



Ninilchik Traditional Council
Newsletter February & March 2015

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Upcoming Closure Dates

- The NTC Offices will be closed on:
- ◆ **Monday March 30th for Seward's Day**

Council Meeting Schedule

The next Regular Council Meetings are scheduled for:

*Friday, March 13th & Friday April 3rd
@ 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

Krizzie Ann Basmayor, 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
Ashley Eisenman, Health & Wellness Club Attendant
Caroline Finney, Community Health Practitioner
Maricel Folkert, Community Health Aide & Medical Assistant
Jennifer Gilbertson, Secretary/Receptionist
Donna Henry, Behavioral Health Services Manager
Eric Hanson, Facilities Manager
Lynn Kennedy, 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
Terri Leman, Health & Wellness Club Attendant
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
Anna Eason, Youth Outreach Coordinator

Executive Director's Address

Ivan Z. Encelewski
NTC Executive Director

It is my hope that everyone is having a wonderful winter and that you have taken up a few new hobbies, especially those that don't involve snow. I anxiously awaited the vision and wisdom of the famous groundhog 'Punxsutawny Phil' who gave us his prediction of another six (6) weeks of winter. No surprise there. With winter winding down and Phil back in his hole, there is much to report on the subsistence front.

As you know, we have been advocating for subsistence for decades. This includes the moose and bear hunting now available, along with the fishing opportunities on the Kenai and Kasilof rivers. All of this is available due to the Alaska National Interest Land Conservation Act (ANILCA), which was passed in 1980 and signed by President Jimmy Carter. Among other things, this federal law grants a rural subsistence priority on federal public lands and waters. Over time, ANILCA has withstood many legal challenges, including at the Federal District Court, with the 9th Circuit Court of Appeals ruling in favor of this ANILCA provision, and finally, the United States Supreme Court denying a writ of certiorari to hear and reverse the 9th Circuit's decision.

On the State side of things, the Alaska Supreme Court ruled in 1989 in the McDowell decision that a preference for Alaskans based upon residency was illegal under the Alaska Constitution, as written. This set up a conflict. In order to have a preference under state law and get the State into compliance with federal law, the constitution of Alaska had to be amended. Former Senator Ted Stevens tried desperately to get the State to act in order so that they could have the privilege to manage subsistence on federal public lands and waters, but this was to no avail. The federal government issued several moratoriums and the Legislature conducted special sessions which failed to pass legislation to bring the State into compliance with Title VIII of ANILCA. Even when opinion polls showed that Alaskans supported an amendment to their constitution to support a preference by rural residents, the legislature blatantly refused to even allow a vote of the people.

Furthermore, the United States Secretary of the Interior Ken Salazar has stated: "After nearly two decades of dual management, it is clear that the State of Alaska is not taking steps to regain management of subsistence uses on federal lands and waters in the foreseeable future." The federal government finally acknowledged the failure of the State to protect subsistence. They finally sought a review to as he put it, "...ensure that the federal management structures, procedures, operations, budgets and other elements best meet the goals of ANILCA and serve rural subsistence users."

In 2007 the Federal Subsistence Board (FSB) finally approved a Customary and Traditional Use Determination (C&T) for Ninilchik on the Kenai River. The State of Alaska again fought against this determination, asked for reconsideration which was eventually denied by the FSB, and passed out of committee a House Joint Resolution 4 to decry the FSB's decision. Of course the FSB denied the State's request and no conservation concerns resulted out of the Kenai River C&T for Ninilchik. Senators Peter Micciche and Mike Denleavy recently issued a press release, which in my opinion is completely misguided. In my opinion, the State nor any of its representatives in this case has any credible authority to assert that "...the Federal Government is irresponsibly forcing poorly-considered policy toward an area much better managed by Alaskans." and that "...We're standing up for our rights to manage the fisheries for the constitutionally mandated maximum benefit of all Alaskans." This is due to the fact that the State of Alaska lost its privilege to manage subsistence fish and wildlife on federal public lands and waters because it refused to come into compliance with the Alaska National Land Interest Conservation Act (ANILCA). One cannot assert to "...manage the fisheries for the constitutionally mandated maximum benefit of all Alaskans" with regard to Federal lands in Alaska without a preference for subsistence for rural Alaskans. Federal law which trumps state law says otherwise.

*Executive Director's Address cont.***Here are some points to consider about this recent FSB decision:**

- The 2013 data from the State of Alaska and the Federal fisheries shows that just under three million six hundred thousand (3,600,000) Sockeye were harvested in the Cook Inlet area, in which federal subsistence fisherman took just fifteen hundred and fifteen (1,515) Sockeye, or four one hundredths of one percent (0.04%). The same 2013 data shows that subsistence fisherman took zero (0) Chinook out of over twenty thousand (20,000) harvested by sport, commercial, personal use and educational user groups, or zero percent (0.0%) by federal subsistence.
- There will only be one (1) net in the Kenai by Ninilchik. The net will be less than sixty (60) feet.
- These massive dip nets that thousands use every summer are really just a slightly pared down version of a small gillnet.
- The State of Alaska runs a test gillnet drift fishery every day in the summer on the Kenai River, so it is a little suspect that by the tribe having a similar opportunity that we are going to create a huge conservation concern.
- The state educational fishery is for education, not designed to get food for people. It is not a subsistence preference, nor is sport or commercial. Subsistence is the priority over every other user group.
- The extra hook, bait, and dip net have not provided a meaningful opportunity, nor has it shown any large harvest of fish in order to meet the subsistence needs.
- The State makes the Tribe release Chinook in the educational fishery to conserve the resource, why not for a net on the river? The State of Alaska does this in their gillnet fishery on the Kenai.
- There is very quick reporting so that the net method can be shut down immediately (72 hour reporting). The Federal in-season manager has authority to shut the fishery down any time he has a concern if the take is too great, for any species of concern.
- An operational plan must also be approved which will provide many safeguards for one single net in a very long river system, including where the net will be placed. There will be no net in "Rainbow Alley" so to speak.
- The Chinook and other species caught in the Cook Inlet area, in the river by sport fisherman, and others, are all headed for spawning. Whether a couple fish are taken by subsistence users in the upper waters of the river, or harvested by commercial and sport fisherman on the way is immaterial.
- ANILCA is number one priority over all user groups. Others talk about conservation but they are still fishing and continue to fish during these times, while essentially telling subsistence users they can't have a meaningful fishery because of conservation. Where is the priority?
- Hook and release continues on the river system and unquestionably has a mortality rate. We believe this will be higher than any impact to the species from a single net.
- Every fish must be counted and reported in the subsistence fishery, which is much more stringent than the state requirements. Any conservation concerns would be known immediately and action taken.
- These subsistence fisheries also have harvest limits. The one potential gillnet in the Kenai River for Ninilchik would have to be set an allocation limit within the total harvest limit. In the end we are really talking about a hundred or so Chinook out of thousands of them taken in other fisheries.
- Every other river system in the State uses nets. One can look at the Kuskokwim where conservation concerns are present and subsistence users still use nets, and not just one net. They use nets for each subsistence user.

Please look at the spreadsheets within this newsletter to see absolutely how miniscule this issue is and our take in relation to other user groups. I encourage everyone to get the facts and talk to us to alleviate any concerns you may have. Thank you.

Ivan Z. Encelewski, NTC Executive Director

Subsistence

2013 Cook Inlet Area Chinook Harvest- All Users

USERS:	STATE PERSONAL USE	STATE EDUCATIONAL	STATE SPORT	STATE COMMERCIAL	*FEDERAL SUBSISTENCE	TOTAL HARVEST
KASLOF RIVER						
Kasilof River Gill Net	46	0	0	0	0	46
Kasilof River Dip Net	18	0	0	0	0	18
Kasilof River Sport Fish Harvest	0	0	1,835	0	0	1,835
Kasilof River Subsistence (Federal)	0	0	0	0	0	0
Kasilof Commercial Gillnet KRSHA	0	0	0	358	0	358
Kasilof Commercial Drift Gillnet KRSHA	0	0	0	11	0	11
Subtotal	64	0	1,835	369	0	2,268
KENAI RIVER						
Kenai River Dip Net	11	0	0	0	0	11
Kenai River Sport Fish Harvest	0	0	1,405	0	0	1,405
Kenai River Subsistence (Federal)	0	0	0	0	0	0
Subtotal	11	0	1,405	0	0	1,416
COOK INLET REMAINING						
UCI Sport- All Other	0	0	0	0	0	0
Anchor River Sport Fish	0	0	97	0	0	97
Ninilchik River Sport Fish	0	0	103	0	0	103
Deep Creek River Sport Fish	0	0	130	0	0	130
Cook Inlet Saltwater Sport Fishery (All)	0	0	11,022	0	0	11,022
Commercial Upper Subdistrict Gillnet	0	0	0	2,630	0	2,630
Commercial West Side Gillnet	0	0	0	591	0	591
Commercial Northern District Gillnet	0	0	0	1,327	0	1,327
Central District Commercial Drift Gillnet	0	0	0	482	0	482
Commercial Test Fishery	0	0	0	0	0	0
State Educational Ninilchik	0	62	0	0	0	62
State Educational NND	0	16	0	0	0	16
State Educational EMS	0	13	0	0	0	13
State Educational Kasilof Historical	0	0	0	0	0	0
State Educational Homer VFW	0	0	0	0	0	0
State Educational Anchor Point VFW	0	0	0	0	0	0
State Educational Kenaitze	0	19	0	0	0	19
Subtotal	0	110	11,352	5,030	0	16,492
Subtotals	75	110	14,592	5,399	0	20,176
Percentage of Total Harvest	0.37%	0.55%	72.32%	26.76%	0.00%	100.00%

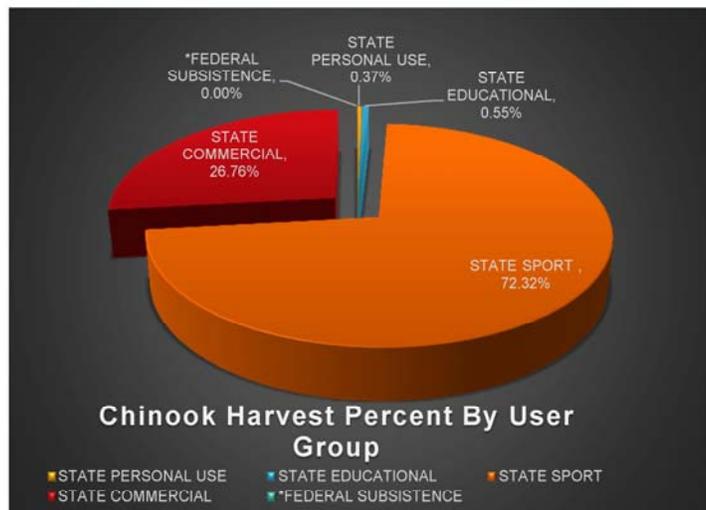
* User Group Must Be Given Preference Over All Others- Federal ANILCA Law

Federal Subsistence Users Take Zero (0) Percent

IN RIVER ESCAPEMENT DATA:

2013 Kenai River Early Run Escapement	2,041
Kenai River Early Run Escapement Goal	5,300 - 9,000
Under Minimum Escapement	-3,259
2013 Kenai River Late Run Escapement	17,028
Kenai River Late Run Escapement Goal	15,000 - 30,000
Over Minimum Escapement	2,028

Kenai River Subsistence Is Split Between Three (3) Communities - Ninilchik, Cooper Landing, & Hope
Total Ninilchik Federal Subsistence Harvest = 0 Chinook



Statistics Taken From State of Alaska Alaska Fishery Management Report No. 13-49, FP15-11 and FP15-10 Analysis, and State Website 2013 Sport Harvest

Subsistence cont.

2013 Upper Cook Inlet (UCI) Sockeye Harvest- All Users

USERS:	STATE PERSONAL USE	STATE EDUCATIONAL	STATE SPORT	STATE COMMERCIAL	*FEDERAL SUBSISTENCE	TOTAL HARVEST
KASILOF RIVER						
Kasilof River Gill Net	14,439	0	0	0	0	14,439
Kasilof River Dip Net	85,528	0	0	0	0	85,528
Kasilof River Sport Fish Harvest	0	0	12,257	0	0	12,257
Kasilof River Subsistence (Federal)	0	0	0	0	107	107
Kasilof Commercial Gillnet KRSHA	0	0	0	64,150	0	64,150
Kasilof Commercial Drift Gillnet KRSHA	0	0	0	2,995	0	2,995
Subtotal	99,967	0	12,257	67,145	107	179,476
KENAI RIVER						
Kenai River Dip Net	347,222	0	0	0	0	347,222
Kenai River Sport Fish Harvest	0	0	436,988	0	0	436,988
Kenai River Subsistence (Federal)	0	0	0	0	1,408	1,408
Subtotal	347,222	0	436,988	0	1,408	785,618
UCI REMAINING						
UCI Sport- All Other	0	0	0	0	0	0
Anchor River Sport Fish	0	0	0	0	0	0
Ninilchik River Sport Fish	0	0	43	0	0	43
Deep Creek River Sport Fish	0	0	0	0	0	0
Cook Inlet Saltwater Sport Fishery (All)	0	0	0	0	0	0
Commercial Upper Subdistrict Gillnet	0	0	0	857,383	0	857,383
Commercial West Side Gillnet	0	0	0	75,719	0	75,719
Commercial Northern District Gillnet	0	0	0	23,423	0	23,423
Central District Commercial Drift Gillnet	0	0	0	1,659,566	0	1,659,566
Commercial Test Fishery	0	0	0	5,283	0	5,283
State Educational Ninilchik	0	623	0	0	0	623
State Educational NND	0	195	0	0	0	195
State Educational EMS	0	141	0	0	0	141
State Educational Kasilof Historical	0	1	0	0	0	1
State Educational Homer VFW	0	67	0	0	0	67
State Educational Anchor Point VFW	0	50	0	0	0	50
State Educational Kenaitze	0	4,837	0	0	0	4,837
Subtotal	0	5,914	43	2,621,374	0	2,627,331

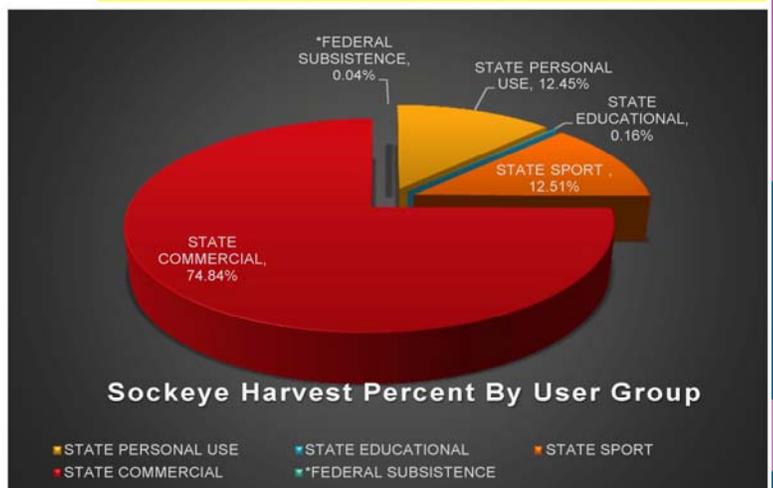
	STATE PERSONAL USE	STATE EDUCATIONAL	STATE SPORT	STATE COMMERCIAL	*FEDERAL SUBSISTENCE	TOTAL HARVEST
Subtotals	447,189	5,914	449,288	2,688,519	1,515	3,592,425
Percentage of Total Harvest	12.45%	0.16%	12.51%	74.84%	0.04%	100.00%

* User Group Must Be Given Preference Over All Others- Federal ANILCA Law

Federal Subsistence Users Take Four Hundredths of a Percent

IN RIVER ESCAPEMENT DATA:	
2013 Kasilof River Sockeye Escapement	489,654
Kasilof River Sockeye Escapement Goal	160,000 - 390,000
Over Escapement	99,654
2013 Kenai River Sockeye Escapement	1,359,893
Kenai River Sockeye Escapement Goal	1,000,000 - 1,200,000
Over Escapement	159,893

Kenai River Subsistence Is Split Between Three (3) Communities - Ninilchik, Cooper Landing, & Hope
 Ninilchik Only Harvested 80 of the 1,408 Sockeye Taken
 Total Ninilchik Federal Subsistence Harvest = 187 Sockeye
 107 on the Kasilof River and 80 on the Kenai



Housing

"Though you cannot go back and make a brand new start, Anyone can start from now and make a brand new end."



Hello Folks,

I hope each and every one of you had a wonderful start to the New Year.

We do have the State of Alaska "Heating Assistance" applications here at the office in case you did not receive one in the mail. This program will help with your heating bills and the amount received is based upon household size and income. The income limits per Household Size (HS) has been raised this year to: Per month household income is: HS 1. = \$2,733, HS 2. = \$3,686, HS 3. = \$4,638, HS 4. = \$5,591, HS 5. = \$6,543, HS 6. = \$7,496. If you are within these income limits and would like to apply or if you have not received an application in the mail, please feel free to come by and pick one up.

Through our Weatherization Program, we are further implementing energy efficient technology into your homes, by providing you with Light Emitting Diodes (LED) which is available to trade out your current lights. LED lights will save you money every month on your electrical bill, by using anywhere from 1/3 to 1/2 the wattage that conventional lights use. I took a class recently and learned that most appliances are built to energy efficient standards now days and that the number one waste of electricity in the home is the light bulb. Even the compact florescent bulbs cost you more than LED bulbs.

Most LED light fixtures are self-contained units, that you replace with an LED fixture. For any of those fixtures that you would rather hold onto, we can use the LED bulbs that screw directly into your existing fixtures. This new technology is really starting to taking off and since we do live in one of the more energy costly states, we really should implement anything and everything that can cut energy costs in our homes. The only downside to LED lighting is they are

expensive to buy. That is why this is a great opportunity to get them into your home. If this sounds like something you would be interested in, you can obtain an Weatherization application on the website or here at the office.

Now to finish this newsletter out, I would like to let you know that the two homes we started construction on are both finished and the new families have moved in. These two homes have a 5star Energy Rating and beginning with these two homes they have LED lighting throughout, saving families even more on their home electrical costs. How energy efficient are these homes you ask? Last year I was talking to a family that lives on Diamond Ridge that had the natural gas line going in front of their home. This home's heat and hot water are both run on fuel oil. They thought about hooking into the natural gas, but in the end said it just wasn't cost worthy. This is a family of 5 with 3 children, so the showers, dishwasher and washing machine are used daily.

The Tribe should be proud that they are able to positively affect people lives with a home.

Spring is on the way, so get those applications in for your Rehab and Weatherization Projects.

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



With 11 busy students enrolled, we are busy! I am very proud of all the student's progress they have demonstrated since the beginning of the school year. Students are happy to come to class, they pay attention and enjoy participating in circle, movement, music, art activities, snack and yes, even classwork & homework. I am happy to say that I've already noticed progress with all students, whether it is simply using manners, coping with separation anxiety, learning the routine, helping others, freezing, letting me paint their feet for art projects or even participating in group activities. A few things we have covered in class since October: Alaska, apples, ants, alphabet, alligators, balls, boots, bears, body, birthday, chefs, cooking, cookies, clammy, ducks, dogs, drums, eggs, eskimo, fish, friends, girl, hand prints, ice cream cones, jack in the box, king salmon, Lizzie the Lizard, lollipop, lions, music, movement, matching, moose, moon, magnets, Ninilchik, owls, opposites, popcorn, pizza, party, play dough, Mr. & Mrs. Potato head, played with parachutes, and painted with Q-tips. Of course, that does not include, colors, days of the week, calendar, tracing, matching, sorting, shapes, songs, recognizing names, weather, using manners, lining up, hand's to ourselves, sharing, washing hands, and cleaning up.

We are scheduled to complete the alphabet in February, so we can start putting letters together to sound out simple site words. The end of the school year is fast approaching, this is an exciting time- the students already know the routine and are excited to see what letter/project comes next. It is rewarding to see these young students use their newly learned skills. If you happen to meet one of our Early Learning Program students, please ask about their day at school, each student should be able to express in words something they enjoyed or learned.



For more information about the Early Learning Program please contact Christina Pinnow at 907-567-3313 or e-mail chris@niniilchiktribe-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 perspective 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 perspective 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 perspective 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 to ensure 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 x 2108 or Bettyann@ninilchiktribe-nsn.gov for more information.

Tribal Services Cont.



**Social Services
ICWA**

Foster Parents Needed!

Helping Alaska Native children develop a strong connection to their heritage is very important and Alaskan Native families who can share their cultures and traditions with children are needed throughout the state.

What does it mean to be a licensed foster home?

A licensed foster home means a home is state approved to provide care for children and meets basic standards of safety set by law and regulation. These standards reduce predictable risks to the health, safety and well-being of children in out-of-home care.

The goal of foster care is to provide a safe, stable, nurturing environment until the child is able to return home or until a permanent home is found for the child.

Licensed foster parents receive a monthly stipend as a reimbursement to help with the cost of caring for a child in care. This rate is established by the state legislature, and is based on how many nights a child is in your home, the age of the child and your geographic location.



It's That Time of
Year!

[Foster and Adoptive
Parent Tax Information](#)

The National Foster Parent Association puts out a booklet outlining federal tax benefits and requirements related to foster and adoptive care. To becoming a member, go to their website <http://nfpaonline.org/>

The most current year (2014) is available to current members only. Past years including 2013, however, are available for download. You might want to share the information with your tax professional if you have foster or adopted children in your home.

In addition, The North American Council on Adoptable Children (NACAC) shares information about the Federal Adoption Tax Credit. Find this information in our [Information Packet: Tax Credits and Adoption](#) or go to their website at www.nacac.org. This valuable tax credit is a one time tax credit that families can claim once if you adopted since 2005. But it's complicated and depends on the year you adopted and your circumstances. So check it out and talk with your tax professional to see if this applies to you.

If you are interested in becoming a foster parent contact Bettyann Steciw at bettyann@ninilchiktribe-nsn.gov or 907-567-3313 x2108



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:

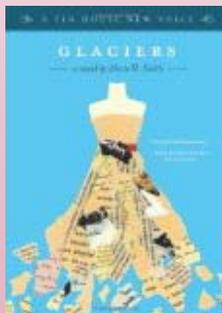
The Tahyiga Book Club meets monthly to discuss contemporary Alaskan and world literature, focusing on indigenous and cultural identity themes. If you are interested in new, engrossing novels with multicultural views please come and participate! The club meets on late month Fridays at 3:30 PM at the NTC Administration Conference Room. The next meeting will be on **Friday February 27th**. 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.

Book Club Selection Coming Up: March



Please Look After Mom by Kyung-Sook Shin

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.

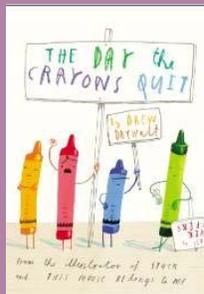


February Book Club Selection: Glaciers by Alexis M. Smith

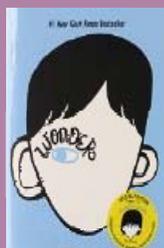
Isabelle is a single twenty-something thrift-store shopper and collector of remnants, things cast off or left behind by others. *Glaciers* follows Isabel through a day in her life in which work with damaged books in the basement of a library, unrequited love for the former soldier who fixes her computer, and dreams of

the perfect vintage dress move over a backdrop of deteriorating urban architecture and the imminent loss of the glaciers she knew as a young girl in Alaska.

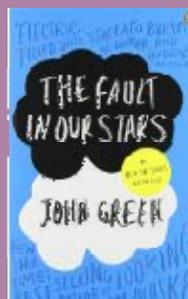
Book Spotlight: Just some of the titles in our collection:



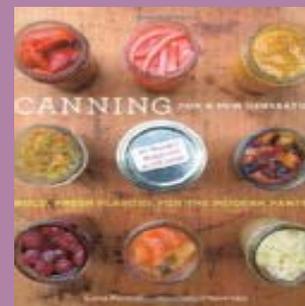
The Day The Crayons Quit By Drew Daywalt



Wonder By R.J. Palacio



The Fault in our Stars By John Green

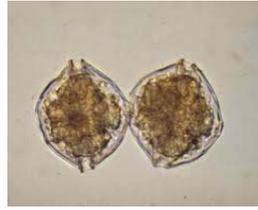


Canning for a new Generation By Liana Krissoff

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

Resource and Environmental Department

Para



The paralytic shellfish poisoning (PSP) levels peaked in early July 2014 in Unalaska, Alaska (mussels collected at new boat harbor) and have been below detection limits of 10 micrograms/100 grams since September 2014. See the data on the attached graph or the web page <http://environmentalaska.us/paralytic-shellfish-poisoning-in-alaska.html>. The summer levels were above the FDA limit for PSP which is 80 micrograms/100 grams, the red line on the attached graph. Melissa Good of Alaska Sea Grant will be teaming up with APIA to conduct a larger PSP study in the Unalaska area in 2015 and working to refine a PSP prediction model. The team will be conducting more PSP testing this summer in conjunction with deploying oceanographic equipment, a CTD, AKA Conductivity-Temperature-Depth equipment. We will supplement the New Boat Harbor PSP testing with additional sites including Little Priest Rock where the highest PSP levels were seen last summer. We will also be testing sand lance next summer.

During the summer of 2014 we managed to collect several sand lance samples and three had elevated PSP levels, a sample of dead sand lance from Cook Inlet, another from Deering (Kotzebue Sound) and live sand lance collected in the Haines area. We had many observations of dead sand lance on beaches in Southeast Alaska, Prince William Sound, Cook Inlet and the Aleutian Islands, but samples were not collected. I cannot determine the extent of PSP in sand lance without having samples for testing! With high PSP levels, sand lance may become toxic with PSP and may be found dead on beaches or the seabed of sandy beaches. Please note dead small schooling fish (forage fish)

found on beaches, freeze a gallon bag of the fish and contact me. The attached flyer explains the possible significance.

PSP levels will likely be different in adjacent beaches and will change with time. Littleneck clams usually do not reach as high of toxicity levels as butter clams and littleneck clam toxicity levels usually drop off quicker than butter clams. If you harvest/consume clams from Alaska beaches you should become familiar with all the clam species. Extreme caution should be taken when consuming any clams, cockles, scallops and mussels from Alaska's beaches. Forage fish, such as sand lance (AKA needle fish, candle fish, sand eels) can become toxic with PSP too. I recommend not eating dead or sick looking forage fish found on Alaska beaches and report these events to me.

Shellfish harvesters should be advised that PSP is a serious health risk when consuming personally harvested shellfish. Crabs feeding on toxic mussels, clams or fish (sand lance) can accumulate PSP oxin in their digestive system, so I recommend that before cooking, remove the back shell of the crab and clean out all the dark soft tissues that comprise the digestive system and crab butter. The same may be true for shrimp; the coon-stripe shrimp I sampled in the Haines area in 2014 had elevated PSP levels in their viscera (guts). Bivalves (clams, mussels, oysters, scallops) sold at wholesale and retail markets require PSP testing and are considered safe for human consumption, but crabs or shrimp are not regularly tested for PSP.

The samples for this project are all analyzed by the Alaska Department of Environmental Conservation Environmental Health Laboratory using approved analytical methods (HPLC, AKA high performance liquid chromatography, AKA high pressure liquid chromatography). Note that the FDA limit for PSP is 80 micrograms/100 grams, the red line on the attached graph. The data collection for this project will continue to Fall 2015. Data tables are at <http://environmentalaska.us/paralytic-shellfish-poisoning>

The NTC Resource & Environmental Department

For more information please call the office at 567-3815 or email darrel@ninilchiktribe-nsn.gov

NTC Community Clinic*Tribal Health Director Report:*

*The Annual Health Fair is March 21 at the High School. Tentative time is 9am-2 pm. The committee has chosen a "Dr. Who" theme.

* We had a Demo on the Cerner Electronic Health Record that SCF and ANMC use on Monday. We still have more questions and will probably work on a pros and cons list before deciding if this is something we want to do.

* We will be moving forward with the Integration of Behavioral Health Care and Physical Health Care by summer, if not before.

* Attended the Alaska Native Health Board meeting in Juneau. Discussions included Medicaid Expansion, IHS updates, behavioral health updates, networking, asking for our sub award in exchange for a letter of support, and eating good food.

Thanks,

Janet

*NTC Community Clinic Cont.***Are you or a loved one struggling with addiction to prescription pain pills or heroin?**

Approximately 2 million people in the United States suffer from substance abuse disorders or addictions to prescription painkillers, and about 500,000 people are addicted to heroin. Overdose deaths from prescription painkillers have quadrupled in the past 15 years, and now kill more people than automobile accidents. There is a huge unmet need for medical treatment of opiate addiction, and only about 20% of addicts get medical care for their addiction.

Medication assisted treatment of opioid addiction combines prescription medications (including buprenorphine and naltrexone) along with substance abuse counseling, and treatment of other co-existing medical problems (such as depression, HIV or Hepatitis C). Integrating drug treatment into healthcare settings offers comprehensive treatment services for opioid addiction, and has been proven to be much more effective than counseling alone.

Dr. Sarah Spencer is now providing care for patients suffering with addiction problems. She received training in residency in treating opioid addiction, and provided this service while working in Valdez from 2009-2013. She will be accepting new patients for this treatment program at Homer Medical Clinic and Ninilchik Community Clinic.

Informational packets and applications for the program may be obtained from either clinic starting in mid-February.

First intake appointments start mid-March.

Spaces are limited.

Thank you.

Janet Mullen, RN, BSN

Ninilchik Traditional Council

Tribal Health Director

907-567-3370 opt. 4

907-567-3310 fax



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.

Behavioral Health Services

Youth Alcohol Prevention News Letter

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. 567-3370.

Outreach:

January was back to school for the students who we work with, and the kick off to our 2015 outreach. At the beginning of the month, we hosted a movie marathon at the Teen Center to wrap up Christmas Break and had 10 students in attendance. We educated participants on Blood Alcohol Concentration and three ways alcohol affects the brain and impairs judgment and decision-making.

National Drug Fact Week:

The end of January was National Drug Facts Week so we set up an information booth at the high school advertising our program and providing information on adolescent substance abuse prevention. We also hosted three days of lunchtime activities at the school and educated participants on the brain damage caused by drugs and alcohol, general substance use trivia, and challenged students to find facts from our educational materials. Overall, we made substance use prevention information available to every Junior High/ High School student and had 38 active participants. We have partnered with the school for hosting dances and on January 9th we held a semi formal snowball for students at the fair grounds. There were 32 in attendance.

Safe Talk Training:

On February 4th we hosted a SafeTALK training for youth and community members. Our 12 participants were taught how to identify and help someone experience thoughts of suicide. We had members from

Ninilchik Emergency Services, parents, youth advocates, and 5 students in attendance, one of whom said we should bring the training to the school.

Upcoming Events:

- * In February, we started preparing for our March bullying presentation series at the school. Our objectives for these presentations are to promote prosocial, responsible behavior, reduce classroom disruptions/ bullying incidents in school, improve Interpersonal problem solving skills, to promote the development of empathy, and to promote bystander peer advocacy.
- * On March 27th and 28th we will host our second Young Women's Retreat where we will educate young women on healthy relationships, self-esteem, and confidence, while empowering them to achieve their goals while being true to themselves.
- * We continue to host Toddler Time every Monday from 11-12:30 at the Teen Center. We would like to offer an additional session in the evenings one day a week, but have yet to determine a time and day that works for participants.
- * Study Hall is every Monday 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 3:30-8:0pm. Students from ages 12-18 are welcome to come and interact with their peers in a healthy, safe environment.
- * Our student yearbook club is after school on Tuesdays and Thursdays from 3:30-4:30. We have 16 meetings left before our final deadline. Students have been working hard to reach their self determined goals for their assigned sections.

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 call Maureen Todd, 567-3370

Peninsula Winter Games: Native Youth Olympics

Our team attended the Kenaitze Peninsula Winter Games at the end of January where we had an athlete place in every event Ninilchik participated in. Our athletes and families did a wonderful job representing Ninilchik at the Peninsula Winter Games. Students enjoy NYO so much that we continue to have new participants sign up. In February, we will be attending the Junior NYO state championships in Anchorage and look forward to competing with athletes from across the state. If you have any questions regarding our NYO program please contact Anna Eason at 907-567-3370 extension 7.





Ninilchik Community Health Fair

Saturday March 21, 2015

9am—1 pm

Ninilchik School Gym



Health Education & Screenings

Blood Pressure Screenings

Vision Screenings

**Height/Weight, BMI,
& much more!**



**Adults
Families
Students**

**Prizes, Drawings, Family Fun,
Cooking Demo's & Tasting
Student Free Swim Passes**

LET US HELP YOU NAVIGATE YOUR HEALTH



**Learning Activities
Immunization Facts
Learn about Heart Attacks,
Diabetes Prevention and Cancers
Adult/Student Exercise Contest
Test Your Senses - Optical Illusions
Come to the Fair**

For More Information call 907- 567-3970
Visit us at: www.alaskahealthfair.org

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 February & March

- February 9th, 16th, & 23rd
- March 2nd, 9th, 16th, 23rd, & 30th

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 Updates

Anyone who has visited the Club recently has probably noticed some changes (*the coat hooks are gone!*) It's a work in progress, but we are very excited about having the interior painted this winter (*don't worry, new coat hooks will be hung soon*). The dingy, white walls have been updated to a trendy grey with a few bright accent walls. A big Thank You goes out to our NTC Maintenance Crew, who work so hard to complete our

'honey-do' list!

We are constantly trying to better the Club, and welcome all suggestions. Please use the Suggestion Box at the front counter to submit any ideas you have.

Rowing Clinic

This month, we are welcoming Nancy Saylor, a certified rowing coach with the Alaska Midnight Sun Rowing Association in Soldotna. Nancy is offering a rowing clinic to teach the basics of good form and making the most of your erg workout. I've heard from many people that they don't use the erg (rowing machine) at the gym because they're unsure how to use it—well this is a perfect opportunity to learn from a pro. This clinic will take place on Saturday, February 21st, with 45-minute sessions starting at 10am. If there is more interest, we can talk about bringing Nancy back at a later date. The clinic is free for current Club members, and only \$10 for the public. All proceeds will be donated to the Alaska Midnight Sun Rowing Association.

Vinter Vigglov

We'd like to congratulate our newest winner, **Kristin Presley!** We had so many dedicated challengers this year, but Kristin just soared above the competition. Congratulations to all that finished! We are having a final awards banquet catered by the wonderfully talented chef, Tiffany Stonecipher, on March 2nd, where the top three winners will be announced and all finishers will receive prizes.

Meet Erik Schreier

Erik owns Wilderness Wellness & Reflexology in Homer. He will be coming to the Club every two weeks or so to offer hour-long massages and reflexology (or a combination) for \$75, as well as chair massages (only \$1 a minute!)



You can call him to book a session at 907.299.0449. Elise still offers massage at the Club, and is very open to having a second massage therapist here to offer more range and scheduling flexibility. What a great team we have!

Meet Catherine Pilibos

Catherine is a licensed Chiropractor and a transplant from California. Starting mid-March, she will be seeing clients at the Club! We will let everyone know more in March, but until then, feel free to call Cat with any questions at 907.756.3312.



TUE 10-11am Hatha Yoga * TUE 5:15-6:15 Hatha Yoga * THU 5:15-6:15 Vinyasa Yoga

Healthcare Coverage

*Partial excerpt from Healthcare.gov -American Indians & Alaska Natives
Health coverage for American Indians & Alaska Natives*

“As an American Indian or Alaska Native, am I required to have health coverage?”

The health care law requires all people to have minimum essential coverage or pay a fee.

However, American Indians and Alaska Natives (AI/ANs) and other people who are eligible for services through the Indian Health Service, tribal programs, or urban Indian programs (like the spouse or child of an eligible Indian) don't have to pay the fee. This is called an exemption.

Members of federally recognized tribes, ANCSA Corporation shareholders, and people who are otherwise eligible for services through an Indian health care provider may apply for an exemption two ways:

- Apply through the Marketplace by completing an exemption application and mailing it with supporting documentation. If you apply for an exemption through the Marketplace, you must submit documentation of membership in a federally recognized tribe or eligibility for services through an Indian health care provider.
- **Apply when filing a federal income tax return** using the IRS health coverage exemption form either through self-attestation or by providing an Exemption Certificate Number (ECN). ...”

If you are a member of a federally recognized tribe, ANCSA Corporation shareholder, or an Alaska Native/American Indian who is eligible for services through the Indian Health Service, and you do not have minimum essential healthcare coverage, you can complete a self-attestation with your tax filing. You may just complete form 8965 and file it with your Form 1040, 1040A or 1040EZ.

Also please remember that according to the IRS “Taxpayers whose entire tax household had minimum essential coverage for each month of their tax year will indicate this on their federal income tax return by simply checking a box on their Form 1040, 1040A or 1040EZ. No further action is required.”

Disclaimer– We are not tax professionals and each individual is personally responsible for their filings. We accept no responsibility for improper filings based upon this information.

Healthcare Coverage cont.

Example of Form 8965 that one could complete with their tax return to either claim the exemption if you have a Marketplace Exemption Certificate Number (Part II), or if you are just completing the exemption as a Tribal member, ANCSA Shareholder, or Indian Health Service Beneficiary (Part III). The c. Exemption Type code for Federally-Recognized Tribal Members is E.

Form 8965 Department of the Treasury Internal Revenue Service	Health Coverage Exemptions Attach to Form 1040, Form 1040A, or Form 1040EZ. Information about Form 8965 and its separate instructions is at www.irs.gov/form8965 .	OMB No. 1545-0074 <div style="font-size: 2em; font-weight: bold; margin: 5px 0;">2014</div> Attachment Sequence No. 75
Name as shown on return		Your social security number

Complete this form if you have a Marketplace-granted coverage exemption or you are claiming a coverage exemption on your return.

Part I Marketplace-Granted Coverage Exemptions for Individuals: If you and/or a member of your tax household have an exemption granted by the Marketplace, complete Part I.

	a Name of Individual	b SSN	c Exemption Certificate Number
1			
2			
3			
4			
5			
6			

Part II Coverage Exemptions for Your Household Claimed on Your Return:

7a Are you claiming an exemption because your household income is below the filing threshold? Yes No

b Are you claiming a hardship exemption because your gross income is below the filing threshold? Yes No

Part III Coverage Exemptions for Individuals Claimed on Your Return: If you and/or a member of your tax household are claiming an exemption on your return, complete Part III.

	a Name of Individual	b SSN	c Exemption Type	d Full Year	e Jan	f Feb	g Mar	h Apr	i May	j June	k July	l Aug	m Sept	n Oct	o Nov	p Dec
8																
9																
10																
11																
12																
13																

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 Elders Luncheon @12:00 PM	3 Hatha Yoga @ 10 am & 5:15 pm	4	5 Vinyasa Flow Yoga @ 5:15 PM	6	7
	9 Elders Luncheon @12:00 PM	10 Hatha Yoga @10 am & 5:15 pm	11	12 Vinyasa Flow Yoga @ 5:15 PM RCM @ 10:00 AM	13	14 Valentine's Day 
	16 Presidents' Day NTC Offices Closed Elders Luncheon @12:00 PM	17 Hatha Yoga @ 10 am & 5:15 pm	18	19 Vinyasa Flow Yoga @ 5:15 PM	20	21
	23 Elders Luncheon @12:00 PM	24 Hatha Yoga @ 10 am & 5:15 pm	25	26 Vinyasa Flow Yoga @ 5:15 PM	27 Book Club @ 3:30 	28



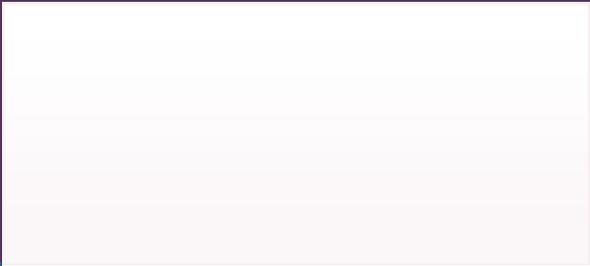
March 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Elders Luncheon @ 12:00 pm	3 Hatha Yoga @ 10 am & 5:15 pm	4	5 Vinyasa Flow Yoga @ 5:15 PM	6	7
8	9 Elders Luncheon @ 12:00 PM	10 Hatha Yoga @ 10 am & 5:15 pm	11	12 Vinyasa Flow Yoga @ 5:15 PM	13 Regular Council Meeting @ 10 AM	14
15	16 Elders Luncheon @ 12:00 PM	17 Hatha Yoga @ 10 am & 5:15 PM	18	19 Vinyasa Flow Yoga @ 5:15 PM	20	21
22	23 Elders Luncheon @ 12:00 PM	24 Hatha Yoga @ 10 am & 5:15 pm	25	26 Vinyasa Flow Yoga @ 5:15 PM	27 Book Club @ 3:30 	28
29	30 Elders Luncheon @ 12:00 PM Seward's Day NTC Offices Closed	31 Hatha Yoga @ 10 am & 5:15 pm				



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:



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!