

Ninilchik Traditional Council



February &
March 2017

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Upcoming Closure Dates

NTC Office will be closed on: Monday, February 20th for Presidents' Day
and Monday, March 27th for Seward's Day

Council Meeting Schedule

The next regular Council Meeting is scheduled for:
Thursday, February 23rd at 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 participate in the visitors' comments and question session.

There are

THREE \$100.00 DOOR PRIZE DRAWINGS

for visiting tribal members at each meeting!

Front, Back, and Center Inlay Photos provided by Bob "Bling" Crosby

We would like to invite your photo submissions for possible use
as future newsletter adornments. email to ntc@ninilchiktribe-nsn.gov

Who We Are

The Ninilchik Village Tribe is made up of approximately 900 Members who trace their roots to the Ninilchik tribal lands as well as other Bureau of Indian Affairs-recognized Alaskan 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 & Chairman	William Dean Kvasnikoff Vice President	Whitney Schollenberg Secretary & Treasurer	Jamie Lemman Director	Kenny Odman Director
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Ivan Z. Encelewski
NTC Executive Director

NTC Department Directors

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

NTC Staff

<p>David Bear, EMS Assistant Denise Brock, Case Manager/Registered Nurse Jenn Day, Clinic Administration & Patient Account Specialist Dr. Robert Downey, Medical Provider (Contract) Nick Finley, Youth Outreach Coordinator/NYO Coach Caroline Finney, Community Health Practitioner Victoria Florey, Resource Technician Maricel Folkert, Community Health Aide/Medical Assistant Jennifer Gilbertson, Administrative Assistant Alanna Goins, HWC Attendant Fill In Eric Hanson, Facilities Manager Eulelia Hendryx, Secretary/Receptionist Annette Hubbard, Behavioral Health Aide/CDC Robert Johnson, Jr., Biologist Jesse Lemman, NYO Coach Terri Lemman, HWC Attendant/Clinic Reception Fill In Leslie McCombs, Clinic Front Desk Receptionist Ann Mercer, Family Nurse Practitioner Jennifer Miller, Clinical Medical Biller Perry Miller, Systems Administrator Shanna Moeder, Dietitian David Nordeen, Maintenance Laborer</p>	<p>Andrea Oskolkoff, HWC Attendant Fill In Jamie Oskolkoff, Tribal Services Assistant Pat Oskolkoff, Clinic Special Projects Coordinator Michael Pinnow, Assistant Maintenance Laborer Christine Prokop, Behavioral Health Services Manager Nancy Pulliam, Assistant Maintenance Laborer Daniel Reynolds, Resource Technician Diane Reynolds, Procurement Officer & Finance Assistant John Russo, Plumber Cynthia Schnabl, HWC Attendant Fill In Dr. Sarah Spencer, Medical Provider Elise Spofford, Yoga Instructor 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 Catherine West, HWC Attendant Fill In Gina Wiste, Environmental Technician Lisa Zatz, Advanced Nurse Practitioner Tammy Zweiacher, Personal Trainer</p>
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The Cheeky Moose

Robin Jaime , Manager	
Melissa Lancaster , Deli Worker/Barista	Kaylene Radeke , Deli Worker/Barista



As is customary this time of year, I eagerly awaited the vision and wisdom of the famous groundhog 'Punxsutawny Phil'. Unfortunately he saw his shadow this year so we can expect six more weeks of winter. Now there's a surprise. With Phil back in his hole and winter cranking up for the long haul, there's much to report on here at the Tribe.

As you may recall about this time last year, you may have read in the local newspaper that we were working to implement our transit service in order to provide community transportation to the Homer and Kenai/Soldotna area. We were hoping that things would progress a little quicker, however, the process with our grant implementation moved at a turtle's pace. We are pleased to announce that things are back on track and the grant agreement is being implemented. It is now our hope that this will be up and running this summer with a transportation model that can provide access to our larger communities.

In addition, you may have noticed that we put the finishing touches on the remodeling and implementation of our Tribal Community Center. The facility is absolutely amazing! With the brilliant touches of inspiration by Tiffany Stonecipher and the hard work of our maintenance crew, we finally have a place for community events and functions. The building is not only big enough to hold large events, it has a state of the art kitchen, television, communications and speaker system. We are in the process of getting the DEC approval for the kitchen as well. The building is available for rental by Tribal Members and the general public, with a large discount for our folks.

On the subsistence side of things we continued to vigorously pursue our fishing and hunting rights. Along these lines we were able to get our Kenai and Kasilof River Community Gillnet proposals advanced at the Southcentral Regional Advisory Council (SCRAC). This support and our ongoing efforts led to meetings and discussions with the U.S. Fish and Wildlife Service (USFWS). After mutual respect and hard work on both sides, we were able to come to a settlement on our Kenai River Gillnet fishery. Furthermore, the Federal Subsistence Board (FSB) unanimously adopted this settlement agreement in principle and subsequently the Tribe and USFWS jointly submitted a Special Action Request (SAR) to implement the fishery for this year. Permanent regulations will be promulgated this year as well. The crux of the agreement and settlement means that we will be able to operate a 10 fathom 5 ¼ inch mesh net in the Kenai River Moose Range Meadows area from July 1- August 15. In addition there will be a late season available in September. The fishery will close until July 16 if at any time during July 1-15 we encounter more than 50 Chinook. We will only be able to retain 50 Chinook during that time period if the State Optimal Escapement Goal is met for Early-Run Chinook. The fishery will also close for the season if at any time more than 100 Rainbow Trout and/or 150 Dolly Varden Trout are encountered, whether they are retained or released. The annual limits for each fish species will be eliminated and they will just use these caps and the household/daily limits. So for example, we will no longer share a total 4,000 annual Sockeye limit with Hope and Cooper Landing. The annual limits will be removed so that only the household limits apply. In the example of Sockeye it would be 25 for the head of household and an additional 5 for each member.

Executive Director's Address

As noted in the recent Peninsula Clarion article of February 9, 2017, "The bottom line is that Ninilchik Traditional Council and the Fish and Wildlife Service have met several times, (had) discussions of the settlement and the lawsuit, we've come to an agreement with the implementation of the fishery," said Ivan Z. Encelewski, the executive director of the Ninilchik Traditional Council. "The regulations will not only provide a meaningful subsistence opportunity for Ninilchik but also (provide for conservation)."

Along these lines there will be a public meeting regarding our Special Action Request which will provide the mechanism to implement the settlement temporarily this year while permanent regulations are promulgated. As per the Office of Subsistence Management:

"A public hearing is scheduled for 5:30-7:30 p.m., February 24, 2017, at the Kenai National Wildlife Refuge Visitor Center in Soldotna to hear public testimony about a Fisheries Temporary Special Action Request received by the Federal Subsistence Board. Fisheries Special Action Request FSA17-01, submitted jointly by the Ninilchik Traditional Council and the U.S. Fish and Wildlife Service, requests several modifications to Federal subsistence regulations to allow for implementation of the Kenai River community gillnet fishery for residents of Ninilchik during 2017. Several of the requested modifications include establishing seasons, harvest limits, and guidelines on fish retention and release, as well as removal of annual total harvest limits for the community gillnet fishery.

The proponents state that the Kenai River community gillnet fishery was authorized by the Federal Subsistence Board in 2015 but implementation has been difficult due to regulatory conflicts and conservation concerns. The proponents submitted FSA17-01 to resolve existing regulatory conflicts and address concerns associated with the community gillnet fishery. The intent of the special action request is to facilitate implementation of the authorized fishery and increase Federal subsistence opportunity for residents of Ninilchik during the 2017 season.

The public may attend the hearing in person or by teleconference. Public testimony provided at the hearing will be summarized by Federal staff and provided to the Federal Subsistence Board for consideration.

Public Hearing information is below:

Soldotna

5:30-7:30 p.m., Friday, February 24, 2017

Kenai National Wildlife Refuge Visitor Center

33398-A Ski Hill Road, Soldotna, AK 99669

Teleconference: TOLL FREE (866) 916-7020

Passcode: 37311548

...Additional information on the Federal Subsistence Management Program may be found on the web at www.doi.gov/subsistence or by visiting www.facebook.com/subsistencealaska. .."

Hope to see you there and best regards.

Thanks.

Ivan Z. Encelewski, Executive Director

Radon Gas: An Invisible Health Hazard

Indoor radon gas is a major respiratory health concern. Produced by the breakdown of uranium in rock and soil, it enters buildings through foundation cracks and other openings. Highly carcinogenic, the gas damages lung tissue. Exposure is second only to tobacco smoking among causes of lung cancer. Despite these risks, an estimated 1 in 15 homes in the United States have unsafe radon levels. Many people are unaware of this hazard. Increasing awareness may help people avoid radon exposure.

Several factors increase radon's harmful effects. Because people living in cold climates spend more time indoors with windows and doors shut (reducing ventilation), they have increased winter time exposure. Structures heated by burning wood or coal have indoor particulate matter, combining with radon to irritate lung tissue. Finally, smokers and those with breathing problems face greater combined risk.

Because the gas is colorless, odorless, and tasteless, its presence can easily escape detection. The best way to determine its presence is through testing. A variety of test kits are available at hardware stores and online. Inexpensive short term test kits can be found for less than \$20.00. After being exposed to the air inside a building, they are analyzed in a laboratory. They are simply left in one inside location for 3-7 days. Many other more sophisticated products test radon levels for longer periods.

The national average home radon concentration in the USA is 1.3 pCi/L (picocuries/liter). 4 pCi/L or above is the concentration at which the EPA recommends radon mitigation.

If unsafe radon levels are detected, simple repairs can lessen or eliminate the danger. Finding and sealing foundation or other cracks prevents the gas from entering. Most importantly, the edges of any basement floor must be sealed. An exhaust pipe can be installed to expel the gas through the roof. This is even more effective if a small fan is added to the top of the pipe.

Many new buildings are constructed to reduce risk. Typically, these measures add well less than \$1,000.00 to home construction costs. They usually consist of sealing all small cracks and openings (especially in the foundation), and adding a ventilation pipe.

While the damage caused by radon gas can be severe, risk reduction is a simple matter. The most important step is testing indoor air. Without testing, it is impossible to know if levels are too high. Once high levels are detected, the threat can be mitigated with simple building repairs and increased ventilation.

The biggest challenge is to increase public awareness of this toxic, yet tasteless and odorless threat to human health.

Help spread the word!

Robert Johnson, Jr., Biologist



“Life isn’t about finding yourself. Life is about creating yourself.”
George Bernard Shaw

Hello and Happy New Year!

I hope each and every one of you had a wonderful, merry, Christmas and New Year’s Eve.

A quick word about home safety. We have been experiencing a series of thefts and break-ins here in the Ninilchik and Anchor Point areas. I would like to suggest that everyone take the time to lock the doors, when you are home, and when you are leaving. There is a pretty good chance that these crimes are drug related. Knowing that, we have to assume these people could walk into the house even while you are home. I have heard of this happening twice so far. If they would have locked their doors, it could have been prevented. 90% or more of these area thefts and break-ins were on homes that were unoccupied.

If you are going to take a trip, you might want to invest in some timers . These lights will turn on and off throughout your home at different times. This gives the illusion as if you were home. You can also put a timer on a radio. This will make it sound like someone is talking in your home. If you are leaving your home unoccupied this winter or are taking a trip, have a trustworthy neighbor keep an eye on your home and belongings. They can also drive in and out of your driveway if it snows to make it look like you have been home. Anything that creates a presence at or around your home will help to deter the bandits.

I will also suggest, for those of you who participate in social media (FB, Twitter), that you do not announce when you are taking a trip. I would not encourage to announce anytime you will be leaving your home unoccupied. It takes very little time to get into a home, occupied or not. When the home is vacant, the bandits do not have to worry and will make away with anything.

Stay safe and do not invite trouble into your lives. It is better to be proactive and to think ahead than to be a victim. Do not think that this will not happen to you because it can.

On a lighter note, we have the 2017 State of Alaska’s “Heating Assistance” applications here at the office, for those of you who 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.

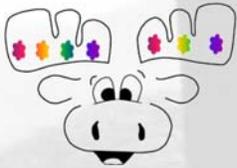
Income limits per Household Size (HS)-Per monthly income is:

HS 1: \$1,855.00	HS 2: \$2,502.00	HS 3: \$3,150.00
HS 4: \$3,797.00	HS 5: \$4,445.00	HS 6: \$5,092.00

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 pick one up at our office.

I want to wish you a wonderful winter, and stay safe everyone.

Bob Crosby



Early Learning Program



HAPPY NEW YEAR! Its hard to believe the year is half over. December was filled with lots of holiday fun...Thank You Chef Tiffany for helping us make our Christmas cookies! January will bring lots more excitement as we explore our favorite stories, music, painting, science, movement and much more.

The Flu Season

We are cleaning and sanitizing the classrooms and bathrooms very well to keep the flu away from our school. Please help by staying home with your child if you suspect that either of you are sick. We will be strictly enforcing our sick policy in an effort to keep all students and staff healthy! Thank you for your support and understanding.



Preschool Swim

The NTC Tribal Services Dept. offers free swim to families with children under the age of 5 at the Ninilchik Pool Fridays 11-12 pm. Parents must accompany children in the pool. This is a wonderful opportunity to teach your child to swim and get comfortable in and around water.

For more information about NTC's Tribal Services please contact Christina Pinnow at 567-3313 or email chris@nirilchiktribe-nsn.gov

Do you want to make a difference in a child's life? Or yours? You can if you become a foster parent and provide a stable, structured home environment for a child in need.

How Do I Become a Foster Parent?

As a foster parent, you'll be part of a team of people helping a child who may be neglected or abused. You'll provide a safe, nurturing environment to the child while issues at home are being resolved. The team will include you, the foster parent, a case worker who oversees the placement, the family court that makes the decisions and the child's family. Becoming a foster parent is a group effort.



Ninilchik Tribal Services
is available to help with the application process.

Contact us at:
Bettyann Steciw
907-567-3313
bettyann@ninilchiktribe-nsn.gov

DEFINING QUALITY CHILD CARE

Quality child care will offer your child a stimulating, nurturing environment which should help prepare them for school and to reach his or her full potential. Quality care environments provide a stimulating, loving atmosphere in which your child will mentally, socially, emotionally and physically thrive.

CHARACTERISTICS OF QUALITY

- Small group sizes and adult-to-child ratios encourage the best opportunities for a child's development.
- Opportunities for meaningful parent involvement.
- Learning materials and teaching styles that are age-appropriate and respectful of children's cultural and ethnic heritage.
- Learning opportunities that promote your child's success in school.



Child care assistance is available to eligible families
through the NTC Child Care Development Fund.

To find out if you qualify, contact:

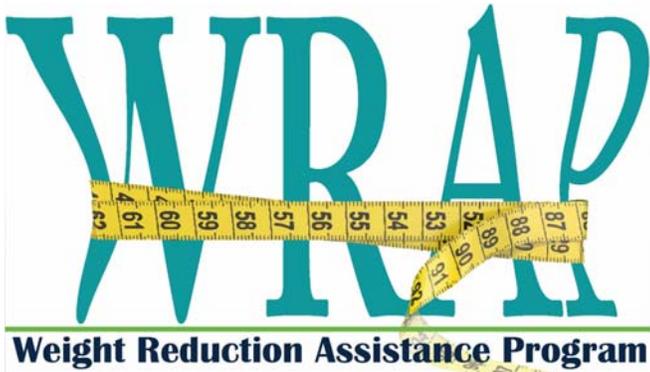
Bettyann Steciw at 907-567-3313
or email bettyann@ninilchiktribe-nsn.gov

TRIBAL HEALTH DIRECTOR'S REPORT

- ◆ Dr. Downey is at the Ninilchik Community Clinic twice a month until the end of May. He is tentatively scheduled to be here February 9th, February 23rd, March 2nd, and March 17th.
- ◆ Dr. Spencer is at the clinic Monday, Wednesday, and Friday. In addition to her regular Family Practice she provides Manipulation, Cold Laser Therapy, and Addiction Medicine (Thursdays).
- ◆ Carrie Warren, ANP, is in the clinic Monday-Thursday. Carrie is a family practitioner but also works with pediatrics. She is providing medical weight loss management through our WRAP program.
- ◆ Lisa Zatz, ANP, is in the clinic 3 days per week. She is also the Health coach for the WRAP program.
- ◆ Please feel free to fill out a Customer Satisfaction Survey after each visit and let us know how we are doing. They are available on the NTC website, via computer set up in the clinic hallway, or in paper form. These are normally anonymous, but you may choose to leave a name. Included is a question about whether you want to receive your appointment reminders via text. If you say yes, do not forget to let the front desk know so we can document this in your chart. You may inform us of your decision via survey as well.
- ◆ We have a sonographer available once a month to perform ultrasounds from South Peninsula Hospital.
- ◆ We have converted over to a new Electronic Health Record and are continuing to learn about this new system and its capabilities. Please be patient with us during this process and we will make every effort possible to meet your needs. If you are interested in joining the Follow My Health patient portal to view your labs, send messages to providers, or to update your information, please give your email address to the front desk and they will enter it into the system. You will receive an invite to the portal, which will grant you access to your health records.
- ◆ We have increased our Outreach program to include adults. We have held some game nights, and we are interested in providing opportunities for sober free events. We would like to hear from you and are looking forward to seeing you at the next game night on February 17th. Game night will start at 7:00 pm.
- ◆ As always, my door is open and you can stop by and talk to me about anything.

Thank you,

Janet Mullen, NTC THD



WRAP

Weight Reduction Assistance Program

A new year has come if we were ready or not, and it is this time of the year that brings along the chance to make new choices or changes for our health. Choices that also provide us the chance to have a good quality of life.

A popular news topic around the end of October 2016 hit the media waves to share a research finding that Americans and people worldwide have weight increases from Halloween till Christmas. This increase is due to the high volume of “favorite foods” that appear during the holidays. The Thanksgiving holiday can increase their weight by 0.2% and Christmas time lends a 0.4% weight increase. With chronic diseases, such as diabetes, high blood pressure, and heart disease being on the rise due to the high rates of overweight and obesity in America, we cannot afford to gain this yearly weight each holiday season.

If you were that winter nibbler or holiday enjoyer, who gained a few pounds, do not fret. Don't let this holiday weight gain risk get you down! The Ninilchik Community Clinic can help you with the goal of weight loss today by enrolling in our WRAP program. WRAP is short for the Weight Reduction Assistance Program and is a behavioral weight management program. During the six-month program, a participant can expect to see the Certified Family Nurse Practitioner seven times, a Registered Dietitian two to four times, a Certified Health Coach every two weeks as needed, have access to a Licensed Personal Trainer for six to twelve sessions, and access to the Ninilchik Health & Wellness Club. The goal of the program is to help you lose 7-10% of your body weight in a six-month period, which has been shown to be effective, particularly with decreasing a person's risk for getting diabetes by 58%. Studies showed that when people participate in a behavioral weight management program, they are more likely to be successful with weight loss in the short term, 3-6 months, and long term, 12-18 months, compared to doing exercise alone or diet alone.

The great thing about a new year is that it brings the opportunity to start anew on something that may need kick start or make over. As you prepare for this new year, consider what Ninilchik Community Clinic's WRAP program can do for you.

References:

- Johns, D. J., Hartmann-Boyce, J., Jebb, S. A., & Aveyard, P. (2014). Diet or Exercise Interventions vs Combined Behavioral Weight Management Programs: A Systematic Review and Meta-Analysis of Direct Comparisons. *Journal of the Academy of Nutrition and Dietetics*, 114(10), 1557–1568. <http://doi.org/10.1016/j.jand.2014.07.005>
- Kaplan, Karen. (2016, September 21). All over the world, people celebrate holidays by gaining weight. *Los Angeles Times*.
- Wing, R.R. & Phelan, S. (2005, July). Long-term weight loss maintenance. *American Journal of Clinical Nutrition*, 82(1), 2225-2255.

Behavioral Health Services & Youth Substance Use Prevention**Behavioral Health Services**

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

Youth Alcohol Prevention Mission

Ninilchik Traditional Council's Youth Outreach is anchored in education and prevention. Studies consistently show that the negative cognitive, behavioral and social impacts of growing up in adversity can be reversed by youth participating in prevention programs and having a relationship with a mentor. Our goal is to provide safe, alternative activities to youth where they can develop their interpersonal and character skills in order to have a brighter future. As indicated in extensive research, providing to our youth is the best possible investment we could make in the future development and success of our community.

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 Nick Finley or Maureen Todd at 567-3370.

For a detailed calendar of our outreach activities please call Maureen Todd at 567-3370 ext. 1, and she will add you to our outreach mailing list to receive our monthly newsletter and calendar.

Teen Center

We host Teen Center every Friday from 3:30-8:30 pm. Junior high students are invited to stay until 6:00 pm and high school students are able to stay until 8:30 pm. Students from 12-18 are welcome to come and interact with their peers in a healthy, safe environment. Admission is free and there are concession food items available for purchase.

Youth Outreach Committee

This committee has been established as part of the requirements of a grant we received from the Substance Abuse and Mental Health Services Administration (SAMHSA). The purpose of our grant is to further develop our substance use/ suicide prevention outreach within the community.

The specific purpose of our committee is to establish a program that would enable us to collaborate with our other agencies including the school, emergency services, behavioral health, and the clinic to provide follow up services for at risk youth.

For more information about NTC's Behavioral Health Services please contact
Christine Prokop, Nick Finley, or Maureen Todd at 567-3370

Behavioral Health Services

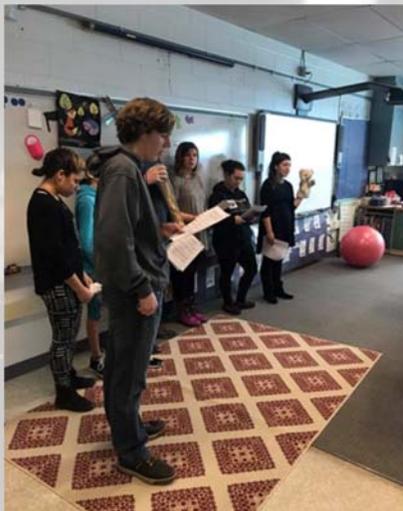
Native Youth Olympics

The beginning of the year for us kicked off with Native Youth Olympic competitions around South Central. At the Kenai Invitational Tournament, our students represented the tribe with teamwork, leadership, athleticism, and sportsmanship. With the help of assistant coach Jesse Leman, many of our athletes placed or earned their personal best in their events. Our next tournaments include Jr. State, February 24th-26th in Anchorage. For more information please contact Nick Finley at 567-3370 ext. 7.



Teens Against Tobacco Use

Our Teens Against Tobacco Use hosted five events during National Drug Fact Week, including trivia games, elementary presentations, and a high school presentation educating teens on brain development and addiction. Our group of peer educators is dedicated to spreading the message of the risks of substance use to the school and community.



For more information about NTC's Behavioral Health Services please contact Christine Prokop, Nick Finley, or Maureen Todd at 567-3370

Activities & Outreach

Recovery Services held adult game night on January 13, at the Community Center and had excellent attendance. The next game night will be held on February 17th at 7 pm at the Community Center. This is a sober adult event. Snacks and coffee will be provided.

Recovery Services, along with Dr. Spencer, have developed a Suboxone program. Suboxone is a medication to help people enter into recovery from opiates.

If you or someone you know would like more information,
you can call 567-3970 and make an appointment at the medical clinic.

You can also call Annette Hubbard or Christine Prokop at 567-3370
or email annette@niniichiktribe-nsn.gov or christine@niniichiktribe-nsn.gov

Elders Outreach Program

The Elders Outreach Program hosts a noon luncheon for Elders around the community at 15750 Sterling Hwy (Subsistence Building) every Monday.

The luncheon is still provided when NTC is CLOSED FOR A HOLIDAY.

Monday Luncheon Schedule for 2017

February:	6 th	13 th	20 th	27 th	
March:	6 th	13 th	20 th	27 th	
April:	3 rd	10 th	17 th	24 th	
May:	1 st	8 th	15 th	22 nd	29 th
June:	5 th	12 th	19 th	26 th	
July:	3 rd	10 th	17 th	24 th	31 st
August:	7 th	14 th	21 st	28 th	
September:	4 th	11 th	18 th	25 th	
October:	2 nd	9 th	16 th	23 rd	30 th
November:	6 th	13 th	20 th	27 th	
December:	4 th	11 th	18 th		



Fight the Winter Blues

February is arguably the hardest month for Alaskans. Sometimes you get lucky and can swing a vacation to someplace warm, but more often than not, you have to suck it up and do your best to fight the winter blues. If you're just feeling exhausted and lacking oomph, here are some tips to help you feel energized!

- ☆ **Drink water:** A lack of energy is often a sign that you're dehydrated. Not only can being dehydrated make you feel sluggish, but it can also cause you to feel foggy and more prone to headaches. Make sure you always have water on hand by investing in a reusable water bottle.
- ☆ **Go for a walk:** A little fresh air and sunshine can do a lot when it comes to boosting energy. If you sit at a desk all day, give yourself at least 15 minutes to get outside and away from your desk. Doing so will also do wonders for your productivity.
- ☆ **Reach for an energizing snack:** Your brain and body need food to keep going through the day, but choosing items there are loaded in sugar or fat may do more to load you down than lift you up. Avoid a midafternoon sugar crash by opting for snacks that are full of good-for-you protein, fiber, and whole grains.
- ☆ **Stretch:** A quick stretch session can help energize you by getting the blood flowing.
- ☆ **Dance:** Throw on a playlist, crank up your stereo, and get moving for a few minutes! Dancing has been shown to make people feel more happy and less stressed. And like any form of exercise, dancing translates to more energy throughout the day. Not a fan of dance? Do a set of jumping jacks instead!

Source: POPSUGAR Fitness

NEW Yoga Schedule

Mondays	5:15-6:15pm Vinyasa
Tuesdays	10:15-11:30am Restorative
	5:15-6:15pm Hatha
Thursdays	10:15-11:15 Vinyasa

Stop in or Call to Schedule a
15-MINUTE CHAIR MASSAGE
with Elise at the Club on Thursdays!
Only \$15
Slots available from 11:30am - 12:50pm



Tammy Z. is whipping people into shape with her 6am BOOT CAMP! This round ends February 16th, but with its growing popularity, we'll be planning another for spring!

If you'd like some help with your wellness goals, call Tammy to book a session! You are worth it. 907.252.5115

Catherine Pilibos-West is staying busy with her very satisfied Chiropractic clients. If you've been dealing with aches and pains and would like some relief, call Cat to schedule an appointment! 907.756.3312

Mon - Fri 7am - 9pm // Saturdays 8am - 3pm
We will be closed on: **Feb. 20 & Mar. 27**
907.567.3455 * ninilchikhealthclub.com

Library Updates/Events

NTC would like to remind you that we provide services, such as a public computer, internet access, black and white (or color) copies, and faxing services here at the Ninilchik Traditional Council Administrative Office. There is no charge for Ninilchik Tribal Members and family.

The Niqnalchint Library is open to lending to all of our community members. We offer Children's Books, Alaska Non-Fiction, Fiction, Crafts & Hobbies, Movies & much more. All you need to do is fill out a short application here at our Administrative Office.

Is there anything you would like the Tribal Library to have on the shelves?

Anything you would like the Tribal Library to provide?

Please let us know. We will gladly add it to our collection!

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 will meet one Friday a month at 3:30 PM at the NTC Administration Conference Room. Joining the Book Club is free and open to the public. Signing up is easy. Just call or email to contact info at bottom of page.

Next Book Club Meeting: Friday, February 10, 2017 at 3:30 PM

February Book Club Selection

"The Nightingale" by Kristin Hannah

In the quiet village of Carriveau, Vianne Mauriac says goodbye to her husband, Antoine, as he heads for the Front. She doesn't believe that the Nazis will invade France...but invade they do, in droves of marching soldiers, in caravans of trucks and tanks, in planes that fill the skies and drop bombs upon the innocent. When a German captain requisitions Vianne's home, she and her daughter must live with the enemy or lose everything. Without food or money or hope, as danger escalates all around them, she is forced to make one impossible choice after another to keep her family alive.

Vianne's sister, Isabelle, is a rebellious eighteen-year-old girl, searching for purpose with all the reckless passion of youth. While thousands of Parisians march into the unknown terrors of war, she meets Gaetan, a partisan who believes the French can fight the Nazis from within France, and she falls in love as only the young can...completely. But when he betrays her, Isabelle joins the Resistance and never looks back, risking her life time and again to save others.

With courage, grace and powerful insight, bestselling author Kristin Hannah captures the epic panorama of WWII and illuminates an intimate part of history seldom seen: the women's war. The Nightingale tells the stories of two sisters, separated by years and experience, by ideals, passion and circumstance, each embarking on her own dangerous path toward survival, love, and freedom in German-occupied, war-torn France—a heartbreakingly beautiful novel that celebrates the resilience of the human spirit and the durability of women. It is a novel for everyone, a novel for a lifetime.

taken from the synopsis of "The Nightingale"

Ninilchik Village Tribe Community Center

It is time to show off the Tribe's wonderful facility that has recently been completed. We are very excited and proud of the Community Center and welcome you to stop by for a tour. It is now available for rent. Below you will find photos of the state of the art kitchen as well the spacious community room. Many thanks go to Tribal Member, Tiffany Stonecipher for her amazing interior design work and the collaborating efforts of our own maintenance team for this incredible facility. Tribal members will be given a priority rental fee that you will find listed below.

Facility Use Rental Fee

	<u>Rent 1/2 / Full Day</u>	<u>Deposit</u>
Community Room Only	\$ 150/ \$250	\$ 100
Community Room w/ Kitchen	\$200/ \$350	\$ 100
Kitchen Use Only	\$ 100/ \$ 150	\$ 100
Tribal Member Rate:	\$ 100	\$ 50



For more information about the Tribe's Community Center please contact Shelley Self at 567-3313 or email shelley@ninilchiktribe-nsn.gov

February

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 10:15-11:15AM Vinyasa Yoga	3 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30	4
5	6 Elders Luncheon 12 PM 5:15-6:15PM Vinyasa Yoga	7 10:15-11:30AM Restorative Yoga 5:15-6:15PM Hatha Yoga	8	9 10:15-11:15AM Vinyasa Yoga	10 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30	11
12	13 Elders Luncheon 12 PM 5:15-6:15PM Vinyasa Yoga	14 10:15-11:30AM Restorative Yoga 5:15-6:15PM Hatha Yoga	15	16 10:15-11:15AM Vinyasa Yoga	17 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30 Adult Game Night 7:00PM	18
19	20 NTC Office Closed Presidents' Day Elders Luncheon 12 PM	21 10:15-11:30AM Restorative Yoga 5:15-6:15PM Hatha Yoga	22	23 RCM 10:00 AM 10:15-11:15AM Vinyasa Yoga	24 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30 Subsistence Public Meeting KNWR 5:30- 7:30 Soldonta	25
26	27 Elders Luncheon 12 PM 5:15-6:15PM Vinyasa Yoga	28 10:15-11:30AM Restorative Yoga 5:15-6:15PM Hatha Yoga				

March

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 10:15-11:15AM Vinyasa Yoga	3 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30	4
5	6 Elders Luncheon 12 PM 5:15-6:15PM Vinyasa Yoga	7 10:15-11:30AM Restorative Yoga 5:15-6:15PM Hatha Yoga	8	9 10:15-11:15AM Vinyasa Yoga	10 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30	11
12	13 Elders Luncheon 12 PM 5:15-6:15PM Vinyasa Yoga	14 10:15-11:30AM Restorative Yoga 5:15-6:15PM Hatha Yoga	15	16 10:15-11:15AM Vinyasa Yoga	17 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30	18
19	20 Elders Luncheon 12 PM 5:15-6:15PM Vinyasa Yoga	21 10:15-11:30AM Restorative Yoga 5:15-6:15PM Hatha Yoga	22	23 10:15-11:15AM Vinyasa Yoga	24 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30	25
26	27 NTC Office Closed Seward's Day Elders Luncheon 12 PM	28 10:15-11:30AM Restorative Yoga 5:15-6:15PM Hatha Yoga	29	30 10:15-11:15AM Vinyasa Yoga	31 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30	



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

ninilchiktribe-nsn.gov
Phone: (907)567-3313
Fax: (907)567-3308

Main email: 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 Administrative Office to keep their information up to date.

Those on the general public mailing list may contact the NTC Administrative Office front desk.

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