Ninilchik Traditional Council
Newsletter April & May 2014

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Upcoming Closure Dates

The NTC Offices will be CLOSED on:

◊ **Friday, May 23rd**
for the NTC Staff Workshop

◊ **Monday, May 26th**
for Memorial Day

Council Meeting Schedule

The next Regular Council Meetings are scheduled for:

◊ Friday, April 11th at 10:00 AM

◊ Thursday, May 15th at 10:00 AM *(Tentative)*

The NTC Regular Council Meetings take place at the NTC Administration Conference Room at 15910 Sterling Highway. The meetings are open for tribal members to attend and to also participate in the visitors' comments and questions session.

*There are three **$100** door prize drawings for visiting tribal members at each meeting!*

Please call 907-567-3313 or e-mail ntc@ninilchiktribe-nsn.gov for more information about council meetings and other administration functions.

Cover Photo: Spring Breakup from Clam Gulch Overlook

Who We Are

The Ninilchik Village Tribe is made up of approximately 800 members who trace their roots to the Ninilchik tribal lands as well as other Bureau of Indian Affairs-recognized Alaska Natives and American Indians who have settled in the tribal boundaries and have applied, and been accepted, for membership. The governing body of the Ninilchik Village Tribe, the Ninilchik Traditional Council, is presided over by a board of directors of 5 council members elected by the voting tribal membership to 3 year terms. The council directs executive staff using the Ninilchik Village Tribe's Organic Documents, which are set by the voting tribal membership to exercise tribal operations and tribal sovereignty, as guidelines.

Ninilchik Tribal Boundaries
(Map is approximation)

NTC Board of Directors

Richard Greg Encelewski
President

William Dean Kvasnikoff
Vice President

Tammy Bear
Secretary & Treasurer

Whitney Schollenberg
Director

Kenny Odman
Director

NTC Executive Director
Ivan Z. Encelewski

NTC Staff

Department Directors

Bob Crosby, Housing Director
Maria Goins, Chief Financial Officer
Janet Mullen, Tribal Health Director
Christina Pinnow, Tribal Services Director
Shelley Self, Deputy CEO
Darrel Williams, Resource & Environmental Director

Staff

Krizzie Basmayor, Health & Wellness Club Attendant
Dave Bear, EMS Assistant
Shirley Chihuly, Education Manager
James Day, Head Maintenance Laborer
Jenn Day, Clinic Administration & Patient Accounts Specialist
Ashley Eisenman, Health & Wellness Club Attendant
Caroline Finney, Community Health Practitioner
Maricel Folkert, Community Health Aide & Medical Assistant
Joshua Geibe, Registered Nurse
Jennifer Gilbertson, Health & Wellness Club Attendant
Donna Henry, Behavioral Health Services Manager
Eric Hanson, Maintenance Assistant
Lynn Kennedy, Health & Wellness Club Attendant
Argent Kvasnikoff, Administrative Assistant
Leslie McCombs, Clinic Front Desk Receptionist
Jennifer Miller, Clinic Medical Biller
Perry Miller, Systems Administrator
Jamie Oskolkoff, Secretary-Receptionist
Pat Oskolkoff, Clinic Special Projects Coordinator
Diane Pherson, Procurement Officer & Finance Assistant
Michael Pinnow, Assistant Maintenance Laborer
Nancy Pulliam, Assistant Maintenance Laborer
Daniel Reynolds, Resource Technician
Tiffany Robuck, Native Youth Olympics Coach
Lindsay Schnabl, Health & Wellness Club Attendant
Dr. Sarah Spencer, Medical Provider
Bettyann Steciw, Social Services & ICWA Specialist
Tiffany Stonecipher, Elders Outreach Program Coordinator
Anna Sutton, Clinic Information Coordinator
Maureen Todd, Behavioral Health Aide
Brie Wallace, Health & Wellness Club Manager
Carrie Warren, Family Nurse Practitioner
Gina Wiste, Environmental Technician

Executive Director's Address

Ivan Z. Encelewski
NTC Executive Director

As spring approaches, I hope that everyone had a positive and productive winter. At this time, we have not receive notice regarding the educational fishery status for 2014. In all honesty, things look fairly ominous, specifically with regard to king salmon. The recent board of fish meetings, coupled with unprecedented forecasts for low king salmon returns, have put a damper on my normally extremely positive outlook. As evidence of this, the early run king salmon fishing on the Kenai has already been shut down prior to the season. We will however persevere and continue to work towards meaningful subsistence for the community, although we need to be vigilant and realistic in our expectations. We are also submitting new proposals to the Federal Subsistence Board for more meaningful methods and means for harvest on the Kenai and Kasilof rivers in federal waters. On a similar note, the clam beaches here in Ninilchik have now been closed by the state via emergency order due to low populations. The tribe previously and ardently lobbied the state to reduce the limit over the years in recognition of the declining clams and was met with deaf ears. They responded that things were sustainable and everything was in essence fine, but we now know that our original concerns were valid and should have been addressed earlier. These are examples of disconcerting efforts we experience when dealing with sustainability issues and harvest for our local resources. On a positive note, we are redoubling our efforts to make trips to Polly Creek for clams this summer.

I previously reported that Tiffany Stonecipher was leaving as the Elders Outreach Coordinator. I am delighted to report that she is staying with us and is already back working with the Tribe. She held an initial elder's luncheon on March 10th and we are back on schedule for regular meals scheduled for Mondays at 12:00 p.m. at the NTC Subsistence building. Please mark your calendars and check the schedule online or further on the Elders Program page to look for when meals aren't provided due to closures.

The NTC Transit Facility construction project is nearing completion and the Environmental/ Resource Department has moved into their new building on Oil Well Road. We are extremely excited to have another facility and I can't thank Darrel and his crew enough for this enormously positive endeavor, which has made an invaluable addition to tribal infrastructure. Darrel has committed a massive amount of time and training in developing a successful force account construction model that was implemented for this structure. This made the project financially feasible and it represents major capacity building for future endeavors as well. We now own **all** of our buildings and offices outright, a long sought after goal that has now been achieved.

On the council news front, the board held their regular meetings on February 13th and March 14th, 2014 respectively. As is customary, they heard reports from the program directors and discussed ongoing activities. The council adopted resolutions which included updating signature cards and amended a housing policy in regards to increasing mod/rehab program limits for modular homes. They approved the fiscal year 2013 audit and agreed on a new policy for NTC properties, adding a 20 foot smoke-free perimeter around all NTC facilities.

The board of directors has recently changed as well and I want to thank Gary Jackinsky for his work on the NTC once again. He recently resigned his position on the board in order to relocate and take an exciting new job in Southeast. I thank him for his service again and we wish him great success in his endeavors. Along these lines, Kenny Odman has been appointed by the board in order to take Gary's spot and I congratulate him and welcome him back to the council.

As stated before, the fiscal year 2013 audit was adopted by the council this past month. This report is another clean audit and has no findings or questioned costs, representing another

Executive Director's Address cont.

immaculate job by our team, especially by our Chief Financial Officer Maria Goins. This is our sixth consecutive clean audit with no findings and she continues to provide unbelievable and astute financial oversight. I cannot thank her enough.

The Ninilchik Chamber of Commerce is working towards updating the sign as you enter Ninilchik as well as their website and outreach activities to include additional business and organizational interest in the community. They have asked for any high resolution pictures that are not copyrighted or that you would be willing to share for inclusion on this site. These pictures would depict Ninilchik and the community. If you have anything that you are willing to share I would encourage you to contact us in order that we can forward this on to them.

Finally, I want to thank Christina Pinnow and the Tribal Services staff for another great year at the Early Learning Program (ELP). The graduation for the young folks is scheduled for April 24th, 2014 at 11:00 a.m. I want to congratulate our youth and send my best wishes in their further education. As is commonly and correctly said, the children are our future.

As always please feel free to stop in for some coffee, and I encourage you to attend the regular council meetings or get involved with ongoing events and activities here at the Tribe. The next scheduled regular council meeting is set for Friday, April 11th, 2014 at 10:00 a.m.

Thank you.

Sincerely,

Ivan Z. Encelewski
NTC Executive Director

Housing

"We never know the worth of water till the well is dry." - Author Unknown

Hello Folks,

The days are getting longer and spring is in the air, so it's now time to get those housing applications into my office for approval! All applications take time to process and wintertime and spring is the perfect time to get that part out of the way. We have to have time to verify for eligibility, and some programs require a detailed *Environmental Review* before we can begin any work. Please keep in mind that Environmental Reviews can take as long as three months to conduct, so turning in an application in July or August to have your home re-roofed most likely means that the job will not be done until the following summer. This also means that we would have to re-verify the household's income eligibility in the next year. Applications can be found here at the NTC main office, or on the Housing's web page at ninilchiktribe-nsn.gov/departments-and-services/housing/

There have been two changes made to the Home Rehabilitation Program regarding both the grant amounts and defining what type of trailer is qualified. We have now defined what assistance will be given to modular and manufactured homes that were built to the HUD Safety Standards manufactured from 1990 on will be qualified for the full $30,000 dollar grant as all other homes currently are. All other forms of trailers, mobile homes, or manufactured home or modular homes built before 1990 are not eligible for assistance.

The annual income limits on who is eligible for housing assistance have also gone up recently. Listed below are household size and income maximum income eligibility amounts:

- 1 Person: $42,650
- 2 People: $48,750
- 3 People: $54,850
- 4 People: $60,900
- 5 People: $65,800
- 6 People: $70,650
- 7 People: $75,550

We will be starting our construction season soon and are putting together a list of people interested in working if there should be any job openings with contractor firms in contact with NTC needing help. This could be anything from laborers, framers, roofers, electricians, sheet-rockers, painters, etc. If you would like to be placed on this list, please drop off a letter of interest that details what type of work you are interested in doing, if you have any experience or not, and ways that the contractor will be able to contact you directly. This is for both women and men age 18 and older.

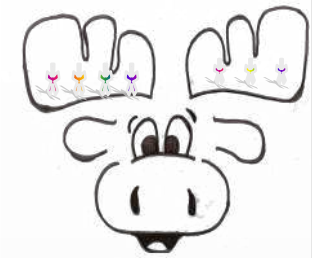
Until next time, have a wonderful spring!

Bob

If you are interested in any of the NTC Housing programs you can view the applications online at ninilchiktribe-nsn.gov under Housing in the department menu. For any questions or information about the Housing Department please contact Housing Director Bob Crosby at the NTC office by calling 907-567-3313 or e-mailing bob@ninilchiktribe-nsn.gov

Tribal Services

Early Learning Program



Classroom Activities

This month the students have been busy learning about the letters:

- **S:** For spin art, strawberries, and snakes.
- **T:** For tractors, teeth, and toothbrushes.
- **U:** For up, under, and umbrellas, and
- **V:** Vase of violets.

In April, students will complete the alphabet ending with **W, X, Y** and **Z!**

The students learning about the color spectrum.

Extended Days

We are now running our 5 week extended day program for students entering Kindergarten in the fall. This is a wonderful opportunity for students to reinforce their academic and classroom skills learned throughout the school year.

Graduation Time!

This year's Early Learning Program Graduation ceremony will be Thursday, April 24th at 11:00 AM at the ELP classroom. Parents and families of the graduates are invited to attend. Come join us to mark a year of learning well done on one last day before summer!

Active Wear for Active Kids

Tribal Services continues to assist families and children throughout our service area. We distributed athletic wear to 54 families and 116 children. We also dispersed the athletic apparel to five schools in the service area and outfitted the Ninilchik NYO team members. South Peninsula Haven House also benefitted from our donation. They promote healthy families, safe children and peaceful communities.

For more information about the Early Learning Program please contact Christina Pinnow at 907-567-3313 or e-mail chris@ninilchiktribe-nsn.gov

Tribal Services cont.

Child Care

It's not too early to start thinking about child care for this summer. Child care subsidies help low-income families with children under age 13 pay for child care so that parents can work or participate in training or education activities.

Who Benefits from CCDF-Funded Child Care Programs?

Children:
From birth through age 12 in vulnerable families have access, through CCDF, to child care settings that meet their needs, from full-day early care to afterschool care for school-age children. All children in child care benefit from CCDF investments to help programs meet higher standards and improve the quality of teachers.

Parents:
In eligible low-income families receive help paying for child care at a provider of their choice. Parents also may receive consumer education on such topics as what to look for in a quality child care provider. All parents with children in child care benefit from CCDF quality investments and from the peace of mind that comes from knowing CCDF funds are being used to improve child care facilities throughout Alaska.

Child care providers receive reimbursement for serving low-income families and can draw on networks of training and technical assistance resources to help them provide high-quality child care services.

To get your application started contact Bettyann Steciw at 567-3313 or e-mail bettyann@ninilchiktribe-nsn.gov

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Foster Care

May is National Foster Care Month and we NEED foster parents!

What is the role of a foster parent?

As a foster parent, you are responsible for the temporary care of a child who has been placed outside his or her own home. During a time of disruption and change, a child needs a safe, stable, and nurturing home. As a foster parent, you are responsible for the temporary care of a child who has been placed outside his or her own home. During a time of disruption and change, a child needs a safe, stable, and nurturing home. The role of the foster parent is to:

- Provide temporary care for children, giving them guidance, and a safe, stable, nurturing environment.
- Work with the caseworker and the child's family so that the child can safely return home.
- Participate with the caseworker and the child's parents in supporting a case plan.
- Adhere to the confidentiality of the child and his or her family.
- Understand the need for, and goals of, family contacts and help with visits.
- Establish and follow through with the family contact plan with parents and siblings.
- Help the child cope with the separation from his or her home.
- Encourage and supervise school attendance, and participate in teacher conferences.
- Provide positive reinforcement, redirection, realistic expectations, and consistent limits with the children.
- Work with the agency in arranging for the child's medical and dental care.
- Work with the child on creating a Life Book (a combination of a story, diary, and scrapbook) that gives the child a meaningful history of their life experiences.

Tribal Services cont.

- Stay current and complete required training.
- Inform the caseworker promptly about any problems or concerns so that needs can be met through available services.
- Maintain records (e.g., health, medical and dental treatment records; immunization records; and school records and report cards, etc.), and return to the assigned caseworker when the child leaves your home.
- Respect the child's culture/religion.
- Report any household changes.
- Report any suspected abuse or neglect.

If you are interested in becoming a foster parent, have questions about foster care rate schedules or just not sure where to start, contact Bettyann Steciw at bettyann@ninilchiktribe-nsn.gov

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Conscious Discipline Parenting Course

NTC Tribal Services in cooperation with Maria Calhoun, LPC, Program Coordinator at Sprout Family Services presented the Conscious Discipline course, a program that empowers adults to consciously respond to daily conflict, transforming it into an opportunity to teach critical life skills to children. We had nine families that participated in the five week course.

By implementing the powers and skills together, we learn to stay in control of ourselves and in charge of children in a manner that models the same skills we seek to teach. This empowers children to successfully learn and internalize lifelong skills. The skill themes presented were:

Composure
Life/Communication Skills: Anger management, gratification delay.
Value: Integrity

Encouragement
Life/Communication Skills: Pro-social skills (kindness, caring, helpfulness).
Values: Interdependence, optimism, gratitude.

Assertiveness
Life/Communication Skills: Bullying prevention, healthy boundary creation.
Value: Respect for self and others.

Choices
Life/Communication Skills: Impulse control, goal achievement.
Value: Persistence.

Empathy
Life/Communication Skills: Emotional regulation, perspective taking.
Values: Honoring diversity and honesty.

Positive Intent
Life/Communication Skills: Cooperation and problem solving.
Values: Compassion, generosity.

Consequences
Life/Communication Skills: Learning from your mistakes.
Value: Responsibility.

Bettyann and the participants holding their certificates.

Thank you to Sprout Family Services for helping provide this great opportunity in our area!

To contact the Tribal Services department please call 567-3313 or e-mail the following addresses:
Christina Pinnow, Tribal Services Director: chris@ninilchiktribe-nsn.gov
Shirley Chihuly, Education Manager: shirley@ninilchiktribe-nsn.gov
Bettyann Steciw, Social Services & ICWA Specialist: bettyann@ninilchiktribe-nsn.gov

Niqnalchint Library & Arts

Library Updates & Events

Is there something you'd like to see the tribal library have on the shelves or provide? Let us know and we can add it!

Niqnalchint Creative Writing

If you are a beginner interested in writing, whether it's stories, poetry, or even writing for information, join a meeting of our creative writing group to learn about different skills and inspirations to get you started! The group is led by local educator and writer Jamie Leman and meets semi-monthly in the NTC Administration Conference Room. At each meeting the group learns about a writing topic and begins a related activity in a fun and cooperative class style setting.

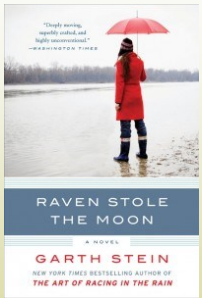
Next Meeting: Friday, April 18th at 2:00 PM
At the next meeting on we will be sharing our ideas for children's stories we created a main character for at the previous meeting, continuing to look at children's literature, and we will cover a new poetry style for brainstorming.

Tahyiga Book Club

The Tahyiga Book Club meets monthly to discuss contemporary Alaskana and world literature, focusing on indigenous and cultural identity themes. If you are interested in new, engrossing novels with multicultural views please come and participate! The club meets on late month Fridays (except this May) at 3:30 PM at the NTC Administration Conference Room. The next meetings will be on **April 25th & Thursday May 22nd.** Joining the book club is free and open to the public, and signing up is easy to do. Just call or e-mail Argent for more information.

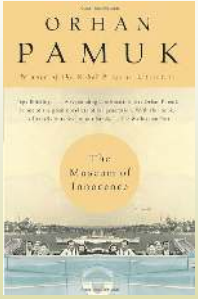
Book Club Selections Coming Up:

April Selection



Raven Stole The Moon by Garth Stein

May Selection



The Museum of Innocence by Orhan Pamuk

*The next two people to join the book club will receive a **free** book a month for a year. That's 12 books for you to keep and share.*

New Book Spotlight: Just some of the new titles in our collection:

Fiction

The Martian

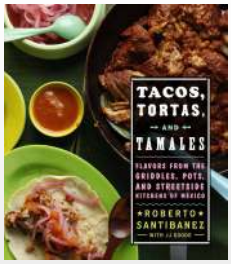
Andy Weir - 2014

Non-Fiction

Super Graphic

Tim Leong - 2013

Cookbooks



Tacos, Tortas & Tamales

Roberto Santibanez - 2012

DVD

Chasing Ice

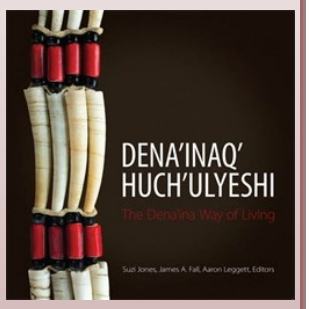
Jeff Orlowski - 2012

Niqnalchint Library & Arts cont.

"Dena'inaq Huch'ulyeshi" comes to the Kenai Peninsula

We are excited to announce that this summer starting on Friday, May 23rd the Pratt Museum in Homer will be hosting the groundbreaking Dena'inaq Huch'ulyeshi exhibit. This collection of Dena'ina antiques and artifacts was amassed for a special exhibit at the Anchorage Museum in late 2013 to celebrate the Cook Inlet's little known, unique indigenous heritage that has possibly faced the most transformation of all of Alaska's native cultures.

The exhibit features numerous objects on loan from several world-renowned museums and cultural institutions across the globe and it provides a once in a lifetime opportunity to gain a face to face view of the pre-contact, 19th century, and today's contemporary people.



Along with the exhibit, a companion book of the same title was published to document the collections and provide insight into the history and culture of the Dena'ina people and how the culture lives on today despite the rapid urbanization of much of the traditional Dena'ina lands. This book is available for viewing in the Niqnalchint Library and can be purchased at the Pratt Museum or from the Anchorage Museum web store at www.anchoragemuseum.org

The Ninilchik Traditional Council is honored to be a major supporter of this exhibit a would like to thank the Pratt Museum for its work to host this extraordinary collection at home in one of our people's communities.

Pratt Museum

We encourage everybody living in or visiting the Kenai Peninsula this summer to take time to visit this historic exhibit. The exhibit is open from May 23rd to September 1st and will feature events and presentations. Check the Pratt Museum's schedule online at www.prattmuseum.org for more information.

"Key Ingredients: America by Food" and "Putting By: Food and Identity on the Kenai"

The Pratt Museum is also excited to be the initial Alaska stop for *Key Ingredients: America by Food*. This nationally traveling exhibit, produced by the Smithsonian Institution, explores the many facets of American food culture. Our recipes, menus, ceremonies, and etiquette are directly shaped by our country's rich Native and immigrant experience, the history and innovations of food preparation technology, and the ever-changing availability of key ingredients.

John Waterman & garden produce, 1930

Throughout the exhibit gallery there will be opportunities to share some of your own stories about food and culture in the Lower Kenai Peninsula region. Public participation will help to inform the subsequent exhibit, *Putting By: Food and Identity on the Kenai,* which will open on May 15. Focused around foods collected and preserved to last the winter, this exhibit will explore the particularly seasonal nature of our local cuisine and food traditions.

Ninilchik tribal members are encourage to participate and share their own stories of food and subsistence in the local focus of this enriching national discussion.

For more information about the Niqnalchint Library or other arts and culture activities please contact Tribal Librarian Argent Kvasnikoff at the NTC Administrative Office by phone at 567-3313, or by e-mail to argent@ninilchiktribe-nsn.gov

NTC Community Clinic

Ninilchik Health Fair

submitted by Jenn Day

The annual Ninilchik Health Fair was held at the Ninilchik School on Saturday March 22nd. The fair was put on by the Alaska Health Fair Inc. in conjunction with the Ninilchik Clinic. The crowds had the opportunity to learn about important health topics such as nutrition, arthritis, healthy weight, stress relief and much, much more.

This year we were excited to expand from the typical informative booths to additional interactive activities. This year brought tours of an ambulance, a drunk driving obstacle course, and cooking demonstrations sending wonderful aromas throughout the area beckoning visitors to try samples.

The Health Fair was a large success as the community came together to become more aware of important health and safety topics as well as share in a sense of community. A big thanks also goes out to the many local vendors who donated items or gift cards for our drawing giveaways. We look forward to putting on another great Health Fair next year!

Thanks,
Jenn

Recipe from the Diabetic Friendly Cookbook
Crispy Golden Cereal

Ingredients

- 4 cups oatmeal
- 2 cups wheat germ
- 1 cup sesame seeds
- 1 cup chopped walnuts
- ½ cup unsweetened flaked coconut
- ¾ cup vegetable oil
- ½ cup granulated brown sugar replacement
- ¼ cup water
- 2 tablespoons vanilla extract

Directions

Combine oatmeal, wheat germ, sesame seeds, walnuts, and coconut in a large bowl. In a blender, combine liquid shortening, brown sugar replacement, water, and vanilla. Beat until thoroughly mixed. Slowly pour liquid shortening mixture over cereal mixture; stir to coat cereal mixture completely. Spread out on cookie sheets. Bake at 350°F (175° C) for 1 hour. Stir frequently and reverse the oven position of pans after 30 minutes. Cool and store in tightly covered containers.

Nutrition

Yield: 20 servings
Exchange: 1 serving: 1 bread, 3 fat
Each serving contains 215 calories and 16 grams of carbohydrates

NTC Community Clinic

15765 Kingsley Road
P.O. Box 39368
Ninilchik, AK 99639

Clinic: (907)-567-3970
Outreach: (907)-567-3370

For more information about the clinic's services please call Tribal Health Director Janet Mullen at 567-3370.

NTC Community Outreach, Behavioral Health

About NTC Behavioral Health Services

We provide both integrated mental health and substance abuse treatment services. Our mission is to provide the highest quality of care while meeting the client's self-determined goals for treatment. We provide these services in a supportive, compassionate, culturally competent, and strengths-focused treatment setting. Our services are open to everyone. We are a State of Alaska certified Alcohol Safety Action Program (ASAP) provider and offer ASAP assessments, outpatient treatment, and the State of Alaska Alcohol Drug Information School (ADIS). Please contact us for further information at 907-567-3370.

The NOISE Makers Youth Coalition

Upon receiving a grant from the Department of Juvenile Justice, we established The NOISE Makers Youth Coalition. In correspondence with the goals of the Ninilchik Outreach and Involvement Student Experience, The NOISE Makers, will working to implement programs which reflect the priorities and the mission of Ninilchik Traditional Council and the Behavioral Health Department. Students ages 12-18 who join The NOISE Makers will work to enhance Ninilchik's natural beauty by planting trees, starting a recycling program, and cleaning up garbage once a month from May to September. Members will engage in a Ninilchik Heritage Project where they will lead elementary classes on tours of the village and instruct them on the history of our area. The NOISE Makers will also be peer mentors and lead discussions at the school once a week regarding substance abuse, positive self-image, suicide prevention, and wellness.

Coach Tiffany and the Ninilchik NYO Team

Native Youth Olympic Team

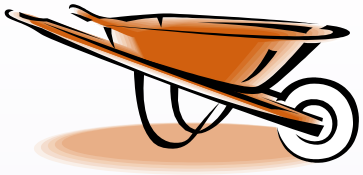
Our Junior Native Youth Olympic Team ended their season with their final tournament in Seward where many of our junior athletes placed in their events. Upon returning home athletes attended an end-of-the-season award ceremony and pool party, where each participant received an award recognizing their achievements in NYO. Our senior team is planning on attending the state championship competition in Anchorage at the end of April. Gooooo NYO!

Additionally, Behavioral Health used teambuilding activities as learning experiences for social skills including increasing kindness toward others and reducing bullying. The youth created group pictures of what they want their community to look like and what it means to help others. The coach also has talking circles during which the youth discuss their day and what they're grateful for.

NTC Community Outreach, Behavioral Health cont.

Community Garden

We have begun accepting applications for the NTC Community Garden located behind Tovarish Manor on Aspen Avenue by the Senior Center. Members of NTC are strongly encouraged to apply for a plot at the garden where they may grow and harvest fruit and vegetables of their choice. Plots are 6'x6' and NTC will prepare the soil. Gardeners will be responsible for purchasing, planting, tending, and harvesting their own crops. Applications are available at the NTC Community Outreach building.

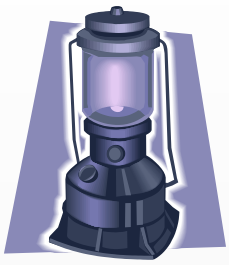


Outreach

During the Ninilchik School home basketball tournament in February we were asked to host the homecoming dance at the Teen Center. It was an excellent opportunity to work with the school and strengthen our relationship. Originally, all of the visiting basketball teams were invited, but they had to begin traveling home as soon as the tournament ended so we had a substantially smaller turn out than we originally anticipated, but the Ninilchik students who attended reported having a good time.

We had 12 students show up at the Teen Center for our airsoft event on March 15th. The event was coordinated by students who were interested in bringing airsoft to Ninilchik. The Kenai Peninsula Fair generously offered their vacant grounds as the course and participants played for 6 hours practicing leadership, teamwork, strategy, and weapons safety.

By working with Ninilchik School and Brave New Alaskan Voices, a slam poetry group out of Anchorage, we have organized a poetry writing and performance workshop for the entire Junior High and High School on March 21st. In the evening a performance was held and everybody had a wonderful time sharing their words.



On May 9th and 10th the Ninilchik Teen Center will be hosting a young women's overnight retreat. Friday will include a movie night, mini spa, camp fire cast off, and creating a visualization board. Saturday will begin with Yoga and Zumba, followed by workshops on nutrition, self-image, healthy relationships, and completing their visualization board. Our retreat will conclude with a barbecue. We have spaces for 15 girls and are eager to start signing people up.

In correlation with Prom on Saturday, May 17 we are hosting an after prom lock-in at the school. This event is being planned with the purpose of providing students with healthy, fun, and substance-free activities. Students who attend the lock-in must present their prom ticket stub as admission. The lock-in is scheduled to run from 11pm-8am May 17th-May 18th.

One of the primary focuses of the Youth Alcohol Prevention program is outreach. We host weekly events for Ninilchik youth with the goal of providing substance free, pro-social activities that encourage self-esteem, leadership, respect, ownership, and community connectedness.

A challenge hindering the amount of outreach we can provide is a lack of volunteer chaperones. If you are at all interested in supporting our outreach by chaperoning please contact Maureen Todd at 907-567-3370.

For more information about NTC's Behavioral Health Services please call 907-567-3370 or e-mail staff:
Donna Henry, Behavioral Health Services Manager at dhenry@ninilchiktribe-nsn.gov
Maureen Todd, Behavioral Health Aide at mtodd@ninilchiktribe-nsn.gov

NTC Community Outreach, Elders Outreach Program

Ninilchik Elders Outreach Program Mission

The Elders Outreach Program is an organization of the Ninilchik Traditional Council whose purpose is providing services to Elders, 55 and over, in our tribal boundaries that enhance quality of life, integrity of heritage and emblematic of respect and dignity, continuously promoting independent living while simultaneously capturing the history and traditions of our culture.

Elders Luncheon Dates for April & May

- April 7th, 14th, 21st, & 28th
- May 5th, 12th, & 19th

Elders Luncheons are on Mondays at 12:00 PM at the NTC Subsistence Building at 15750 Sterling Highway in Ninilchik. Meals are free however there is a suggested donation box for non-elders and invited guests.

Summer Events

Summer is coming around the corner and it is time to start planning all of our great activities whether it is fishing, harvesting, or just having fun gatherings with family and friends.

If you would like to be a part of future cultural and harvest opportunities or have ideas for ways to continue to spread the bounty or social events, please don't hesitate to call. Previous and future events include trips to Polly Creek for razor clams, educational fishery for salmon, local tour to the SeaLife Center in Seward, hooligan fishing in Kenai River and local moose butchery.

Also if you are interested in volunteering to assist with summer events and services for elders please give me a call!

Keep an eye on our schedule for upcoming spring and summer program activities by visiting the Elders Outreach Program office, attending the next Elders Luncheon, or by viewing the Elders Outreach page online at the NTC website www.ninilchiktribe-nsn.gov

Happy Spring!

If you have any questions, concerns or comments, please feel free to contact Tiffany Stonecipher or visit the Elders Outreach Program office located in the NTC Community Outreach office (next to the NTC Community Clinic). The office hours are Monday through Friday 9:00 am to 5:00 pm. Tiffany is also reachable on her cell phone and by e-mail.

Office: 907-567-3370 ext. 2
Cell: 907-953-0273
E-Mail: tiffany@ninilchiktribe-nsn.gov

Thank You!

Tiffany Stonecipher
Elders Outreach Program Coordinator

Ninilchik Health & Wellness Club

CLUB HOURS

Mon-Fri
7am-9pm

Saturdays
8am-3pm

YOGA

TUESDAY
5:15-6:15
hatha yoga

THURSDAY
5:15-6:15
vinyasa flow

Get in Shape with Tammy

Tammy Zweiacher, a certified personal trainer, has now been at the Club for over a year, and she's still going strong! Between clients she's seen since the beginning, and new clients, she stays busy. But never too busy to meet with you to discuss your fitness goals! If you're in a slump and need extra motivation, or in a plateau and need help pushing through, Tammy can help! She works with *all* fitness levels, and caters workouts to your specific wants and needs. People have been raving about their individual results, and we couldn't be happier for them!

Call Tammy to book a session 907.252.5115.

Tammy has also been leading Boot Camps! In these small, fun group workouts, each person works out at their own level, yet works together as a group to motivate each other and create a sense of camaraderie. NTC is currently offering *free* personal training and boot camp for NTC Tribal Members, as funds allow. What an amazing opportunity to get healthy!

Get Revitalized with Elise

Elise Spofford is a certified massage therapist and yoga instructor. People look forward to her yoga classes each week, and she has developed quite a following. See left for current schedule.
Blessed are the flexible, for they shall not be bent out of shape.
Elise also makes herself available for therapeutic massages for the community for only $65 an hour. Treat yourself or treat a friend. Gift certificates make great gifts. Call to book 907.252.9544

It's nice to be kneaded!

Working out Outside

Outside of Alaska, that is! For some lucky Ninilchikens, winters are spent in warmer climates down in the lower 48. It's so great to get updates from some who are still exercising, and even doing marathons! Thank you to Peggy and Phyllis for sharing their photos. If you'd like to feature a photo in our newsletter, email Brie!

We'll start another Half Marathon Training with Tammy Z this summer. Last year we had a group run and walk the Kenai River Half Marathon in September. We can't wait to do it again. Tammy will help us all get ready to walk, run, or crawl the 13.1 miles (or 26.2 for the full marathon, if you're feeling ambitious). Keep an eye out for advertisements in the upcoming months.

Top: Peggy Leonard rocks a tutu and tiara, along with her Alaska shirt, in an Arizona Rock 'n' Roll marathon this January.

Bottom: Phyllis McCutchan walks in Picacho Peak State Park in Arizona this winter.

Susan Chihuly, Two-Time V.V. Winner!

Our 5th Annual Vinter Vigglov Wellness Challenge has come to an end. We are happy to announce our winner, for the second year in a row, **Susan Chihuly**!

Susan really earned it, working out for hours at the Club daily! She won an iPod shuffle and a one-year Club membership. She will also have her name engraved and posted on our Vinter Vigglov plaque that is displayed at the Club.

Second place went to Elise Spofford and third to Shirley Chihuly, who also won iPod shuffles and Club membership.

We would also like to recognize Kaye Waldsmith, who was just a few points shy of third place. Great job!

We are already looking forward to next January to do it all over again!

April 2014 Dates & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Hatha Yoga 5:15—6:30 PM	2	3 Vinyasa Yoga 5:15—6:30 PM	4	5
6	7 Elders Luncheon 12:00 PM	8 Hatha Yoga 5:15—6:30 PM	9	10 Vinyasa Yoga 5:15—6:30 PM	11 Regular Council Meeting 10:00 AM	12
13	14 Elders Luncheon 12:00 PM	15 Hatha Yoga 5:15—6:30 PM	16	17 Vinyasa Yoga 5:15—6:30 PM	18	19
20	21 Elders Luncheon 12:00 PM	22 Hatha Yoga 5:15—6:30 PM	23	24 ELP Preschool Graduation 11:00 AM State NYO in Anchorage Vinyasa Yoga 5:15—6:30 PM	25 Book Club 3:30 PM State NYO in Anchorage	26 State NYO in Anchorage
27	28 Elders Luncheon 12:00 PM	29 Hatha Yoga 5:15—6:30 PM	30			

May 2014 Dates & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Vinyasa Yoga 5:15—6:30 PM	2	3
4	5 Elders Luncheon 12:00 PM	6 Hatha Yoga 5:15—6:30 PM	7	8 Vinyasa Yoga 5:15—6:30 PM	9 Regular Council Meeting 10:00 AM Young Women's Retreat	10 Young Women's Retreat
11	12 Elders Luncheon 12:00 PM	13 Hatha Yoga 5:15—6:30 PM	14	15 Regular Council Meeting 10:00 AM ***Putting By: Food and Identity on the Kenai* Opens @ Pratt Museum** Vinyasa Yoga 5:15—6:30 PM	16	17 After Prom Lock-in 11:00 PM
18	19 Elders Luncheon 12:00 PM	20 Hatha Yoga 5:15—6:30 PM	21	22 Book Club 3:30 PM Vinyasa Yoga 5:15—6:30 PM	23 NTC Staff Workshop ***Offices Closed*** ***Dena'inaq Huch'ulyeshi* Opens @ Pratt Museum**	24
25	26 Memorial Day ***Offices Closed*** 	27 Hatha Yoga 5:15—6:30 PM	28	29 Vinyasa Yoga 5:15—6:30 PM	30	31

Ninilchik Traditional Council
P.O. Box 39070
Ninilchik, AK 99639
USA

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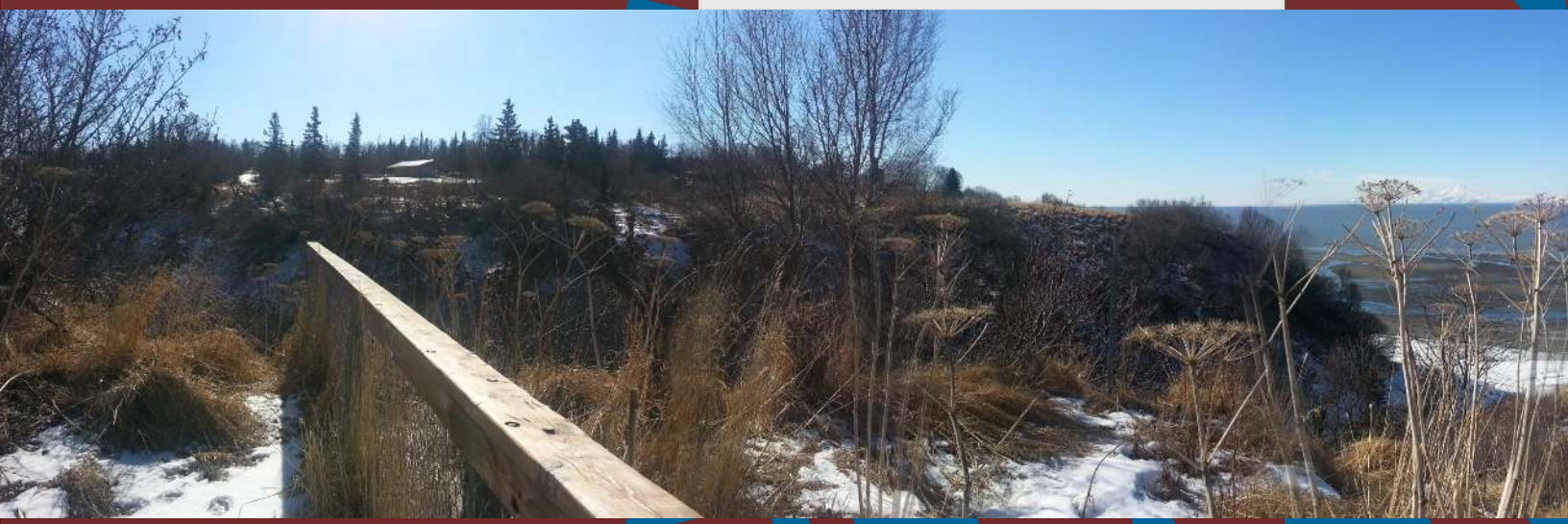
Fax: 907-567-3308
Main E-mail: ntc@ninilchiktribe-nsn.gov



Are you planning to move or change your contact information?

Let us know!

- Tribal members are encouraged to contact NTC Enrollment Officer Christina Pinnow at the NTC Admin Office to keep their information up to date.
- Those on the general public mailing list may contact Argent Kvasnikoff at the NTC Admin Office front desk.

Please call (907)-567-3313 to speak to either Christina or Argent to make sure we can stay in touch. Thank you!