
- Model excellent oral hygiene yourself.

If the patient is able to understand, do prepare the person for an upcoming dental visit. There are fun books to read about the dental office. Talk repeatedly about how nice the dental team is and explain that you yourself enjoy and like the dental team. Visit the office first, to make

sure there is easy access into and out of the office. Ask the dental team if the disabled person can visit the reception area a few times. Just sit there and read or color with the child, to familiarize the person with the dental office. Ask the dental team to talk to the patient without a mask and white coats and goggles for a few minutes. Ask the dental team if the patient can visit “the back” and listen to the sounds of the office.

Schedule disabled patients for the first appointment of the day if possible. Early appointments can help ensure that everyone is alert and attentive and that waiting time is reduced. At the actual dental appointment, make sure that comfortable and loose clothing is worn. If there is a comforting blanket or toy, be sure to bring that along.

Before the actual appointment, repeatedly tell the patient what will be happening, step by step. There are many books available about visiting the dentist. Before any appointment, determine how the patient will be transferred from wheelchair to dental chair. It is recommended that familiar adults do so.

Providing dental care to individuals with disabilities does require increased awareness, attention and accommodation by the dentist and dental staff. Here are some of the things that the dental team might do:

- Emphasizing preventative measures such as fluoride varnishes, more frequent dental cleanings, and sealants.
- Consultation with other health care providers. An example of accommodation would be sugar-free medicines.
- The caregiver might be asked how to communicate with patients who have a sensory impairment.
- Patient accommodations.
- Behavior management techniques used at home can often be transferred to the dental office.
- Modifications to routine treatment procedures
- Placing pillows from home on both sides of the patient can provide stability.
- Shorter appointment times may be recommended. These require extra trips to the dental office.

Most general dentists will provide excellent care in their offices for all ages and abilities. Speak to your own dentist first. Sometimes there will be a referral to specialists. These include:

- Pedodontists for children
- Hospital dentists
- The University of Michigan School Of Dentistry Integrated Special Care Clinic

We want disabled people to have the highest quality of life and overall health as possible. Therefore, let’s control those areas of our lives we can to enhance these goals. Excellent dental health is a good place to start.

Stay Strong,
Jessica A. Rickert, DDS, Anishinaabe Dental Outreach
231-313-8407, jrickert@deltadentalmi.com; jarickert@charter.net



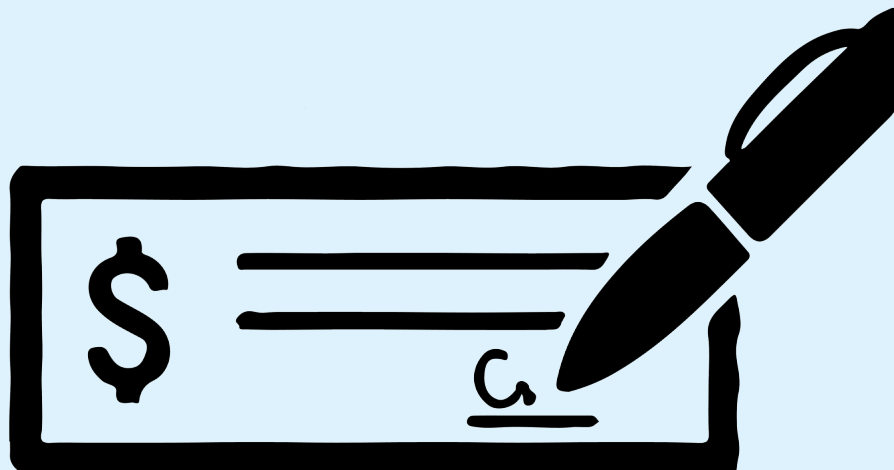
OUTSTANDING CHECKS 2021

CHECK NUMBER	CHECK DATE	ID	PAYEE	CHECK AMOUNT	
276983	4/1/2021	2368	Steven L. Compeau	639.36	
279985	7/1/2021	2368	Steven L. Compeau	895.75	
281686	10/1/2021	2368	Steven L. Compeau	1,741.25	3,276.36
277366	4/1/2021	0738	June M. Strobel	639.36	
277446	4/1/2021	0571	Joseph F. Adamczak	319.68	
282148	12/15/2021	0571	Joseph F. Adamczak	705.36	1,025.04
277538	4/1/2021	2221	Shawn M. Birdsall	319.68	
278770	7/1/2021	2221	Shawn M. Birdsall	447.88	
280568	10/1/2021	2221	Shawn M. Birdsall	870.63	
282261	12/15/2021	2221	Shawn M. Birdsall	895.92	2,534.11
277648	4/1/2021	1110	Bridget Cole	319.68	
277680	4/1/2021	5308	Jennifer A. Crampton	319.68	
277733	4/1/2021	4117	Lloyd J. DeYoung III	159.84	
278965	7/1/2021	4117	Lloyd J. DeYoung III	223.94	
280745	10/1/2021	4117	Lloyd J. DeYoung III	435.31	
282519	12/15/2021	4117	Lloyd J. DeYoung III	447.96	1,267.05
277735	4/1/2021	4148	Robyn L. DiSilvestro	319.68	
278967	7/1/2021	4148	Robyn L. DiSilvestro	447.88	767.56
277829	4/1/2021	4997	Troy A. Genereaux	319.68	
277921	4/1/2021	3425	Jacob D. Holub	319.68	
277968	4/1/2021	2225	Kelsey E. Keebler	319.68	
279198	7/1/2021	2225	Kelsey E. Keebler	447.88	
280965	10/1/2021	2225	Kelsey E. Keebler	870.63	
282834	12/15/2021	2225	Kelsey E. Keebler	895.92	2,534.11
277974	4/1/2021	1837	Justin L. Kelsey	319.68	
279202	7/1/2021	1837	Justin L. Kelsey	447.88	
280968	10/1/2021	1837	Justin L. Kelsey	870.63	
282838	12/15/2021	1837	Justin L. Kelsey	895.92	2,534.11
278009	4/1/2021	0560	Heather Krick	319.68	
278086	4/1/2021	2475	Jeffrey J. Marks	319.68	
278482	4/1/2021	4525	Stacey K. Speer	319.68	
278484	4/1/2021	3830	Ronald R. Spoerl	319.68	
279707	7/1/2021	3830	Ronald R. Spoerl	447.88	
282110	10/4/2021	3830	Ronald R. Spoerl	514.15	1,281.71*

*Reissue for Oct19/reissued check voided to clear 2019 check.

OUTSTANDING CHECKS 2021

CHECK NUMBER	CHECK DATE	ID	PAYEE	CHECK AMOUNT	
278514	4/1/2021	1106	Greye W. Stroh	319.68	
278574	4/1/2021	3152	Pauline Wabindato	319.68	
279795	7/1/2021	3152	Pauline Wabindato	447.88	
281514	10/1/2021	3152	Pauline Wabindato	870.63	
283627	12/15/2021	3152	Pauline Wabindato	895.92	2,534.11
278603	4/1/2021	2981	Heather W. Warren	319.68	
279453	7/1/2021	4571	John K. Oskaboose	447.88	
279531	7/1/2021	4596	Cory S. Ramberg	447.88	
279774	7/1/2021	4804	Darrell J. Vanas	447.88	
279796	7/1/2021	2563	Rachqel M. Wabindato	447.88	
279966	7/1/2021	2419	Cynthia Champagne	895.75	
280439	7/1/2021	1404	Roger Wilson Jr.	895.75	
283710	12/15/2021	1404	Roger Wilson Jr.	1,791.85	2,687.60
280686	10/1/2021	3633	Stacy L. Conner	12.52	
280774	10/1/2021	4471	Heather F. Ellis	870.63	
282561	12/15/2021	4471	Heather F. Ellis	895.92	1,766.55
280918	10/1/2021	5044	Justin P. Holman	870.63	
282765	12/15/2021	5044	Justin P. Holman	895.92	1,766.55
281408	10/1/2021	0751	Laura L. Sikorski	870.63	
283476	12/15/2021	0751	Laura L. Sikorski	895.92	1,766.55
281609	10/1/2021	4794	Carolyn Ashby	1,741.25	
283199	12/15/2021	4181	Susana M. Pagan	895.92	
283299	12/15/2021	4893	Jerome F. Ray	1,791.85	
283766	12/31/2021	3085	Roxanne J. Raveling	1,791.85	



There's nothing quite like the feeling that comes with spotting a majestic buck through the trees. The crunch of leaves underfoot and the patience required to wait for the perfect shot all contribute to the magic of the hunt. We want to hear about your most memorable moments.

We're eager to receive your submissions and share your hunting stories with our tribal members. Let's celebrate the rich tapestry of experiences that make hunting a cherished tradition for our people. Together, we'll showcase the beauty of nature, and the respect we hold for the wildlife that graces our forests.

We look forward to hearing from you!

Submit Your Photos:

Send high-resolution images of your successful deer hunts. Include your name and location for proper credit.

Share Your Story:

Write a brief account of your hunting experience. Highlight the memorable moments and lessons learned.

Send your photos or stories to be featured in upcoming issues of the Little River Currents.

Email: newsletter@lrboi-nsn.gov

HUNTER'S CORNER

Hunters enjoy being in nature, sharing stories, and creating memories with friends and family. It's all about going out into the wild, using skills to track and catch animals. Hunting isn't just about getting food. It's also a way to connect with nature and learn about wildlife in your area.

We hope to hear from you to share your hunting stories and photos.



“The buck came out earlier than expected in the day, when I ended up shooting it, I shot it dead center of the lung and it dropped where it was. It didn't run or anything. It was also my first deer I've ever shot. I shot it on tribal land.”

Kateri Ceplina (17)

LITTLE RIVER COMMUNITY DAY

December 21, 2023 from 10am-5pm



I braved
28th St
for beads
powwowsupply.com



Bead & Powwow Supply is honored to partner with the LRBOI to host the Little River Community Day on December 21, 2023. The LRBOI Community is invited to visit the Grand Rapids storefront for a day of socialization, shopping, and visiting.



Bead &
Powwow
Supply
powwowsupply.com

5747 28th St SE
Suite 104
Grand Rapids, MI 49546

989.941.5861.
info@powwowsupply.com

Learn to make a Ribbon Skirt

2 dates to choose from!

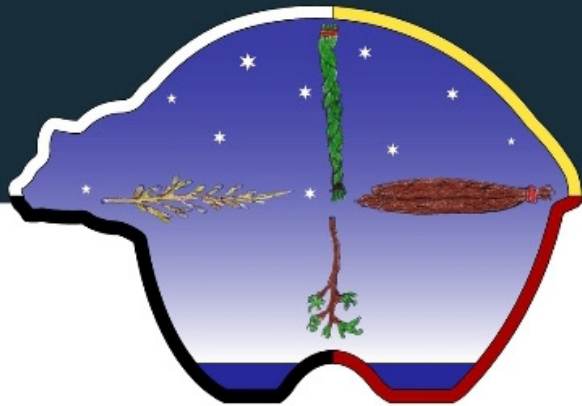
Supply List:

- 1.5 - 2 Yards of Fabric, Quilting Cotton works best.

We provide Sewing Machines, Ribbon, Thread, and Elastic.

Youth are encouraged to attend, but must be have an adult helper with them.

Please bring a snack to share



MANISTEE

DECEMBER 10, 10AM-5PM
DECEMBER 12, 5-8:30PM
AKI COMMUNITY CENTER
2953 SHAW BE QUO-UNG

MUSKEGON

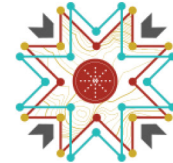
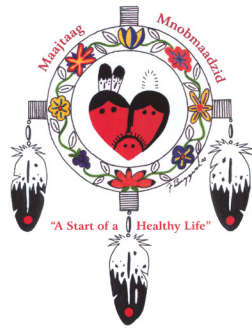
DECEMBER 3, 10AM-5PM
DECEMBER 13, 5-8:30PM
LITTLE RIVER HEALTH CENTER
1478 E. ELLIS RD



Space is limited! Email or call to register!
KimberlyHinmon@lrboi-nsn.gov (231) 655-3651

Calling Tribal Members

Are you looking for Healthy Start or Youth Services in Detroit?



TRIBAL
HOME
VISITING

We offer the following services:

What You Receive

- Individualized pregnancy and parenting support in your home or at the location of your choice
- Breastfeeding help and support
- Transportation to medical and other appointments
- Assistance with obtaining baby items
- After-school Youth Program

Who We Serve

- Parent or child identifies as Native American (no tribal membership required)
- Living in Metro Detroit area
- No income requirements

**OUR PROGRAM IS
FREE FOR EVERYONE!**

CALL TODAY FOR MORE INFO 313-846-3718

We also have medical clinic and behavioral health services, too!



AMERICAN INDIAN

Health & Family Services

4880 LAWNDAL, DETROIT, MI , 48210



FREE Naloxone/Harm Reduction Training

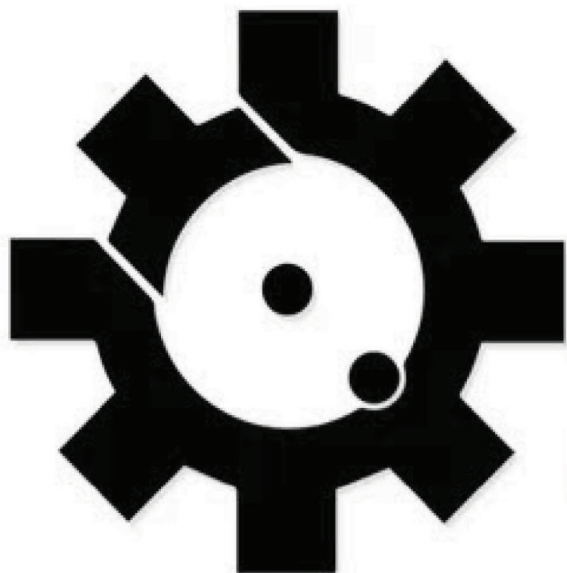
Offered in person and remotely.
2 CEU's available through MCBAP.

Naloxone Can Save a Life

Why should I carry Naloxone?

- Naloxone also known as the brand name Narcan, can temporarily reverse an opioid overdose.
- Drug overdose is the leading cause of accidental death in the United States, with opioids being the most common drug.
- Anyone can carry naloxone.
- Research shows that when naloxone and overdose education are available to community members, overdose deaths decrease in those communities.
- Naloxone is harmless if given to an individual not experiencing an overdose.
- Naloxone cannot be abused.

If interested please **contact Amanda Frazier**, Program Manager.
Phone: 906-632-6896 ext. 130
Email: Amanda.Frazier@itcmi.org



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**

NEED A ROADSIDE RESCUE?

**OPEN
24/7 365**

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SERVICE RIGHT HERE!!**

**WE OFFER LOCKOUTS, JUMP STARTS, TIRE CHANGES
FUEL DELIVERY AND WINCHING (ON & OFF ROAD)**

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KO.OFFROADRECOVERY@GMAIL.COM

2000 MAIN ST #A, MANISTEE, MI 49660

WWW.KOAUTORECOVERYLLC.GODADDYSITES.COM,



- Winching: starting at \$100 anywhere in Manistee, with a price that may vary depending on the requirements, and \$3 per mile beyond 10 miles.
- Lockout service: \$45 anywhere in Manistee, with \$2 per mile beyond 10 miles.
- Jumpstart: \$45 anywhere in Manistee, with \$2 per mile beyond 10 miles.
- Fuel delivery: \$45 anywhere in Manistee, with \$2 per mile beyond 10 miles.
- Tire changes: \$65 anywhere in Manistee, with \$2 per mile beyond 10 miles.

We offer Military, veteran and senior discounts

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](https://etsy.com/shop/AnishinaabeHomestead)



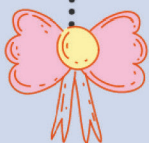


Harper Lou's Bowtique

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.



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





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>

Brakes 

Suspension 

Steering 

A/C Repair 

General Maintenance 

Suspension 

**BOOK NOW
231-299-1355**



**YOU CAN STILL
SIGN UP**

Amazon Business Account

The Little River Band of Ottawa Indians in collaboration with Amazon, are pleased to announce that LRBOI Tribal Members can now access Amazon Business at no cost to the Member.

Benefits!

- Access to million more products than standard Prime**
- Prime shipping and exclusive Business account discounts**
- It's Free!**

Once the account is authorized, Members will receive an email from Amazon. It will be the responsibility of each Member to manage their account and to pay for their orders. The Tribe is limited to the initial authorization of each account.

To sign up, please email amazon@lrboi-nsn.gov and provide your full name as registered with the Tribal Enrollment Department, Tribal ID, and the email address you want the account listed under. Tribal ID verification will be made on each request.