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

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

Are you planning to move or change your contact information:

Let Us Know!

Tribal Members are encouraged to contact NTC Enrollment Officer Christina Pinnow at the NTC 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.

Ninilchik Traditional Council

August & September 2018

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Upcoming Closure Dates

All NTC Offices will be closed on:

Monday, September 3rd for Labor Day

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

Thursday, August 16th at 10:00 a.m.

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 Leslie McCombs, Maria Goins, and Grey Wilson

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

Event Calendar: September 2018

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Elders Luncheon 12 pm **NTC Offices Closed** HAPPY LABOR DAY!	4 Restorative Yoga 10:15-11:30 am Vinyasa Yoga 5:15-6:15 pm Study Hall 3:30-5:30 pm	5 Vinyasa Yoga 12:15-1:00 pm Study Hall 3:30-5:30 pm	6 Chair Yoga 9:30-10:00 am Hatha Flow 10:15-11:15 am Study Hall 3:30-5:30 pm	7 Teen Center 3:30-8:30 pm	8
9	10 Elders Luncheon 12 pm Study Hall/ Life Skills 3:30-5:30 pm	11 Restorative Yoga 10:15-11:30 am Vinyasa Yoga 5:15-6:15 pm Study Hall 3:30-5:30 pm	12 Vinyasa Yoga 12:15-1:00 pm Study Hall 3:30-5:30 pm	13 Chair Yoga 9:30-10:00 am Hatha Flow 10:15-11:15 am Study Hall 3:30-5:30 pm	14 Teen Center 3:30-8:30 pm	15
16	17 Elders Luncheon 12 pm Study Hall/ Life Skills 3:30-5:30 pm	18 Restorative Yoga 10:15-11:30 am Vinyasa Yoga 5:15-6:15 pm Study Hall 3:30-5:30 pm	19 Vinyasa Yoga 12:15-1:00 pm Study Hall 3:30-5:30 pm	20 Chair Yoga 9:30-10:00 am Hatha Flow 10:15-11:15 am Study Hall 3:30-5:30 pm	21 **NTC Register to Vote Deadline 5 pm** Teen Center 3:30-8:30 pm	22
23	24 Elders Luncheon 12 pm Study Hall/ Life Skills 3:30-5:30 pm	25 Restorative Yoga 10:15-11:30 am Vinyasa Yoga 5:15-6:15 pm Study Hall 3:30-5:30 pm	26 Vinyasa Yoga 12:15-1:00 pm Study Hall 3:30-5:30 pm	27 Chair Yoga 9:30-10:00 am Hatha Flow 10:15-11:15 am Study Hall 3:30-5:30 pm	28 Teen Center 3:30-8:30 pm	Upcoming for OCTOBER... First Alaskans AFN Kick-off October 15-17 AFN October 18-20.

Event Calendar: August 2018

SUN	MON	TUE	WED	THU	FRI	SAT
Call Tammy Z to schedule personal training sessions. 907-252-5115	Call Elise to schedule a table or chair massage. 907-252-9544 Call Cat to schedule a chiropractic appointment. 415-608-7559	Cardiofit Bootcamp Aug 14th-Sep 6th 6-7 am Tues, Wed, Thurs Gentle Moves Fitness Aug14th-Sep 6th 9-9:45 am Tues & Thurs	1	2	3 Ninilchik Tribe Annual Cultural Gathering @ Community Center 3:00-6:00 pm	4
5	6 Elders Luncheon 12 pm	7	8	9 .	10	11
12	13 Elders Luncheon 12 pm	14	15	16 **Regular Council Meeting 10:00 am**	17	18
19	20 Elders Luncheon 12 pm	21 Restorative Yoga 10:15-11:30 am Vinyasa Yoga 5:15-6:15 pm Study Hall 3:30-5:30 pm 	22 Vinyasa Yoga 12:15-1:00 pm Study Hall 3:30-5:30 pm	23 Chair Yoga 9:30-10:00 am Hatha Flow 10:15-11:15 am Study Hall 3:30-5:30 pm	24 Teen Center 3:30-8:30 pm	25
26	27 Elders Luncheon 12 pm Study Hall/ Life Skills 3:30-5:30 pm	28 Restorative Yoga 10:15-11:30 am Vinyasa Yoga 5:15-6:15 pm Study Hall 3:30-5:30 pm	29 Vinyasa Yoga 12:15-1:00 pm Study Hall 3:30-5:30 pm	30 Chair Yoga 9:30-10:00 am Hatha Flow 10:15-11:15 am Study Hall 3:30-5:30 pm	31 Teen Center 3:30-8:30 pm	

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	**William 'Dean' Kvasnikoff**	**Whitney Schollenberg**	**Jamie Leman**	**Kenny Odman**
President/ Chairman	Vice President	Secretary & Treasurer	Director	Director

Ivan Z. Encelewski
NTC Executive Director

NTC 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 & Environ. Director

NTC Staff

David Bear, EMS Assistant
Darla Bradley, Administrative Assistant
Denise Brock, Case Manager/Registered Nurse
Maria Calhoun, Behavioral Health Services Counselor
Mikayla Clark, SAMSHA Student Intern
Jayke Cooper, Tribal Management Resource Assistant
Joseph Cooper Sr., Driver
Jenn Day, Clinic Administration & Patient Account Specialist
Zoe Dixon, Fill-in Clinic Front Desk/ Receptionist
Richard Dunaway, Native Connections Program Manager
Maricel Folkert, Community Health Aide/Medical Assistant
Eric Hanson, Facilities Manager
Annette Hubbard, Outreach Specialist/BHA
Robert Johnson, Jr., Biologist
Terri Leman, HWC Attendant/Clinic Reception Fill-In
Katie Matthews, Outreach Specialist
Leslie McCombs, Clinic Front Desk Receptionist
Jennifer Miller, Clinical Medical Biller
Alicia Morris, Social Services Assistant
David Nordeen, Maintenance Laborer
Jamie Oskolkoff, Education Manager
Stanley Parkinson, CDL Driver
Michael Pinnow, Assistant Maintenance Laborer
Mikylah Pinnow, Tribal Services Assistant
Christine Prokop, Behavioral Health Services Manager
Nancy Pulliam, Assistant Maintenance Laborer
Daniel Reynolds, Resource Technician
Diane Reynolds, NTC Procurement & Contracting Officer
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
JoAnn Tilgner, Registerd Nurse
Maureen Todd, Native Connections
Anna Sutton, Clinic Information Coordinator
Laura Ullman, Patient Advocate/Case Manager
Stormy Walkoff, Secretary/Receptionist
Brie Wallace, Health & Wellness Club Manager
Carrie Warren, Family Nurse Practitioner
Elizabeth Wedner, HWC Attendant Fill-in
Catherine West, HWC Attendant Fill-In
Gina Wiste, Environmental Technician
Lisa Zatz, Family Nurse Practitioner Fill-in
Tammy Zweiacher, Personal Trainer

The Cheeky Moose

Robin Jamie, Manager
Melissa Lancaster, Deli Worker/Barista
Paula Hall, Deli Worker/Barista
Donna Stahura, Deli Worker/Barista
Ashley DeVaney, Deli Worker/Barista

The Cheeky Moose

Laundromat, Showers, Tanning, and Deli & Espresso

Open Friday—Wednesday 8:00 a.m.-9:00 p.m. (closed on Thursday)

Deli open until 4:00pm

* Fresh Homemade Soups

Monday– Cheesy Broccoli
Tuesday– Zuppa Toscano
Wednesday– Turkey with Wild Rice
Thursday- CLOSED
Friday- Clam Chowder
Saturday & Sunday– Chili

Breakfast Sandwiches

Egg and cheese with
sausage, bacon, or ham
on a croissant or English muffin

Variety of grilled
or deli style
sandwiches served
with homemade
salsa and chips

For more information about The Cheeky Moose please contact Robin Jaime at 907-235-5900 or Robin@ninilchiktribe-nsn.gov

Administrative Office Services

NTC would like to remind you that we provide services to the public and Tribal Members at the Administrative Office. We offer black and white (or color) copies, and faxing services. We also provide notary services. There is no charge for Ninilchik Tribal Members and family, but a small fee for the general public.

Library Updates

The Niqnalchint Library is free and open to all of our community members. We have a public computer with internet.

To check out items, all you need to do is fill out a short application here at our Administrative Office.

To kick off Summer, we will be giving one **FREE** microwave popcorn with a library check out. We are in the process of expanding our entire library!

Come see what we have to offer and if you would like to request any books or DVDs, please let us know. We will gladly add it to our collection!

Tahyiga Book Club

The Ninilchik Traditional Council holds a monthly Book Club on the first Friday of every month. It takes place in the administration building conference room at 3:30 p.m. The members of Book Club provide suggestions and the book for that month is chosen based upon those. If you would like to join just call 567-3313 or email ntc@ninilchiktribe-nsn.gov

Gift Shop

The Administrative office has Ninilchik Traditional Council items to sell to the public. The items we currently have are hoodies, leather jackets, beanies, and a stainless steel water bottle with a fleece blanket. All have the NTC logo on them. We accept cash and debit or credit card via our new Square Payment System with a simple swipe.

Vacancy Announcements

There are currently no positions open at NTC, future job openings will be posted on the NTC website, in the NTC office, and on the Alaska Labor Exchange System website.

*Applications are available at the NTC office or online.

For more information about Niqnalchint Library or Job Vacancies please contact 567-3313 or email ntc@ninilchiktribe-nsn.gov

NTC Transit/Resource/Environmental Department Provides Subsistence Salmon to Ninilchik Residents

Robert Johnson

Ninilchik Traditional Council's Transit/Resource/Environmental Department has once again been operating its community subsistence fishery on the Kasilof and Kenai Rivers. Ninilchik residents have been receiving freshly caught sockeye (red) salmon from these rivers for about a month. This is an important community resource. According to Joe Cooper, an NTC employee who has been helping catch the fish, these fish are an important source of help for local people. While this is true for all residents, tribal members or not, it is particularly helpful for elders and disabled people hoping to fill their freezers with a winter food supply.

While fishing has been slow this season, many Ninilchik residents have benefitted from this program. More fish will be caught in the next few weeks, benefitting more local families.

As a small, unincorporated community without easy access to grocery stores, Ninilchik qualifies under federal subsistence law to engage in such activity. In early spring, residents must obtain a subsistence fishing permit from the U.S. Fish and Wildlife Service office in Soldotna. The office is located at 43655 Kalifornsky Beach Rd. Their phone number is (907) 262-9863. Each head of household is entitled to receive 25 fish, with an additional 5 for each additional household member. Proof of Ninilchik residency is required, but permits are free.

Residents may choose to receive fish from the Kasilof River, the Kenai River, or both. The total number of fish received cannot exceed the 25 per head of household/ 5 per additional household member limit. Fish caught independently by the permittee (by dip netting, for example) also count against this total. Once fish are received through the community gillnet, residents must call the number provided when receiving fish and report having received them.

In addition to providing residents with food, this fishery is culturally important. Native people have been catching and sharing fish caught in these rivers for centuries. Continuing this tradition not only feeds local families, but also provides an important link to the past.

According to federal law, subsistence harvests receive first precedence over others harvests (commercial, sport, or personal use). This means that, should fisheries be closed due to poor fish returns, subsistence is the last category to be shut down.

Federal, state, and resident concerns about the 6-fathom gillnet used by NTC have turned out to be unfounded. Many expressed concerns that the net would decimate populations of nontarget species, especially Chinook (king) salmon. The few nontarget fish caught over the net's 3-season operation were all successfully released.

The subsistence fishery has been a great asset to Ninilchik residents. It provides food for the whole community, most notably those who are unable to fish for themselves. NTC has put a lot of effort into assuring that this local tradition continues.

Sharing fresh fish and living off the land- what could be more Alaskan than that?!

Anybody who missed their opportunity to sign up for a permit this year should seriously consider getting one next year.

Alaska is known worldwide for its high-quality seafood. Alaskans should be proud of our resources and our history. Sign up for a permit next year!

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

Housing Department

"Certain things catch your eye,
But pursue only those that capture your heart."
An old Indian saying

Hello Folks,

I hope all had a wonderful and safe Fourth of July, and I hate to admit it, but we are officially on the countdown of summer.

With that being said, we are now starting our construction season and will be building two homes this summer. One of the requirements we have with the contractors is that if they should have to hire anyone outside of their core crew, that contractor will need to contact my office and obtain a list of people interested in working in the construction project. This could be anyone from laborers, framers, roofers, electricians, sheet-rockers, painters, etc. Certain trades will be dependent upon proper licensing and bonding if needed. If you are interested in being placed upon this list and notified if there is an opening or need, please drop by a brief one-page resume listing what you are interested in doing, along with any experience you may have, and ways for the contractors to contact you. This is for women and men, age 18 and older.

Let's talk a little about the Homeownership Program… The Housing mission statement is to "Promote self-sufficiency through the development of affordable, safe, and decent housing opportunities for eligible Alaska Natives and American Indians residing within the Ninilchik Tribal boundaries," and it reflects on the importance having adequate shelter has for tribal peoples to express their independence, cultural values, and self-determination. Those boundaries are from the south side of the Kasilof bridge to the head of the bay. We won't be building any homes at the head of the bay and at this time but have provided homes in the past in the Homer, Anchor Point, Ninilchik, Kasilof areas. We started out with a five-star+ energy efficient, two stories, three bedroom, two bath homes and have progressed to a one story six star energy efficient, three bedroom, two bath home. Six-star energy rating is the highest energy rating that you can achieve at this time. These homes are also furnished with all appliances, vinyl siding, a ramp that goes up to the front door. Even an artic way for taking shoes off with enough room in it for freezers and storage. At this time the program requirements for this program are; you must be within income requirements, not have owned a home within the last five years, live within our Tribal boundaries for one year, can show that you have the means of paying mortgage, and the required insurance and property taxes. Below are the income limits for all the Housing Programs,. Also with the Homeownership Program, there is a minimum amount of income you must having come into the household to qualify. (See the website for minimum income limits.) If this sounds like something you would be interested in please go to our website and download the application or come by the office and pick one up.

HUD income limits for the Kenai Peninsula with who is eligible to apply for any of our Housing Program's.

Limits are no more than: 1 person $46,450, 2 people $53,050, 3 people $59,700, 4 people $66,300, 5 people $71,650, 6 people $76,950, 7 people $82,250, and 8 people $87,550. Income will include counting all family/ household PFD's, Dividends and income of all household members above the age of 18. If you see that you are within these limits, and are interested in one of our Housing Programs, please down load an application from the Housing section on our website or come by the office and pick one up. Our Housing web page address is: http://www.ninilchiktribe-nsn.gov/departments-and-services/housing/

Folks, until the next newsletter, take care, start enjoying those gardens goods, smoke that fish, and have a wonderful and safe Labor's Day!

Bob ☺

For more information about NTC's Housing Department please contact Bob Crosby at 567-3313 or email bob@ninilchiktribe-nsn.gov

Ninilchik Health & Wellness

NINILCHIK HEALTH & WELLNESS CLUB

P 907.567.3455
F 907.567.3379
HWC@NINILCHIKTRIBE-NSN.GOV
WWW.NINILCHIKHEALTHCLUB.COM
15971 STERLING HWY
NINILCHIK, AK 99639

OPEN MONDAY-FRIDAY 7AM-8PM & SATURDAYS 8AM-2PM | CLOSED SEPT. 3RD

CLUB NEWS

It's been a busy summer here, thanks in part to the crummy weather we've had all season and the slow fishing season. But, on the bright side, at least we have this wonderful Health Club for everyone to enjoy!

Our new clothing order was delayed, but it should be here soon. Keep an eye out for two new t-shirt designs and some different clothing styles too!!

Come try out our new Infrared Sauna! Check out this infographic for details.

Fitness Boot Camps with Tammy Z
August 14 - September 6

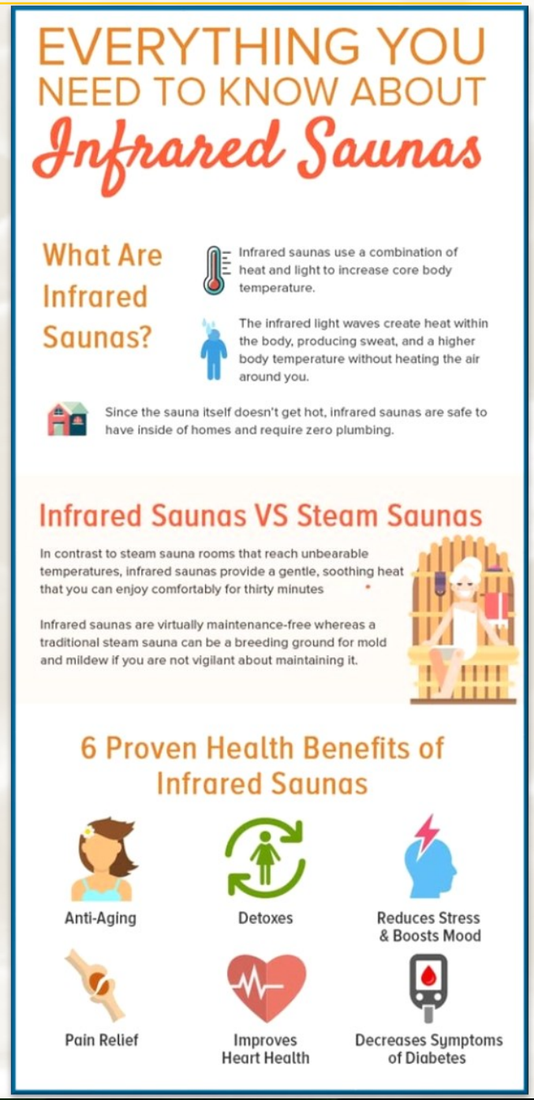
CARDIOFIT | Tue/Wed/Thurs | 6 A.M.
Cardio, strength, and a gentle push to help you reach your maximum potential

GENTLE MOVES | Tue/Thurs | 9-9:45 A.M.
A gentle blend of cardio, strength, and flexibility for all fitness levels

Space is limited | Sign up at the Club

Yoga Classes with Elise resume on August 21

Tuesdays	10:15-11:30 A.M. *Restorative* 5:15-6:15 P.M. *Vinyasa*
Wednesdays	12:15-1:00 P.M. *Vinyasa*
Thursdays	9:30-10:00 A.M. *Chair Yoga* 10:15-11:15 A.M. *Hatha Flow*



For more information about our Health & Wellness Club please contact 567-3455 or email hwc@ninilchiktribe-nsn.gov

Elders Outreach Program

The Elders Outreach Program runs a luncheon at noon out of the Subsistence Building every Monday. This *includes* **ALL HOLIDAYS** **NTC** may be closed for. The luncheons coming up for the following months are as follows;

Monday August 6th, 13th, 20th, 27th
Monday September 3rd, 10th, 17th 24th
Monday October 1st, 8th, 22nd, 29th

As a friendly reminder, the luncheon exists to serve as a social space for Enrolled Tribal Elders to gather, share & visit. Elders are encouraged if they'd like to bring a guest, family or be accompanied by a caregiver to do so, there is a suggested donation box at the back for this purpose. While it is a provided luncheon for Elders to attend, it also serves many homebound Elders who cannot drive or have other needs that prevent them from attending. This luncheon is for the enrolled Tribal Elders and asked we are mindful of others not present.

Dates to keep in mind, **August 3rd** is our 2nd Annual Cultural Heritage Gathering at the Community Center on Kingsley from 3pm-6pm, come share in the music, the stories and the laughter!

Alaska Federation of Natives happens every year and this year it will take place in Anchorage **October 18th -20th**. There are banquets, exhibitors, artists, dancers and to the meat of the matter, our people from the corners of the state to join in a discussion of what is happening and where we would like to see continued growth for generations to come. AFN is special and we tend to go out together as a group, attend the event together as a group and it's much easier to navigate. If you are interested, please call or email me. I would love to take a large group this year! First Alaskans kicks off the event from the **October 15th-17th** at the Dena'ina Center. Please call or email me with questions or if you are interested.

The Elders Outreach department purchased a large industrial VacPac Machine and a grinder as well as two pressure cookers, if you would like to utilize it, please call my office and I can help facilitate this service.

Warm re-gards,
Tiffany
Elders Outreach Program

For more information about NTC's Elders Outreach Program please contact Tiffany Stonecipher at 567-3331 or email tiffany@ninilchiktribe-nsn.gov

TRIBAL HEALTH DIRECTOR'S REPORT

- JoAnn Tilgner, RN, has joined the clinic and will be taking over more of the lab duties while Maricel is completing her community health aide training. Upon hiring a new provider, JoAnn will take on case management duties for the new provider. Maricel will be taking over case management duties for Dr. Spencer.
- 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 practice practitioner but also works with pediatrics. She is providing medical weight loss management through our WRAP program and is looking at adding children to the program.
- Denise Brock, our RN case manager, will be handling case management duties for Carrie.
- Dr. Rayess, our locum Psychiatrist, will be here August 21st. He will be in the office once per month.
- 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 anonymous or you can put your name. Included is a question about whether you want to receive your appointment reminders via text. If you say yes, don't forget to let the front desk know so we can document this in your chart. You can also write it on the survey as well.
- We have a sonographer here once per month from South Peninsula Hospital who completes Ultrasounds, next visit is scheduled August 14th.
- We are trying to achieve the 200 mark, for our patient portal and we are almost there. If you are interested in joining the Follow My Health patient portal to view your labs, send messages to the provider, or update your information, please give your email address to the front desk person who will enter it in the system. You will then receive an invite to the portal, which will give you access to your health record.
- We just received an IHS Small Ambulatory Program grant and plan to complete some upgrades to the clinic in the next year. Upgrades will include a new x-ray table, new exam tables, new computers, sound proofing the walls and a small extension on the clinic. Construction won't start until spring of 2019.
- As always, my door is open if you want to stop by and talk to me about anything.

Thank you, Janet Mullen, NTC THD

For more information about NTC's Community Clinic please contact Janet Mullen at 567-3370 or janet@ninilchiktribe-nsn.gov

Happy August Everyone! We are in full blown summer and many folks are feeling…well, happier. However, did you know there are specific "tricks" those that report being happiest practice every day? Read on for a legitimate happiness hack…Mayo Clinic has some great things to say about the matter!

All the best,

Maria Calhoun, LPC

How to Be Happy: Tips for cultivating contentment

Are you tired of waiting around for happiness to find you? Stop waiting and start getting happy with these tips.

By Mayo Clinic Staff

Do you know how to be happy? Or are you waiting for happiness to find you?

Despite what the fairy tales depict, happiness doesn't appear by magic. It's not even something that happens to you. It's something you can cultivate.

How to be happy: What science tells us

Only a small percentage of the variation in people's reports of happiness can be explained by differences in their circumstances. It appears that the bulk of what determines happiness is due to personality and—more importantly—thoughts and behaviors that can be changed.
So, yes, you can learn how to be happy — or at least happier.

Although you may have thought, as many people do, that happiness comes from being born rich or beautiful or living a stress-free life, the reality is that people who have wealth, beauty or less stress are not happier on average than those who don't enjoy those things.

People who are happy seem to intuitively know that their happiness is the sum of their life choices, and their lives are built on the following pillars:

Devoting time to family and friends
Appreciating what they have
Maintaining an optimistic outlook
Feeling a sense of purpose
Living in the moment

How to be happy: Practice, practice, practice

If you've been looking for happiness, the good news is that your choices, thoughts and actions can influence your level of happiness. It's not as easy as flipping a switch, but you can turn up your happiness level. Here's how to get started on the path to creating a happier you.

Invest in relationships

Surround yourself with happy people. Being around people who are content buoys your own mood. And by being happy yourself, you give something back to those around you.
Friends and family help you celebrate life's successes and support you in difficult times. Although it's easy to take friends and family for granted, these relationships need nurturing.

Build up your emotional account with kind words and actions. Be careful and gracious with critique. Let people know that you appreciate what they do for you or even just that you're glad they're part of your life.

For more information about Behavioral Health Services please contact Christine Prokop at 567-3370 or christine@ninilchiktribe-nsn.gov

NTC's Annual Election process will begin soon. Please make sure to register to vote by getting your application in by the September 21, 2018 deadline.

NTC's Annual Election will be held in November. In order to vote in this upcoming election, all eligible tribal members must register to vote at least 50 days prior to the election.

If you have previously registered, there is no need for further action. Applications will be mailed to all eligible tribal members, who have a current mailing address on file.

The deadline to receive applications to register to vote is September 21, 2018 at 5 pm. For more information about the NTC voting process, please contact Christina at 567-3313.

For more information about Tribal Services programs please contact Chris Pinnow at 567-3313 or chris@ninilchiktribe-nsn.gov

Know the signs of child abuse and neglect

What is abuse and neglect?

In Alaska, the definitions of child abuse and neglect are aligned with federal legislation that lays the groundwork for our state laws. The Federal Child Abuse Prevention and Treatment Act (CAPTA, 42 U.S.C. § 5101) provides the federal minimum definition of child abuse and neglect:

"the term 'child abuse and neglect' means, at a minimum, any recent act or failure to act on the part of a parent or caretaker, which results in death, serious physical or emotional harm, sexual abuse or exploitation, or an act or failure to act which presents an imminent risk of serious harm"

While there are multiple state civil and criminal statutes as well as additional federal law that further define child abuse and neglect from a legal perspective, it is not the reporter's responsibility to try to interpret state or federal law. Training provides definitions in layman's terms for abuse and neglect which will serve as a better guide for most mandatory reporters for helping to identify child maltreatment. You can test your knowledge at: http://dhss.alaska.gov/ocs/Pages/childrensjustice/reporting/references_test.aspx

Most important to remember is that when in doubt it is your duty to report. It is the job of OCS to make the determination of whether abuse has occurred.

There are the four major types of abuse and neglect:

- Physical Abuse
- Neglect
- Sexual Abuse
- Mental Injury

If you suspect a child was abused or neglected, immediately contact the Office of Children's Services (OCS) hotline. You can call at any time, any day of the week.

Care enough to call: 1-800-478-4444
Email: reportchildabuse@alaska.gov
or Fax: 907-269-3939

If you are unable to reach OCS, you must contact the law enforcement agency responsible for your area. If you live in an urban area with municipal police department, the responsible agency would be the municipal police department. If you live in an area covered only by Alaska State Troopers, they would be the responsible agency.

Express gratitude

Gratitude is more than saying thank you. It's a sense of wonder, appreciation and, yes, thankfulness for life. It's easy to go through life without recognizing your good fortune. Often, it takes a serious illness or other tragic event to jolt people into appreciating the good things in their lives. Don't wait for something like that to happen to you.
Make a commitment to practice gratitude. Each day identify at least one thing that enriches your life. When you find yourself thinking an ungrateful thought, try substituting a grateful one. For example, replace "My sister forgot my birthday" with "My sister has always been there for me in tough times."

Let gratitude be the last thought before you go to sleep. Let gratitude also be your first thought when you wake up in the morning.

Cultivate optimism

Develop the habit of seeing the positive side of things. You needn't become overly optimistic—after all, bad things do happen. It would be silly to pretend otherwise. But you don't have to let the negatives color your whole outlook on life. Remember that what is right about you almost always trumps what is wrong.
If you're not an optimistic person by nature, it may take time for you to change your pessimistic thinking. Start by recognizing negative thoughts as you have them. Then take a step back and ask yourself these key questions:

Is the situation really as bad as I think?
Is there another way to look at the situation?
What can I learn from this experience that I can use in the future?

Find your purpose

People who strive to meet a goal or fulfill a mission—whether it's growing a garden, caring for children or finding one's spirituality—are happier than those who don't have such aspirations.

Having a goal provides a sense of purpose, bolsters self-esteem and brings people together. What your goal is doesn't matter as much as whether the process of working toward it is meaningful to you.

Try to align your daily activities with the long-term meaning and purpose of your life. Research studies suggest that relationships provide the strongest meaning and purpose to your life. So, cultivate meaningful relationships.

Are you engaged in something you love? If not, ask yourself these questions to discover how you can find your purpose:

What excites and energizes me?
What are my proudest achievements?
How do I want others to remember me?

Live in the moment

Don't postpone joy waiting for a day when your life is less busy or less stressful. That day may never come. Instead, look for opportunities to savor the small pleasures of everyday life. Focus on the positives in the present moment, instead of dwelling on the past or worrying about the future.

Last thing! Check out these two YouTubes for more happiness info:

A Very Happy Brain (Dr. Sood): https://www.youtube.com/watch?v=GZZozpUQhBQ
What is Happiness? (Dr. Sood): https://www.youtube.com/watch?v=vqklEvxGUTM

Vision:

WHOLE COMMUNITY WELLNESS

Where healthy lifestyles provide safe environments for families, promote resilience among youth, and facilitate support from community members and leadership.

MISSION:

To promote safe and healthy environments that foster development through early intervention and education focusing on substance use prevention and suicide prevention.

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, investing in our youth is the best possible investment we could make in the future development and success of our community.

During the school year, we will 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.

***Monday: Study Hall/Life Skills 3:30-5:30**

***Tuesday-Thursday: Study Hall 3:30-5:30**

***Friday: Teen Center 3:30-8:30**

Study Hall- Study Hall is at the Teen Center after school and provides a quiet learning environment for students to complete school work or get tutoring. They may utilize our resources like computers, printers, pens, paper, books, markers, etc..

Life Skills- Life Skills helps educate the students on some of the skills they will need as they progress through adolescence to adulthood. They learn skills such as resume writing, applying for scholarships, interview skills, and much more.

One of the things hindering the amount of outreach we can provide is a lack of volunteer chaperones. If you have questions or are at all interested in supporting our outreach by chaperoning please contact Katie Matthews 567-3370. *Activities may be subject to change.

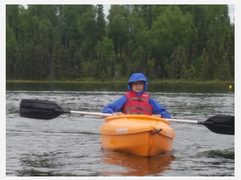
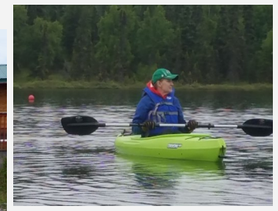
To sign your student up with our programs they will need to have a signed waiver on file. All students ages 12-18, grades 7-12, are invited to attend our daily activities.

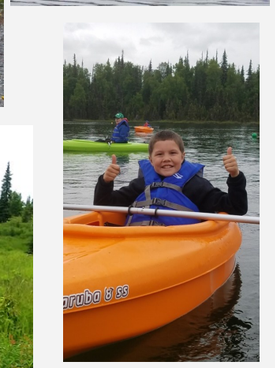
For more information about NTC's Youth Outreach Program please contact Rick Dunaway at 567-3370 or rdunaway@ninilchiktribe-nsn.gov

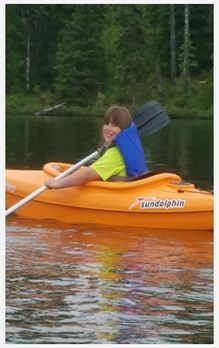
Summer Youth Activities

For more information about Tribal Services please contact Chris Pinnow at 567-3313or chris@ninilchiktribe-nsn.gov

Tribal Services





For more information about Tribal Services please contact Chris Pinnow at 567-3313 or chris@ninilchiktribe-nsn.gov

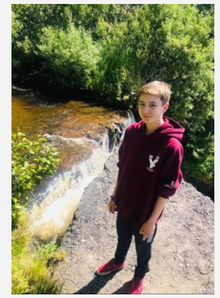
Youth Outreach

Our YELP program has been going great this summer. We have done so many amazing activities like subsistence fishing, farm tour, cooking class, gardening, sports, survival training at the Kenai Wildlife Refuge, Islands and Oceans Center, talking circle, hosted a community BBQ, water safety training, and many other fun and educational activities.

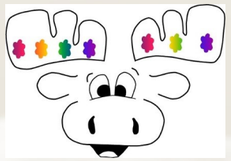
Our YELPers have also done some great community services over the summer. Services like cleaning trucks at the NES, trash clean ups around town, working hard in our community garden, helping the Russian Orthodox Church by painting crosses and cleaning up the area around the church, as well as other services to the community.

Our activities are designed to encourage community connectedness, leadership, tradition, and fun, as well as build interpersonal skills, self-esteem, and character.

Any person aged 12-18 is openly invited to attend our summer program events. All that is required is a waiver be completed by a legal guardian.



For more information about NTC's Youth Outreach Program please contact Rick Dunaway at 567-3370 or rdunaway@ninilchiktribe-nsn.gov



Early Learning Program

Registration for the NTC Early Learning Program will begin in September for the 2018-19 school year. Class starts Tuesday October 2nd.

Students must be:

- 3 years old before September 1st
- Potty trained
- Able to follow simple instructions

SPACE IS LIMITED!

For more information please contact Miss Chris @ 567-3313

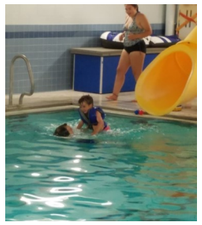
Tribal Services Summer Youth Activities

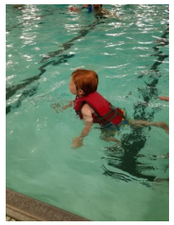
NTC's Tribal Services Department provided numerous cultural youth activities from May 14th through August 3rd. Although fishing was closed for part of the summer, everyone still enjoyed spending time on the beach exploring, collecting drift wood, shells, and rocks for their art projects. When not at the beach or crafting, attendees were at the CIRI/Ninilchik Camp for hiking, animal track and plant identification, team building games, kayaking and other water activities. An important lesson this summer was learning how to be '*Bear Aware'* while still enjoying our summer outdoor activities. Thank you Michael Pinnow & Bob Crosby for your expertise advice and keeping us all safe!!

For more information about ELP please contact Chris Pinnow at 567-3313 or email chris@ninilchiktribe-nsn.gov

Rosewood Daycare

All the littles and staff at Rosewood Daycare have been busy this Summer with swim days at the Ninilchik Pool, sunny days spent outside with tons of yard play equipment, age appropriate arts & crafts. This summer Rosewood was even able to travel out to the CIRI camp with Tribal Services staff and Bear Guards where they got to play in the kayaks and decorate their own hats. All slots are full until school starts when a few slots will open as children go back to school this fall. If you are interested in putting your child in Rosewood Daycare when slots open you can call Anna at 907-980-9254 or email her at Rosewoodaycare@yahoo.com for availability and more information.





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For more information about Tribal Services programs please contact Chris Pinnow at 567-3313 or chris@ninilchiktribe-nsn.gov