

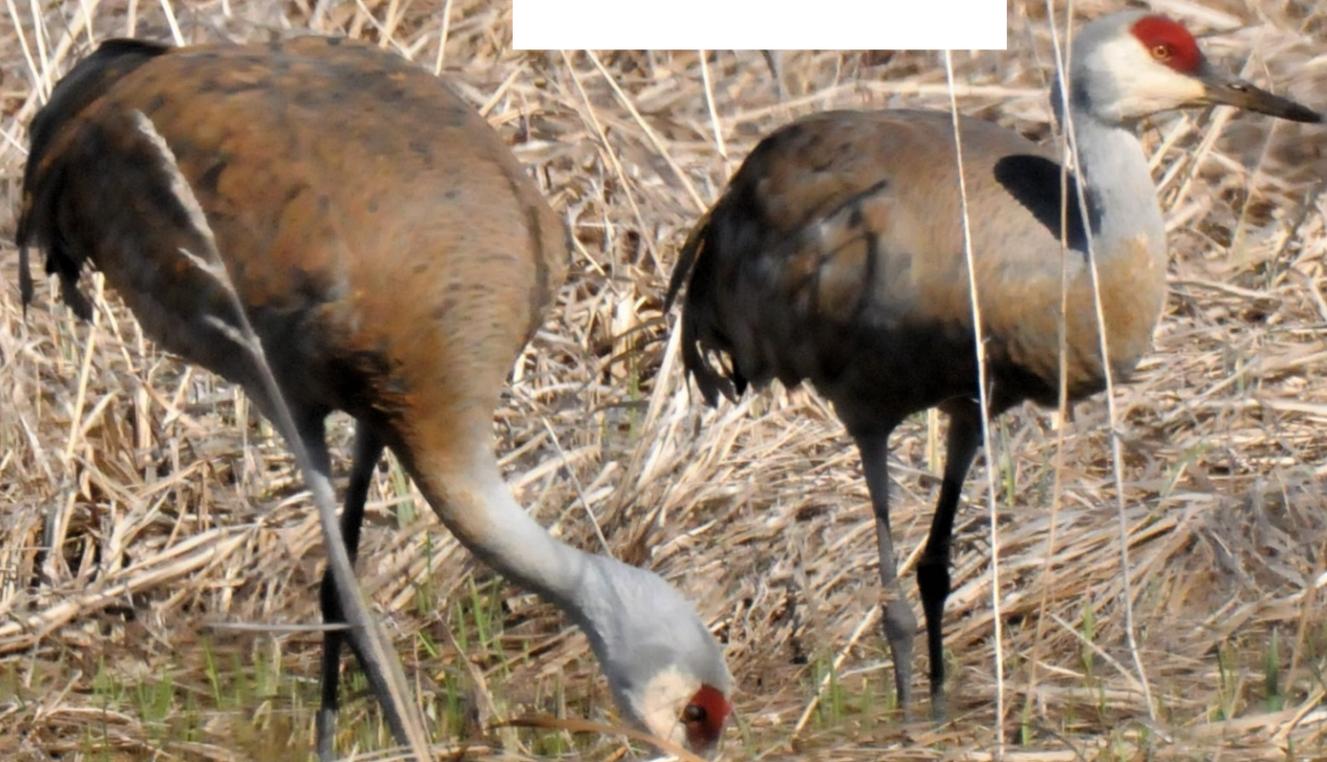


Ninilchik Traditional Council
P.O. Box 39070
Ninilchik, AK 99639

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

Ninilchik Traditional Council

June & July 2019



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.

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Upcoming Closure Dates

All NTC Offices will be closed on:

Thursday, July 4th

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

Friday, June 21st 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 Bob Crosby

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

SUN	MON	TUE	WED	THU	FRI	SAT
30 Call Elise to schedule a table or chair massage. 907-252-9544 Call Cat to schedule a chiropractic appointment. 415-608-7559	1 Elders Outreach Luncheon 12:00pm	2 10:15-11:15 AM Hatha 1:00-5:00pm YELP 5:15-6:15 PM Vinyasa Elders Outreach Fishing (see pg. 10)	3 10:15-11:30 am Restorative 1:00-5:00pm YELP Elders Outreach Fishing (see pg. 10)	4 9:30-10:00am Chair Yoga 10:15-11:15 A.M. Hatha Flow 5:15-6:15pm Find Your Flow Elders Outreach Fishing (see pg. 10)	5 Teen Night @ Teen Center 1:00-5:00pm Elders Outreach Trip (see pg. 10)	6
7	8 Elders Outreach Luncheon 12:00pm	9 10:15-11:15 AM Hatha 1:00-5:00pm YELP 5:15-6:15 PM Vinyasa	10 10:15-11:30 am Restorative 1:00-5:00pm YELP Elders Outreach Fishing (see pg. 10)	11 9:30-10:00am Chair Yoga 10:15-11:15 A.M. Hatha Flow 5:15-6:15pm Find Your Flow Elders Outreach Fishing (see pg. 10)	12 Teen Night @ Teen Center 1:00-5:00pm	13 Elders Outreach Fishing (see pg. 10)
14 Elders Outreach Fishing (see pg. 10)	15 Elders Outreach Luncheon 12:00pm Youth Fish Camp	16 10:15-11:15 AM Hatha 1:00-5:00pm YELP 5:15-6:15 PM Vinyasa Youth Fish Camp	17 10:15-11:30 am Restorative 1:00-5:00pm YELP	18 9:30-10:00am Chair Yoga 10:15-11:15 A.M. Hatha Flow 5:15-6:15pm Find Your Flow	19 Teen Night @ Teen Center 1:00-5:00pm Elders Outreach Fishing (see pg. 10)	20
21 Elders Outreach Fishing (see pg. 10)	22 Elders Outreach Luncheon 12:00pm	23 10:15-11:15 AM Hatha 1:00-5:00pm YELP 5:15-6:15 PM Vinyasa	24 10:15-11:30 am Restorative 1:00-5:00pm YELP	25 9:30-10:00am Chair Yoga 10:15-11:15 A.M. Hatha Flow 5:15-6:15pm Find Your Flow	26 Teen Night @ Teen Center 1:00-5:00pm	27
28	29 Elders Outreach Luncheon 12:00pm	30 10:15-11:15 AM Hatha 5:15-6:15 PM Vinyasa 1:00pm-5:00pm YELP	31 10:15-11:30 am Restorative 1:00-5:00pm YELP Alumni Youth Fish Camp			August 6th-8th YELP end of Summer Campout August 10th & 11th Elders Outreach Fishing Kasilof (see pg. 10)

Event Calendar: **June 2019**

SUN	MON	TUE	WED	THU	FRI	SAT
Call Tammy Z to schedule personal training sessions.		June 11th-July 4th Summer Fitness Classes with Tammy Z! Cardio Moves T/W/TH 6-7am Gentle Moves T/TH 8:30-9:15am Medium Caliber T/W 5:15-6:00pm				1
2	3 Elders Outreach Luncheon 12:00pm	4 10:15-11:15 AM Hatha 1:00-5:00pm YELP 5:15-6:15 PM Vinyasa Elders Outreach Trip (see pg. 10)	5 10:15-11:30 am Restorative 1:00-5:00pm YELP	6 9:30-10:00am Chair Yoga 10:15-11:15 A.M. Hatha Flow 5:15-6:15pm Find Your Flow	7 Teen Night @ Teen Center 1:00-5:00pm	8
9	10 Elders Outreach Luncheon 12:00pm	11 10:15-11:15 AM Hatha 1:00-5:00pm YELP 5:15-6:15 PM Vinyasa	12 10:15-11:30 am Restorative 1:00-5:00pm YELP	13 9:30-10:00am Chair Yoga 10:15-11:15 A.M. Hatha Flow 5:15-6:15pm Find Your Flow	14 Teen Night @ Teen Center 1:00-5:00pm	15
16 Elders Outreach BBQ On Net #1 (see pg. 10)	17 Elders Outreach BBQ On Net #1 (see pg. 10)	18 10:15-11:15 AM Hatha 1:00-5:00pm YELP 5:15-6:15 PM Vinyasa Elders Outreach Fishing (see pg. 10)	19 10:15-11:30 am Restorative 1:00-5:00pm YELP Elders Outreach Fishing (see pg. 10)	20 9:30-10:00am Chair Yoga 10:15-11:15 A.M. Hatha Flow 5:15-6:15pm Find Your Flow Elders Outreach Fishing (see pg. 10)	21 Regular Council Meeting 10:00 a.m. Teen Night @ Teen Center 1:00-5:00pm Elders Outreach Fishing (see pg. 10)	22 Elders Outreach Fishing (see pg. 10)
23	24 Elders Outreach Luncheon 12:00pm	25 10:15-11:15 AM Hatha 1:00-5:00pm YELP 5:15-6:15 PM Vinyasa Cultural Youth Camp	26 10:15-11:30 am Restorative 1:00-5:00pm YELP Cultural Youth Camp	27 9:30-10:00am Chair Yoga 10:15-11:15 A.M. Hatha Flow 5:15-6:15pm Find Your Flow	28 Teen Night @ Teen Center 1:00-5:00pm	29

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

NTC Staff

David Bear , EMS Assistant	Mikylah Pinnow , Tribal Services Assistant
Darla Bradley , Administrative Assistant	Christine Prokop , Behavioral Health Services Manager
Savanna Brinker , Peer Recovery Support Specialist	Nancy Pulliam , Assistant Maintenance Laborer
Denise Brock , Case Manager/Registered Nurse	Daniel Reynolds , Resource Technician
Maria Calhoun , Behavioral Health Services Counselor	Diane Reynolds , NTC Procurement & Contracting Officer
Jayce Cooper , Resource Technician	John Russo , Plumber
Joseph Cooper Sr. , Driver	Cynthia Schnabl , Assistant Maintenance Laborer
Jenn Day , Clinic Administration & Patient Account Specialist	Dr. Sarah Spencer , Medical Provider
Zoe Dixon , Peer Recovery Support Specialist	Elise Spofford , Yoga Instructor
Richard Dunaway , Native Connections Program Manager	Robert Stark , Peer Recovery Support Specialist
Lukas Ficklin , BHS/MAT Counselor	Bettyann Steciw , Social Services & ICWA Specialist
Maricel Folkert , Community Health Aide/Medical Assistant	Kimberly Steik , Clinic/Health Club Attendant Fill-In
Eric Hanson , Facilities Manager	Tiffany Stonecipher , Elders Outreach Program Coordinator
Kayci Hanson , Yoga Instructor	Dirk Tanner , Physician Assistant
Annette Hubbard , MAT Specialist/BHA	Kathleen Totemoff , MAT Program Manager
Terri Leman , HWC Attendant	Anna Sutton , Clinic Information Coordinator
Katie Matthews , Outreach Specialist	Laura Ullman , Patient Advocate/Case Manager
Leslie McCombs , Clinic Front Desk Receptionist	Stormy Walkoff , Secretary/Receptionist
Jennifer Miller , Clinical Medical Biller	Brie Wallace , Health & Wellness Club Manager
Alicia Morris , Social Services Assistant	Carrie Warren , Family Nurse Practitioner
Irene Nelson , Community Health Aide/Medical Assistant	Elizabeth Wedner , HWC Attendant Fill-in
David Nordeen , Maintenance Laborer	Catherine West , HWC Attendant Fill-In
Jeffrey Organeck , Engineer	Jesse Shell HWC Attendant Fill-In
Jamie Oskolkoff , Education Manager	Gina Wiste , Environmental Technician
Stanley Parkinson , CDL Driver	Tammy Zweischer , Personal Trainer
Michael Pinnow , Assistant Maintenance Laborer	

The Cheeky Moose

Robin Jamie , Manager	Gina Kent , Deli Worker/Barista
Melissa Lancaster , Deli Worker/Barista	Ashley DeVaney , Deli Worker/Barista
	Janice Kaye , Deli Worker/Barista



Summer is upon us and fishing season is here, although, we are the only ones left sitting on the bank so to speak. This is obviously unacceptable. In an unprecedented fashion, the Alaska Department of Fish & Game (ADF&G) is not allowing our educational fishery to start until June 16, with no Chinook retention until July 1. This completely eliminated our May 1-20 season and has placed the entire conservation concern burden on the educational users. As our attorneys note to ADF&G in requesting reconsideration of their decision, "The current restrictions delaying the Tribe's educational fishery opening from May 1 to June 16 arbitrarily and capriciously targets the educational fishery to reduce harvest of Chinook salmon for conservation purposes while allowing other marine and in-river fisheries targeting Chinook salmon to continue." Sportsmen are fishing in the Ninilchik River, on the marine waters, and in the Kasilof and Kenai Rivers, yet we are completely closed. Establishing seasonal quotas is an effective conservation measure in fisheries management, however, by closing the educational fishery, ADF&G essentially guaranteed that we would be unable to catch sufficient Chinook salmon to meet the quota established in the permit. This is disingenuous at best and the Tribe should not have to bear the brunt of purported conservation efforts, as this closure was decided prior to any actual returns or data to actually prove that weak returns were in fact an issue. In-season management should certainly be used versus arbitrary and capricious preseason postulation and conjecture that eliminates our fishery. This is especially true where forecasted conservation concerns never actually come to fruition. We will continue to fight for subsistence needs, as we have in the past. We ask for your patience and understanding in implementing the fishery this year as we have lost a great deal of our season and harvest opportunity.

On a positive note, the 2019 Kasilof River Community gillnet fishery will open on June 16, 2019. Additionally, the 2019 Kenai River Community gillnet fishery will open on July 1, 2019. Federally qualified Ninilchik residents wishing to participate in either fishery must first obtain a Federal subsistence fishing permit. These permits are available at the Kenai Fish and Wildlife Field Office in Soldotna, Alaska. Please remember that signup is based on a first come first served basis. Our crew will be fishing diligently this summer in order to once again provide salmon for Ninilchik residents.

We are working hard to provide youth employment this summer. NTC Youth Employment Internship positions are a 10-12 week paid internship program for young Alaska Native/American Indian people ages 14-24 to gain valuable work experience, set goals, and develop the skills necessary to succeed in future careers. Interns will be placed in positions throughout NTC, as well as with outside employers. Participants will obtain career assessment and guidance, consisting of identifying short- and long-term goals that encompass wellness, education, and career growth. Interns will receive employability training throughout the course of their internship. This training allows youth to obtain new skills and certifications that can be added to their resume, increasing potential with future employers. Please spread the word and pick up an application for any youth interested in applying.

As always, please feel free to stop in for some coffee. I encourage you to attend the regular Council meetings or get involved with ongoing events / activities here at the Tribe. The next scheduled regular Council meeting is set for Friday, June 21, 2019 at 10:00 a.m. Thanks.

Sincerely,

Ivan Z. Encelewski
NTC Executive Director

The Cheeky Moose

Laundromat, Showers, Tanning, Deli & Espresso

Open Everyday 9:00am-9:00pm

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

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@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

Nirilchik Traditional Council is hiring for an Adult/Child Psychiatrist, NTC Youth Employment Interns, and a Health Programs Administrative Liaison. Position details can be found on the Alaska Labor Exchange System website or at the NTC Administration building.

*Applications are available at the NTC office or on the Ninilchik Traditional Council web page.

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

TRIBAL HEALTH DIRECTOR'S REPORT

- 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.
- The CARF (Commission on Accreditation of Rehabilitation Facilities) surveyor completed her survey on April 26. We received an additional three year certification.
- We have completed adding new offices on the Outreach side of the Clinic to keep up with the Outreach and Behavioral Health growth.
- Construction for a clinic addition has begun, along with renovations and furniture upgrades to the existing clinic.
- Dr. Spencer is out 6/20 - 6/21 and Carrie is out 7/8 - 7/12.
- Michael Bakker (the Primary Care Provider from Southcentral Foundation) will be here 6/17 - 6/19 and 9/30 - 10/2.
- The optometrist will be here 10/21 - 10/25.
- As always, my door is open, if you want to stop by and talk to me about anything.

Thank you, Janet Mullen, NTC THD



Expansion Work Begins

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



Youth Education Leadership Program

YELP is Youth Outreach's Leadership Program! We meet Tuesdays and Wednesdays from 1-5 pm for outdoor adventures, volunteer experiences and team building games. Activities are based at the Teen Center and transportation for field trips is provided.

May 28th - July 31st - YELP meets Tuesday & Wednesday @ Teen Center 1-5 pm

May 24th - August 9th - Fridays Teen Night @ Teen Center 1-5 pm

August 6-8 - End of Summer Camp Out!

MORE FUN ACTIVITIES!

- Fire Building
- Water Safety
- Outdoor Games
- Campsite Safety
- Horseback Riding
- Campfire Cooking
- Wilderness First Aid
- Arts and Craft Projects

FIELD TRIPS!

- Kenai National Wildlife Refuge
- Islands and Oceans Center
- Glacier Hikes
- Overnight Campouts
- Set Net Site Fishing

VOLUNTEER SERVICE OPPORTUNITIES

- Russian Orthodox Church
- Ninilchik Fairgrounds
- Rivers of Life Church
- Ninilchik Community Garden
- Alaska State Parks
- Ninilchik Firehall

QUESTIONS?

Rick Dunaway
 rdunaway@nirilchiktribe-nsn.gov
 -Or-
Katie Matthews
 kmatthews@nirilchiktribe-nsn.gov



THINGS TO DO WHEN YOU JUST *Can't Fall Asleep*

1. CHANGE INTO YOUR COMFIEST PJS (Illustration of red polka-dot pajamas)
2. MAKE A CUP OF CHAMOMILE TEA (Illustration of a white teacup)
3. DAB LAVENDER OIL ON YOUR PILLOW (Illustration of a lavender bottle)
4. HIDE YOUR ALARM CLOCK (Illustration of an alarm clock)
5. READ A BOOK (Illustration of a stack of books)
6. PUT ON SOCKS (Illustration of red and white striped socks)
7. SET THERMOSTAT BETWEEN 65 AND 68 DEGREES (Illustration of a thermostat dial)

Importance of Sleep

Adults should be getting 7 to 9 hours of sleep every night. Did that statement just make you laugh out loud? Me too. But seriously, skipping sleep does more harm to our bodies than we think. Sleep affects your nutrition, metabolism, exercise performance, and glucose.

Getting enough sleep helps keep balanced energy levels, making you feel happier and more motivated through the day. Sleeping enough also helps you stay motivated to stick to your weight loss program. When you don't sleep enough, you feel stressed and tired and unable to focus. That means you'll be more likely to give in to all those food cravings.

Here are some tips for better sleep:

Shut down your computer, cell phone, and TV at least an hour before you hit the sack. The light from your electronics keeps your brain from shutting down. It's easy to get in the cycle of getting in bed, but not being able to sleep, we switch something on for a little bit. This hinders our ability to fall asleep.

Create a nighttime ritual. Bedtime is not the time to tackle big issues. Instead, take a warm bath, meditate, or read. Find a ritual that works for you and is realistic for you. You want something you will be able to complete every night to signal your body and brain that it is time to wind down.

Stick to a schedule. Start waking up and retiring at the same times every day, even on weekends. When you keep it the same throughout the week it will help you to be healthier.

Watch what and when you eat. Avoid eating heavy meals and alcohol as well as soda, tea, coffee, and chocolate after 2 p.m. Caffeine can stay in your system for 5 to 6 hours. Be mindful of what you are choosing at night.

Turn out the lights. Darkness cues your body to release the natural sleep hormone melatonin, while light suppresses it. We need that while we are sleeping for a better nights sleep.

CLUB NEWS

OPEN MONDAY - FRIDAY 7am - 8pm & SATURDAY 8am - 2pm • CLOSED 7/4

We're Renovating!!

If you've been in the Club recently, you've undoubtedly noticed a brand new wall in our lobby. Then you probably noticed that our comfy couch is gone. (Darn!) Well, we have a great reason... we're adding an office for a Physical Therapist! Revolution Sport and Spine Therapy has offices in Soldotna and Homer, and is now expanding to Ninilchik.

We are very excited about this partnership with Revolution! They plan to be at the Club two to three times per week. They accept all insurance plans, workers compensation, VA, Tricare, Medicare and Medicaid and are in network with Cigna.

From their website: Revolution Sport & Spine Therapy was created to offer the most effective and efficient PT services better than the top rehabilitation centers around the country and around the world. Our goal is to work with you to create the best version of yourself so you can get back to life without pain or limitations. We accomplish this by providing the most up to date, evidence-based practices. Our team is highly qualified with board certifications and specializations that set us apart from other physical therapy clinics. Our vision is to be a center of excellence in delivering cutting edge PT services. We want all of our patients to receive the most comprehensive and effective treatment to return them to all of life's adventures.



YOGA SCHEDULE

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
10:15-11:15 A.M.
Hatha
5:15-6:15 P.M.
Find your Flow



CLASSES with TAMMY Z

Watch for more classes this summer!

Cardio Moves T/W/Th 6-7am
Gentle Moves T/Th 8:45-9:15am
Night Moves T/W 5:15-6pm

For more information about NHWC please contact 567-3455 or hwc@ninilchiktribe-nsn.gov

NINILCHIK YOUTH OUTREACH

PURPOSE

Ninilchik Traditional Council's Youth Outreach is anchored in education and preventions. Studies consistently show that the negative cognitive, behavioral and social impacts of growing up in poverty and exposure to adverse childhood experiences can be reversed by youth participating in prevention programs, enrichment activities and having a healthy relationship with a mentor. By utilizing the elements of positive youth development, we are able to help outreach participants develop positive personal, social, emotional and behavioral characteristics and increase positive outcomes among our youth. Similar research conducted in Alaska indicates that there is a 32% reduction of risk factors when youth are engaged in activities that strengthen personal values and promote social growth. Our goal is to provide safe, educational, enrichment activities to youth where they can develop their interpersonal and character skills in order to reduce their risk of suicide, substance abuse and mental health issues.

VISION

WHOLE COMMUNITY WELLNESS
A community where healthy lifestyles provide safe environments for families, promote resilience among youth, and facilitate supports from community members and adult mentors

MISSION

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

REQUIREMENTS

This program is for youth grades 6-12.. Each participant must have a signed waiver on file. Need a waiver? You can stop at the Teen Center or the Behavioral Health Clinic to pick yours up.



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

Pollen and Mold Exposure

Southcentral Alaska is currently experiencing high amounts of pollen within this transition from spring to summer. These warm and windy May days are increasing the production and dispersal of pollen from multiple species of plants. The plant that contributes the highest amount of pollen to the area is the birch tree. Closely following the birch tree is the willow tree. Both the birch tree and willow tree begin pollinating during the second to third week of May in southcentral Alaska. The concentration of birch pollen in the air remains high for only a couple of weeks while the willow pollen can occur in high numbers for more than a month.

Source: Municipality of Anchorage Environmental Health Services

Other plants present on the Kenai Peninsula that are significant producers of pollen are: alder, spruce, cottonwood, grasses, and weeds. Alder has relatively low pollen concentrations, but the period of dispersal can last up to two months. Spruce pollen appears to be strikingly thick in number, but is actually less allergenic than birch and willow. It can be seen from June to mid-July. Cottonwood pollinates in May and June. Grass pollinates in June, July, and August. Weeds usually fall in the low pollination category and can be seen in July and August.

Source: Municipality of Anchorage Environmental Health Services

Along with pollen, another common miscreant in southcentral Alaska is mold. Some people are sensitive to molds. For these people, molds can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or in some cases, skin irritation. People with mold allergies may have more severe reactions. Immune-compromised people and people with chronic lung illnesses, such as obstructive lung disease, may get serious infections in their lungs when they are exposed to mold. These people should stay away from areas that are likely to have mold, such as compost piles, cut grass, and wooded areas.

Source: https://www.cdc.gov/mold/dampness_facts.htm

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



Congratulations ELP Class of 2019



Registration will begin in September for the **2019-2020** school year. Please contact our office with any questions you have about this program.



2019 Summer Youth Activities

To be eligible for participation you must be:

Alaska Native or American Indian and
Between the ages of 6 and 18 years old

June 25th & 26th

Cultural Youth Camp

July 15th & 16th

Youth Fish Camp



HIGHER EDUCATION GRANT APPLICATION DEADLINES

To be eligible for funding for the Fall semester,

applications must be turned in by **Monday August 12th, 2019 by 5:00 pm**

For more information about ELP contact Jamie Oskolkoff at 567-3313 or joskolkoff@niniichiktribe-nsn.gov

*"In every walk with nature one receives far more than he seeks."
John Muir*



Hello Folks,

I hope you all had a wonderful and safe Memorial Weekend.

I mentioned before that the Kenai Peninsula Borough has a link to register your cell phone for emergencies in your area. At the time of writing the article, the link was not working. I am happy to say that the link has been reactivated and can be found here:

<https://www.kpb.us/emergency-mgmt/oem/oem-home/self-registration/kpb-alerts>.

Meanwhile, the Borough has been sending me notifications about fire prevention and what to do in the event of a fire. You can sign up for these notifications at this web address:

<http://kpboem.blogspot.com/>.

Lastly, here is a PDF listing everything to do before, during, and what to have in case you need to evacuate.

<http://www.wildlandfirersg.org/Portals/18/Resources/Resources/Seasonal%20Resident%20and%20Property%20Owner.pdf>

This is a good time to remind you that on the Kenai Peninsula you need a burn permit, and this applies to burn barrels as well. There is more than what I have listed below, found at their website:

<https://dnr.alaska.gov/burn/fireareas/kenai-kodiak>

Burning in Alaska

- Most of the wildland fires in Alaska are caused by careless human activity.
- Alaska's fire season is from **April 1st to August 31st**.
- Burn permits are required during fire season for all open burning, with a few exceptions. State laws and regulations pertaining to burning practices apply statewide all year. ([AS 41.15.010-41.15-170](#) and [11 AAC95 Article 6](#)).

- **Burn permits** are subject to burn restrictions, suspensions, and closures.
- All Burn Barrels require a burn permit and are subject to burn restrictions, suspensions and closures.
- Campfires and warming fires less than 3 feet x 3 feet do not need a general burn permit. Remember to burn safely, have tools and water, and put the fire out before you leave.

You are responsible for any fire you set or cause until it is 'dead out'. Fully understand and follow safe burning practices.

We plan on building one new home here in Ninilchik for a life long Ninilchik 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 labors, framers, roofers, electricians, sheet-rockers, painters, etc...

If you would like to be placed on this list please drop off a letter of what you are interested in doing, if you have any experience or not, and ways that the contractor will be able to get hold of you. 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 here at the main office marked, Attn: Bob.

Let's all have a wonderful sunny summer. Bob

For more information about Housing please contact 567-3313 or bcrosby@ninilchiktribe-nsn.gov

According to the EPA, approximately 10 to 20 percent of the population suffers from hay fever. Those who are affected may be able to adjust their medications and behaviors based on the plants' dispersion schedules. Although it is nearly impossible to avoid pollen in the outdoors, and even the indoors, more information may lead to better preparedness and more relief for allergy sufferers.

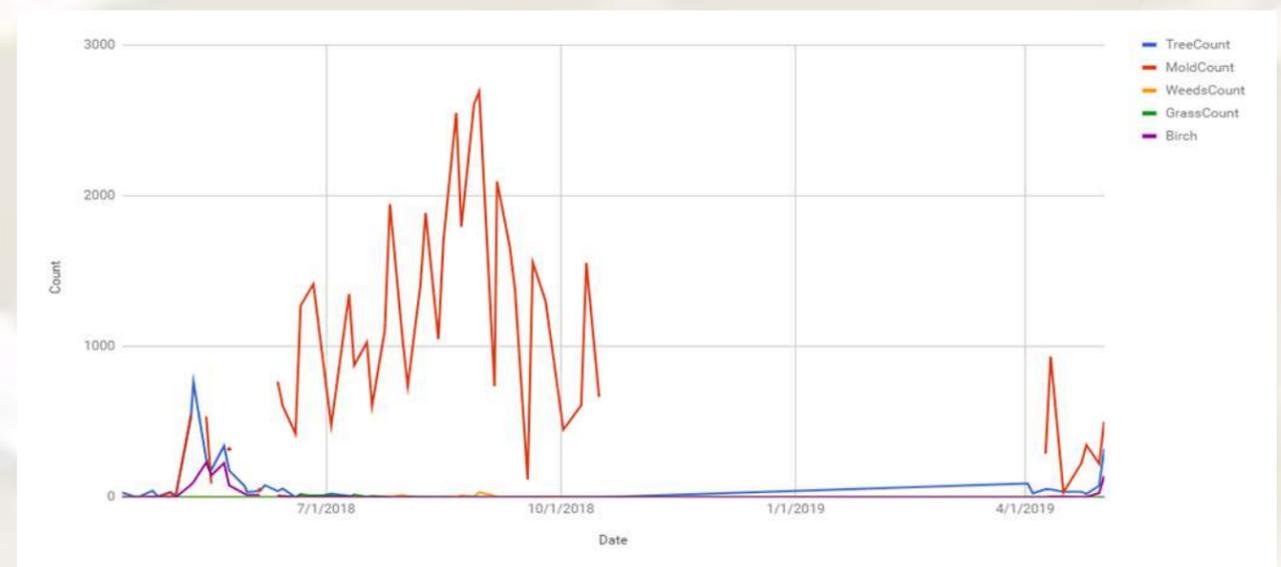
More information can be found at:

<http://www.allergyalaska.com/pollen-air-quality/allergens-chart>

And EPAS's: <https://www.airnow.gov>

Source for below picture:

<http://www.allergyalaska.com/pollen-air-quality/allergens-chart>



For more information, please contact the Resource office at 567-3815 or email jcooper@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 **June** 3rd, 10th, 17th and 24th Please see below regarding the 17th.

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

Mondays in **August** 5th, 12th, 19th, 26th

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.

June 4th 8 am [Elders Outreach trip to the Polly Creek to Harvest Clams across the bay.](#)

June 16th & 17th Elders Outreach BBQ & Summer Educational Net Kick off, Luncheon for the 17th on Net 1, Ninilchik Beach.

June 18th-22nd [Elders Outreach fishing Net 1 for Enrolled Tribal Elders.](#)

July 2nd-4th Elders Outreach fishing Net 1 for Enrolled Tribal Elders, especially on July 4th. Come down for BBQ, food, and to enjoy a wonderful holiday together.

July 5th 9 am Elders Outreach trip to the Polly Creek to Harvest Clams across the bay.

July 13th & 14th also **July 19th & 21st** Elders Outreach fishing Net 1 for Enrolled Tribal Elders.

August 10th & 11th Elders Outreach fishing Kasilof for Enrolled Tribal Elders.

I typically am on the beach all day for fishing days. I walk the lines and clean seaweed, check out the ring, make sure the stacks at the top are clean and ready to go. If you notice the tide, I am there usually 3-5 hours before high and try to fish both tides on those days to harvest as much as possible. Just give me a call if you have questions.

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!



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

My office is open and I welcome 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 interested 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 along with 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 with, 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 a program of 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



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