NINILCHIK TRADITIONAL COUNCIL

Newsletter August & September 2015

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Upcoming Closure Dates

The NTC Offices will be closed on:

Monday September 7th for Labor Day

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

Tuesday August 18, 2015
@ 10:00 A.M.

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

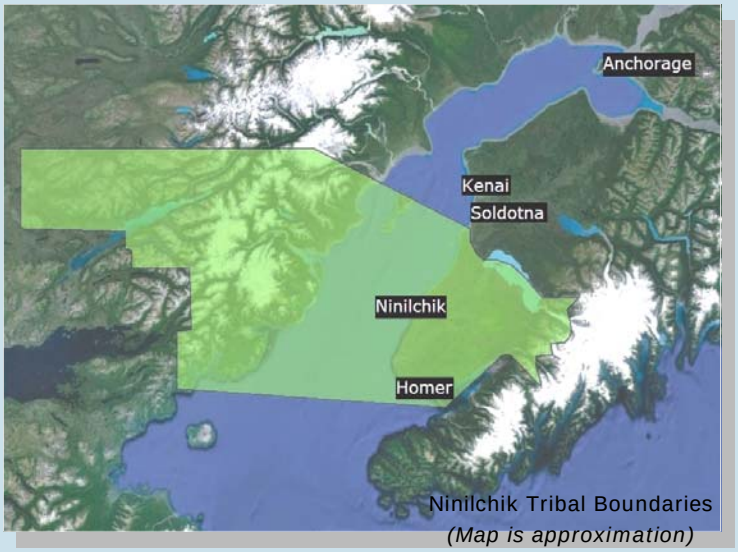
*There are three **$100** door prize drawings for visiting tribal members at each meeting!*

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

Cover photo's courtesy of Bruce Oskolkoff (Moose & Fireweed), Darrel Williams (Kasilof River setnet).

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 Kvas-nikoff

Tammy Bear
Secretary & Treasurer

Whitney Schollen-berg

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

David Bear, EMS Assistant
Denise Brock , Case Manger/Registered Nurse
Shirley Chihuly, Education Manager
Jenn Day, Clinic Administration & Patient Accounts Specialist
Dr. Robert Downey, MD, Medical Provider
Ashley Eisenman, Health & Wellness Club Attendant
Nick Finley, Youth Outreach Coordinator/NYO Coach
Caroline Finney, Community Health Practitioner
Maricel Folkert, Community Health Aide & Medical Assistant
Jennifer Gilbertson, Administrative Assistant
Eric Hanson, Facilities Manager
Lynn Kennedy, Health & Wellness Club Attendant
Terri Leman, Health & Wellness Club Attendant
Leslie McCombs, Clinic Front Desk Receptionist
Jennifer Miller, Clinic Medical Biller
Perry Miller, Systems Administrator
David Nordeen, Maintenance Laborer
Jamie Oskolkoff, Secretary-Receptionist PT
Pat Oskolkoff, Clinic Special Projects Coordinator
Michael Pinnow, Assistant Maintenance Laborer
Christine Prokop, Behavioral Health Services Manager
Nancy Pulliam, Assistant Maintenance Laborer
Daniel Reynolds, Resource Technician
Diane Reynolds, Procurement Officer & Finance Assistant
Dr. Sarah Spencer, DO, 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

The Cheeky Moose

Cherise Armstrong, Deli Worker/Barista
Kody Gastelum, Deli Worker/Barista
Lillian Bear, Laundry Attendant
Kaylene Radeke, Deli Worker/Barista
Robin Jaime, Manager

Executive Director's Address

Ivan Z. Encelewski
NTC Executive Director

I hope that everyone is having a spectacular summer and that you caught an abundance of fish. As things begin to transition from fishing to hunting, I am excited to report on our educational and subsistence efforts this year.

As you may be aware, the king salmon run was strong this year. This resulted in fully harvesting our educational allotment of one hundred kings for the first time in many years. Our allotment is too low, however, the State of Alaska has consistently refused to increase it over the years. While the king return was good, the sockeye harvest was definitely hit and miss. With silver fishing just beginning, we are hoping that the numbers will pick up.

On the subsistence side of things, we were able to actively fish a single net in the Kasilof River. The operational plan for this fishery was finally issued on July 13th, 2015 and the NTC Resource Department fished 16 days from July 13th-31st. We advertised locally for Ninilchik residents who wanted to get a subsistence permit and sign up to have NTC fish for them with the gillnet. In total, 223 sockeye were harvested in the net and distributed to as many rural residents that signed up as we could. We definitely learned many things through this budding fishery. First and foremost, we didn't even catch a king or steelhead, as many postulated and decried that we would. Out of over 57 hours of soak time, we harvested a sockeye about every 20 minutes. This is a far cry from the predictions of sinking nets and getting all kinds of non-targeted species. In the end we only caught one small dolly that was released unharmed, and one lake trout. The resource folks did an outstanding job getting on the river almost every day and working very hard to implement this program. I can't thank Darrel, Daniel, and Gina enough. Next year we hope to increase awareness and harvest more from the fishery by getting the plan approved and in place in order to begin earlier, i.e. July 1st.

Executive Director's Address (Continued)

Ivan Z. Encelewski
NTC Executive Director

With the success we encountered with the gillnet fishery on the Kasilof, the same can't be said for the Kenai gillnet. In direct violation of regulation and the Federal Subsistence Board (FSB)'s approval of the same fishery in the Kenai, the U.S. Fish and Wildlife Service (USFWS) refused to issue an operational plan for the Kenai River. Citing conservation concerns with early-run king escapement, USFWS would not grant the Tribe the community permit that is allowed under federal law. We filed a Special Action Request (SAR) with the FSB and called in to a work session where our requests were put on the agenda at the end of July. Sadly, the board tied four-four in our request to override the closure of the king salmon subsistence season by the federal in-season manager. While we did not get the result we sought, it gave us optimism that this was a vote of no confidence for the in-season manager's decision to close our subsistence, being that they couldn't even muster a majority to support it. The FSB did vote seven to one in order to direct the USFWS to work on the operational plan with Ninilchik. This is however falling on deaf ears at USFWS, who seem to blatantly admit that it is not about the escapement numbers for kings in the Kenai River, rather they have no intention of following the law in approving an operational plan. You can't have a federal regulation approved by the FSB, in which one rouge agency, USFWS, can veto or usurp the authority of the FSB by simply refusing to issue a plan, as required by the law. Obviously this will now move to the next level and we will continue to fight it until we prevail and justice is done.

Here are some points to consider about USFWS closing the subsistence king fishery on the Kenai and refusing to issue an operational plan for the single gillnet:

- The 2013 data from the State of Alaska and the Federal fisheries shows that subsistence fisherman took zero kings, out of over 20,000 harvested by sport, commercial, personal use, and educational user groups in the Cook Inlet and local rivers, including the Kenai and Kasilof. In 2014 and 2015, subsistence fisherman also took zero kings out of tens of thousands harvested.
- USFWS claims there is a conservation concern for early-run kings in the Kenai, yet the escapement was met this year with 6,190. The optimal goal is 5,300-9,000. Meeting your escapement goal and saying there is a conservation concern is an oxymoron. Scientists establish the escapement goals and yet they now appear to have a different escapement goal for subsistence fisherman, much like moving the goal post in the middle of the game
- USFWS claims that nobody else gets to harvest the early-run Kenai kings and everyone else was closed as well. This is misleadingly and false. The sport fishermen harvest thousands of kings in May and June in the saltwater off Ninilchik. Many of these fish are bound for the Kenai and Kasilof, obviously. The personal use gillnet fishery in Kasilof occurs at the middle to end of June, taking king salmon bound for escapement in the rivers. Commercial fisherman, drifters and set netters, also fish in late June taking kings.

Executive Director's Address (Continued)

Ivan Z. Encelewski
NTC Executive Director

- The State of Alaska operates a gillnet in the Kenai River every day in June and July. In June alone, they captured ninety-six kings in their test net at river mile eight. According to a USFWS biologist, nets kill almost everything, or at least a mortality rate of thirty percent. Obviously then the State of Alaska is harvesting and killing early-run kings, which is contrary to the claim that nobody is fishing the early-run.
- All other user groups fished around the clock, sport, commercial, educational, and personal use. The only group closed for kings were the subsistence fisherman, which have the absolute priority under the federal law of the land.
- There would only be one net less than 60 feet when the massive dip nets that thousands use every summer are really just a slightly pared down version of a small gillnet. Please see the picture of the net above in the Kasilof. Out of miles and miles of river, one small gillnet in a massive river system is so miniscule it does not even register or compare to hundreds of boats, thousands of fisherman/hooks, and miles of nets.
- There is very quick reporting so that the net fishery can be shut down immediately (24 hour reporting). The Federal in-season manager has authority to shut the fishery down any time he has a concern if the take is too great, for any species of concern. Not even allowing the federally authorized gillnet fishery to occur for even one day to see how it operates is absolutely a violation of the law.
- The Kasilof gillnet proved that we did not catch or harm even one king or steelhead. We were proven right and the same would hold true in the Kenai if they even allowed us to fish for a day. The actual evidence showed their conservation concerns are unfounded.
- The kings and other species caught in the Cook Inlet area, in the river by sport fisherman, and others, are all headed for spawning. Whether a couple fish are taken by subsistence users in the upper waters of the river, or harvested by commercial and sport fisherman on the way is immaterial. Kings don't drop from helicopters out of the sky into the upper federal waters, they travel through saltwater to get up to the upper river. Harvesting thousands before they get there is obviously as destructive as taking a couple incidentally caught fish in the federal portions of the river.
- ANILCA is the number one priority over all user groups. Others talk about conservation but they are still fishing and continue to fish during these times, while essentially telling subsistence users they can't have a meaningful fishery because of conservation. Where is the priority?

Executive Director's Address (Continued)

Ivan Z. Encelewski
NTC Executive Director

- The subsistence fisheries have daily and season harvest limits. The only fishery with a set cap is the subsistence fishermen. There are no total caps on how many fish the commercial or sportsmen can harvest, yet there is on subsistence. How can the number one priority fishery be the most restricted of any other fishery?
- The whole conservation concern issue is predicated on us taking kings, which we have repeatedly said would not happen in large numbers. We can't even fail if we aren't allowed to try. Why wouldn't the priority fishery be given a day to at least try it and show that no harm will be done to any other fish species?
- Subsistence fishermen sit on the bank while every other fishery is running around the clock. Sport trolling is going on all summer, commercial fishermen are taking thousands of kings, sportsmen are hooking and retaining fish all of July, directly in the Kenai River, and the State of Alaska is gillnetting kings in the river all summer (yes all during June too), while we don't even get an opportunity for a day. It is absolutely wrong and we intend to fight this injustice.

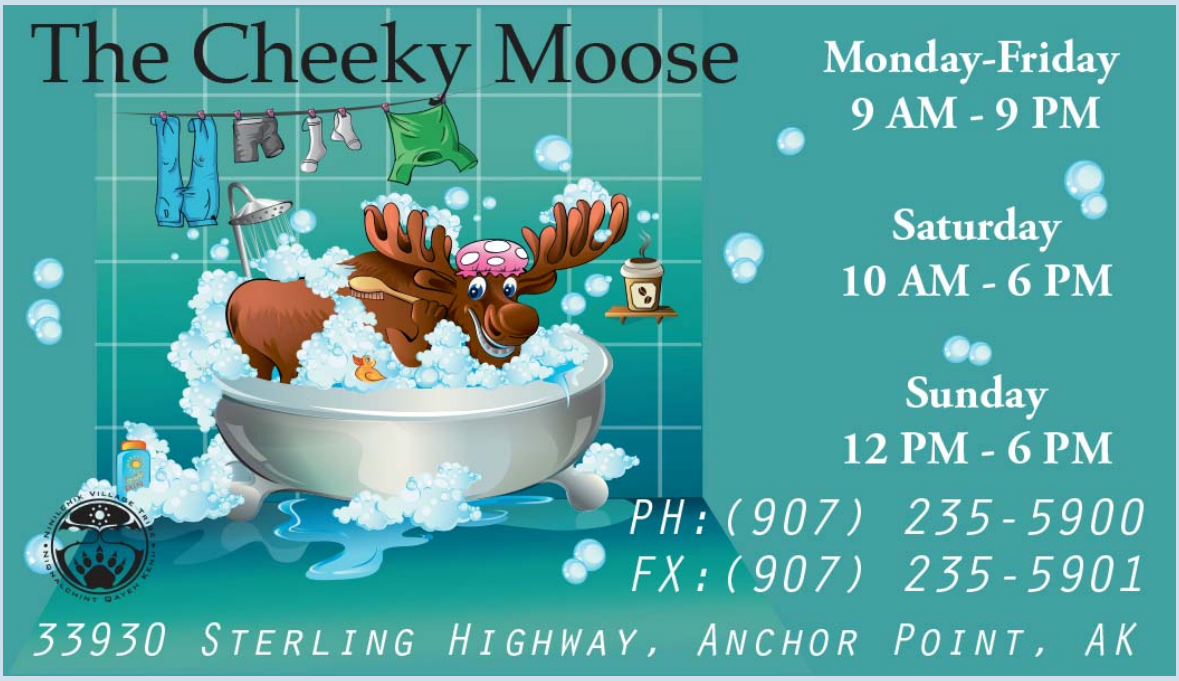
In closing, I encourage everyone to get the facts and talk to us in order to move our subsistence forward. While you may see periodic newspaper articles about our fishery, the reality is that we are not hurting anything and are just beginning to reap the benefits of our long fought battle to get more fish for the community and the Tribe. Thank you.

Sincerely,

Ivan Z. Encelewski
NTC Executive Director

Can you see the one tiny net in the water (circled). Think of this times tens of miles of river. It's like a speck of sand on the beach.

Don't forget to stop by The Cheeky Moose in ANCHOR POINT for Coffee, Lunch, Laundry Services and More!!!!



The Cheeky Moose

The Cheeky Moose provides a range of services to the community; it features a **deli** that serves a variety of soups, salads, and sandwiches, full **coffee bar, laundromat** with large capacity washers and dryers, **tanning bed, playroom** for children, various **business amenities** including fax machine, color copier, and conference room, and **free Wi-Fi!**

Note: Saturday hours have been extended through the summer and are now 9 AM—9 PM.

Housing

There are two ways of spreading light: to be the candle, or the mirror that reflects it.

Edith Wharton

Hello Folks,

What a wonderful summer it's been so far. I hope that everyone has gotten fish and the gardens are now producing for you, and by the next newsletter you all have a moose in their freezer.

We are currently having two homes built through our Homeownership Program. Beginning with these two homes we will be building to a 6star-plus energy rating. Our building inspector, Rob from Wisdom and Associates, said that there are probably only six to nine of these highly energy efficient homes on the Kenai Peninsula. To obtain these energy standards, the contractors had to put their bids together working with Rob, to ensure what they used in building the home, would be able to meet the 6 star rating. We are quite excited to be taking our homes to the highest level in building methods at this time, and with the 6star envelope combined with all LED lighting, these lucky families will be paying a minimum for their heating and electrical needs.

Just a quick reminder that now is the time to use our Weatherization Program, and get your homes ready for winter, while it's still warm and you can work comfortably. We buy the materials and you do the work. We are now allowing LED lighting to be used in the program, and if you should want to make that change to your lighting you may want to consider using this program. For more details download an application online at our website, or come by and pick one up.

Lastly, this is the time to start getting your home ready for winter and I will give you a couple of reminders to get done now. Clean gutters and downspouts frequently throughout the fall to prevent buildup of leaves and other debris. Neglecting gutters can lead to wood rot problems, wet basements, foundation, damage and many other expensive complication. Replace the filters in your heating furnace. Consider having a tech check your heating system to ensure its working at top performance. Clean your ducts / fins to better your heating efficiency as well as reduce household dust. Check for air leakage around joints. Lubricate heater pump and motor. On the side of safety, most people don't know the number one cause of home fires is caused from the clothes dryer duct building up with lint and catching on fire while running the clothes dryers. Take the time to run a sweep down the duct and be sure that it is free and clear.

I want to wish you the best of luck moose hunting and with the bounty of the garden. Take care, stay safe, and see you in the next newsletter.

You're Housing Department,

Bob ☺

Tribal Services

Deadline to register to vote in the NTC Annual Election

All eligible tribal members, who are over the age 18, reside within the State of Alaska, are Ninilchik descendants with current addresses on file, will receive an application to register to vote this month. The deadline to register to vote is September 18th, 50 days prior to the annual election, per the NTC Constitution. If you are not sure if you are already registered, or are eligible to register, please contact Christina @ 567-3313.

Registration for NTC 's Early Learning Program

The NTC Early Learning Program will start registering students for the 2015-16 school year in September, with class starting on October 6th. Students must be 3 before Sept. 1st, our class is open to the public, however, we give first priority to Alaska Native/American Indian children or children with special needs/delays. Space is limited to 12 students. If you have any questions regarding this program or are interested in registering your student, please contact Christina @ 567-3313.

Preschool Swim

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

Tribal Services Summer Youth Activities

We offered several youth activities this past summer. Our older students attended a life skills course, which included: obtaining certified documents, First Aid & CPR training, hands on experience utilizing a fire extinguisher, budget & banking information, scholarship & school information, grocery shopping trip, cooking class, wrote resumes, interview & introduction skills, provided community service as well as had talks regarding keeping yourself healthy & safe.

Both our younger students and older students harvested salmon and learned about some of our Alaskan animals. Each student was able to paint a wooden cutout of their animal. These animals were used to decorate one of our older storage sheds. A special thank you to Marla & Jack Kvasnikoff for all their hard work, time and assistance ensuring this project was a success. We followed this segment up by going on a field-trip to the Alaska Wildlife Conservation Center, where students got a close look at some of these animals. While we were there, we took the group on the Portage Glacier boat tour.

Tribal Services Cont.

Need help with your child care costs?

It is not too early to start thinking about afterschool child care.

NTC's Child Care Program provides financial assistance to Alaska Native and Native American families who are in need of daycare services while engaged in employment, training or educational activities.

You can choose licensed or registered child care. We can help you with finding a child care provider or assist you with getting the person or family member of your choice certified to be your day care provider.

For More Information contact Bettyann at 567-3313
or
NTC Tribal Services ~ bettyann@ninilchiktribe-nsn.gov

ADOPTIVE HOME NEEDED IMMEDIATELY

We are searching for an adoptive home for an Alaska Native toddler with special needs.
Please contact Bettyann Steciw for more information regarding adoption.

Niqnalchint Library & Arts

Library Updates & Events

We now have a book binding station! If you have historical documents, photos, recipes, drawings, or personal works that you would like to fashion into a book... Stop by NTC's Administration office or call 567-3313 for more info.

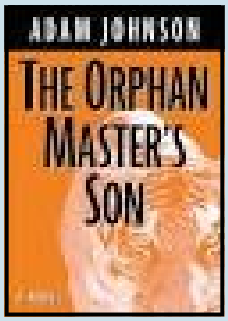
Tahyiga Book Club:

The Tahyiga Book Club meets monthly to discuss contemporary Alaskana 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 August 28th.** 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.

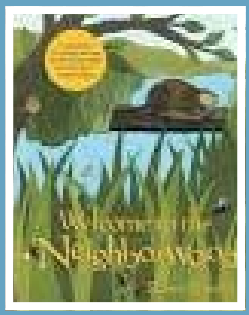
August Book Club Selection:

Inspired by the Native Alaskan myths and legends of her adopted state, Nancy Lord explores the persistent human need for contact with nature in the quietly ironic fables set that make up The Man Who Swam with Beavers. "It is not my intent to appropriate, retell, or improve on the traditional source stories, but to use them as starting points to explore the dilemmas and delights of modern American life." The title refers to a Dena'ina traditional story about a man who lived with beavers, with the moral that all creatures have "their own lives, as complete and legitimate as any others." These wise, charming stories examine individual and collective responsibilities to one another and to the natural world.

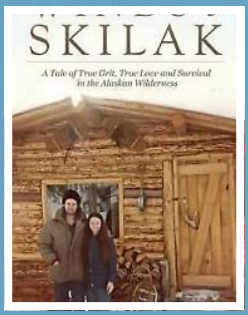
Book Selection Coming up: September



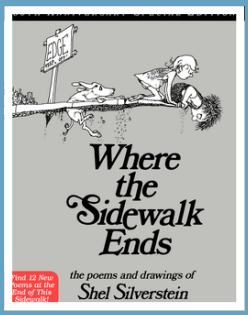
Book Spotlight: Just some of the titles in our collection:



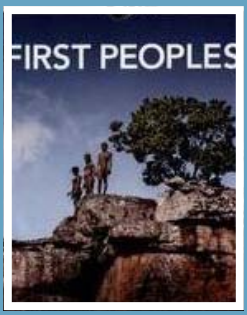
Welcome to the Neighborwood
Shawn Sheehy



Winds of Skilak
Bonnie Rose Ward



Where the Sidewalk Ends
Shel Silverstein



First Peoples

PBS-DVD

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@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 August & September

Aug: 3rd, 10th, 17th, 24th & 31st

Sept: 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.

If you have any recipes or stories, craft or hobby you would be willing to share with others, we are looking for Tribal Members and Elders to begin sharing in a class like forum with others. Please call Tiffany or Maureen at 907-567-3370 to let us know what your ideas may be. We are excited to have space to share what our traditions or culture may include to pass along to our youth and others who may be interested in learning Ninilchik history.

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 Clinic Annex (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

NTC Community Clinic

The Clinic's Mission: *The NTC Community Clinic is committed to providing compassionate, culturally appropriate, quality healthcare to all people.*

Medical Services

- Urgent, Primary, Diabetes, Chronic & Prenatal Care
- In-Office simple x-rays
- Daily phlebotomy services
- Well Woman & Well Child Visits
- Immunization services
- Medicare Annual Wellness
- Referrals & Care Coordination
- Telehealth/Telemedicine Program
- Pharmacy Services
- CDLs & Coast Guard Physicals
- Pre-Employment Drug Screenings
- A Patient Portal with secure access to your medical records

Lab Tests We Offer On Site:

- Comprehensive Metabolic Panel
- Lipid Panel Plus
- Urine Drug Screen
- Strep Screen
- Pregnancy
- Hemoglobin
- A1C
- Influenza

Financial Information

We accept over 60 kinds of insurance including: Medicare, Medicaid, VA, IHS, & numerous private insurances.

NTC Community Clinic also accept Self-Pay patients. We offer a 10% discount if full payment is made on the day of service. Payment Plans are available as well.

Behavioral Health with Onsite Clinician

- ◊ Mental Health & Substance Abuse Counseling
- ◊ DIS Classes
- ◊ ASAP Referrals Welcome
- ◊ Play Therapy— A clinically proven tool used in counseling children
- ◊ Youth & Adult Alcohol Prevention
- ◊ Tobacco Cessation Program

NTC Community Clinic

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

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

Behavioral Health Services and Youth Alcohol Prevention Newsletter

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.

Welcome Nick Finley!

Nick Finley arrived in Ninilchik in 2009, since arriving in Ninilchik he's been strongly involved with the youth in the community. For the past 5 years, Nick has been working in Ninilchik School for Peninsula Community Health Services (PCHS) as a School-Based Care Coordinator (CC). Along with being the School-based CC at Ninilchik, he has been the Varsity basketball coach for four years, Middle school coach for five years and the elementary coach for three years. Nick started working for NTC as the youth outreach coordinator on July 1st,2015.

After being hired, he jumped right in and helped drive the outreach program during the summer activities. He's been involved in the Youth and Elders Leadership Program (YELP), teen center, youth softball games, and clam digging for the elders. Nick has designed a youth program that will introduce working out, and living a healthy lifestyle to the children in our community. He calls it "The Get Fit Youth Program". The program will consist of fitness workouts, open gyms, sports camps, a running club, and special guest lectures. The program may also include special outings such as hikes, skiing, kayaking, golfing, and much more. Nick will also be the Native Youth Olympics coach, which will start at the beginning of October.

Behavioral Health Services Cont.

YELP

Youth Alcohol prevention has also partnered with the Elders Outreach Program benefiting both of our efforts to enrich our community. Our summer outreach is the Youth and Elder Leadership Program. Every Wednesday we meet at the Teen Center from 10 am to 4 pm and spend the day doing community service activities for elders in the area. This far we have collected coal and established plots at the community garden, fished, helped in the Church restoration, volunteered at the fair, cleaned up trash, helped garden, and done yard work.

Teen Center

We host Teen Center every Friday from 5-9 pm. Students from ages 12-18 are welcome to come and interact with their peers in a healthy, safe environment. Admission is free and there are concessions food items available for purchase.

Youth Alcohol Prevention Mission

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 Nick Finley or Maureen Todd, 567-3370.

Outreach

In June and July we hosted a variety of outreach events including the softball games, Elders Fishing Day, Youth and Elder Leadership Program activities, Teen Center, Camping, and presentations on marijuana, alcohol, and self-care.
The end of summer will have some excellent activities for youth to participate in

August:	**September:**
12th-13th Elders Fishing Net/Camping	4th Teen Center
14th Teen Center	11th Cross Making Workshop/ Teen Center
21st-23rd Fry Bread Booth @ Fair	12th Elders Fishing in Kasiloff
26th Motivational Speakers	18th Teen Center
28 Drum Making/Teen Center	25th Teen Center
29th-30th Seward Camping/Hiking Trip	

Ninilchik Health & Wellness Club

CLUB NEWS

Ninilchik Health & Wellness Club * 907.567.3455 * hwc@ninilchiktribe-nsn.gov * www.ninilchikhealthclub.com

Hello, August.

August snuck up on us this year! While enjoying this amazing weather and trying to survive the construction, we're realizing that it's a wonderful time of the year to make some healthy choices.

Being unable to lose weight is something a lot of us battle constantly. This infographic (source: Todays' Nest via Pinterest) shows the most effective ways to be healthy and lose weight is by making lifestyle changes, including diet and exercise and getting enough sleep. (Sidebar: these healthy habits are things you're *rewarded* for in our Vinter Vigglov Wellness Challenge in January. Mark your calendars!)

Whether you want to lose a few pounds or need to lose a lot, exercise plays a very important role in weight loss. The Club offers state-of-the-art equipment, an amazing personal trainer, wonderful yoga classes, and affordable monthly rates to help you reach your fitness goals. Come tour the facility and see what you've been missing. Try it free for a day using this coupon!

YOGA WITH ELISE

Tuesdays
Hatha Flow
5:15-6:15pm

Wednesdays
Vinyasa Flow
5:15-6:15pm

HOURS

M-F 7am-9pm

Sat 8am-3pm

FREE DAY PASS

Workout
Take a Yoga Class
Check out what we have to offer.

Tanning not included.
Limit one per person.
Expires 9/30/15

YOGA WORKSHOP

With Dianne Saywell of Florida
Saturday, Aug. 15th at 10am
Call or stop by to sign up. $15 each.

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Elders Luncheon @ 12:00	4 Hatha Yoga 5:15 to 6:15 pm	5 Vinyasa Yoga 5:15-6:15 pm	6	7	8
9	10 Elders Luncheon @ 12:00	11 Hatha Yoga 5:15 to 6:15 pm	12 Vinyasa Yoga 5:15-6:15 pm	13	14 Teen Center 5-9pm	15
16	17 Elders Luncheon @ 12:00	18 RCM: 10:00 am Hatha Yoga 5:15 to 6:15 pm	19 Vinyasa Yoga 5:15-6:15 pm	20	21	22
23	24 Elders Luncheon @ 12:00	25 Hatha Yoga 5:15 to 6:15 pm	26 Motivational Speaker @ Teen Center	27	28 Drum Making @ Teen Center **BOOK CLUB @ 3:30 pm**	29 Teen Center Seward Camping/ Hiking Trip
30 Teen Center Seward Camping/ Hiking Trip	31 Elders Luncheon @ 12:00					

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Hatha Yoga 5:15 to 6:15	2 Vinyasa Yoga 5:15-6:15 pm	3	4 Teen Center 5-9pm	5
6	7 **Labor Day** **NTC Offices Closed** Elders Luncheon @ 12:00	8 Hatha Yoga 5:15 to 6:15 pm	9 Vinyasa Yoga 5:15-6:15 pm	10	11 Cross Making workshop@ Teen Center Teen Center 5-9pm	12 Elders Fish Net/ Camping in Kasi-loff
13	14 Elders Luncheon @ 12:00	15 Hatha Yoga 5:15 to 6:15 pm	16 Vinyasa Yoga 5:15-6:15 pm	17	18 Teen Center 5-9pm	19
20	21 Elders Luncheon @ 12:00	22 Hatha Yoga 5:15 to 6:15 pm	23 Vinyasa Yoga 5:15-6:15 pm	24	25 Teen Center **BOOK CLUB @ 3:30 pm**	26
27	28 Elders Luncheon @ 12:00	29 Hatha Yoga 5:15 to 6:15 pm	30 Vinyasa Yoga 5:15-6:15 pm			

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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!