The Ninilchik Village Tribe traces its roots back to the first Native communities located around the Cook Inlet and surrounding area. Tribal Boundaries extend from the South side of the Kasilof River to Homer and East from the Caribou Hills across the Cook Inlet to Mount Redoubt.

Council Meeting Schedule
The next Regular Council Meetings are scheduled for:
- Thursday, February 13th at 10:00 AM
- Friday, March 14th at 10:00 AM

at the NTC Administration Office Conference Room

Office Closures
The NTC Offices will be CLOSED on:
- Monday, February 17th for Presidents Day
- Monday, March 31st for Seward's Day
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.

NTC Board of Directors

Richard Greg Encelewski  
President

William Dean Kvasnikoff  
Vice President

Tammy Bear  
Secretary & Treasurer

Whitney Schollenberg  
Director

Gary Jackinsky  
Director

NTC Executive Director

Ivan Z. Encelewski

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  
Jennifer Day, Clinic Administration & Patient Accounts Specialist  
Ashley Eisenman, Health & Wellness Club Attendant  
Caroline Finney, Community Health Practitioner  
Maricel Folkert, Community Health Aide & Medical Assistant  
Sharon Fromong, Clinic Business Office 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 Oskoloff, Secretary-Receptionist  
Pat Oskoloff, 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  
Anna Sutton, Health Programs Receptionist  
Maureen Todd, Behavioral Health Aide  
Brie Wallace, Health & Wellness Club Manager  
Carrie Warren, Family Nurse Practitioner  
Gina Wiste, Environmental Technician

Ninilchik Tribal Boundaries (Map is approximation)
Executive Director’s Address

Ivan Z. Encelewski
NTC Executive Director

I hope that everyone is having a wonderful winter and all is well. I am anxiously awaiting the vision and wisdom of the famous groundhog "Punxsutawney Phil" who will give us his prediction on whether we can expect an early spring or not. With that being said and with hopes of an early thaw, I will once again be advocating for positive action in relation to our educational fishery permit. Due to the stated declines in the king salmon escapement, especially in the Ninilchik River, we can expect a fight just to keep what we had this past season. Last year we were able to add a south net below the harbor, yet the allocation was capped in the mid-season to releasing Kings, which is unacceptable for our people. Advocacy will continue and while we are cautiously optimistic, the educational fishery for 2014 does not appear to be poised to gain any allotments or advances at this time.

On a positive note, please be advised that we have a new doctor on staff at the clinic. Dr. Sarah Spencer, DO started in late November 2013 and she has been a tremendous asset to our healthcare delivery. She is available Monday, Wednesday, and Thursday at the clinic. Please pass the word as we continue to upgrade our health services and programs.

For those who may not have heard, Tiffany Stonecipher is leaving at the end of the month to head south in order to start a new chapter in her life. Tiffany has been a tremendous asset to the tribe and advanced the Elders Outreach Program to unbelievable heights. I want to personally recognize, honor, and thank her for the profound services she has given to the tribe and the community. Along these lines, we are continuing to recruit for a new Elders Outreach Coordinator. If you know of any tribal member that may be interested, please have them fill out an application or contact us as this is a vital position to advocate, provide a luncheon, and represent on behalf of our elders.

On the council news front, the board held their regular meeting on January 9th, 2014. They heard reports from the program directors and discussed ongoing activities. The council adopted resolutions which included: applying for diabetes and environmental grant funding, along with an Indian Child Welfare Act (ICWA) grant, approved new members, and authorized entering into an agreement with the state for a breast and cervical cancer screening program. The housing program’s annual self-monitoring report was reviewed, discussions were held on making NTC offices smoke-free, and updates were given on the Affordable Healthcare Act (ACA).

In closing, I want to thank all the NTC staff and board for their excellent work. It has been a team effort to see so many things come to fruition. 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/activities here at the Tribe. Thank you.

Sincerely,

Ivan Z. Encelewski
NTC Executive Director
Affordable Care Act Notice

Starting on January 1, 2014, every American must prove that they have health care coverage under the Affordable Care Act (ACA), also known informally as 'ObamaCare'. Please keep in mind that there are special exemptions, some of which apply directly to Alaska Native and American Indians. 

**Alaska Native and American Indians who are members of federally recognized tribes, or who are shareholders of an Alaska Native Village or Regional Corporation, are exempt under the ACA from the requirement to purchase insurance.**

**Members of federally recognized Indian Tribes in the above category have two (2) choices.**

1.) They can apply for an exemption through the Marketplace, thereby completing an application for an exemption that must be filled out and mailed in with supporting documentation,

or 2.) they can simply handle it on their federal tax return. You can ask the IRS for this exemption when you file your federal tax return in 2015 (for the 2014 tax year). You do not necessarily need to fill out the exemption form.

Furthermore, Alaska Native and American Indians and Other Individuals who are Eligible to Receive Services from an Indian Health Care Provider, who are not members of a federally recognized tribe or an Alaska Native Village or Regional Corporation, must apply for the exemption through the Marketplace *and* complete the paper application. You are eligible for the exemption through the Marketplace if you can prove any of the following:

- Enrollment in a federally recognized Tribe;
- Alaska Native Claims Settlement Act (ANCSA) shareholder status (village or regional), or;
- Eligibility to receive services from an Indian Health Service (IHS) facility/Tribal health care provider

"In order to qualify for this exemption through the Marketplace, Alaska Native and American Indian people will have to apply for the exemption through a paper application process. This paper application can be printed at:


When you complete the application, you must send copies of supporting documents, such as:

**Preferred documents:**

- Tribal enrollment card/letter
- Proof of ANCSA Shareholder Status (Regional or Village)

These documents ensure you qualify for ACA special benefits for Alaska Natives and American Indians.

**Other accepted documents:**

- Certificate of Indian Blood (CIB) card issued by the Bureau of Indian Affairs (BIA)
- IHS Eligibility Letter

*Please do not send originals of these documents as they will not be returned to you.*

Please remember to complete Step 2 of the application for all members of your family, including children. Also, be sure to send copies of the same supporting documents for every member of your family that needs the Indian Status Exemption to avoid a tax penalty.
Affordable Care Act Notice Cont.

Within 2-4 weeks of mailing the form, the Federal government will inform you if they need additional information. If you receive this exemption, you will be sent an Exemption Certificate Number that you will put on your federal income tax return. It is important to keep a copy of this Exemption Certificate Number in a safe place for future use. If you do not hear from the Federal Government within 4-6 weeks, contact the Health Insurance Marketplace Help Center at 1-800-318-2596.

Frequently asked questions about the ACA:

Q: What if I already have health care coverage?
A: If you have health care coverage through Medicaid, Medicare, Denali KidCare, Veteran’s Benefits or your employer provides health insurance, you have met the requirements of the Individual Mandate and do not need to purchase additional health care coverage to avoid the tax penalty. You do not need to complete the Indian Status Exemption paperwork if you have health care coverage. However, the Indian Exemption is a lifetime exemption.

Q: If I don’t buy insurance, will I still be able to get health care services at my IHS/Tribal health facility?
A: Yes, you will still be able to get care at your IHS/Tribal health facility. The health care services provided at IHS/Tribal health facilities are not changing. However, you will need to apply for an exemption.

Remember, if you are a member of the Ninilchik Village Tribe, you can receive your exemption simply by requesting it when you file your federal income tax return. Due to the fact that the exemption was expanded administratively to include other Alaska Native and American Indians who were not enrolled to tribes or Alaska Native Corporations, the individuals in the latter category must fill out the paper exemption. This is why there are two different methods available to tribal members, making it easier to claim the exemption for tribal members as it was written into the original law, and not added or promulgated by administrative action which could be changed in the future.

The NTC Offices, Tribal Services Department, and the Ninilchik Community Clinic have applications available and can help you through the exemption process if you choose to apply through the Marketplace. Please contact us if you have any questions. Thank you.
ELDERS OUTREACH PROGRAM COORDINATOR
VACANCY ANNOUNCEMENT

Announcement Date: December 4th, 2013
Position Title: Elders Outreach Program Coordinator
Position Type: Permanent Part Time Classified at 32 Hours per Week
Closing Date: When Filled
Position Begins: Immediately
Salary: D.O.E.

Position Summary:

The Elders Outreach Program Coordinator will conduct activities that enhance the social, mental, cultural and physical well-being of the Ninilchik Elders. The Elders Outreach Program Coordinator position will work out of the Ninilchik Community Clinic Annex. The express purpose of this position is to provide advocacy, social contact, to monitor welfare and be a liaison to clients and their family with medical personnel or other agencies as needed and when requested, or at the request of the Elders. Additionally, this position shall provide positive social interaction for the elderly beneficiary population through structured activities that are formulated, established and implemented specifically by the Elders Outreach Program Coordinator. This includes providing or arranging a weekly Elder’s luncheon that promotes interaction among all Elders. The Elders Outreach Program Coordinator will conduct home visits to the elderly and homebound of the immediate Ninilchik Tribal area, upon client’s/family’s request.

Visits shall be conducted in a friendly and informal basis with a positive emphasis. The Elders Outreach Program Coordinator will follow appropriate Federal and State regulations, especially with regards to being a mandated reporter to Adult Protective Services when exposed to a Vulnerable Adult. The Coordinator will involve the police when it is felt that there is an immediate threat to the safety of the Elder and/or notify Adult Protective Services if there is any suspicion of neglect, physical, verbal, or financial abuse.

The Elders Outreach Program Coordinator shall determine the types of assistance to be given through the Elders Outreach Program and will make the appropriate referrals to other agencies as needed.

This position will be under the direct supervision of the NTC Tribal Health Director. All NTC positions are subject to, and under the direct authority, of the NTC Policies and Procedures. NTC is an alcohol and drug-free workplace and employees are required to submit to alcohol and drug testing. As with all NTC positions, employment is subject to availability of funds.
For a full job description and an application, please visit the NTC main office or find printable versions on our website at www.ninilchiktribe-nsn.gov in the Employment section. Job applicants must submit a completed NTC Application for Employment as well as a resume in order to be considered.

RESEARCH TECHNICIAN
VACANCY ANNOUNCEMENT

Announcement Date: January 13th, 2014
Position Title: Research Technician - ANILCA Survey
Position Type: Temporary Part Time
Closing Date: When Filled
Position Begins: When Filled
Salary: $17.00/Hour

Job Summary:
Position conducts surveys regarding subsistence activities in the defined rural area of Ninilchik.

Employee Reports To: NTC Resource/Environmental Department Director

Specific Skills, Knowledge, and Experience Required:
◊ Must have a valid driver’s license.
◊ Have organized, objective performance.
◊ Must be able to deliver and collect information accurately.

Specific Duties Performed:
◊ Perform work under the direction of NTC in accordance with direction, agreements, and contract documents.
◊ Travel to designated survey areas to meet with people and perform survey work.
◊ Attend survey training and perform tasks according to instruction.
◊ Prepare and deliver notes and documents.
◊ Participate in the preparation of reports and documents.
◊ The project manager may determine that variable work hours may be needed to accommodate specific data collection.
◊ Performs other duties as prescribed by the Resource Manager and/or the Executive Director or his/her appointed designee.

This position will be under the direct supervision of the NTC Resource/Environmental Department Director. All NTC positions are subject to, and under the direct authority, of the NTC Policies and Procedures. NTC is an alcohol and drug-free workplace and employees are required to submit to alcohol and drug testing. As with all NTC positions, employment is subject to availability of funds.
Tribal Services

**Early Learning Program**

We’ve been staying pretty busy during class time, all students are progressing nicely and learning the routine plus a variety of academic and social skills. I am very pleased with the students smooth transition into school. Students are happy to come to class, they pay attention and enjoy participating in circle, movement, music, and art activities.

This month, students have been busy learning about K: kites & kisses, L: lightning bugs & lollipops, M: moose & magnets, N: nest & names. Students ENJOYED playing with the parachute, tunnels and the balance beam and especially love playing the drums!!!

**Parenting Classes: Enrollment Open Now!**

SPROUT Family Services’ Parents as Teachers program and the NTC Tribal Services Department are providing a free five-week parenting education course titled Conscious Discipline. The course is specifically designed to provide parents with the conscious awareness and skills needed to create safe, connected, problem-solving homes. It also teaches that discipline should be defined as not something that you do to children, but rather something you develop within them. By teaching new skills to adults first, and to children second, the course empowers adults to become the mindful parents they want to be.

The five two-hour classes will be held from 10:00 AM to 12:00 PM every Tuesday starting February 4th with the last class on March 4th. Classes will be held at the NTC Subsistence Building in Ninilchik.

To register to find more information please contact Bettyann Steciw at 567-3313 ext. 8

For more information on any of the Tribal Services Department’s programs and services please call 567-3313 or e-mail NTC Tribal Services Director Christina Pinnow at chris@ninilchiktribe-nsn.gov
Niqnalchint Library & Arts

Library Updates & Events

Our Growing Collection
The tribal library is growing in leaps and bounds. If you have any titles or services you’d like the library provide let us know. We regularly add new materials, and we are glad to put tribal members’ requested materials on a priority order list!

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 meets semi-monthly in the NTC Administration Conference Room in.

The next creative writing group meeting will be on February 28th at 2:00 PM. Come join us as we explore the elements of writing a short story including how to create a character, whether they are made up from scratch or they are a fictionalized version of real experiences!

Tahyiga Book Club
The Tahyiga Book Club meets monthly to Discuss contemporary Alaskana, world, and indigenous cultural literature. If you are interested in new, engrossing novels with cultural themes please come and participate!

Joining the club is free, and up to 10 people receive a free book a month. There are currently 2 places left to be on the list to receive free books, so if you or somebody you know would like to join now is the perfect time to start getting back into reading.

The club meets on late month Fridays at the NTC Administration Conference Room. The next meetings will be on February 21st & March 21st. Please let us know if you would like to join!

Book Club Selections Coming Up:

February Selection

Gate of The Sun
by Elias Khoury

March Selection

Mutant Message
Down Under
by Marlo Morgan

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

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<td>A Tale for the Time Being&lt;br&gt;Ruth Ozeki - 2013</td>
<td>As Always, Julia: The Letters of Julia Child &amp; Avis DeVoto&lt;br&gt;Joan Reardon, ed. - 2010</td>
<td>The Raven’s Gift&lt;br&gt;Don Rearden - 2011</td>
<td>NOVA: Ghosts of Machu Picchu&lt;br&gt;PBS - 2010</td>
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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
Tribal Health Director’s Report

- The 2014 Health Fair will be held at the Ninilchik High School on March 22, 2014 from 9am - 2pm.
- For those of you who have internet access at home, can access your patient information (insurance, demographics, clinical summaries, medications, diagnosis, etc.) through a patient portal.
- Please ask for your patient portal access information, at your next clinic visit, or call and Leslie can give this information to you.
- Emergency Room funds are available for those who meet the following eligibility guidelines:
  - Must apply for and/or use alternate resources (Medicare, Medicaid, VA, Private Insurance, Denali KidCare, Charity, etc.) and have a denial letter, before using NTC emergency funds
  - Must be a true ‘life, limb or organ’ emergency. For example: chest pain, acute respiratory distress, severe abdominal pain, loss of consciousness, stroke symptoms, severe wound, hemorrhage, sudden onset of weakness, numbness, severe injuries
  - Must be an eligible IHS beneficiary, non IHS spouses are not included
  - Must be an active clinic user within the last year and have lived in the Ninilchik Tribal boundaries for at least one year, (does not include Homer)
- If you become ill during clinic hours, you must be seen at the clinic, if: your symptoms are not listed above, before a crisis develops, for the conditions listed below and for questions about whether your symptoms constitute an emergency If you are experiencing illness symptoms during clinic business hours, you should be seen earlier in the day at the clinic and they can determine if an emergency
- Must get payment authorization from NTC and must notify NTC within 72 hours of occurrence
- The following conditions do not warrant Emergency Room funding:
  - Recurrent migraine headaches
  - Ear aches
  - Sore throat
  - Toothache
  - Flu or cold symptoms
  - Alcohol/drug intoxication
  - Pain medication
- Due to the limited funding, NTC providers will carefully determine eligibility and may or may not cover emergency care. Coverage will be based on the above criteria and after careful examination of emergency room medical records.
- There will be a cap of $3,000.00 per year per eligible IHS beneficiary. This will include $550.00 towards an ambulance ride.
- NTC will be payer of last resort. An appeal may be filed in writing and must be received within 30 days from the date your denial letter was received.

We would also like to congratulate the Ninilchik NYO team on their impressive results at the Peninsula Winter Games. Way to go!

Thank You,

Janet Mullen
NTC Tribal Health Director

For more information about the clinic’s services please call Tribal Health Director Janet Mullen at the Annex at 567-3370.
NTC Community Clinic: Behavioral Health

AmeriCorps Volunteer in Ninilchik: Behavioral Health Awarded Grant Position

The Ninilchik Traditional Council’s Behavioral Health Program is proud to announce its recent selection as a host site for the Rural Alaska Community Action Program! “RurAL CAP” is a private, statewide, nonprofit organization working to improve the quality of life for low-income Alaskans. Through AmeriCorps, RurAL CAP provides rural Alaskan communities with volunteers dedicated to fulfilling its mission of community wellness and development.

This year, Ninilchik has been selected as the grant recipient for the RurAL CAP Building Initiatives in Rural Community Health (BIRCH) AmeriCorps Program. As part of the application process, it was necessary to select a candidate for this position and we are pleased to welcome Lindsay Schnabl to our outreach team. She is one of 15 individuals selected across the state of Alaska and will be a qualified member of the BIRCH AmeriCorps Program and a tremendous asset to all of our outreach efforts in the coming year.

The Behavioral Health Program would like to give special thanks to Janet Mullen and Ivan Encelewski for their letters of support during the application process and their continued encouragement and guidance for all of Behavioral Health’s outreach efforts.

About Lindsay

Lindsay Schnabl is a Ninilchik High School graduate and is currently taking a gap year before beginning nursing school. As a member of the community, Lindsay is looking forward to having the opportunity to help improve the quality of life for the residents of her hometown through youth outreach and leadership activities.

Her primary purpose as a BIRCH AmeriCorps member will be organizing youth programs that engage youth in positive, skill building activities that promote wellness, respect, strength, and prevent suicide and substance abuse.

Teen Center Study Hall

The Teen Center is now hosting a study hall every Monday and Wednesday from 3:30 to 6:00 pm. If your student needs extra time, space, and some assistance, it is the best place to be! The study hall is hosted by an onsite tutor to offer help with homework as well as college prep topics. Computers with internet access and snacks are provided by NTC.

Call 567-3370 for more information about any of the Teen Center’s activities.

ATTENTION ARTISTS:

The Ninilchik Community Clinic is looking for artwork to hang on our walls. If you would like a way to advertise your work or just need a place to hang your work, we would love to help. We have bare walls that want to show off your talent.

If you are interested, please drop your art off at the clinic or the Community Outreach building next door to the clinic and we will hang it. If you have any questions please call Janet at 567-3370. Thank you.

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
The Ninilchik Traditional Council presents:
2014 Ninilchik Community Health Fair

Saturday, March 22nd, 2014
9:00 AM - 2:00 PM
At Ninilchik School, Mile 136.6 Sterling Highway

The health fair offers free health education and screening. Come have your blood pressure taken or talk with a nurse. There is also low-cost, high quality blood testing for adults 18 years and older to help you stay current with your health needs!
The fair will offer information on many topics and fun health activities such as:

- Cancer Education
- Physical Therapy
- Smoking Cessation
- Vision & Eye Health
- Women & Heart Disease
- Yoga Demonstrations
- Using the Patient Information Portal

And More! The fair will also have:
- Door Prizes
- Face Painting
- Scavenger Hunt
- Interactive Booths
- Diabetes-friendly Cooking
- Ambulance Walkthrough

There is something for everyone kids to adults!

For more information on the Alaska Health Fair visit
www.alaskahealthfair.org or call 907-278-0234
Elders Outreach

~Farewell~

I would like to formally let you all know I will be moving out of state in February 2014 and will no longer be serving you as the Elders Outreach Coordinator. Although I will no longer be an employee of Ninilchik Traditional Council, I will continually be willing to learn, striving to serve those I can and to constantly be coming home.

I am grateful to each of you for your time, guidance and patience. I also am grateful to the Tribal Council, our President and our Directors. I am indebted with thanks to Ivan, our Executive Director and especially to my boss, Janet who has continually supported my efforts in this program. Also I wouldn’t have been able to fulfill this role without my mom, thank you and my grandmother, who had unknowingly summoned me home for a role I was yet to fill.

I wish you all the best as I continue to walk on my journey, but would like to leave you with a final thought. Each program at Ninilchik Traditional Council is what the staff and what you make it, this is ultimately what you participate in. I urge you all to seek out a Tribal Member that you feel would benefit this role as the Elders Outreach Coordinator and suggest they fill out an application. I ask you to seek someone you feel would continue to grow the program and someone who would serve you not only with bounty, luncheons and time, but with heart. I wish nothing but success for the future.

Thank you all again and don’t hesitate to call! I’ll miss you all.

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.

Eligibility Requirements

Alaska Natives 55+ around Cook Inlet and surrounding area. Tribal boundaries extend from south of the Kasilof River to Homer and East from the Caribou Hills across the Cook Inlet to Mt. Redoubt.
Iditarod Challenge

It’s our third annual Iditarod Challenge at the Club!
Together we will travel all 1,049 miles of the Iditarod! Log all miles & turn them in so we can track our progress on our Iditarod Challenge Map.
This year, the race starts on Saturday, March 1st.
We’ll keep track of all the miles completed by our Club members. You can walk, run, bike, swim, ice skate, row, ski - anything goes as long as it’s exercise! This is free and doesn’t require signing up. Just come in and tell us your mileage total! It’s so easy and fun!

SOME QUIT DUE TO SLOW PROGRESS,
NEVER GRASPING THE FACT THAT
SLOW PROGRESS...IS PROGRESS.

Personal Training at the Club

Happy Anniversary to Tammy! She has been our Personal Trainer for a year!!
We are so grateful to have such a wonderful addition to our Club. If you have any fitness goals you’re having trouble reaching on your own, give Tammy a try. She works with all different fitness levels!

One-on-one sessions are $45 an hour, or you can work out with a buddy for $30 per person.
Halibut with Pepitas

Here’s a recipe from Vinter Vigglov reigning champion, Susan Chihuly:

2 T pepitas (pumpkin seeds), 4 6-oz. Halibut fillets, 2 t kosher salt, 1/2 t freshly ground black pepper, 2 T extra virgin olive oil, 2 T fresh lemon juice, 1 c vegetable stock, 1 1/2 T capers, drained & rinsed, 1/2 c halved cherry tomatoes (quartered if they’re big), 1/4 c torn fresh basil, plus a handful of small leaves for garnish. Lightly toast the pepitas in fry pan – don’t allow to brown. As soon as you begin to smell them, remove the pan from the heat, transfer the pepitas and set aside. Sear the halibut (seasoned w/salt & pepper) in olive oil on both sides. Add lemon juice & capers to halibut. Add stock & tomatoes & simmer until the tomatoes release some juices. Place the pan in a 400 deg. oven until fish is cooked through. Baste the fish with the juices. Add the torn basil & pepitas. Serve the fish over brown rice with the juices spooned over all. Enjoy!

What Does the Club Offer?

- **Yoga Classes**
  - Free for members
  - $5 per class for visitors

- **Therapeutic Massage**
  - $65 an hour
  - Elise Spofford 907.252.9544

- **Personal Training**
  - $45 an hour
  - Tammy Zweiacher 907.252.5115

- **Affordable Rates**

- **Challenges**

- **Tanning Bed**
  - $6 a tan
  - Buy 10 get 1 free

- **Showers**

- **High Quality Gym Equipment**

- **And MORE**

HOURS

**Monday-Friday**
7am-9pm
**Saturdays**
8am-3pm

(P) 907.567.3455
(F) 907.567.3379

hwc@ninilchiktribe-nsn.gov

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(P) 907.567.3455
(F) 907.567.3379

hwc@ninilchiktribe-nsn.gov

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February 2014 Dates & Events

- Parenting Course: 10:00 AM - 12:00 PM
- Hatha Yoga: 5:15 PM - 6:30 PM
- Vinyasa Yoga: 5:15 PM - 6:30 PM
- Regular Council Meeting: 10:00 AM
- Book Club: 3:30 PM
- Creative Writing: 2:00 PM
- Presidents Day: NTC Closed
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March 2014 Dates & Events

- **Parenting Course**: Monday 10:00AM-12:00PM
- **Hatha Yoga**: Monday 5:15—6:30 PM and Wednesday 11:00—12:00 PM
- **Vinyasa Yoga**: Monday 5:15—6:30 PM
- **Regular Council Meeting**: Monday 10:00 AM
- **Health Fair**: @ Ninilchik School, 9:00 AM - 2:00 PM
- **Book Club**: Monday 3:30 PM
- **Health Fair**: @ Ninilchik School, 9:00 AM - 2:00 PM
- **Seward’s Day**: Friday 3:30 PM
- **NTC Closed**: Sunday 3:30 PM

**NTC Newsletter February & March 2014**

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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 keep current. Thank you!