

VILLAGE TR



Ninilchik Village 1952

QAYEH KEN

**NINILCHIK TRADITIONAL COUNCIL
NEWSLETTER APRIL & MAY 2015**

Inside this issue

Who We Are	Page 3
Executive Director's Address	Pages 4-5
Tribal Services Department	Pages 6-8
Niqnalchint Library & Arts	Page 9
NTC Community Clinic	Page 10
Behavioral Health	Page 11
Elders Outreach Program	Page 12
Ninilchik Health & Wellness Club	Page 13
Event Calendars: April & May	Pages 14-15

Upcoming Closure Dates

The NTC Offices will be closed on:
◆ **Monday, May 25th for Memorial Day**

Council Meeting Schedule

The next Regular Council Meetings is scheduled for:

*Friday May 22, 2015
@ 10:00 am*

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.

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

Cherise Armstrong Health & Wellness Club Attendant
David Bear, EMS Assistant
Denise Brock, Case Manger/Registered Nurse
Shirley Chihuly, Education Manager
Jenn Day, Clinic Administration & Patient Accounts Specialist
Dr. Robert Downey, MD, Medical Provider
Anna Eason, Youth Outreach Coordinator/NYO Coach
Ashley Eisenman, Health & Wellness Club Attendant
Caroline Finney, Community Health Practitioner
Maricel Folkert, Community Health Aide & Medical Assistant
Jennifer Gilbertson, Administrative Assistant
Donna Henry, Behavioral Health Services Manager
Eric Hanson, Facilities Manager
Lynn Kennedy, Health & Wellness Club Attendant
Terri Leman Health & Wellness Club Attendant
Leslie McCombs, Clinic Front Desk Receptionist
Jennifer Miller, Clinic Medical Biller

Perry Miller, Systems Administrator
David Nordeen, Maintenance Laborer
Jamie Oskolkoff, Secretary-Receptionist PT
Pat Oskolkoff, Clinic Special Projects Coordinator
Michael Pinnow, Assistant Maintenance Laborer
Nancy Pulliam, Assistant Maintenance Laborer
Daniel Reynolds, Resource Technician
Diane Reynolds, Procurement Officer & Finance Assistant
Dr. Sarah Spencer, DO, 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

Springtime is upon us and I hope everyone enjoyed the balmy winter. There are many things happening here at the tribe and I am looking forward to catching the first King Salmon of the year. With the educational fishery starting in May, and new subsistence opportunities on the horizon, we are continuing to seek more ways to get fish for our members. Along these lines, there is still a ton of misinformation being relayed about our subsistence rights and we encourage you to continue to get the facts. You can visit the tribe's homepage at ninilchiktribe-nsn.gov in order to view the data that I presented in our last newsletter. Please spread the word.

Over the years the tribe has been looking to branch out into other areas of revenue generation in order to diminish our reliance upon federal contracts and grants. On this note, the council has recently purchased a business opportunity in Anchor Point that will serve multiple purposes. Not only will this be a discretionary revenue generating business, it will serve to bolster our infrastructure, employment and government service delivery within the tribal boundaries. The business we purchased is a state of the art laundry facility that was built a few years back, formerly called Bubbles, Bath & Beyond. The building is located right off the Sterling Highway in the heart of Anchor Point. This business houses the only fully electronically operated washer and dryer system in Alaska, a tanning booth, showers, conference room, deli services, and more. We have developed a new name and

are upgrading the facility to make it unique to our own business. The name is 'The Cheeky Moose' and we will be opening on May 11th, with an open house on Saturday May 9th from 10 AM to 1 PM.

On the council meeting front, the board held their last regular meeting on April 3rd, 2015. They approved amendments to the Drug and Alcohol Policy, reviewed the clinic revenue and patient satisfaction survey results, discussed the Behavioral Health Services (BHS) Quality Assurance Annual Report, set the annual board retreat, and heard presentations from various staff.

I am also pleased to announce that our annual federal audit for 2014 was recently completed and approved. It has been submitted to the federal clearinghouse and this is the seventh (7th) consecutive year with no findings or questioned costs. We qualified as a low risk auditee for the past five (5) years. I want to especially thank Maria Goins, CFO, and all the staff for their excellent work.

As always, please feel free to stop in for some coffee. I encourage you to attend the regular council meetings or get involved with ongoing events/activities here at the Tribe. The next scheduled regular council meeting is set for Friday, May 22nd, 2015 at 10:00 a.m. I hope to see you there. Thank you.

Executive Director's Address cont.

GRAND OPENING!

The Cheeky Moose

**GRAND OPENING
SATURDAY, MAY 9TH
10AM TO 1PM**

JOIN US IN CELEBRATION, AT THE GRAND OPENING OF

Regular Business
Hours Start Monday,
May 11th, 2015

Monday-Friday
9 AM - 9 PM

Saturday
10 AM - 6 PM

Sunday
12 PM - 6 PM



The Cheeky Moose!

SATURDAY, MAY 9th, 10 AM TO 1 PM

Across From The Blue Bus In Anchor Point, AK

LOCAL
POSTAL CUSTOMER

PRSR STD
ECRWS
U.S. POSTAGE
PAID
EDDM RETAIL

The Cheeky Moose provides a range of services to the community; it features a **deli** that serves a variety of soups, salads, and sandwiches, full **coffee bar**, **laundromat** with large capacity washers and dryers, **tanning bed**, **playroom** for children, various **business amenities** including fax machine, color copier, and conference room, and **free Wi-Fi!**

(907) 235-5900, 33930 STERLING HIGHWAY, ANCHOR POINT

*Tribal Services***Tribal Operations - Enrollment**

Currently, the Ninilchik Village Tribe has 884 tribal members with 110 registered voters. The voting membership voted on changing the enrollment eligibility criteria in the November 2014 annual election. The NTC constitution and enrollment ordinance have recently been amended to reflect those changes.

The following persons are eligible for full membership in the Ninilchik Village Tribe, provided they apply for membership and supply the required documentation according to the tribal enrollment ordinance.

All persons who are direct, lineal descendants of families with ancestral ties to the village of Ninilchik.

*The Ninilchik Village Tribe prohibits dual enrollment.

If you are unsure if you are enrolled or if your family members are enrolled or eligible for enrollment, please feel free to contact Christina for applications for more information.

Tribal ID Cards:

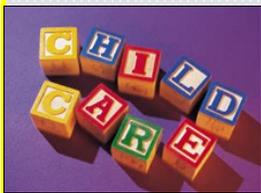
Please remember to check your Ninilchik Village Tribal ID card to make sure it is current and has not expired, as most of our cards expire in January. If you are enrolled and do not have a NTC Tribal ID card, please call Christina for more information or to schedule an appointment.

	NINILCHIK TRIBAL I.D. CARD Soc. Sec. No. 000-00-0000 Birthdate 02/14/1964 C.D.I.B. 1/4 Aleut/Indian
	This card belongs to Ninilchik Tribe, and the holder agrees To return it upon demand.
NTC Tribal Member PO Box 39000 Ninilchik, AK 99639	 Richard Encelewski, President
Issue Date: 02/03/2015 Expiration Date: 01/01/2017	



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

Tribal Services Cont.



ICWA Child Care Assistance

Ninilchik Traditional Council's CCDF Program provides assistance to low-income families in need of childcare due to parent participation in employment, education/training, or other approved activities.

Are you interested in becoming a Child Care Provider?

Required Provider Document Definitions –

- A copy of their current Alaska State Business License. *NTC may assist in funding the business license process for relative care, with receipt submitted along with first month's timesheet, on a case-by-case basis.
- A prospective child care provider must submit an acceptable criminal background report to NTC, for every person in the household over 18 years of age, before receiving authorization for eligibility as an NTC CCDF Provider. *NTC may assist in funding the criminal background reports for relative care, with receipt submitted along with first month's timesheet, on a case-by-case basis.
- A prospective child care provider must complete the NTC CCDF Provider Registration Form, Standards Agreement and submit a Child Care Rate Sheet to the NTC CCDF administrator.
- The prospective Child Care Provider must agree by signing to the Child Care Provider Responsibilities Form. A copy of the signed Responsibility Form will be given to the Provider by NTC.
- A representative from the NTC CCDF will conduct a health and safety inspection in the Child Care Provider's home and on the premises insure health and safety guidelines are met and maintained.

Contact Bettyann Steciw at 567-3313 to find out how you can become a Child Care provider.



Start now to be ready for the summer school break!

Ninilchik Traditional Council's CHILD CARE Program provides assistance to low-income families in need of childcare due to parent participation in employment, education/training, or other approved activities.

Required Parent Documents:- Application to the CCDF Program will require the following documents:

- ◆ CIB – Certificate of Indian Blood, this can be obtained from the Bureau of Indian Affairs.
- ◆ Birth Certificate – A State Certified birth certificate must be submitted with the CCDF application for each child ages 0 – 12 years that is in the program.
- ◆ Income sources – The form listing all income for the year must be completed by the applicant. The income listed should be the net income (after taxes) not the gross (before taxes) income. There is a set deduction for living expenses for each family at a rate of \$700 for the head of household and an additional \$100 for each additional household member.
- ◆ Applicants must complete the current employment and/or education training activity work sheet in the application packet. They should also include work hours or a school/training schedule including travel times.
- ◆ A letter of hire signed by the employer stating the date of hire, wages, benefits, work days, and hours of work.
- ◆ Child care documents completed and signed by the Provider must be submitted with the application.
- ◆ Applicants must sign the Parent Affirmation, Responsibilities, the Parent Certification statement, and the Applicant Certification to qualify for the NTC CCDF Program.
- ◆ A release of information must be signed by the parent for eligibility to the NTC CCDF Program.

Contact Bettyann Steciw at 567-3313 Ext 2108 or Bettyann@ninilchiktribe-nsn.gov for more information.

Niqnalchint Library & Arts



Library Updates & Events

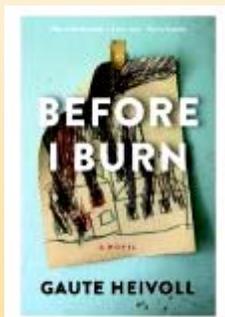


Is there something you'd like to see the tribal library have on the shelves or provide? Let us know and we can add it!

Tahyiga Book Club:

The Tahyiga Book Club meets monthly to discuss contemporary Alaskan 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 at 3:30 PM at the NTC Administration Conference Room. The next meeting will be on **Friday April 24th**. Joining the book club is free and open to the public, and signing up is easy to do. Just call or e-mail NTC for more information.

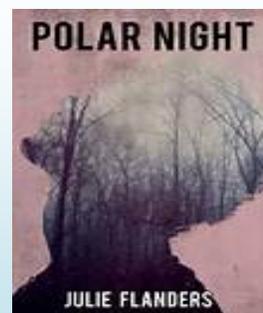
***April Book Club Selection:
Before I Burn by Gaute Heivoll***



In the late 1970s, a pyromaniac runs amok in a close-knit community in rural Norway. Homes are burnt to a cinder, and panic spreads, as neighbors wonder who amongst them could be wreaking such fear and anguish. And slowly, almost imperceptibly, a mother comes to realize that her son is lighting the fires. Born into this time of chaos, Gaute Heivoll is indelibly linked to the arsonist intent on such destruction. By comparing the pyromaniac's story with his own, Heivoll explores memory, loss and the agonizing separation of child from parent that it is a rite of passage for us all.

own, Heivoll explores memory, loss and the agonizing separation of child from parent that it is a rite of passage for us all.

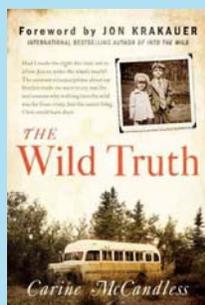
*Book Club Selection
Coming Up:*



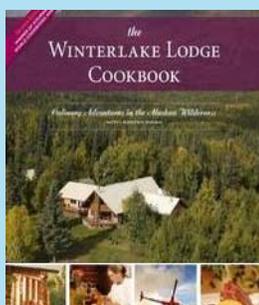
**Polar Night
By Julie Flanders**

*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.*

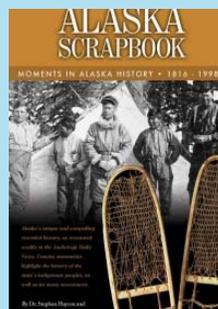
Book Spotlight: Just some of the titles in our collection:



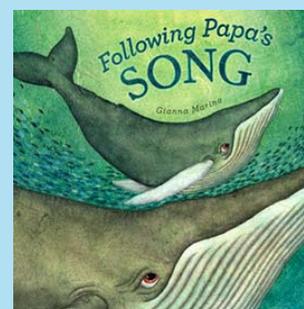
**The Wild Truth
Carine McCandles**



**Winterlake Lodge
Cookbook**



**Alaska Scrapbook
By Dr. Stephan Haycox
And Alexandra McClanahan**



**Following Papa's Song
By Gianna Marino**

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

*NTC Community Clinic*TRIBAL HEALTH DIRECTOR'S REPORT

- * Just a reminder that Dr. Downey is at the Ninilchik Community Clinic Tuesdays and Thursdays. Dr. Downey specializes in Functional Medicine, which integrates traditional Western medical practices with what is sometimes considered “alternative” or “integrative” medicine, creating a focus on prevention through nutrition, diet, and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of drugs and/or botanical medicines, supplements, therapeutic diets, detoxification programs, or stress management techniques.
- * Dr. Downey will be out of the clinic on April 23rd, May 19, 21, 26, 28, June 25, 30th, July 2, 7th. Aug 25 & 27th.
- * Dr. Spencer is at the clinic Monday, Wednesday and Friday. In addition to her regular Family Practice she provides manipulation and Cold Laser Therapy and is now specializing in Addiction Medicine.
- * Dr. Spencer will be out of the clinic on June 3, 5.
- * Carrie Warren, ANP is in the clinic Monday – Thursday. Carrie is a family practice but also works with pediatrics.
- * Carrie Warren will be out of the clinic May 26-June 5th. June 22-26, July 13-17.
- * Ann Mercer will cover some of the times that the providers will be out.
- * We held our Health Fair at the Ninilchik School and had vendors from around the Peninsula in attendance.
- * Our Customer Satisfaction Surveys have been extremely positive. Please feel free to fill them out after your clinic visit. They are available on the NTC website, via computer set up in the clinic hallway, or in paper form. These are anonymous or you can put your name. Included is a question about whether you want to receive your appointment reminders via text. If you say yes don't forget to let the front desk know, so we can document this in your chart. You can also write it on the survey as well.

- * We are planning on integrating our behavioral health staff into our clinic staff as part of the clinical team. BH would not be doing treatment. BH will take evidence-based knowledge and condense it into “bite-size” interventions with a psycho-educational format, with emphasis on skill building and home-based practice. For example: Brief, focused interventions, with materials to take home, and follow-up phone calls. Brief interventions have been found to be effective with depression, generalized anxiety disorder, smoking and snuff cessation, pain, panic disorder, alcohol abuse, and childhood conduct.
- * We have hired a new Behavioral Health Services Manager to replace Donna Henry who has moved to Anchorage. Donna has been working 3 Saturdays per month since August but will make her last day here May 23rd. Any appointments after that will be made with Christine Prokop, our new clinician.
- * As always, my door is open if you want to stop by and talk to me about anything.

Thank you, Janet Mullen, NTC THD



NTC Community Clinic

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

Clinic: (907)-567-3970
Outreach: (07)-567-3370

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

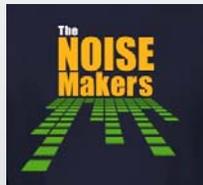
Behavioral Health Services

Youth Alcohol Prevention

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. 567-3370

The Noise Makers Youth Coalition Outreach

Our March bullying presentation series at the school was a tremendous success. The series was done through three presentations covering the definition of bullying as recognized by the Department of Health and Human Services, the three elements of bullying, the four types of bullying, the three roles of bullying, where and how it happens at the school, and the students own personal prevention plan to reduce the incidences of bullying within their classrooms and around the school.



On March 27th and 28th we held our second Young Women's Retreat where we educated young women on healthy relationships, self-esteem, nutrition, exercise, and human trafficking in Alaska.

We continue to host Toddler Time every Monday from 11-12:30 and every Thursday from 4-5:00 at the Teen Center. We have between 4 and 8 families who participate and we provide educational information on parenting and childhood development.

Study Hall is every Wednesday from 3:30-5:00. We provide tutoring, lap tops, and test prep materials for the SAT, ACT, and ASVAB.

We host Teen Center every Friday from 3:30-8:00 pm. Students from ages 12-18 are welcome to come and interact with their peers in a healthy, safe environment. In an effort to engage with more high school students, on May 1st, we will start our new hours, Junior High from 3:30-5:30 pm and High School from 3:30-9 pm.

Out student yearbook club is after school on Tuesdays and Thursdays from 3:30-4:30. Our deadline is next Friday! Will keep you posted on how to order a yearbook.



Youth Alcohol prevention has also partnered with the Elders Outreach Program

benefiting both of our efforts to enrich our community. We have had a tremendous turnout in our workshops so far, primarily developed by Tiffany Stonecipher-our EOP Coordinator. Topics so far have included, Cooking Pyrok, Finger Crocheting, and Net Mending.



On May 9th we will host the Prom After Party at the school. This drug free event lasts all night and is packed full of activities, games, and fun for all.

One of the primary focuses of the Youth Alcohol Prevention program is outreach. During the school year 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. One of the things 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, 567-3370.

Native Youth Olympics

Our team attended the Junior Native Youth Olympic State Tournament in Anchorage and the Seward Tournament where our athletes did a wonderful job representing Ninilchik and the Tribe. Our senior team will be attending their State Championship Tournament next week, Go Team! If you have any questions regarding our NYO program please contact Anna Eason at 907-567-3370 extension 7.

*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@nirilchiktribe-nsn.gov
 Maureen Todd, Behavioral Health Aide at mtodd@nirilchiktribe-nsn.gov
 Anna Eason, Youth Outreach Coordinator/NYO Coach at aeason@nirilchiktribe-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: 6th, 13th, 20th & 27th

May: 4th, 11th, 18th & 25th

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.



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!

If you have any recipes or stories, craft or hobby you would be willing to share with others, we are looking for Tribal Members and Elders to begin sharing in a class like forum with others. Please call Tiffany or Maureen at 907-567-3370 to let us know what your ideas may be. We are excited to have space to share what our traditions or culture may include to pass along to our youth and others who may be interested in learning Ninilchik History.



*Tiffany Stonecipher
 Elders Outreach Program Coordinator*

Ninilchik Health & Wellness Club

CLUB NEWS

Ninilchik Health & Wellness Club * 907.567.3455 * hwc@ninilchiktribe-nsn.gov * open M-F 7am-9pm & Sat 8am-3pm



New Chiropractor in Ninilchik!

We are so excited to have Catherine Pilibos, Doctor of Chiropractic, working at the Health Club. Dr. Cat is a licensed chiropractor in Alaska and California, and is a certified Active Release Techniques provider. Chiropractic not only helps with back pain, it also addresses the function of the nervous system, which controls all body functions. If your nervous system is flowing properly, your brain can communicate with your organs and muscles to promote optimum health. Even symptoms such as numbness and tingling in your hands and feet can be resolved with adjustments to your spine. Call Dr. Catherine to make an appointment and see if chiropractic is right for you—(907) 756-3312.



Vinter Vigglov Results

Congratulations to all the rock stars who finished the Vinter Vigglov Wellness Challenge! Kristin Presley came in first place, winning a 1-year Club membership, an iPod Shuffle, and will have her name engraved on the plaque displayed at the Club. Brittany Berger came in 2nd place and Christina McDowell came in 3rd place. Other amazing finishers included: Elise S., Keith D., Ashleigh E., Alex C., Jen G., Kaye W., Shirley C., Terri L., Maureen T., Janet M., Anita L., Amy G., Ron L., and Brie W. It was a great challenge and we look forward to next year!



Ninilchik Health & Wellness Club
 10 YEAR ANNIVERSARY
OPEN HOUSE
 SAVE THE DATE



June 13

Yoga Summer Schedule

Starting May 1st, we will be starting a new yoga schedule.
 Tuesdays—Hatha 5:15-6:15pm
 Wednesdays—Vinyasa Flow 5:15-6:15pm
 Join Elise this summer for a yoga class! Classes are included in your Club membership, and only \$5 for a drop-in.



APRIL 2015



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 EASTER 	6 Elders Luncheon @ 12:00	7 Hatha Yoga @ 10 am & 5:15 pm	8	9 Vinyasa Flow Yoga @ 5:15 PM	10	11
12	13 Elders Luncheon @ 12:00	14 Hatha Yoga @ 10 am & 5:15 pm	15	16 Vinyasa Flow Yoga @ 5:15 PM Sr. State NYO @ ANC	17 Sr. State NYO @ ANC	18 Sr. State NYO @ ANC
19	20 Elders Luncheon @ 12:00	21 Hatha Yoga @ 10 am & 5:15 pm	22 Earth Day 	23 Vinyasa Flow Yoga @ 5:15 PM	24 Book Club @ 3:30 	25 Therapeutic Yoga Workshop 9:00am–11am
26	27 Elders Luncheon @ 12:00	28 Hatha Yoga @ 10 am & 5:15 pm	29 <i>French Macaroon Class @ 3:30 in the Subsistence Bldg</i>	30 Vinyasa Flow Yoga @ 5:15 PM		



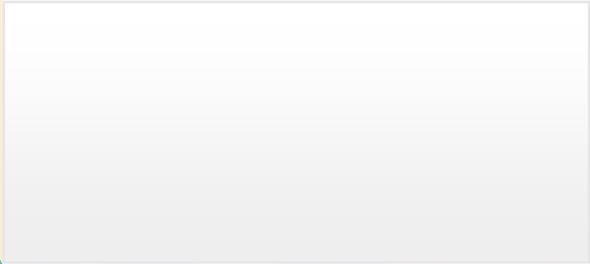
MAY 2015



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Elders Luncheon @ 12:00	5 Hatha Yoga @ 10 am & 5:15 pm	6	7	8	9
10 <i>Mother's Day</i> 	11 Elders Luncheon @ 12:00	12	13 Vinyasa Flow Yoga @ 5:15 PM	14	15	16
17	18 Elders Luncheon @ 12:00	19 Hatha Yoga @ 10 am & 5:15 pm	20 Vinyasa Flow Yoga @ 5:15 PM	21	22 Regular Council Meeting @ 10:00 am	23
24	25 Elders Luncheon @ 12:00 NTC Offices Closed For 	26 Hatha Yoga @ 10 am & 5:15 pm	27 Vinyasa Flow Yoga @ 5:15 PM	28	29 Book Club @ 3:30 	30
31						

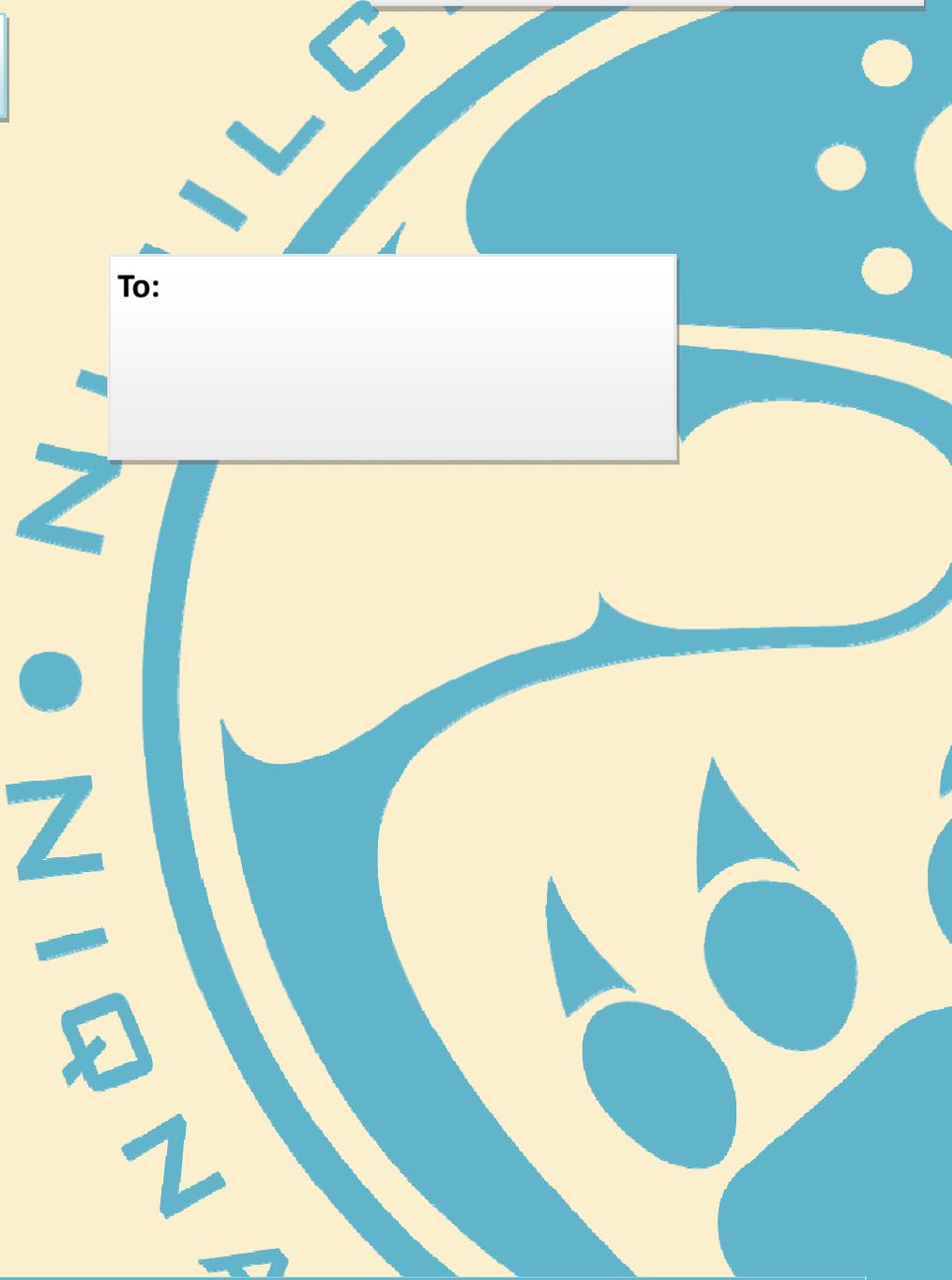


Ninilchik Traditional Council
P.O. Box 39070
Ninilchik, AK 99639
USA



ninilchiktribe-nsn.gov
Phone: 907-567-3313
Fax: 907-567-3308
Main E-mail: ntc@ninilchiktribe-nsn.gov

To:

A white rectangular box with a thin grey border, intended for the recipient's name, located below the "To:" label.

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 the NTC Admin Office front desk.

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