



Ninilchik Traditional Council
August & September 2016

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Who We Are	Page 3
Executive Director's Address	Pages 4-5
Housing Department	Page 6
Tribal Services Department	Pages 7-9
Niqnalchint Library & Arts	Page 10
Resource & Environmental Department	Pages 11-12
NTC Community Clinic & Elders Outreach	Pages 13-14
Behavioral Health Services	Pages 15-16
Ninilchik Health & Wellness Club	Page 17
Event Calendars: August & September 2016	Pages 18-19

Upcoming Closure Dates

NTC Offices will be closed on: Monday, September 5th for Labor Day

Council Meeting Schedule

The next regular Council Meeting is scheduled for:
Thursday, August 18th at 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 participate in the visitors' comments and questions session.

There are

THREE \$100.00 DOOR PRIZE DRAWINGS

for visiting tribal members at each meeting!

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	David Nordeen , Maintenance Laborer
Tammy Bear , Elders Outreach Program Assistant	Pat Oskolkoff , Clinic Special Projects Coordinator
Craig Bock , Educational Fishery Assistant	Michael Pinnow , Assistant Maintenance Laborer
Denise Brock , Case Manager/Registered Nurse	Christine Prokop , Behavioral Health Services Manager
Jenn Day , Clinic Administration & Patient Account Specialist	Nancy Pulliam , Assistant Maintenance Laborer
Dr. Robert Downey , Medical Provider (Contract)	Daniel Reynolds , Resource Technician
Ashley Eisenman , Health & Wellness Club Attendant	Diane Reynolds , Procurement Officer & Finance Assistant
Nick Finley , Youth Outreach Coordinator/NYO Coach	John Russo , Plumber
Caroline Finney , Community Health Practitioner	Dr. Sarah Spencer , Medical Provider (Contract)
Victoria Florey , Resource Technician	Elise Spofford , Yoga Instructor
Maricel Folkert , Community Health Aide/Medical Assistant	Bettyann Steciw , Social Services & ICWA Specialist
Jennifer Gilbertson , Administrative Assistant	Tiffany Stonecipher , Elders Outreach Program Coordinator
Eric Hanson , Facilities Manager	Anna Sutton , Clinic Information Coordinator
Eulelia Hendryx , Secretary/Receptionist	Maureen Todd , Behavioral Health Aide
Terri Leman , HWC Attendant/Clinic Reception Fill In	Brie Wallace , Health & Wellness Club Manager
Leslie McCombs , Clinic Front Desk Receptionist	Carrie Warren , Family Nurse Practitioner
Ann Mercer , Family Nurse Practitioner	Catherine West , HWC Attendant Fill In
Jennifer Miller , Clinical Medical Biller	Gina Wiste , Environmental Technician
Perry Miller , Systems Administrator	Lisa Zatz , Advanced Nurse Practitioner
Shanna Moeder , Dietitian	Tammy Zweiacher , Personal Trainer
Robert Johnson Jr. , Biologist	

The Cheeky Moose

Robin Jaime , Manager	Melissa Lancaster , Deli Worker/Barista
Kody Gastelum , Deli Worker/Barista	Kaylene Radeke , Deli Worker/ Barista
Scott Goins , Deli Worker/Barista	

Executive Director's Address

Ninilchik Finally Achieves Meaningful Federal Subsistence Opportunity!

After struggling for recognition of our subsistence rights for decades, the Ninilchik Traditional Council has finally been provided a meaningful subsistence fishing opportunity within our traditional fishing area. On July 27th, The Federal Subsistence Board (FSB) approved the Tribe's emergency special action request to operate a community subsistence gillnet fishery on the Kenai River. Ninilchik is authorized to operate the subsistence gillnet fishery anywhere within the federal waters of the Moose Range Meadows until August 15th. Ninilchik is allowed to harvest all species of salmon with a single subsistence gillnet, including Sockeye, Pink, Coho, and Chinook salmon. Even though regulations permit the Tribe to harvest up to 1,000 Chinook salmon, the Tribe voluntarily agreed to restrict its harvest of late run Chinook salmon to 50 fish for the shortened 2016 season.

This successful outcome underscores years of efforts by the Tribe to operate this fishery. In 2006, we began our original work to implement a subsistence gillnet fishery on the Kenai River. Nine years later, in January 2015, the FSB approved a regulation authorizing the subsistence fishery. Opposition from U.S. Fish and Wildlife Service prevented Ninilchik from operating the fishery in 2015, and for most of the 2016 season. NTC's subsistence uses are protected by Title VIII of ANILCA, which prioritizes rural subsistence uses. As provided for under ANILCA, this community gillnet fishery is for the benefit of all eligible rural Ninilchik subsistence users, not just Tribal members. Approximately 6,504 Chinook salmon have been harvested this year in the 2016 Kenai River sport fisheries. Commercial fishermen have harvested approximately 6,366 Chinook to date, and the State of Alaska captured 200 late run Chinook in their Kenai River test net. NTC's allowed harvest of 50 Chinook is less than one percent of the sport harvest. The tribe's 2016 harvest limit for 2,000 sockeye is far less than 1 percent of the total Kenai harvest. NTC's fishery is carefully structured to be conservative and precautionary while catching salmon that are vital to our subsistence way of life. We are so grateful to all who have supported the tribe's efforts of a net that will greatly help provide for the community's subsistence needs.

ANILCA & What It Means

Ninilchik's subsistence rights are federally enabled under the Alaska National Interest Land Conservation Act (ANILCA). The express purpose of Title VIII of ANILCA is to prevent the destruction of the "Native physical, economic, traditional, and cultural existence." 16 U.S.C. §3111(l). When Congress enacted ANILCA in 1980, it declared a policy of protecting the opportunity for rural Alaskans to continue a subsistence way of life. Specifically, Congress stated that: [N]onwasteful subsistence uses of fish and wildlife and other renewable resources shall be the priority consumptive uses of all such resources on the public lands of Alaska and when it is necessary to restrict taking in order to assure the continued viability of a fish or wildlife population (continued)



Executive Director's Address

(continued from previous page)...or the continuation of subsistence uses of such population, the taking of such population for non-wasteful subsistence uses shall be given preference on the public lands over other consumptive uses16 U.S.C. § 3112(2).

This unequivocal statement of public policy flowed from Congress's finding that "the continuation of the opportunity for a subsistence way of life by residents of rural Alaska" is in "the national interest." 16 U.S.C. § 3111(5); see also 126 CONG. Rec. 29279 ("As I have mentioned earlier, and as the subsistence title itself specifically states, it is the intent of this legislation to protect the Alaska Native Subsistence way of life, and the Alaska Native cultures of which it is a primary and essential element, for generation upon generation, for as long as the Alaska Native people themselves choose to participate in that way of life and to leave for the Alaska Native people themselves, rather than to Federal and State resource managers, the choice as to the direction and pace, if any, of the evolution of the subsistence way of life and Alaska Native culture.") (1980) (Rep. Udall).

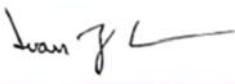
Kenai River Gillnet Harvest To Date

Kenai River Subsistence Gillnet

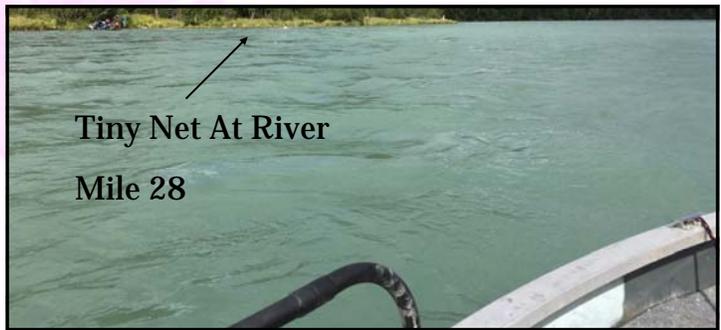
Disposition: C = Catch H = Harvest R = Release

Set Date	Sockeye Salmon			Pink Salmon			Chinook Salmon			Coho Salmon			Rainbow > 18"			Dolly < 18"			
	C	H	R				C	H	R	C	H	R	C	H	R	C	H	R	
7/28/2016	15	13	1																
7/29/2016	3	2	1																
7/30/2016	22	18	3																
8/1/2016	19	18	1							1	1	0							
8/2/2016	26	24	2																
8/3/2016	23	23	0																
8/4/2016	71	67	3																
8/5/2016	38	37	1																
8/8/2016	108	103	5	1	1	0				3	3	0							
8/9/2016	44	41	3																
8/10/2016	48	45	3	1	1	0										1			1
Totals:	417	391	23	2	2	0	0	0	0	4	4	0	0	0	0	1	0		1

As you can see, we haven't encountered or harvested even one Chinook, Dolly Varden or Rainbow Trout greater than 18 inches. The 391 Sockeye harvested is more than the Educational Fishery and the Kasilof Subsistence Gillnet combined this year. In addition, sport fishermen and guides are allowed to fish for Chinook in July at this exact same spot, yet we are derided for wanting to fish here as well. The crew witnessed Chinook trolling going on in late July about 10-15 feet off the buoy. So many thanks go out to everyone who made this possible and to the awesome work of our NTC staff who are fishing. Thanks.



**Ivan Z. Encelewski,
NTC Executive Director**



Housing Department

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,

Winter is on the way whether we want to admit it 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, which you felt around your doors and windows. If left unattended, these areas could start molding. This can be stopped with just a little caulk.

There are many types of caulk, and all kinds of colors to match just about anything. Please read the tube before buying and make sure it is intended for your application. Different types of caulk 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 can 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 clapboards, you will need a product that will bond well to both materials, is flexible, and weather resistant. Silicone adheres well to glass and tile, but very poorly to wood. Some products with different chemistries claim to be flexible, but some are better suited for frequent joint movement.

When you are going to use a product, please keep in mind that the temperature, humidity, and moisture can affect how well it can, or will, cure. In cold weather, polyurethane will become difficult to apply, but most silicones will work. Water-based caulks can stand up to harsh weather once they cure, but they require a few days of ideal weather. These are the easiest to clean up and to work with. They are also good for interior applications such as; interior windows, door casings, baseboards, and other moldings. These work best in warm, dry weather (above 40° F). Humid conditions will slow curing. Even though the water-based caulks can be applied to moist surfaces, they can wash away if they are not fully cured.

Caulk is generally not recommended for gaps that exceed 1/2" wide. Wide spaces, such as the window on the outside, might need a urethane foam sealant. The easiest and best for wide gaps would be "Low Expansion Urethane Foam". These types of caulk have less waste with overfilling, eliminates stress that can be put on windows and door frames, and resists cracking and warping; generally not found in normal foam applications.

For more information on the different types of caulk, I suggest Google "caulk applications". There, you should find the life span, withstanding temperatures, shrinkage over time, substrates, weather/UV resistance, and inside/outside uses.

If you are interested in Weatherization on your home, come by and grab an application. If you meet the qualifications we will grant up to \$2,000.00 in materials for you to install on your home.

Okay folks, until the next newsletter. May your hunting be fruitful and your gardens be bountiful.

Bob Crosby
NTC Housing Director

Social Services/ICWA

OST, what another acronym!

OST is Out of School Time. Four common OST contexts are:

- (A) unsupervised time with peers;
- (B) sports;
- (C) other organized activities such as band, speech, and student government; and
- (D) paid employment.

These OST contexts constitute much of adolescents and pre-adolescents discretionary time outside of the school day.

Studies reveal that unsupervised time with peers can be a problematic setting that promotes youth deviance including substance use. You may think this behavior is reserved for older teens, however the studies suggests that children as young as 12 and under are using drugs such as hallucinogens and marijuana, especially after school when less adult supervision is available.

Please consider after-school child care.

Contact Bettyann to discuss Ninilchik Tribe's Child Care Program.

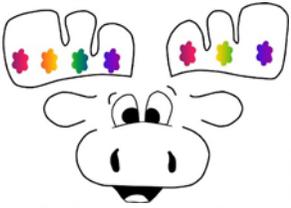
Help Wanted

We are in need of Foster Homes
and Adoptive Families.

Please consider sharing your home
and your life with a child in need.

Contact: Bettyann Steciw
for additional information and
assistance in applying.

bettyann@nirilchiktribe-nsn.gov



Early Learning Program

Registration for the NTC Early Learning Program will begin in August for the 2016-17 school year.

Class starts October 4th

Students must be:

- ◆ three years old before Sept. 1st
- ◆ Potty trained
- ◆ Able to follow instructions



Space is limited!

For more information please contact Miss Chris @567-3313.

Youth Fish Camps

Alaska Native & American Indian students and NTC tribal members participated in several youth fish camps this summer. Although fishing was a little slower than usual, everyone still enjoyed the fishing season and spending time on the beach. We were able to share the salmon we caught with our Elders, the students families plus we still managed to put some in the freezer for our families in need this winter. Several sessions were held this summer, the Early Learning Program students (caught salmon bigger than themselves), 6-11 year olds, 12+ , and a group of native students participating in Project Grads Cultural Exchange Institute. Some of our new students had never fished this way before, so it was a real learning experience. Mr. Michael taught knot tying and how to splice line, as well as how to clean salmon.





Library Updates/Events

NTC would like to remind you that we provide services, such as a public computer, internet access, black and white or color copies, and faxing services here at the Ninilchik Traditional Council Administrative Office. There is no charge for Ninilchik Tribal Members and family.

The Niqnalchint Library is open to lending to all of our community members and offers Children's Books, Alaska Non-Fiction, Fiction, Crafts & Hobbies, Movies, and much more. All you need to do is fill out a short application here at our Administrative Office.

Is there is anything you would like to see the Tribal Library have on the shelves or would like us to provide? Please, let us know and we will gladly add it to our collection!

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 will meet on Fridays at 3:30 PM at the NTC Administration Conference Room. Joining the book club is free and open to the public. Signing up is easy. Just call or e-mail. (contact information at bottom of page)

September Book Club Selection

Blonde Indian by Ernestine Hayes, An Alaska Native Memoir

In the spring, the bear returns to the forest, the glacier returns to its source, and the salmon returns to the fresh water where it was spawned. Drawing on the special relationship that the Native people of southeastern Alaska have always had with nature, Blonde Indian is a story about returning.

Filled with anecdotes, descriptions, and histories that are unique to the Tlingit community, this book is a document of cultural heritage, a tribute to the Alaskan landscape, and a moving testament to how going back-in nature and in life-allows movement forward.

(Taken from the synopsis of Blonde Indian)

DVD Spotlight

Here are some titles from our collection





Environmental Enquirer

The Importance of Proper Salmon Passage



It is difficult to exaggerate the importance of Alaskan salmon runs. They are critical ecologically, culturally, and economically. Born in rivers and streams before maturing in the ocean, salmon provide an important link between terrestrial and marine ecosystems.

The ecological impact of reduced salmon migration is a serious problem. If salmon cannot reach upstream spawning habitat (often traveling thousands of miles to their exact stream of origin), they cannot reproduce.

As salmon return to their birth streams, they bring important marine nutrients with them. Their decomposing bodies provide much needed carbon, nitrogen, phosphorus, and calcium to terrestrial soils. These nutrients fertilize riverside and other plants.

Salmon also provide important food sources for large carnivores, such as wolves and bears. Along with insects, these carnivores scatter needed marine nutrients unto land. This is accomplished through moving fish carcasses inland or through feces. Without this nutrient infusion, terrestrial plants would not have essential fertilizer.

Culturally, salmon are very important to Alaskans. They provide both recreation and nutrition for many residents. This is especially true of Alaska Native and/or rural populations.

Healthy salmon runs are also of great economic importance. Commercial fishing is a huge industry in Alaska. So is catering to salmon angler and wildlife enthusiast tourists.

Assuring that these fish do not face unnecessary barriers to migration is very important.

Historically, unenlightened human activity has provided many such barriers. These come in many forms, such as dams and improperly designed culverts. Thankfully, modern technology provides the ability to improve this situation.

Obsolete dams can be removed. Fish ladders can be installed in dams, allowing fish passage.

Finally, modern hydroelectric dams are more efficient, allowing fewer to be built while allowing for electricity production.

While the impediments created by dams are readily apparent, the less obvious obstructions created by culverts are also very important. Culverts must be designed to maintain the integrity of stream channels. Also, they must not be elevated above the waterline. They must be of sufficient size to allow fish passage. Proper substrate (soil, gravel, etc.) should be in the bottom of culverts to avoid stressing fish. Finally, they must be designed so that the current speeds inside culverts are not too fast.

Due to increased understanding of culvert design importance, newer ones are built offering fewer obstacles to passage. In many places both in and outside Alaska, older culverts are being replaced with "fish friendly" designs.

While replacing culverts is slow and expensive, the work is important. Often, different government agencies are able to provide private landowners with funding and expertise.

Healthy salmon runs mean healthy ecosystems and healthy human populations. Improving access to spawning habitat is critical. Luckily, technology and passionate individuals make this goal attainable. People must remember to keep the goal in mind.

Environmental Enquirer

Spruce Aphid Outbreak on the Kenai Peninsula

Summer travelers on the Kenai Peninsula's Sterling Highway cannot miss the damage caused by the tiny spruce aphid (*Elatobium abietum*). By feeding on needle sap, the aphid causes spruce foliage to turn brown. Severely infected trees often look like they are dying.



What are Spruce Aphids?

These insects are tiny (1/5") and bright green. They have mouths equipped with sucking parts. They survive by drinking the sap of spruce needles. When they are present on needles, they may be difficult to see.

Interestingly, all North American specimens are female. They reproduce asexually through a process called "parthenogenesis". They also give birth to live young—a rarity among insect species.



How did Spruce Aphids arrive on the Kenai Peninsula?

Although these insects are originally from Europe, they have been found throughout North America and Alaska since the early 20th century. Infestations have been noted from Alaska and British Columbia to Florida. Because the aphids cannot tolerate high elevations, outbreaks are confined to coastal spruce.

In Alaska, they were first seen in Wrangell, 1927. Several past outbreaks have occurred in Southeast and Prince William Sound, along with Kodiak Island.

Before 2015, the only spruce aphids seen on the peninsula were on imported ornamental trees, such as Colorado Blue Spruce. Starting in Halibut Cove and particularly severe in Homer, the present outbreak is the first Kenai Peninsula infestation on wild trees.

Also, very cold winter temperatures kill the aphids. Most likely, the recent mild winters on the peninsula contributed to this outbreak. This phenomenon could have allowed the aphid population to explode.

How Can These Pests Be Controlled?

While the damage they cause can be unsightly, it rarely has a lasting impact on host trees. This is because the aphids eat older foliage, leaving growing parts alone. The biggest non cosmetic concern is that, as trees become stressed, they could be less able to fight off more serious parasites. Also, an abundance of dried out needles could be a wildfire hazard.

Due to this, many people decide to let the outbreak run its course. Pesticides or spraying water (to dislodge aphids) may be helpful.

Because the aphids primarily feed (and do their damage) in late winter and early spring, they are poorly controlled by predatory insects. Most of these do not appear for the season until the damage is done.

A few consecutive cold winters will likely solve this problem.

Conclusion

While spruce aphid damage can look severe, it rarely has lasting consequences for trees. Control methods exist, but are rarely necessary. When cold winters return to the Kenai Peninsula, the infestation will likely resolve itself.

Tribal Health Director's Report

- ◇ Dr. Downey is at the Ninilchik Community Clinic Twice a month, please call to find out what his scheduled days are.
- ◇ Dr. Spencer is at the Clinic Monday, Wednesday and Friday. In addition to her regular Family Practice she provides Manipulation, Cold Laser Therapy and Addiction Medicine.
- ◇ Carrie Warren, ANP, is in the clinic Monday-Thursday. Carrie is a Family Practitioner but also works with Pediatrics.
- ◇ Lisa Zatz is our new Advanced Nurse Practitioner and works three days per week. We are very excited to have her on staff now.
- ◇ Ann Mercer will cover the times that the providers are out.
- ◇ 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. You may leave it anonymous or you can add your name. Included is a question about whether you want to receive your appointment reminders via text. If you say yes, do not forget to let the front desk know so we can document this in your chart. You can also write it on the survey as well.
- ◇ We have a sonographer from South Peninsula Hospital who will complete ultrasounds here twice per month.
- ◇ We will be converting over to a new Electronic Health Record and will go Live by September. This should enhance our ability to chart efficiently and with ease. It will have a lot more options than our current one. There will be days when time slots for appointments will be decreased. This will be due to the designing, training and the conversion to the new Electronic Health Record between the months of August and September. Please be patient with us during this process and we will make every effort possible to meet your needs.
- ◇ We have a great new sustainable garden that we have been creating behind the clinic with the help of Shawn and Luna Jackinsky. The hope is to eventually have local plants available for people in Ninilchik. It will take a few years to create this garden but it is a work in progress.
- ◇ As always, my door is open if you want to stop by and talk to me about anything.

Thank you,

Janet Mullen
NTC THD

Addiction Medicine Update

Dr. Sarah Spencer is continuing to expand her practice in addiction medicine. We are accepting new patients with substance use disorders, who are coming from as far away as Kenai and Nanwalek to seek services. Most patients are looking for help with addiction to opiate pain killers and heroin, but many are also seeking help with treatment for alcohol use disorder. Increasingly, we have been getting more referrals for patients who are not abusing substances, but are tired of taking decades of prescription opioids for chronic pain and are looking for help to detox off of them. We have been seeing some great successes with many patients improving their quality of life, maintaining their recoveries and decreasing relapse rates.

Dr. Spencer recently attended a training in Anchorage for Probuphine implantation. This is a 6 month implant that helps patients maintain abstinence from opiates. We are hopeful that insurance companies and hospitals will start to provide coverage for this device to help more people get the treatment they need.

At the NTC Community Clinic, we continue to distribute naloxone kits for opioid overdose prevention. ANMC provides this medication for beneficiaries. Those with private insurance can get a prescription filled at a local pharmacy. All patients who take chronic opiates should have a naloxone rescue kit at home, in case of accidental overdose.

To increase the availability of harm reduction resources on the southern peninsula, Dr. Spencer has been volunteering as Medical Director for the Homer Syringe Exchange Program. The goal of this program is to reduce the spread of Hepatitis and HIV. Another goal is to increase access to addiction treatment referrals and overdose prevention education. "The Exchange" operates the 1st and 3rd Tuesday of each month from 5:00-7:00pm, at the SPH training room: 203 W Pioneer Street in Homer.

Elders Outreach Program Luncheon Dates

The Elders Outreach Program hosts a noon luncheon for Elders around the community at the Subsistence Building every Monday.

The luncheon is *still* provided when NTC is CLOSED FOR A HOLIDAY.

Luncheons for the following months are as follows:

Mondays:	August 15	August 22	August 29	
	September 5	September 12	September 19	September 26

For more information on NTC's Elders Outreach Program please contact Tiffany Stonecipher at 567-3370 or email tiffany@niniichiktribe-nsn.gov

Behavioral Health Services Mission

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 at 567-3370.

Parents, please be advised, once school begins the slots for after school counseling appointments will fill up fast. If you would like your student to attend counseling after school please contact Christine Prokop at 567-3370 ext. 3, prior to the school year starting to ensure your child has a designated spot on the counseling schedule.

Youth Alcohol Prevention Mission

Ninilchik Traditional Council's Youth Outreach is anchored in education and prevention. Studies consistently show that the negative cognitive, behavioral and social impacts of growing up in adversity can be reversed by youth participating in prevention programs and having a relationship with a mentor. Our goal is to provide safe, alternative activities to youth where they can develop their interpersonal and character skills in order to have a brighter future. As indicated in extensive research, investing in our youth is the best possible investment we could make in the future development and success of our community.

If you are a parent and interested in volunteering, please contact Nick Finley, Zoe Dixon, or Maureen Todd at 567-3370.

For a detailed calendar of our outreach activities, please call Maureen Todd at 567-3370 ext. 1 to be added to our outreach mailing list.

Native Youth Olympics

Our Native Youth Olympic season will be starting in October. Coach, Nick Finley, is eagerly anticipating this, his second season. He reported he is looking forward to implementing everything he learned during his first season as coach to improve or NYO program and help athletes strive to reach their personal best. Finley will organize a NYO parent meeting prior to the beginning of the season to review program policies, sign up students, and become acquainted with athlete's families. Please contact Finley if you would like to be contacted regarding NYO at 567-3370 ext. 7 or email nick@ninilchiktribe-nsn.gov

Teen Center

Our summer Teen Center activities have included both field days of soccer and softball, as well as regular teen center activities. We try to host outdoor activities as often as possible, weather permitting. During summer our hours have been 12-5pm. Once school begins, our hours will go back to 3:30-8:00pm on Friday nights. This will begin Friday, September 2nd. Please note that there will be no Teen Center on August 19th, or August 26th. Please follow our BHS Ninilchik account on Facebook to receive information on Teen Center activities.

For more information about NTC's Behavioral Health Services please contact Christine Prokop, Nick Finley, Zoe Dixon, or Maureen Todd at 567-3370

Get Fit

The Get Fit program was established due to the need for increased recreational activities for our youth in the community. Nick Finley holds weekly events at the school for students and community members. Every Sunday, Tuesday, and Fridays from 6-8pm there is community basketball at the school. In addition, Finley provides opportunities for kids and adults to benefit from the NHS weight room. The Get Fit program has the weight room Mon-Fri from 8-9:30am. We recommend that you call Nick to confirm dates and times if you are interested in attending at 567-3370 ext. 7 or email nick@niniichiktribe-nsn.gov

Resilient Alaska Youth

Resilient Alaska Youth (RAY) will be starting back up this fall and is open to all Ninilchik youth ages 12-18. The RAY program's mission is to help give youth a safe space to meet where they build self-esteem, hone life skills, create art, and express themselves in a positive and supportive environment. Please refer to fliers to more information. They will be out near the end of August. You may also follow us on Facebook at facebook.com/NinilchikRAY. Please contact Zoe Dixon at 567-3370 ext. 8 if you have any questions.

Youth and Elder Leadership Program

Our summer outreach consisted of the Youth and Elder Leadership Program (YELP). This program is available to youth grades 6-12. We were able to achieve a variety of service activities including the community garden, elders fishing, washing fire engines, wood hauling, and community clean up.



For more information about NTC's Behavioral Health Services please contact Christine Prokop, Nick Finley, Zoe Dixon, or Maureen Todd at 567-3370

Club News

907.567.3455 ◦ hwc@ninilchiktribe-nsn.gov ◦ ninilchikhealthclub.com

TIPS FROM THE PRO

Jillian Michaels is one of the most recognizable personal trainers and fitness gurus around, so let's all take a look at her top fitness rules.

1. First and foremost, make sure your form is on-point
2. Incorporate strength training into your routine
3. Choose workouts you genuinely enjoy—and then mix them up
4. Keep yourself accountable
5. Make sure you're supporting your workout efforts with a healthy diet

While there's no big secret to fitness success, following Michaels' rules can help you work hard, keep up your routine, and get results. Motivated yet?

Source: Self.com

Ninilchik Walkers Club {100-mile club} ends September 30th. Log all miles WALKED from April 1st thru September 30th to earn a Health Club t-shirt when you reach 100 miles!

Yoga Classes with Elise
Resume August 23rd

SORE? TIRED? OUT OF
BREATH? SWEATY?
GOOD. IT'S WORKING.



GET HEALTHY
WITH TAMMY Z!
CALL 907-252-5115

SMART GOALS

SMART Goals are Specific, Measurable, Achievable, Realistic and Timely

S

Your weight loss goals should be **specific**. What exactly do you want to accomplish? How much weight do you want to lose? How will you do it?

M

Your goal should be **measurable**. How will you track your progress and measure your success?

A

Create goals that are **achievable**. Think about your current situation. Make sure your goal is attainable.

R

Your goals should be **realistic**. Is it worthwhile, relevant, and feasible?

T

Your goals should be **timely**. Setting a time frame in which to reach your goals will help to keep you accountable.

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 YELP 12-5pm Crosses w/ kids	3 YELP 12-5pm	4	5	6
7	8	9 YELP Elders Fishing Net	10 YELP 12-5pm TBD	11	12 Teen Center 1-5pm	13
14	15 Elders Luncheon 12 PM	16 YELP 12-5pm Deep Creek Restoration	17 YELP 12-5pm Final Day	18 Regular Council Meeting 10:00 a.m.	19 YELP 10am-9pm Fry Bread	20 YELP 9am-9pm Fry Bread
21 YELP 10am-5pm Fry Bread	22 Elders Luncheon 12 PM	23 Restorative Yoga 10:15-11:30 AM Hatha Yoga 5:15-6:15 PM	24 Fusion Flow Yoga 10:15-11:30 AM	25 Vinyasa Yoga 10:15-11:15 AM	26 YELP 4pm Cooper Landing Camping	27 YELP Cooper Landing
28 YELP 7am-5pm Cooper Landing	29 Elders Luncheon 12 PM	30 Restorative Yoga 10:15-11:30 AM Hatha Yoga 5:15-6:15 PM	31 Fusion Flow Yoga 10:15-11:30 AM			

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Vinyasa Yoga 10:15-11:15 AM MOOSE HUNTING	2 Teen Center 3-8 PM	3
4	5 Elders Luncheon 12 PM	6 Restorative Yoga 10:15-11:30 AM Hatha Yoga 5:15-6:15 PM	7 Fusion Flow Yoga 10:15-11:30 AM	8 Vinyasa Yoga 10:15-11:15 AM	9 Teen Center 3-8 PM	10
11	12 Elders Luncheon 12 PM	13 Restorative Yoga 10:15-11:30 AM Hatha Yoga 5:15-6:15 PM	14 Fusion Flow Yoga 10:15-11:30 AM	15 Vinyasa Yoga 10:15-11:15 AM	16 Teen Center 3-8 PM	17
18	19 Elders Luncheon 12 PM	20 Restorative Yoga 10:15-11:30 AM Hatha Yoga 5:15-6:15 PM	21 Fusion Flow Yoga 10:15-11:30 AM	22 Vinyasa Yoga 10:15-11:15 AM	23 Teen Center 3-8 PM	24
25	26 Elders Luncheon 12 PM	27 Restorative Yoga 10:15-11:30 AM Hatha Yoga 5:15-6:15 PM	28 Fusion Flow Yoga 10:15-11:30 AM	29 Vinyasa Yoga 10:15-11:15 AM	30 Teen Center 3-8 PM	



Ninilchik Traditional Council

P.O. Box 39070

Ninilchik, AK 99639

ninilchiktribe-nsn.gov

Phone: 907-567-3313

Fax: 907-567-3308

Main E-mail: ntc@ninilchiktribe-nsn.gov

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!