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QAYEH KENU

Ninilchik Traditional Council
Newsletter December 2014/January
2015

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Upcoming Closure Dates

The NTC Offices will be closed on:

- ◆ **Wednesday, December 25th** for Christmas Eve
- ◆ **Thursday, December 25th** for Christmas
- ◆ **Thursday, January 1st** for New Years Day
- ◆ **Monday January 19th** for Martin Luther King Jr. Day

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

Thursday, January 15th @ 10:00 AM

The NTC Regular Council Meetings take place at the NTC Administration Conference Room at 15910 Sterling Highway. The meetings are open for tribal members to attend and to also participate in the visitors' comments and questions session.

*There are three **\$100** door prize drawings for visiting tribal members at each meeting!*

Please call 907-567-3313 or e-mail ntc@ninilchiktribe-nsn.gov for more information about council meetings and other administration functions.

Who We Are

The Ninilchik Village Tribe is made up of approximately 800 members who trace their roots to the Ninilchik tribal lands as well as other Bureau of Indian Affairs-recognized Alaska Natives and American Indians who have settled in the tribal boundaries and have applied, and been accepted, for membership. The governing body of the Ninilchik Village Tribe, the Ninilchik Traditional Council, is presided over by a board of directors of 5 council members elected by the voting tribal membership to 3 year terms. The council directs executive staff using the Ninilchik Village Tribe's Organic Documents, which are set by the voting tribal membership to exercise tribal operations and tribal sovereignty, as guidelines.



Ninilchik Tribal Boundaries
(Map is approximation)

NTC Board of Directors

Richard Greg Encelewski

President

William Dean Kvasnikoff

Vice President

Tammy Bear

Secretary & Treasurer

Whitney Schollenberg

Director

Kenny Odman

Director

NTC Executive Director

Ivan Z. Encelewski

NTC Staff

Department Directors

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

Staff

Krizzie Basmayor, Health & Wellness Club Attendant
David Bear, EMS Assistant
Denise Bock, Case Manger/Registered Nurse
Shirley Chihuly, Education Manager
Jenn Day, Clinic Administration & Patient Accounts Specialist
Anna Eason, NYO Coach & Outreach Coordinator
Ashley Eisenman, Health & Wellness Club Attendant
Caroline Finney, Community Health Practitioner
Maricel Folkert, Community Health Aide & Medical Assistant
Jennifer Gilbertson: Secretary/Receptionist
Donna Henry, Behavioral Health Services Manager
Eric Hanson, Head Maintenance Laborer
Lynn Kennedy, Health & Wellness Club Attendant
Leslie McCombs, Clinic Front Desk Receptionist
Jennifer Miller, Clinic Medical Biller

Perry Miller, Systems Administrator
David Nordeen, Assistant Maintenance Laborer
Jamie Oskolkoff, Secretary-Receptionist
Pat Oskolkoff, Clinic Special Projects Coordinator
Michael Pinnow, Assistant Maintenance Laborer
Nancy Pulliam, Assistant Maintenance Laborer
Daniel Reynolds, Resource Technician
Diane Reynolds, Procurement Officer & Finance Assistant
Lindsay Schnabl, Health & Wellness Club Attendant
Dr. Sarah Spencer, Medical Provider
Bettyann Steciw, Social Services & ICWA Specialist
Tiffany Stonecipher, Elders Outreach Program Coordinator
Anna Sutton, Clinic Information Coordinator
Maureen Todd, Behavioral Health Aide
Brie Wallace, Health & Wellness Club Manager
Carrie Warren, Family Nurse Practitioner
Gina Wiste, Environmental Technician

Executive Director's Address

Ivan Z. Encelewski
NTC Executive Director

Summer is upon us and the fish are in, time to get out of the office. The 2014 educational fishery is up and running with strong participation and efforts underway to make this a successful season. While we were still closed by the State for much of the early King run, we did catch a few here and there. The open sign up for the net has occurred and is ongoing. Please note that the schedule has filled up fast. If you are interested in fishing please contact Shelley here at the office as soon as possible.

Along these lines, our Elders Outreach Coordinator Tiffany has been working hard to fish for the elders and distribute what few Kings her program caught. Other elders signed up to fish the net themselves with some limited success as well. In addition, Tiffany organized a trip across to Polly Creek in order to get clams for the elders. We had several volunteers who went to help dig and I want to thank everyone for their efforts.

On an exciting note, I previously reported that the Transit Facility construction was nearly complete. The building is now finished and the engineer/inspector has signed off on the final inspection, with the Environmental/Resource department fully moved in. Don't hesitate to stop in and check out the new facility, as I am very proud of the work Darrel and his crew did on this endeavor. The resource department is busy with the subsistence grant, summertime environmental work, and grant writing for additional transit/program funds.

On the clinical side we are excited to continue wonderful services and expand others. With the addition of Dr. Sarah Spencer (an awesome doctor btw), our wonderful stalwart Family Nurse Practitioner, Carrie Warren, along with our amazing Community Health Practitioner, Caroline Finney, we have a superb medical staff. We have added a cold laser treatment option at the clinic and continue to work with balancing enhanced services along with necessary infrastructure upgrades. We are currently upgrading both the clinic and clinic annex to natural gas, along with the older Emergency Services building, which the Tribe is getting back shortly. This will save thousands of dollars per year as the clinic is currently on electric heat (talk about ancient and expensive). We will also be getting new flooring all throughout the clinic and finalizing networking and computer upgrades. The facility is really nice and I thank Janet

Mullen, Tribal Health Director in her leadership which has led to the expansion of services, as well as the commensurate upgrade to our tribal health facilities.

The behavioral health services division is very busy. Donna continues to provide outstanding counseling and court ordered ASAP services, along with support for families and individuals in need. As a reminder, our program is Commission on Accreditation of Rehabilitation Facilities (CARF) certified (awesome Donna!). Maureen is working nonstop to provide excellent activities with our youth. Janet and her recently returned from an extended outing with many of our youth and there is so much happening that I encourage you to get your kids involved in.

As I mentioned, we will be getting the Emergency Services building next to the clinic back shortly, as the Ninilchik EMS has begun moving into their beautiful new facility. I want to congratulate all the volunteers, family, board members, and everyone who has been involved with the local volunteer fire and ambulance department. These people are to be commended and thanked profusely for all they do. On this note, I also want to highlight and recognize our retired Fire Chief, Mike Chihuly. Mike has been a tireless advocate and staunch community volunteer who has given his blood, sweat and tears for our community throughout these many years as Ninilchik's Fire Chief. He is a true asset to our village and I want to personally thank him on behalf of the Ninilchik Traditional Council for all he has done.

On the housing front we put two (2) new homes out to bid with one contract being awarded shortly and the other out for rebid due to a limited response. Bob also has a mod/rehab project underway and one (1) more that will be put out to bid later this summer. Tovarish Manor is currently full and maintenance issues are being continually addressed as they arise.

Tribal Services had an excellent early learning graduation and I want to commend Chris and all the staff for their work with our kids. They have moved into summer activities and are working with the youth to get them involved in everything from fishing to hiking and pottery. Regular services continue and if you need a new Tribal ID card don't hesitate to contact her.

On the council news front, the board held their regular meetings on May 16th and June 20th, 2014 respectively. As is customary, they heard reports from the program directors and discussed ongoing

Executive Director's Address cont.

activities. The council adopted resolutions which included amending the employee 401(k) plan, supporting full funding for contract support costs, approving child care monies, and amended housing policies regarding lead based paint. They approved new policies for the child care program, heard a presentation on the new proposed gas line, reviewed the 2015 Indian Housing Plan (IHP), and agreed on verbiage for the enrollment workgroup language regarding adoption.

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, August 8th, 2014 at 10:00 a.m Thank you.

Sincerely,

Ivan Z. Encelewski
NTC Executive Director



Housing



If you give up when it's winter, you will miss the promise of your spring, The beauty of your summer, and the fulfillment of your fall!

Anonymous

Hello Everyone,

I hope everyone is off to a great moose hunting start. I am hoping to bag one for the freezer, but more realistically, one will probably have to stumble into my backyard with its legs up in the air.

Winter is on the way whether we want to admit or not. I really want you to think about the high cost of fuel, electricity, natural gas and propane that we have been paying all summer. Now remember, that the price always goes up in the wintertime. With this in mind I suggest that now is the time to start getting your home prepared for this coming winter. Think about those drafts that you noticed last winter, that you felt around your doors and windows. Left untended these are areas that could start molding in the future or within the walls. All this could have been stopped with just a little caulk.

There are many types of caulk, with all kind of colors to match just about anything. A word of caution read the tube before buying and make sure it is intended for what you will be applying it too, different caulks have different types of applications. If you are sealing around a sink, you want a mildew-resistant product. Kitchen and bathroom caulks resist water and mildew. Most caulks are mildew resistant, which means that mildew will not hurt it but mold and mildew could stain it. So in the kitchen and bathroom where water and mildew are common, a product with an added biocide is a good idea. If you need to fill a gap between vinyl windows and wood clapboards, you need a product that a bond well to both materials is flexible, and weather resistant. Silicone, for example, adheres well to glass and tile but poorly to wood. Although products with different chemistries claim to be flexible, some are better suited for frequent joint

movement. Also keep in mind when you are going to be using the product. Temperature, humidity, and moisture can also affect how well it can or will cure. Water-base caulks can stand up to harsh weather once they cure, but they require a few days of ideal weather to set up. In cold weather, polyurethane's become difficult to apply, but most silicones will work just fine. Water-based caulks are the easiest to clean up and work with. And for interior applications are the way to go for sealing interior window and door casings, baseboards, and other moldings. Water-base caulks cure best in warm (above 40°F), dry weather. Humid conditions slow curing. And remember that even though water-base caulks can be applied to moist surfaces, they can wash away if they haven't fully cured. Caulk is generally not recommended for gaps that exceed 1/2 in. wide, for those wide spaces perhaps around your windows outside you might consider using a Urethane foam sealant. The easiest and best for this application would be the "Low Expansion Urethane Foam." Reason is there less waste with overfilling and it eliminates stress that can be put on windows and door frames that normal foam would crack and warp. For more information on the different caulks, I would suggest Google "Caulk Applications". You should be able to find out life span, temperatures they can withstand, shrinkage over time, of substrates, weatherization and UV resistance, inside or outside use.

If you are interested in Weatherization on your home, come by and grab one Application. If you qualify, we will grant up to \$2,000.00 in materials, for you to install in and on your home.

Ok folks until the next newsletter, may your hunting be bountiful, and your gardens be fruitful.

You're Housing Department,
Bob J

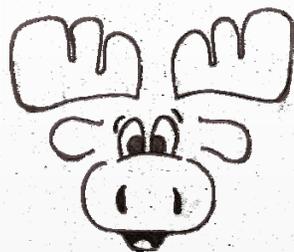
If you are interested in any of the NTC Housing programs you can view the applications online at ninelchiktribe-nsn.gov under Housing in the department menu. For any questions or information about the Housing Department please contact Housing Director Bob Crosby at the NTC office by calling 907-567-3313 or e-mailing bob@ninelchiktribe-nsn.gov

Tribal Services



Early Learning Program

We have been staying pretty busy during class time, all students are progressing nicely and learning the routine plus a variety of academic and social skills. I am very pleased with the student's smooth transition into school. Students are happy to come to class, they pay attention



and enjoy participating in circle, movement, music, and art activities. I am happy to say that I've already noticed progress with all students, whether it is simply using manners, coping with separation anxiety, learning the routine, helping others, freezing, letting me paint their feet for art projects or even participating in group activities. We have quite a variety of activities planned and plenty of skills to master this year.

We started the school year out by learning 1 letter per week however, now that the students are catching on and learning the routine, I feel we can enhance our program by getting thru the alphabet more quickly. This will leave more time towards the end of the year to start putting letters together to make simple sight words. With this in mind, we are going to learn a new letter each day- finishing the alphabet the first week in March. If the students start to struggle with retaining the information presented, we can always adjust our curriculum. I have scheduled "review days" as a measure to ensure that students are understanding the new concepts.



Alaska, apples, ants, alphabet, alligators, balls, boots, bears, body, birthday, chefs, cooking, cookies, clammy, ducks, dogs, drums, eskimo's, fish, friends, girl, gorilla, hot dogs, happy, ice-cream, juggling, kings, ...these are a few of the things we covered since the beginning of school. Of course, that does not include, colors, days of the week, shapes, songs, recognizing names, using manners, music, movement, art, opposites, lining up, remembering to keep our hands to ourselves, sharing, washing hands, and cleaning up. Please ask your student about their day at school, each student should be able to express in words something they enjoyed or learned.

Niqnalchint Library & Arts

Library Updates & Events

Is there something you'd like to see the tribal library have on the shelves or provide? Let us know and we can add it!



Tahyiga Book Club

The Tahyiga Book Club meets monthly to discuss contemporary Alaskan and world literature, focusing on indigenous and cultural identity themes. If you are interested in new, engrossing novels with multicultural views please come and participate! The club meets on late month Fridays at 3:30 PM at the NTC Administration Conference Room. The next meeting will be on **Friday January 30th**. Joining the book club is free and open to the public, and signing up is easy to do. Just call or e-mail NTC for more information.

*The next two people to join the book club will receive a **free** book a month for a year. That's 12 books for you to keep and share.*

Book Club Selections Coming Up:

December Selection September Selection

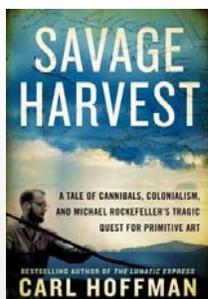


The God of Small Things
By Arunghati Roy

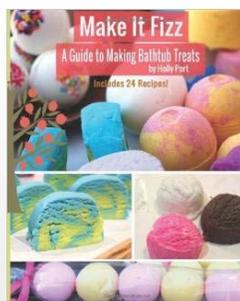


The Raven's Gift
By Don Rearden

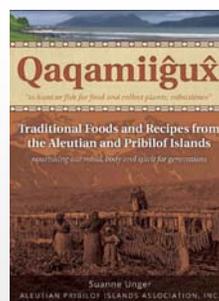
New Book Spotlight: Just some of the new titles in our collection:



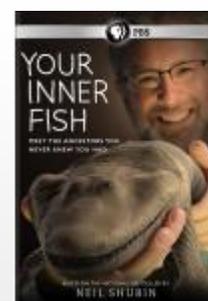
Carl Hoffman - 2014



Holly Port - 2014



Suanne Unger - 2014



PBS DVD - 2014

For more information about the Niqnalchint Library or other arts and culture activities please contact the NTC Administrative Office by phone at 567-3313, or by e-mail to ntc@niniichiktribe-nsn.gov

Resource and Environmental Department

Environmental Enquirer

Importance of Salt Water Marshes

Submitted by: Gina Wiste, Environmental Technician



Have you ever wondered what that land was to the right of you next to the Alaska State Park Camp-ground by the mouth of the Deep Creek River? It is a Salt Water Marsh. You would be amazed at what takes place on that piece of land that most people discount as a mosquito infested swamp.

Salt marshes are intertidal wetlands vegetated with sedges, goose tongue and other salt tolerant plants. The salt marsh ecosystem falls between the mean high watermark and the lower intertidal zone. Alaska has 345,000 acres of salt marsh wetlands and has 33,000 miles of coastline. Yet salt marsh habitat in Alaska represents only two-tenths of one percent of the state's total wetlands, and only 4% of the total vegetated tidal marshes in the United States.

Salt marshes are typically located at river mouths, behind barrier islands, coves, and spits; and on tide flats where low energy wave action and fine sediment deposits provide elevated land for marsh vegetation to establish. They are located at mid to upper intertidal elevations and characterized by salt-tolerant plants communities such as certain types of sedges and grasses. Species composition and distribution patterns of salt marsh vegetation communities can vary distinctly based on differences in elevation, drainage and soil type. Some of the nation's most extensive complexes of salt marsh habitat occur along the Alaska coast of the Beaufort Sea, Chukchi Sea, Bering Sea and the Gulf of Alaska (Society of Wetland Scientists).

Wetlands and Salt Marshes are some of the most productive habitats and important in preserving the state's biological diversity. Salt marsh habitat provides marine, freshwater and terrestrial species a host of resources that may vary with tidal stage. For some species, access to the salt marsh is essential to a life function, while other species use saltwater marshes more opportunistically. Salt marsh wetlands provide spawning and nursery habitat for many marine invertebrates and fishes. Salt marsh zooplankton, such as copepods, plays an essential role in the food web conversion between phytoplankton and larger animals. Across the state, salt marshes provide resting habitat for geese, ducks and shorebirds during migration. Raptors, such as Merlin, search for small mammals seeking refuge in the salt marsh.

Although the salt marsh environment is harsh with regular fluctuations in salinity and water inundation, it provides a constant source of differing foods due to differential decomposition rates of resident plant species. This is an important difference not afforded by habitats having more seasonal availability of resources. Plant and animal species' ecological interaction plays a vital role in the healthy function of all wetland habitats.

Due to the current erosion problems with the Cook Inlet along this shore line there is the potential to eventually lose this wetland and the habitat it provides for so many birds and mammals. So despite appearances of this "swamp", this piece of property has some of the most ecological value in Ninilchik. It is priceless...



NTC Community Clinic

TRIBAL HEALTH DIRECTOR'S REPORT

❖ Dr. Downey is now seeing patients at the Ninilchik Community Clinic Tuesdays and Thursdays. Dr. Downey specializes in Functional Medicine, which integrates traditional Western medical practices with what is sometimes considered "alternative" or "integrative" medicine, creating a focus on prevention through nutrition, diet, and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of drugs and/or botanical medicines, supplements, therapeutic diets, detoxification programs, or stress management techniques.

❖ Dr. Spencer is at the clinic Monday, Wednesday and Friday. In addition to her regular Family Practice she provides manipulation and Cold Laser Therapy.

❖ The clinic has had a bit of an upgrade with new flooring. We now have medical antibacterial flooring that has sealed seams so that germs etc. can't seep into cracks and rips. It does not require stripping and waxing like the old flooring did.

❖ Just a reminder that Road travel reimbursement is for SouthCentral Foundation or ANMC appointments only. The road travel form needs to come from our staff so that they can verify appointments first and then it needs to be signed by the clinic staff in Anchorage. The same rule applies, that you need to be an active clinic user in order to be eligible for road travel.

❖ Our little clinic is becoming very busy lately and every effort will be made to schedule people in as requested. Staff is aware that, should an earlier appointment become available that those of you who wish to get in earlier will be notified. We encourage those of you who can't make it to your appointment to please call us and let us know. Blocks of time are assigned to patients and when they don't show up it throws the whole schedule off. This also affects those patients who have more urgent needs, to be held up as well.

❖ We are striving towards better communication with all our customers.

❖ As always my door is always open if you want to stop by and talk to me about anything you would like to see done differently or if there is something you would like us to offer.

❖ Please make sure that you check with the clinic about our ER policy, as not all ER visits will be covered. You may stop by for our policy requirements. You will also find the policy on the NTC website, under departments/Health/Ninilchik Community Clinic.

❖ Please be aware that when you go to Central Peninsula Hospital or South Peninsula Hospital for an ER visit and they recommend you stay or need emergency surgery that the Emergency room doctor contacts the ANMC emergency room Doctor for consultation. ANMC and Ninilchik will not pay for your surgeries or hospital stay at Central Peninsula Hospital or South Peninsula Hospital. It does not matter whether you don't want to go to ANMC or not, they will not pay and you will be responsible for the bill.

Thank you, Janet Mullen, NTC THD



NTC Community Clinic

15765 Kingsley Road
P.O. Box 39368
Ninilchik, AK 99639

Clinic: (907)-567-3970
Outreach: (907)-567-3370

For more information about the clinic's services please call Tribal Health Director Janet Mullen at 567-3370.

NTC Community Outreach, Behavioral Health

Youth Alcohol Prevention News Letter Behavioral Health Services

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

Outreach

This fall we welcomed Anna Eason to our outreach team. She was initially hired as the Native Youth Olympic Coach and has since taken on the role of Outreach Coordinator.



She has become a tremendous asset to our Youth Alcohol Prevention Program enabling us to further our efforts in the community.

We have been slammed with drug free events and educational opportunities for students from Red Ribbon Week in October to the Great Alaska Smoke Out in November. BHS Outreach did 10 different presentations at the school and reached 82 students, educating them on substance abuse, how alcohol effects the developing brain, how cigarettes affect the



body, peer pressure, and refusal skills.

The week of Halloween we recruited students to help setup and volunteer at the Halloween Hoot. By partnering with Project Grad we were able to offer the incentive of taking those who volunteered to the Haunted Hickory in Homer. We had an excellent turnout of 15 students and were able to help the American Legion Women's Auxiliary execute their

annual community event.

In addition we partnered with the Freshmen class at school and hosted a Halloween dance with 31 students in attendance.

Last Friday we hosted a Christmas Party at the Teen Center and had 24 students attend. We decorated cookies, trimmed a tree, and played a variety of games.



This school year we are offering a student yearbook club after school on Tuesdays and Thursdays from 3:30-4:30 and have 6 dedicated members. Our Native Youth Olympic Team has grown to 36 participants on the Junior and Senior Team. Practice is

held every Monday for the Senior Team and every Tuesday and Thursday for the Junior Team after school from 3:30-5 at the Teen Center. Seniors are encouraged to attend study hall on Wednesdays in place of practice and often help at the Junior practices to hone in on their events and develop their leadership skills. We hold Study Hall at the Teen Center on Wednesdays from 3:30-5:00. The Teen Center is open 3:30-8:00 on Friday Nights for students ages 12-17 to come play games, watch movies, attend dances, and participate in other prosocial activities with their peers.

One of the primary focuses of the Youth Alcohol Prevention program is outreach. During the school year we host weekly events for Ninilchik youth with the goal of providing substance free, pro-social activities that encourage self-esteem, leadership, respect, ownership, and community connectedness. One of the things hindering the amount of outreach we can provide is a lack of volunteer chaperones. If you are at all interested in supporting our outreach by chaperoning please contact Maureen Todd, 567-3370 ext 1.

For more information about NTC's Behavioral Health Services please call 907-567-3370 or e-mail staff: Donna Henry, Behavioral Health Services Manager at dhenry@ninilchiktribe-nsn.gov Maureen Todd, Behavioral Health Aide at mtodd@ninilchiktribe-nsn.gov

NTC Community Outreach, Elders Outreach Program

Ninilchik Elders Outreach Program Mission

The Elders Outreach Program is an organization of the Ninilchik Traditional Council whose purpose is providing services to Elders, 55 and over, in our tribal boundaries that enhance quality of life, integrity of heritage and emblematic of respect and dignity, continuously promoting independent living while simultaneously capturing the history and traditions of our culture.

Elders Luncheon Dates for June & July

- June 2nd, 9th, 16th, 23rd & 30th
- July 7th, 14th, 21st, & 28th

Elders Luncheons are on Mondays at 12:00 PM at the NTC Subsistence Building at 15750 Sterling Highway in Ninilchik. Meals are free however there is a suggested donation box for non-elders and invited guests.



Elders Outreach Fishing for 2014.

If you would like to volunteer to help fish for the Elders Outreach or would like to come down and want more information, please call Tiffany @ 907-567-3370x2 or 907-953-0273.

July 8th : Tide @ 12:57pm

July 11th : Tide @ 3:35pm

July 15th : Tide @ 6:30pm

August 5th : Tide @ 11:11am

August 12th : Tide @ 5:19pm

August 14th : Tide @ 6:42pm

The Elders Outreach Program sets up fishing days, clamming days, harvest days and will be also conducting net mending days. This is a perfect opportunity for YOU, yes YOU to be involved in teaching, helping, volunteering or just being involved. If you have any questions or would like more information.

Please feel free to contact Tiffany Stonecipher @

If you have any questions, concerns or comments, please feel free to contact Tiffany Stonecipher or visit the Elders Outreach Program office located in the NTC Community Outreach office (next to the NTC Community Clinic). The office hours are Monday through Friday 9:00 am to 5:00 pm. Tiffany is also reachable on her cell phone and by e-mail.

Office: 907-567-3370 ext. 2
Cell: 907-953-0273
E-Mail: tiffany@ninilchiktribe-nsn.gov

Thank You!



*Tiffany Stonecipher
Elders Outreach Program Coordinator*

Ninilchik Health & Wellness Club



2015 NEW YEAR. NEW YOU.

B2GO Membership Special

From now until January 31st, we are offering membership specials to help you get healthy in the new year and keep your New Year's Resolutions! Buy 2 months, get 1 month free!!*

**Offer available for main Club members only, not dependents.*

Yoga with Elise

Join Elise Spofford for Hatha Yoga on Tuesdays and for Vinyasa Flow Yoga on Thursdays at 5:15pm.

In January, Elise will be adding one morning yoga class each week on Tuesdays from 10-11:00.

Vinter Vigglov Wellness Challenge

It's almost time for our 6th annual V.V. Wellness Challenge! Get ready to join this *free* 6-week challenge that promotes healthy lifestyles.

Personal Training & Boot Camp with Tammy

Start your year off right with our Certified Personal Trainer, Tammy Zweischer! *Make a commitment to your health; you are worth it.* Call Tammy to book a one-on-one session:

907.252.5115.

We will be having another Boot Camp in January/February. (Dates TBA) In these small, fun group workouts, each person works out at their own level, yet works together as a group to motivate each other and create a sense of camaraderie. NTC is currently offering *free* personal training and boot camp for NTC Tribal Members, as funds allow. What an amazing opportunity to get healthy!

What the Club Offers:

- ☆ Affordable rates
- ☆ High quality exercise equipment
- ☆ A clean, welcoming environment
- ☆ Yoga Classes (\$5 for non-members)
- ☆ Therapeutic Massage
- ☆ Personal Training
- ☆ Tanning Bed
- ☆ K-1 Vibration Machine (no extra charge)
- ☆ Friendly and knowledgeable staff
- ☆ Showers
- ☆ Extended hours to fit busy schedules
- ☆ Many workout DVDs
- ☆ Challenges & Walkers Clubs
- ☆ Ages 12 & up

CLUB HOURS

Mon-Fri
7am-9pm

Saturdays
8am-3pm

YOGA

TUESDAY

5:15-6:15

hatha yoga

THURSDAY

5:15-6:15

vinyasa flow

Gift Certificates Make Wonderful Gifts!

Massages * Tanning * Club Membership * Club Clothing * Yoga Classes * Personal Training * Day Passes

December 2014



Sun **Mon** **Tue** **Wed** **Thu** **Fri**

	1 Elders Luncheon @ 12:00 PM	2 Hatha Yoga @ 5:15 PM	3	4 Vinyasa Flow Yoga @ 5:15 PM	5
7	8 Elders Luncheon @ 12:00 PM	9 Hatha Yoga @ 5:15 PM	10	11 Vinyasa Flow Yoga @ 5:15 PM RCM @ 10:00 AM	12
14	15 Elders Luncheon @ 12:00 PM	16 Hatha Yoga @ 5:15 PM	17	18 Vinyasa Flow Yoga @ 5:15 PM Book Club @ 3:30	19
21	22 Elders Luncheon @ 12:00 PM	23 Hatha Yoga @ 5:15 PM	24	25 <i>Offices Closed for Christmas</i> 	26
28	29 Elders Luncheon @ 12:00 PM	30 Hatha Yoga @ 5:15 PM	31		

January 2015



Mon

Tue

Wed

Thu

Fri

Sat

				1 Offices Closed for New Years Day 	2	3
5 Elders Luncheon @ 12:00 PM	6 Hatha Yoga @ 5:15 PM	7	8 Vinyasa Flow Yoga @ 5:15 PM	9	10	
12 Elders Luncheon @ 12:00 PM	13 Hatha Yoga @ 5:15 PM	14	15 Regular Council MTG @ 10:00 AM Vinyasa Flow Yoga @ 5:15 PM	16	17	
19 Offices Closed for Martin Luther King Jr Day	20 Hatha Yoga @ 5:15 PM	21	22 Vinyasa Flow Yoga @ 5:15 PM	23	24	
26 Elders Luncheon @ 12:00 PM	27 Hatha Yoga @ 5:15 PM	28	29 Vinyasa Flow Yoga @ 5:15 PM	30 Book Club @ 3:30 	31	



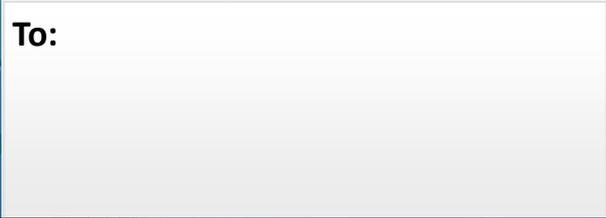


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To:



Are you planning to move or change your contact information?

Let us know!

- Tribal members are encouraged to contact NTC Enrollment Officer Christina Pinnow at the NTC Admin Office to keep their information up to date.
- Those on the general public mailing list may contact the NTC Admin Office front desk.

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