

Ninilchik Traditional Council

April & May 2019



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Upcoming Closure Dates

All NTC Offices will be closed on:

Friday, May 3rd (NTC All Staff Training)
Monday, May 27th (Memorial Day)

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

Tuesday, April 30th at 10:00 am in the Administration Conference Room

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 cover and back page photos provided by Maria Goins

We would like to invite your photo submissions for possible use as future newsletter adornments. You can email us at ntc@ninelchiktribe-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 Leman Director	Kenny Odman Director
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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
Jayke Cooper, Tribal Management Resource Assistant
Joseph Cooper Sr., Driver
Jenn Day, Clinic Administration & Patient Account Specialist
Zoe Dixon, Procurement Fill-In/HWC Attendant Fill-In
Richard Dunaway, Native Connections Program Manager
Lukas Ficklin, BHS/MAT Counselor
Maricel Folkert, Community Health Aide/Medical Assistant
Eric Hanson, Facilities Manager
Annette Hubbard, MAT Specialist/BHA
Terri Leman, HWC Attendant
Katie Matthews, Outreach Specialist
Leslie McCombs, Clinic Front Desk Receptionist
Jennifer Miller, Clinical Medical Biller
Alicia Morris, Social Services Assistant
David Nordeen, Maintenance Laborer
Jeffrey Organek, Engineer
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, Assistant Maintenance Laborer
Dr. Sarah Spencer, Medical Provider
Elise Spofford, Yoga Instructor
Robert Stark, Peer Recovery Support Specialist
Bettyann Steciw, Social Services & ICWA Specialist
Tiffany Stonecipher, Elders Outreach Program Coordinator
Dirk Tanner, Physicians Assistant
Kathleen Totemoff, MAT Program Manager
Jesse Shell, HWC Attendant Fill-In
Kimberly Steik, HWC Attendant Fill-In
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
Tammy Zweiacher, Personal Trainer
Kayci Hanson, Yoga Instructor
Irene Nelson, Community Health Aide/Medical Assistant

The Cheeky Moose

Robin Jamie, Manager
Melissa Lancaster, Deli Worker/Barista

Gina Kent, Deli Worker/Barista
Ashley Devaney, Deli Worker/Barista

Executive Director's Address



With springtime in the air, we naturally turn our attention to fish, especially the first King Salmon of the year. It is extremely disheartening to learn that the early run Chinook escapement projections are very poor. Subsequently, our educational gillnet fishery will be closed in May for the first time. The opening day is now set for June 16th. While conservation of the resource is paramount, we are very concerned that sport fishing may be continuing in the Marine waters and even in the Ninilchik and Deep Creek Rivers, not to mention hook and release on the Kenai. It's quite obvious that there's a disproportionate impact on our fishery while other opportunities go unimpeded or just restricted and not fully closed. The mortality associated with hook and release is undeniable and therefore keeping it open is perplexing at a time where we are fully impacted with no opportunity.

The good news is that our subsistence fisheries on the Kenai and Kasilof Rivers will be fully operational. Last week the Federal Subsistence Board approved the final regulations for our Kenai River gillnet, in addition to permanent regulations for our Kasilof River gillnet. They also approved a Temporary Special Action that will allow us to fish in the Kenai regardless of whether the official actions approving the final regs get posted in the federal register prior to the fishery. This is terrific news as decades of work on permanent meaningful subsistence fisheries in the Kenai and Kasilof have now been finalized. Ninilchik Residents: Don't forget to pick up your federal permits and return them to the NTC Admin Office here in order to get signed up to receive fish. The permits became available on April 1st. The feds will issue permits here at the NTC Admin Office on May 14th from 1:00 p.m. to 4:00 p.m., however, signup is on a first come first served basis. If you wait, you'll be lower on the list, as people are already getting their permits from the office in Soldotna.

The NTC fiscal year 2018 annual audit report was once again submitted early with no findings or questioned costs. This is the eleventh consecutive year of clean audit reports and our ninth consecutive year as a low-risk auditee. Maria and her department simply do a tremendous job.

The annual Ninilchik Health Fair was a tremendous success! I want to thank all the Ninilchik Traditional Council Community Clinic staff, volunteers, participants, and attendees for such an awesome event. We had around 200 folks attend with around 47 infants/children. Excellent work!

As previously reported, we are working on two major projects this summer. The first is the clinic expansion, which will add a 20' x 52' addition to house our providers, opening up more clinical exam room and patient care space. We have also ordered new furniture, cabinets, and equipment for the clinical side as part of our expansion grant. This is very exciting. Along with our two new medical offices in Homer which host our Weight Reduction Assistance Program (WRAP) and the Medical Assisted Treatment (MAT) Program, we are expanding our footprint.

The second project involves building another transit facility to store our bus and vehicles. In addition to this project, we were just awarded a \$255,000 grant in order to operate our BUMPS static transit service on the Kenai Peninsula.

As always, my door is open and I welcome the opportunity to hear from you. There is so much positive work going on here at the tribe and we are excited to bring in the summer with fresh fish, warm air, and good vibes. Until next time, take care and fish on. Thanks.

A handwritten signature in black ink, appearing to read "Ivan Z. Encelewski". The signature is stylized and includes a long horizontal line extending to the right.

Ivan Z. Encelewski

Housing Department

Hello Ninilchik Tribe,

*"Excellence is the gradual result of always striving to do better."
- Pat Riley*



As I sit here writing this article, I am reminded that it's the first day of SPRING! Happy Spring everyone; we made it through another long and strange winter. But on the other hand, it looks like we might be rewarded with an early summer this year.

As we usually do in the spring, while the winter is still fresh on your mind, you should think about where you noticed those drafts, or where you lose heat through doors or windows cracks. Our Weatherization Program is a program where we buy the materials and you provide the manpower to install those materials. This allows for the full \$2,000.00 to be put into materials. Ensuring that you will get the most for the money. If you have had the weatherization program in the past, you may reapply if its been five years or more.

We have had many people call us about earthquake damage that they obtained from the earthquake this last December. Only recently, FEMA has stated that Tribes are eligible to apply for funds to help out (if they are not receiving FEMA funds at this time) to help people with damage to their homes obtained through natural disasters. FEMA just recently said that Tribes could apply to be the local agency responsible for administering help. We are exploring the requirements to be able to offer this type of assistance. In the meantime, FEMA has extended the timeline to apply for help until May 31, 2019. Anyone that was impacted by the earthquake may register by calling 1-800-621-FEMA (3362) or go online to: <https://www.disasterassistance.gov/> . You will find an online application that you can fill out there.

We successfully put four families into homes this year. We plan on building one home in Ninilchik for another family. With construction season starting soon, we would like to put together a list of people interested in working if there should be an opening. This could be anything from laborers, framers, roofers, electricians, sheet-rockers, painters, etc.

If you would like to be placed on this list, please drop off a letter of interest, any experience, and your contact information. This is for both women and men, age 18 and older. Keep in mind that we have had people that started out as laborers, with no experience, work their way up to be crew foreman. Just put together the info I have listed above and drop it off at the main office marked: Attention Bob.

Get those veggies started and fishing poles oiled up, and I wish you all a wonderful and sunny spring.

Let's hope so and may we all have a wonderful sunny summer.

Bob

For more information about the Housing Department please contact Bob Crosby at 567-3313 or bcrosby@nirilchiktribe-nsn.gov

Volcanic Ash Exposure: **An Often Overlooked Air Quality Threat**

Rob Johnson

Those of us lucky enough to live along the shore of Alaska's Cook Inlet are blessed by some of the world's most beautiful scenery. Along with the inlet's sparkling water and wide beaches, one of the highlights of our view is the presence of four active volcanoes (Augustine, Iliamna, Redoubt, and Spurr).

While the sight of these massive, snowcapped mountains is breathtakingly beautiful, their presence can cause health problems for residents. Volcanic ash from periodic eruptions can have negative health impacts. While usually these impacts are annoying but not severe, they can cause big problems for young children, elders, and those suffering from other heart and lung problems such as asthma.

Volcanic ash is formed during volcanic eruptions. Along with rock fragments, it contains glass and minerals. Depending on wind speed and type of eruption, these particles can be transported across very large distance- easily crossing the width of Cook Inlet and reaching the western shore of the Kenai Peninsula.

Along with the increased risk to special populations, several other factors determine the seriousness of volcanic ash exposure. These include weather conditions such as wind direction, how often and for how long one is exposed, ash particle size, and whether or not volcanic gasses are also inhaled.

This hard, rough ash is mildly corrosive. The ash is tiny, often microscopic. It can easily penetrate deeply into the lungs. For most people, short-term exposure is more unpleasant than dangerous. It causes irritation to the nose, throat, and eyes. Long-term exposure risks are less understood but are likely more severe.

Among children and elders, these symptoms can be more severe than among otherwise healthy adults. Among those with heart and/or lung diseases, volcanic ash exposure can cause breathing problems (especially in people with asthma or emphysema), worsening of disease, or even premature death.

Volcanic ash can cause driving hazards. Along with reducing visibility, ash can cause slippery conditions similar to snowfall. Vehicle air intakes can become clogged, causing them to stall. Eruptions can also cause mudslides.

After an eruption, people should stay informed of how severely air quality has been reduced. This can easily be done by consulting television, radio, newspapers, the internet, or other public media sources.

Avoiding the inhalation of ash as much as possible can reduce potential harm. Staying indoors with windows and doors shut can reduce exposure. Avoidance of strenuous activities (especially outdoors) is helpful. Dust or filter masks can be worn. Wearing long sleeves and gloves can reduce skin contact. People who wear contact lenses should remove them. If ash fall is severe, wet towels or blankets can be hung over doorways and windows. Of course, these precautions are even more vital to members of vulnerable populations.

For more information, please contact the Resource office at

567-3815 or email gwiste@niniilchiktribe-nsn.gov

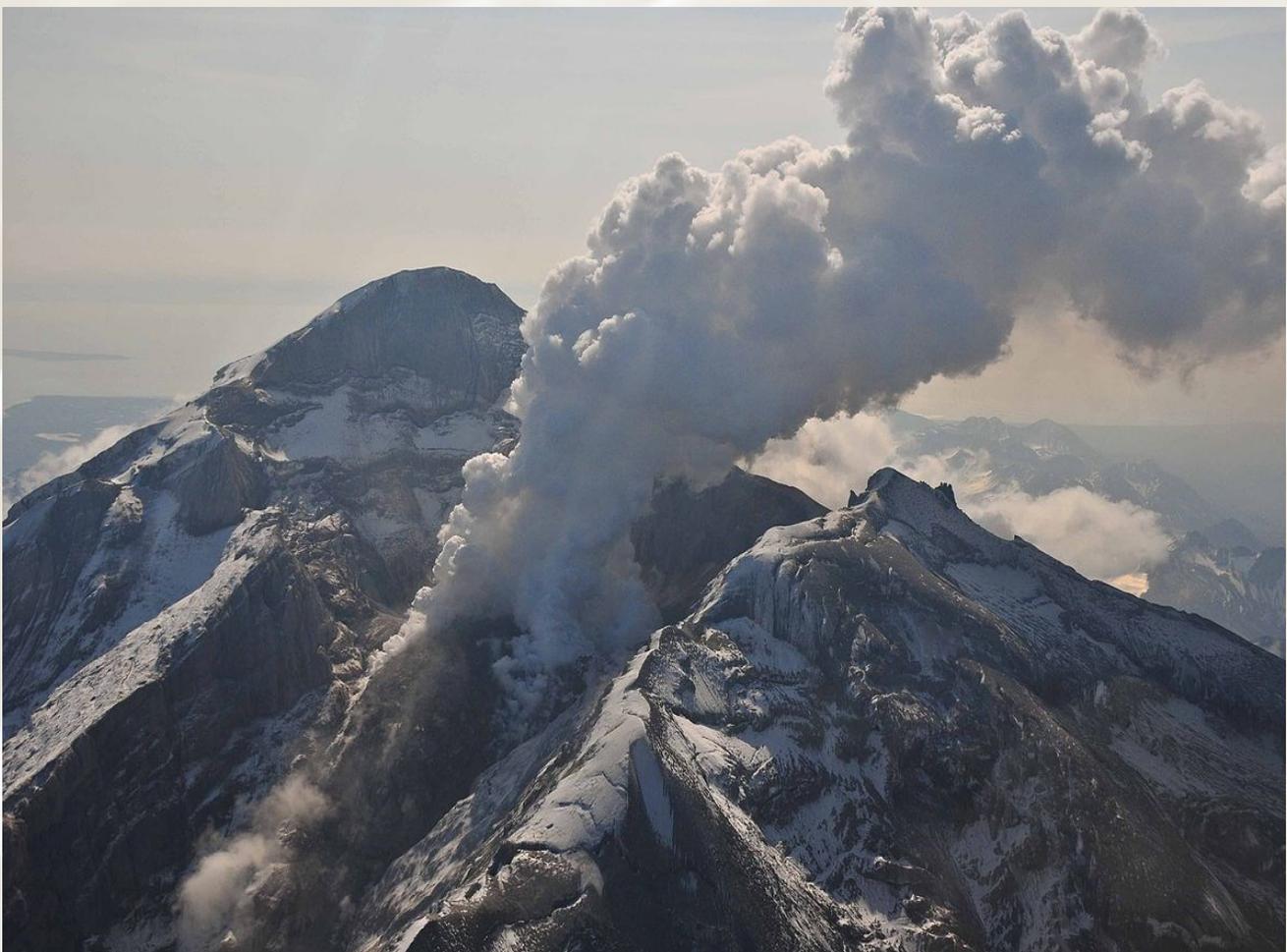
Resource & Environmental Department

After ash fall has stopped, drivers should change their vehicle's air filters. This prevents engine damage.

Living along the beautiful shores of Cook Inlet is a very fortunate experience. Residents are able to daily experience beauty that people worldwide spend money and travel hundreds or thousands of miles to see.

While this is true, the region can present challenges not experienced by those living in other areas. These challenges include periodic volcanic ash exposure.

While volcanic ash exposure's problems are not as severe as some others, knowing how to protect one's health and property is always helpful. Negative health effects, discomfort, and property damage are easily avoided using common sense and exposure reduction.



**For more information, please contact the Resource office at
567-3815 or email gwiste@niniichiktribe-nsn.gov**



Early Learning Program

As the NTC Early Learning Program is winding down for the year, the students continue to impress me with their daily progress. We thank you for entrusting your child to us this year. We have witnessed how the children have grown in the way they share, take turns, and we are really impressed with advances of academic concepts of these little ones! Thank you parents for your support throughout the year.

It's time to start planning for spring and summer break.

Ninilchik Tribal Services provides child care assistance.

Are you:

- ◆ Alaska Native or an American Indian family residing within our tribal boundaries?
- ◆ A parent, legal guardian or foster parent of an Alaska Native or American Indian?
- ◆ Currently employed, working at least 20 hours per week?
- ◆ Attending a training institute?

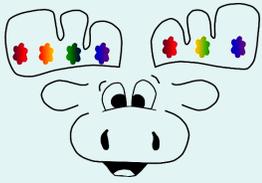
NINILCHIK TRADITIONAL COUNCIL SCHOLARSHIP

NTC offers a \$1500 scholarship to one selected tribal youth graduating from high school in Ninilchik. Applicants should demonstrate a dedication to education and pursuing their goals. The deadline for applications is in the spring semester of the eligible students graduation year and vary depending on the date of Ninilchik School's graduation.

Eligibility: Tribal members graduating from Ninilchik School planning on attaining higher education.

The winner of the scholarship is announced annually at the commencement ceremony of the Ninilchik School's graduating class.

For more information about ELP please contact Jamie Oskolkoff at 567-3315 or joskolkoff@ninilchiktribe-nsn.gov



Come help us celebrate a great year of learning!



Parents and families of this year's Early Learning Program students attended a graduation ceremony and celebration on

Thursday April 18, 2019

at the ELP classroom.

Congratulations to our students!



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Indian Child Welfare Act (ICWA) and eligibility:

ICWA Eligibility:

A. For a child to be covered by the Indian Child Welfare Act, the child must be a member of a Tribe OR be the biological child of a member of a Tribe and eligible for membership in a Tribe. Being eligible for Tribal enrollment or membership is very important under ICWA. This allows case workers to treat a Child Welfare Case as an "ICWA Case" under the ICWA if there is an intention to enroll a child in that Tribe.

B. There is no requirement that the child and the parent be members of the same Tribe-as far as the ICWA is concerned. While most Tribes will have a requirement of lineage of some sort, there are going to be exceptions to that rule, and there will be instances where a child is a member of one Tribe and cannot be a member of the parent's Tribe. Some Tribes may allow dual enrollment, in which case, legal notification for ICWA must be sent to all potential Tribes where the child may be eligible for membership.

ICWA Workers:

Tribes and Tribal Organizations receive some federal funding to assist with implementation of the Indian Child Welfare Act in regards to their member children. Not all Tribal "ICWA" workers are federally-funded. Tribes also have personnel designated as the "ICWA" social worker, simply to denote that the individual works on cases prior to intervention and/or outside of the Tribal jurisdiction, or outside of the reservation. Some Tribes, therefore, are able to employ two types of caseworkers or social workers; those who work exclusively on child welfare cases that are within the jurisdiction of the Tribe, and those who work exclusively on cases that are within the jurisdiction of a state agency or court.

Tribal Services Department

TRIBAL HEALTH DIRECTOR'S REPORT

- Dirk Tanner, Physician Assistant, is currently offering Kinesio taping, Weight Reduction Assistance Program (WRAP), health coaching and Laser therapy. We have some new laser therapy machines.
- Dr. Spencer is at the clinic Monday, Thursday and Friday. In addition to her regular Family Practice she provides manipulation, Cold Laser Therapy and Addiction Medicine (Tuesdays in Homer Thursdays in Ninilchik).
- Carrie Warren, ANP is in the clinic Monday – Wednesday. Carrie is a family practitioner but also works with pediatrics. She is providing medical weight loss management through our WRAP (Weight reduction assistance program) and is looking at adding children to the program. Our opening day for the Homer office was March 28th.
- Denise Brock, our RN case manager, will be handling case management duties for Carrie as well as health coaching. Denise will be in Homer on Thursdays with Carrie.
- 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 on it. We are still not able to provide in-house ultrasounds until further notice. We do not have a sonographer available to do these.
- 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.
- The CARF (Commission on Accreditation of Rehabilitation Facilities) surveyor will be surveying the Behavioral Health Department April 24-26.
- We have been adding new offices on the Outreach side of the Clinic to keep up with the Outreach and Behavioral Health growth.
- Clinic construction will begin sometime in May or June.
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 the Ninilchik Traditional Council Community Clinic please contact Janet Mullen at 567-3370 or jmullen@ninilchiktribe-nsn.gov

Mental Health Resources & Information

NATIONAL LISTINGS

National Suicide Prevention Hotline

Free and confidential support for those that are in suicidal crisis or emotional distress, available 24/7.

1-800-273-8255 (TALK)

National Adolescent and Young Adult Health Information Center (NAHIC)

Based within the University of CA, San Francisco's Division of Adolescent and Young Adult Medicine, Dept. of Pediatrics and the Philip R. Lee Institute for Health Policy Studies. They focus on the intersection of public health, systems of care and clinical practice, through research and synthesis, and dissemination, networking and partnering.

A variety of resources and health care topics related to adolescents and young adults, ages 10-25, can be found at: www.nahic.ucsf.edu/search-resource-center

STATEWIDE LISTINGS

Alaska Careline

Intervention information and referral services for those that are considering suicide or having suicidal thoughts, as well as concerned family members or friends. Free and confidential help, available 24/7.

1-877-266-4357 (HELP)

Text: 4help to 839863

Web: www.hss.state.ak.us/suicideprevention/

Alcoholics Anonymous- Alaska

12-step Support group targeted to individuals interested in quitting drinking. Accessing the webpage below will allow you to find a meeting in your local area.

<http://www.area02alaska.org/>

United Way 211

Information and Referral Hotline, for help locating resources such as: emergency food, shelter, disability services, legal assistance, healthcare, senior services, and much more.

1-800-274-2221 Available Monday through Friday 8am – 5pm

Website: www.alaska211.org Available 24/7

National Alliance on Mental Illness Alaska (NAMI)

NAMI is the nation's largest organization dedicated to improving the lives of individuals living with mental illness and their families'. NAMI is a grassroots, 501(c)(3) nonprofit, support, education and advocacy organization of consumers, families, and friends of people with severe brain disorders such as schizophrenia, schizoaffective disorder, bipolar disorder, major depressive disorder, obsessive-compulsive disorder, panic and anxiety disorders, and attention deficit/hyperactivity disorder.

Website: www.namialaska.org

NAMI Helpline 1-800-950-6264. If in a crisis, text: NAMI to 741741

Behavioral Health Services

Office of Children’s Services

1-800-478-4444 or email: ReportChildAbuse@alaska.gov

KENAI PENINSULA

NTC Behavioral Health, Ninilchik, AK

Mental Health and Substance Abuse outpatient services

907-567-3370

Cook Inlet Council on Alcohol & Drug Abuse (CICADA)

Substance Abuse outpatient services

907-235-8001

South Peninsula Behavioral Health Services

Mental Health outpatient services, located in Homer, AK

907-235-7701

South Peninsula Haven House

Domestic violence advocacy and shelter, for women and children, located in Homer

907-235-8973 or 1-800-478-7712

Web: www.havenhousealaska.org

Central Peninsula Counseling Services

Mental Health outpatient services, located in Kenai, AK

907-283-7501

LeeShore Center

Domestic violence shelter and advocacy for women and children, and Batters Intervention Program for men, located in Kenai, AK

907-283-9479 or Crisis Line: 907-283-7257

Web: www.alaska.net/~leeshore

Kenaitze Indian Tribe, Kenai, AK

Administration 907-335-7200

Dena’ina Wellness Center 907-335-7500

Early Childhood Center 907-335-7260

Yaghanen Youth Programs 907-335-7290

Tyotkas Elder Services 907-335-7280

Na’ini Family and Social Services 907-335-7600

Kenaitze Tribal Court 907-335-7219

For more information about Behavioral Health Services please contact 567-3370 or lullmann@ninilchiktribe-nsn.gov

Youth Outreach Program

*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 host daily 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-Thursday: Study Hall/Life Skills 3:30-5:30

Friday: Teen Night 3:30-8:30 (7th and 8th 3:30-6:00)

Study Hall- Study Hall is our after-school program located in the Teen Center. We provide a quiet learning environment for students to complete homework, projects, and receive tutoring. They may utilize our resources like computers, printers, pens, paper, books, markers, etc.

Life Skills- Life Skills was developed to assist students in acquiring the necessary skills as they progress through adolescence and into adulthood. They learn skills such as meeting deadlines, resume writing, applying for scholarships, interview skills, and many others.

Teen Night- Teen Night provides the youth with a fun and safe environment where they can interact with their peers. Whether it's movies, games, activities, or food; we have something for everyone.

*If you have questions or are interested in supporting our outreach by chaperoning please contact Katie Matthews 567-3370 option 7 or Rick Dunaway 567-3370 option 8. *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

Youth Outreach Program

NYO

April 25-27 @ Alaska Airlines Center- 2019 Senior NYO Games:

Ninilchik will be represented at the 2019 Senior NYO Games. Our athletes worked hard all season to get better and are excited for the opportunity to attend State and compete with the best.



The main goal of the NYO Games is to catalyze the values of sportsmanship, leadership and respect to Alaska's youth...and have fun, of course. The competition is open to all grade school students regardless of ethnicity.

The 2019 NYO Season will conclude at the end of April, after the Senior NYO Games.

YELP 2019

The Ninilchik Youth Education and Leadership Program (YELP) was developed to embrace heritage, unite our community, and teach leadership skills through education and service projects.

Our YELP program includes Community Services, Team Building Activities, Educational Demonstrations, Games, Discussions, and other Enrichment Activities.

YELP will begin this year on the final day of school, May 22nd. We will host a kickoff BBQ in the NHS fields right after the bell. Parents and students are welcome to participate in the fun and gather information about the upcoming activities.

YELP's schedule this summer will be Tuesdays and Wednesdays from 1-5 PM. Teen Center will be Fridays from 1-5 PM. All youth will need to have a waiver on file and transportation arranged to and from the Teen Center.

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

Elders Outreach Program Coordinator



The Elders Outreach Program serves lunch at noon out of the Subsistence Building every Monday.

This includes NTC HOLIDAYS that the main office, clinic and health club may be closed for. **The luncheon is still provided on those holidays.** The luncheons coming up for the following months are as follows;

Mondays in **April** 1st, 8th, 15th, 22nd and 29th

Mondays in **May** 6th, 13th, 20th and 27th

Mondays in **June** 3rd, 10th, 17th and 24th

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 Tribal 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 we ask that you are mindful of others who are not able to attend and look forward to their luncheon food delivered to their home.

April 2nd 9am Elders trip to the Kenai Permit office for sign up and lunch at Kenaitze.

April 5th 4-5pm Elders Outreach is supporting a Chowder Class to teach youth how to make Chowder.

April 19th 3-5pm Elders Outreach is offering a Kulich Class to the youth at the Community Center.

April 30th 5:30pm is the Kulich Competition, open to Everyone! Kulich is Easter bread, typically baked in old coffee cans or similar metal can, it is a Russian Orthodox treat!

May 10th 4-5pm is Akutaq class, offered to the youth. Akutaq, also known as Eskimo Ice Cream is traditionally made with seal oil, salmonberries, crowberries, lowbush cranberries or early blueberries.

Other classes and competitions this year will include **Pickled Fish** (the salting process, how to preserve and then the pickling process), **Balik** (the striping, knot tying techniques, brining, hanging and smoking process), **Jelly and Jam** (particularly high bush and low bush cranberries and Fireweed). We encourage active participation from the youth and strongly urge Elders to come offer their experience, advice, knowledge and techniques for all these activities. If you have a cultural or traditional skill, please call or email. We look forward to the Elders sharing a bit of their time and knowledge with us!

Hopeful for an abundance of Salmon, I will be dedicating May 1st-20th to the Elders King Salmon Fishery, besides luncheons, I will be 95% on Net 1. That is if we get the green light, as I am anticipating we will. If you are around, come visit and share some time!



For more information about NTC's Elders Outreach Program please contact Tiffany Stonecipher at 567-3313 or email tstonecipher@ninilchiktribe-nsn.gov

Elders Outreach Program

My office is open and welcomes your input to make this program grow and thrive. We have hosted teaching classes on Perok, net mending, building nets, canning jams and jellies, as well as offering the space and ability to learn how to butcher moose, salmon and other relevant foods. If you have a local, cultural or traditional talent and would like to offer a class to share your craft, please let me know anytime.

The Elders Outreach Program welcomes Tribal Elders interest in day trips, travel, local and historical excursions, to share some social space with one another while seeing the changes that have taken place on the Kenai Peninsula. If you are interested in attending events such as NYO, AFN, Historical events or cultural/traditional events offered around the Peninsula, more than likely others are as well- just call or email me and I will be happy to suggest how we can attend these events collectively. Check us out on Facebook too, search Ninilchik Elders!

As always, my office is open and other than providing luncheons, I help those who need prescription pickups, rides for groceries and local rides to and from the clinic or post office. Should you need this, please call to schedule. I also help with paperwork that can be daunting or sometimes seem excessive seeing as how many times State and government forms need repetitive filing. If this is something you need or maybe you want greater assistance, I am able to help with references for those requests as well. Connecting you to the right resources is the goal. Let me know if you have questions or are needing some help.

Finding the care and services you need can sometimes be the most time consuming. These contact numbers and websites may make it easier for your needs. Every week of the month I receive updates from SDS e-alerts, these are new changes to health care services and operating procedures for Elders, PCA (Personal Care Assistants), respite workers, VA, et cetera. However, this site is available and easy to maneuver should you need more care, at home services or have questions. The website for *Alaska's Department of Health and Social Services Senior and Disabilities Services* website is dhss.alaska.gov/dsds

Alaska's **Medicare** Information Anchorage:907-269-3680,
Toll Free Statewide:1-800-478-6065 and Online: medicare.alaska.gov

The Elders Outreach Program is an organization within the Ninilchik Traditional Council whose purpose is providing services to Elders, 55+, 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.

Warm regards,
Tiffany
Elders Outreach Program Coordinator



CLUB NEWS

OPEN MONDAY - FRIDAY 7am - 8pm & SATURDAY 8am - 2pm • CLOSED 5/27

Let's talk about goals. You may have some big health goals in mind already, or you may be struggling to find your 'Why' - what's driving you to achieve those goals.

First, you need to define your Super Goals - the big goals that you want to accomplish. Examples of Super Goals include losing 15 lbs., cutting 2 inches off your waist, or running your first 5K. And maybe your Super Goal has nothing to do with your weight! Perhaps you want to conquer a hike Mt. Marathon, feel confident for your wedding day, or rock a bathing suit without breaking a sweat -- the sky is the limit.

Understanding your Super Goal is the first step in being able to break down your bigger, long-term goals into smaller, more manageable steps. A key step in achieving your Super Goal is staying motivated. And you won't be motivated unless you truly understand *why* you want to achieve your Super Goal. There are probably a lot of "Why's" you can identify, but what we want to uncover is that deep, meaningful "Ultimate Why" -- that driving force that pushed you to finally take that plunge and what excites and inspires you to work towards your Super Goal every day. And no, it's not simply fitting into skinny jeans.

So how do you find your "Ultimate Why"?

Like a relentless five-year-old, you need to keep asking yourself "why" until you've gotten the truth. It's like peeling back the layers of an onion, and yes, tears might be involved too!

It'll sound a little something like this... I want to lose 15lbs. Why? Because I want to be healthier. Why? Because when I'm healthier I feel better about myself. Why? Because I feel more confident and comfortable in my own skin. Why? Because I have enough energy to accomplish everything I want to and feel proud of myself.

The answers you identify along the way are your "Why's" and the place where you land is your "Ultimate Why." So, start asking yourself, "Why?" and map out a plan.



Source: Noom

NEW YOGA SCHEDULE

Effective April 1st



Tuesdays

10:15-11:15 A.M.
Hatha

5:15-6:15 P.M.
Vinyasa

Wednesdays

10:15-11:30 A.M.
Restorative

Thursdays

9:30- 10:00 A.M.
Chair

CLASSES with TAMMY Z

Watch for more classes in May!

CARDIO IS HARDIO.

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

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**The 2019 Federal Subsistence  
Kasilof River / Kenai River**

Community Gillnet Fisheries

Ninilchik residents wishing to participate in the fisheries must first obtain a Federal subsistence salmon fishing permit for the Kasilof River.

Federal subsistence permits are available from U.S. Fish and Wildlife Service, Kenai Fish and Wildlife Field Office at:

43655 Kalifornsky Beach Road, Soldotna, AK.

**Permits will also be issued in Ninilchik on May 14, 2019  
from 1:00 - 4:00 pm at the Ninilchik Traditional  
Council**

**Administration Office at: 15910 Sterling Hwy.,  
Ninilchik, AK.**

To sign up to receive fish from this fishery, participants must provide their Federal subsistence fishing permit to fishery staff at the Ninilchik Traditional Council Administration office at:

15910 Sterling Hwy, Ninilchik, AK.

The sign up will be based on a first come first served basis.

For more information call (907) 567-3313.

Thank you.

## 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 and a printer.



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

To kick off Spring, we will be giving one **FREE** microwave popcorn with a library check out, and 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@nirilchiktribe-nsn.gov](mailto:ntc@nirilchiktribe-nsn.gov)

## Gift Shop

The Administrative office has Ninilchik Traditional Council logo items to sell to the public. We currently have youth tie dye t-shirts, hoodies, winter jackets, leather jackets, beanies, stainless steel water bottles, and 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

Ninilchik Traditional Council is hiring for an Adult/Child Psychiatrist and a Peer Support Specialist. Position details can be found on the Alaska Labor Exchange System website or at the NTC Administration building.

**For more information about Niqnalchint Library or Job Vacancies please contact**

**567-3313 or email [ntc@nirilchiktribe-nsn.gov](mailto:ntc@nirilchiktribe-nsn.gov)**

# *The Cheeky Moose*

**Laundromat, Showers, Tanning, Deli & Espresso**

**Weekdays: 8:00 to 8:00 (closed Thursdays)**

**Saturday & Sunday: 9:00 to 7:00**

**Deli Open until 4:00**

**Fresh Homemade Soups**

**Breakfast Sandwiches**

**Variety of Grilled or Deli Sandwiches**

Located at 33930 Sterling Highway, Anchor Point, Alaska

(907) 235-5900



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

# Event Calendar: April 2019

| SUN                                                                                                                               | MON                                                                                   | TUE                                                                                                                                                                                                                                                 | WED                                                                                        | THU                                                                                                                                                                                                          | FRI                                                                                                                       | SAT                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <p>Call Tammy Z to schedule personal training sessions.<br/>907-252-5115</p>                                                      | <p>1<br/>Elders Outreach Luncheon 12:00pm<br/>Study Hall/Life Skills 3:30-5:30pm</p>  | <p>2<br/>10:15-11:15 AM<br/><i>Hatha</i><br/>Study Hall/Life Skills 3:30-5:30pm<br/>5:15-6:15 PM<br/><i>Vinyasa</i></p>                                                                                                                             | <p>3<br/>10:15-11:30 am<br/><i>Restorative</i><br/>Study Hall/Life Skills 3:30-5:30pm</p>  | <p>4<br/>9:30-10:00am<br/><i>Chair Yoga</i><br/>Study Hall/Life Skills 3:30-5:30pm</p>                                                                                                                       | <p>5<br/>Teen Center 3:30-8:30pm</p>                                                                                      | <p>6</p>                                                                                                    |
| <p>7</p>                                                                                                                          | <p>8<br/>Elders Outreach Luncheon 12:00pm<br/>Study Hall/Life Skills 3:30-5:30pm</p>  | <p>9<br/>10:15-11:15 AM<br/><i>Hatha</i><br/>Study Hall/Life Skills 3:30-5:30pm<br/>NYO 3:45-5:15pm<br/>5:15-6:15 PM<br/><i>Vinyasa</i></p>                                                                                                         | <p>10<br/>10:15-11:30 am<br/><i>Restorative</i><br/>Study Hall/Life Skills 3:30-5:30pm</p> | <p>11<br/>9:30-10:00am<br/><i>Chair Yoga</i><br/>10:15-11:15 A.M.<br/><i>Hatha Flow</i><br/>Study Hall/Life Skills 3:30-5:30pm<br/>NYO 3:45-5:15pm</p>                                                       | <p>12<br/>Teen Center 3:30-8:30pm<br/>NYO 3:45-5:15pm<br/>Alaskan Author Event Potluck 5:30pm @ Community Center</p>      | <p>13<br/>Winter Survival Training 2.0 @ Teen Center</p>                                                    |
| <p>14<br/>Winter Survival Training 2.0 @ Teen Center</p>                                                                          | <p>15<br/>Elders Outreach Luncheon 12:00pm<br/>Study Hall/Life Skills 3:30-5:30pm</p> | <p>16<br/>10:15-11:15 AM<br/><i>Hatha</i><br/>Study Hall/Life Skills 3:30-5:30pm<br/>NYO 3:45-5:15pm<br/>5:15-6:15 PM<br/><i>Vinyasa</i></p>                                                                                                        | <p>17<br/>10:15-11:30 am<br/><i>Restorative</i><br/>Study Hall/Life Skills 3:30-5:30pm</p> | <p>18<br/>9:30-10:00am<br/><i>Chair Yoga</i><br/>10:15-11:15 A.M.<br/>ELP Graduation 11:00am-12:00pm @ Subsistence Bldg<br/><i>Hatha Flow</i><br/>Study Hall/Life Skills 3:30-5:30pm<br/>NYO 3:45-5:15pm</p> | <p>19<br/>Elders Outreach Youth Kulich Class 3-5pm @ Community Center<br/>Teen Center 3:30-8:30pm<br/>NYO 3:45-5:15pm</p> | <p>20</p>                                                                                                   |
| <p>21<br/>Easter 2019<br/></p>                  | <p>22<br/>Elders Outreach Luncheon 12:00pm<br/>Study Hall/Life Skills 3:30-5:30pm</p> | <p>23<br/>10:15-11:15 AM<br/><i>Hatha</i><br/>Study Hall/Life Skills 3:30-5:30pm<br/>NYO 3:45-5:15pm<br/>5:15-6:15 PM<br/><i>Vinyasa</i></p>                                                                                                        | <p>24<br/>10:15-11:30 am<br/><i>Restorative</i><br/>Study Hall/Life Skills 3:30-5:30pm</p> | <p>25<br/>9:30-10:00am<br/><i>Chair Yoga</i><br/>10:15-11:15 A.M.<br/><i>Hatha Flow</i><br/>Study Hall/Life Skills 3:30-5:30pm<br/>2019 Senior NYO Games @ Alaska Airlines Center (Anchorage)</p>            | <p>26<br/>Teen Center 3:30-8:30pm<br/>2019 Senior NYO Games @ Alaska Airlines Center (Anchorage)</p>                      | <p>27<br/>2019 Senior NYO Games @ Alaska Airlines Center (Anchorage)<br/>Last Day of NYO for the Season</p> |
| <p>28<br/>Russian Orthodox Easter 2019<br/></p> | <p>29<br/>Elders Outreach Luncheon 12:00pm<br/>Study Hall/Life Skills 3:30-5:30pm</p> | <p>30<br/><b>Regular Council Meeting 10:00am @Administration Conference Room</b><br/>10:15-11:15 AM<br/><i>Hatha</i><br/>Study Hall/Life Skills 3:30-5:30pm<br/>5:15-6:15 PM<br/><i>Vinyasa</i><br/>Kulich Competition 5:30pm @Community Center</p> |                                                                                            |                                                                                                                                                                                                              |                                                                                                                           |                                                                                                             |

Event Calendar **May 2019**

| SUN                                                                                                                                          | MON                                                                                                                                                                                | TUE                                                                                                                                                                                | WED                                                                                                                                                                              | THU                                                                                                                                          | FRI                                                                                                                                           | SAT |
|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----|
| <p>31 Call Elise to schedule a table or chair massage. 907-252-9544</p> <p>Call Cat to schedule a chiropractic appointment. 415-608-7559</p> |                                                                                                                                                                                    |                                                                                                                                                                                    | <p>1<br/>10:15-11:30 am<br/><i>Restorative</i></p> <p>Study Hall/Life Skills<br/>3:30-5:30pm</p>                                                                                 | <p>2<br/>9:30-10:00am<br/><i>Chair Yoga</i></p> <p>Study Hall/Life Skills<br/>3:30-5:30pm</p>                                                | <p>3<br/>Teen Center<br/>3:30-8:30pm</p> <p><b><u>All NTC Offices Closed</u></b></p>                                                          | 4   |
| 5                                                                                                                                            | <p>6<br/>Elders Outreach Luncheon<br/>12:00pm</p> <p>Study Hall/Life Skills<br/>3:30-5:30pm</p>                                                                                    | <p>7<br/>10:15-11:15 AM<br/><i>Hatha</i></p> <p>Study Hall/Life Skills<br/>3:30-5:30pm</p> <p>5:15-6:15 PM<br/><i>Vinyasa</i></p>                                                  | <p>8<br/>10:15-11:30 am<br/><i>Restorative</i></p> <p>Study Hall/Life Skills<br/>3:30-5:30pm</p>                                                                                 | <p>9<br/>9:30-10:00am<br/><i>Chair Yoga</i></p> <p>10:15-11:15 A.M.<br/><i>Hatha Flow</i></p> <p>Study Hall/Life Skills<br/>3:30-5:30pm</p>  | <p>10<br/>Teen Center<br/>3:30-8:30pm</p> <p>Elders Outreach Youth Akutaq Class<br/>5:30pm @ Community Cneter</p>                             | 11  |
| 12                                                                                                                                           | <p>13<br/>Elders Outreach Luncheon<br/>12:00pm</p> <p>Study Hall/Life Skills<br/>3:30-5:30pm</p>                                                                                   | <p>14<br/>10:15-11:15 AM<br/><i>Hatha</i></p> <p><i>Federal Subsistence Permits 1-4pm</i></p> <p>Study Hall/Life Skills<br/>3:30-5:30pm</p> <p>5:15-6:15 PM<br/><i>Vinyasa</i></p> | <p>15<br/>10:15-11:30 am<br/><i>Restorative</i></p> <p>Study Hall/Life Skills<br/>3:30-5:30pm</p>                                                                                | <p>16<br/>9:30-10:00am<br/><i>Chair Yoga</i></p> <p>10:15-11:15 A.M.<br/><i>Hatha Flow</i></p> <p>Study Hall/Life Skills<br/>3:30-5:30pm</p> | <p>17<br/>Teen Center<br/>3:30-8:30pm</p>                                                                                                     | 18  |
| 19                                                                                                                                           | <p>20<br/>Elders Outreach Luncheon<br/>12:00pm</p> <p>Study Hall/Life Skills<br/>3:30-5:30pm</p>                                                                                   | <p>21<br/>10:15-11:15 AM<br/><i>Hatha</i></p> <p>Last Day of Study Hall/Life Skills<br/>3:30-5:30pm</p> <p>5:15-6:15 PM<br/><i>Vinyasa</i></p>                                     | <p>22<br/>10:15-11:30 am<br/><i>Restorative</i></p> <p>YELP Kick-off BBQ 3:30pm @ School</p>  | <p>23<br/>9:30-10:00am<br/><i>Chair Yoga</i></p> <p>10:15-11:15 A.M.<br/><i>Hatha Flow</i></p>                                               | <p>24<br/>Teen Center Summer Hours Begin<br/>1-5 pm</p>  | 25  |
| 26                                                                                                                                           | <p>27<br/>Elders Outreach Luncheon<br/>12:00pm</p> <p><b><u>All NTC Offices Closed</u></b></p>  | <p>28<br/>10:15-11:15 AM<br/><i>Hatha</i></p> <p>YELP 1-5pm</p> <p>5:15-6:15 PM<br/><i>Vinyasa</i></p>                                                                             | <p>29<br/>10:15-11:30 am<br/><i>Restorative</i></p> <p>YELP 1-5pm</p>                                                                                                            | <p>30<br/>9:30-10:00am<br/><i>Chair Yoga</i></p> <p>10:15-11:15 A.M.<br/><i>Hatha Flow</i></p>                                               | <p>31<br/>Teen Center<br/>1-5pm</p>                                                                                                           |     |



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



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