



Ninilchik Traditional Council
Newsletter December 2014/January 2015

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Upcoming Closure Dates

The NTC Offices will be closed on:

- ◆ **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, HWC Attendant–Temp Intermittent
David Bear, EMS Assistant
Denise Brock, Case Manger/Registered Nurse
Shirley Chihuly, Education Manager
Jenn Day, Clinic Administration & Patient Accounts Specialist
Dr. Rob Downey, Medical Provider
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, Facilities Manager
Lynn Kennedy, HWC Attendant –PT/Intermittent
Terri Leman, HWC Attendant –Temp/Intermittent
Leslie McCombs, Clinic Front Desk Receptionist
Jennifer Miller, Clinical Medical Biller

Perry Miller, Systems Administrator
David Nordeen, Assistant Maintenance Laborer
Jamie Oskolkoff, Secretary-Receptionist PT
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
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

Merry Christmas and Happy New Year! I want to start by wishing you all a safe, joyous, and happy holiday season. As you are all aware, winter is upon us. On the cup half full side of things we have hit the apex of the winter doldrums, for those of you who view it this way. Let there be light! Yes, we are now in the process of gaining daylight and things are simultaneously moving forward in a positive manner here at the tribe as well.

On this note, please be advised that we have signed a contract with South Peninsula Hospital to have Dr. Rob Downey begin working at the clinic this month. This is in addition to our current medical staffing. He is available two days a week, Tuesday and Thursday. According to our Tribal Health Director, Janet Mullen, "His specialty is 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." I highly encourage you to make an appointment and go see Dr. Downey and don't forget our entire NTC Health Provider Team as well.

PROVIDING COMPASSIONATE, CULTURALLY APPROPRIATE, QUALITY HEALTHCARE TO ALL PEOPLE.

Case Management • Diabetes Coordination • Phlebotomy • Osteopathic Manipulation



Welcome Dr. Downey!

Starting in December, Rob Downey, MD will be offering functional medicine at our practice. Functional medicine integrates traditional medicine practices with prevention through alternative outlets such as nutrition, botanical medicine, detoxification programs, and stress management techniques.

Your NTC Health Provider Team,
Robert Downey, MD, Sarah Spencer, DO,
Carrie Warren, FNP, Caroline Finney, CH/P

Cold Laser Treatment • Immunizations • CDL Physicals • Functional Medicine

Executive Director's Address cont.

I am pleased to report that our annual meeting and election were held in November and things went very smoothly. Congratulations to Dean and Greg on their reelection. As a result of the annual meeting and subsequent Ninilchik Traditional Council (NTC) meeting, the following officers and members are observed for the year:

- Richard 'Greg' Encelewski, President/Chairman
- William 'Dean' Kvasnikoff, Vice President
- Tammy Bear, Secretary/Treasurer
- Whitney Schollenberg, Director
- Kenny Odman, Director

During our annual November 2014 election the voters also approved the Constitutional Amendment G which limits future tribal membership to only persons who are direct, lineal descendants of families with ancestral ties to the village of Ninilchik. This change has now eliminated the enrollment of other Alaska Natives and American Indians who are not original Ninilchik Native descendants, along with non-native spouses. This means that nobody loses their current membership, however, it now changes the criteria for all new enrollees in the future. Christina has updated the enrollment application to reflect this change and the NTC has amended the Tribal Enrollment Ordinance to coincide with the voter approved change to the tribal constitution.

On the housing side of things, we have finished the new home here in Ninilchik with the family moving in and the second house in the Anchor Point area is almost finished. The housing annual performance report has been prepared and is available for public comment if you would like to review it.

On the council front, the board conducted the annual meeting on November 15th, 2014, with a short special council meeting directly after the meeting to elect officers. In addition, they held their regular meeting on December 11, 2014. The board heard reports from all the program directors as well as a summary of the Quality Assurance committee outcomes. The chairman agreed to appoint a community member to this committee as well. The council approved several Bureau of Indian Affairs (BIA) resolutions regarding the NTC roads inventory and authorizing the tribal transportation plan. They also adopted resolutions permitting the application for a Federal Emergency Management Agency (FEMA) grant and a Transit opportunity. A joint resolution request was reviewed for consideration amongst all the Cook Inlet Tribes, along with approval of an amendment to the 401(k) plan. Staff discussed the housing annual performance report and requested approval via a board poll after the public comment period and prior to the deadline for submittal. New member resolutions which included an emergency enrollment were made in coordination with the newly adopted change to the constitution. The NTC also ratified coinciding amendments to the tribal Enrollment Ordinance in order to comply with the newly adopted constitutional provisions regarding enrollment. A business venture proposal was discussed and further action was approved.

Many of you have received the 2014 annual report of the tribe. This report has once again been professionally printed. This booklet doesn't make a good fire starter, trust me, it's too glossy. While many of you may lament the detail and length of the report, I can't stress enough how much I encourage you to read through it. This report provides an amazing detailed overview with profound statistics, pictures, and information. You will truly get an 'eye opener' if you go through the document about what all your tribe does and the services and activities we provide for you.

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 Thursday, January 15, 2015 at 10:00 a.m. Merry Christmas and Happy New Year! Thank you.

Sincerely,



Ivan Z. Encelewski
NTC Executive Director

Housing



"If we don't change, we don't grow.
If we don't grow, we aren't really living." Gail Sheehy

Hello Folks,

I hope each and every one of you had a wonderful Merry Christmas, and New Year.

We do have the State of Alaska's "Heating Assistance" applications here at the office in case you did not receive one in the mail. This program will help with your heating bills and the amount received is based upon household size and income. The income limits per Household Size (HS) has been raised this year to: Per month household income is: HS 1. = \$2,733, HS 2. = \$3,686, HS 3. = \$4,638, HS 4. = \$5,591, HS 5. = \$6,543, HS 6. = \$7,496. If you are within these income limits and would like to apply or if you have not received an application in the mail, please feel free to come by and pickup one up.

I am also taking applications for our Homeownership, Weatherization and the Rehabilitation Programs. All applications take time to process and wintertime is the perfect time to get that done. We have to verify for eligibility, a conduct an Environmental Review and then we would be able to begin the work as soon as breakup allows. The Snow Removal Program provides snow removal and sanding your driveways during the winter months. You must be age 60 or older, or be considered Disabled through SSA, and are receiving Social Security Disability payments. You also must have been used one of the other Housing Programs previously to apply. The Emergency Assistance Program is here to help in those times of need that could possibly make you homeless.

Examples would be: having your electricity shut off, foreclosure, eviction, or primary heat loss. Applicants must be able to provide proof that you have sufficient income coming in, that you will be able to make it on your own after our assistance. The maximum you may receive is \$2,000.00 and will be paid directly from us to the party owed. If interested you can go online to the Housing Programs page and download an application or come by the main NTC office and pick one up.

Lastly, I would like to further implement energy efficient technology into your homes by now allowing Light Emitting Diodes (LED) lighting to be eligible through our Weatherization Program. This will help save you money and provide a cleaner environment for all. I took a class recently that said that most appliances are built to energy efficient standards, and that the number one waste of electricity in the home is the light bulb. Most these lights are self-contained and some are LED bulbs that screw right into lamp. This new technology is really starting to taking off and living in one of the more costly energy states in the US, we really should be implementing it any way we can. If interested, you can obtain an application on the website or here at the office.

I wish you all a wonderful and safe New Year's Eve and we will talk again next year.

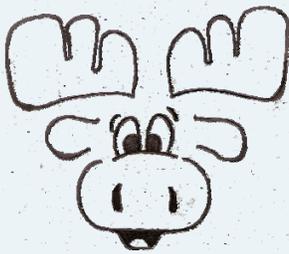
Bob

If you are interested in any of the NTC Housing programs you can view the applications online at niniichiktribe-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@niniichiktribe-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.



For more information about the Early Learning Program please contact Christina Pinnow at 907-567-3313 or e-mail chris@niniichiktribe-nsn.gov

*Tribal Services cont.***Child Care**

The NTC Child Care Assistance Program is to assist **low to moderate income families** in attaining quality child care within our service area. Ninilchik Traditional Council Child Care Assistance



Program eligibility requires that the children are Alaska Native or American Indian, you and your spouse/partner be employed and working at least 20 hours or more weekly. If you are enrolled in Higher Education, you must take a minimum of 6 credits per semester. Respite and subsistence are provided on a case-by-case basis. NTC uses a sliding fee scale.

CHECKLIST:

- ◇ BIA CERTIFICATE OF INDIAN BLOOD FOR EACH CHILD NEEDING CARE
- ◇ Immunization documentation
- ◇ Verification of **all** income, including pay stubs, tax documents.
- ◇ Birth Certificates for child (ren) needing care.
- ◇ Class/Training Schedule-must state place of training, days and hours, beginning and end dates.
- ◇ Letter of Hire- letter signed by employer stating date of hire, wages, receiving benefits (yes or no), days and hours work (i.e., Monday - Friday 9:00 a.m. - 5:00 p.m.)
- ◇ Child Care Providers paperwork completed and signed.
- ◇ Providers business license, provider application and background checks.
- ◇ Developmentally disabled or special needs verification, if applicable.

ICWA program**What Does ICWA do?**

Declaring there is no resource more vital to the continued existence and integrity of Native American tribes than their children, ICWA:

- Reaffirms the jurisdiction and authority of tribal courts in Native child welfare matters.
- **Requires** notification of the tribes during involuntary custody proceedings in state courts and establishes the tribes' right to intervene.
- **Mandates that** active efforts are to be made to return Native American children to their families whenever possible.
- **Requires clear** and convincing evidence that continued parental custody would mean physical or emotional harm to the child.
- **Requires the** testimony of experts who come from the child's tribe or have substantial experience in Native American child and family services.
- **Requires** active efforts toward family rehabilitation and reunification be made before termination of parental rights or final placement decisions are made.
- When foster care and adoption placements are necessary, requires placement preferences be given to members of the child's family, tribe or other Native families.

Niqnalchint Library & Arts



Happenings at the Library

As the holidays come to a close it is time for new year resolutions. Don't have any ideas? Make reading one of them. Our library is full of wonderful books for all ages. It also includes DVD's and lots of fun for the whole family. Please feel free to stop in and grab a good book to snuggle up with by the fire on those cold Alaskan nights. We are also open to hear new ways to expand the library. If you have any ideas on events or books that you might like to see. Please let us know. Thanks and happy reading!



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 Book Club Selection for January: The Raven's Gift by Don Rearden



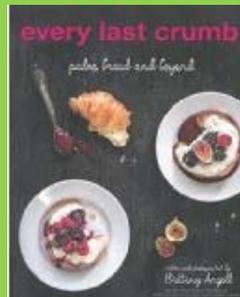
John Morgan and his wife can barely contain their excitement upon arriving as the new teachers in a Yup'ik Eskimo village on the windswept Alaskan tundra. But their move proves disastrous when a deadly epidemic strikes and the isolated community descends into total chaos. When outside aid fails to arrive, John's only hope lies in escaping the snow-covered tundra and the hunger of the other survivors--he must make the thousand-mile trek across the Alaskan wilderness for help. He encounters a blind Eskimo girl and an elderly woman who need his protection, and he needs their knowledge of the terrain to survive. The harsh journey pushes him beyond his limits as he discovers a new sense of hope and the possibility of loving again.

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.

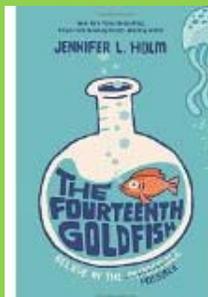
New Book Spotlight: Just some new titles in our collection:



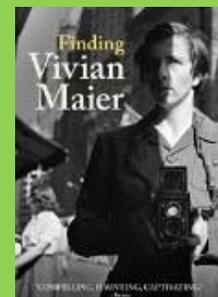
Paul Fleischman - 2014



Brittany Angell - 2014



Jennifer L. Holm- 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

The Environmental Enquirer

Growing Demand for Cheaper, More Energy Efficient Residential Home Heating

Over the last several years, the interest and use of biomass (wood, corn, switch grass) to help save money on home heating bills and reduce our dependence on foreign oil has increased. According to the hearth industry, sales of wood and pellet stoves increased 28 percent in the Northeast from 2007 to 2008.

The 2009 American Recovery and Reinvestment Act legislation signed into law on February 17, 2009, by President Barack Obama, includes a 30 percent tax credit (up to \$1500) for the purchase in 2009 and 2010 of a 75 percent efficient biomass-burning stove. In addition, many states are providing tax incentives to encourage homeowners to switch from non-renewable fuels (e.g., natural gas and heating oil) to renewable, "home-grown" biomass fuels.

Learn more by visiting [EPA's Energy Star FAQs](#).

Heating with wood is an American tradition. Yet, wood burning in the past decade has little resemblance to wood burning done in the 1970s-or even the mid-1980s. Today, important technological advances have resulted in cleaner burning, high efficiency wood stoves, fireplace inserts and fireplaces, as well as cleaner burning fuels, such as wood pellets and manufactured fire logs made from sawdust.

How New Technology Reduces Wood Smoke

Traditional fireplaces and wood stoves and fireplace inserts smoke excessively because they do not burn wood with complete combustion, which includes burning the smoke too. Smoke is essentially unburned fuel. For wood to burn completely, the right environment must exist. This includes the proper mix of fuel, oxygen and heat.

Wood burning hearth products now include technology that creates an optimum burning environment and essentially burns the smoke away. An example of this technology is the two types of EPA certified wood stoves and fireplace inserts- Catalytic and Non Catalytic. Catalytic wood stoves and fireplace inserts have honeycombed chambers coated with a metal catalyst (usually platinum or palladium) that works to increase the rate of combustion. The catalytic combustor burns away gases and particulate that would normally be emitted into the air. Catalytic wood stoves provide the ability for people to burn

wood at lower temperatures for longer periods of time. With non-catalytic wood stoves, combustions occurs in the firebox. These stoves are generally less expensive than the catalytic wood stoves and require less maintenance.

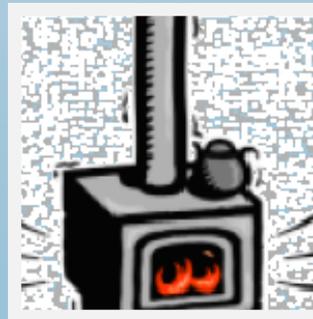
Why Advanced Stoves are Worth the Extra Cost

1. On average, advanced, EPA certified stoves are about one-third more efficient than the old box, pot belly, or step stoves, and almost all of the
2. currently available central wood heating furnaces and boilers. That is one-third the cost if you buy firewood, or one-third less cutting, hauling and stacking if you cut your own. The extra cost of advanced technology is about \$200 per stove. Over just two seasons of wood burning the
3. greater efficiency of the stove will more than
4. compensate for the higher initial cost.
5. Advanced stoves produce about 90 percent less particulate matter - smoke—than older stoves. After a fire is ignited, you should see no visible smoke from the chimney, so neighbors won't complain and the foul smell, and thick smoke won't blanket your yard either.

Ninety percent less smoke means 90 percent less creosote. This gives two important benefits. First, the chance of chimney fire is virtually eliminated, as long as the stove is operated correctly and reasonable maintenance is done. And second, the flue pipe and chimney will need cleaning much less frequently, which is another way the new technology stoves save time and money.

Wood Stove Benefits

- Efficient, low-cost home heater
- Independence from utilities when the power goes out.
- Firewood is a readily available renewable fuel.



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

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 affects 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

January & February

January: 5th, 12th, 19th

February: 9th, 16th, 23rd

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.



Tiffany will be out of the office from January 22nd through February 2nd and luncheons will resume with the corresponding dates to your left.

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 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!

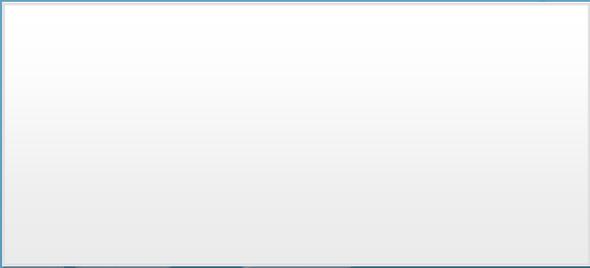
Massages * Tanning * Club Membership * Club Clothing * Yoga Classes * Personal Training * Day Passes

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Offices Closed for New Years Day</i> 	2	3
4	5 Elders Luncheon @12:00 PM	6 Hatha Yoga @ 5:15 PM	7	8 Vinyasa Flow Yoga @ 5:15 PM	9	10
11	12 Elders Luncheon @12:00 PM	13 Hatha Yoga @ 5:15 PM	14	15 Regular Coun- cil MTG @ 10:00 AM Vinyasa Flow Yoga @ 5:15 PM	16	17
18	19 Elders Luncheon @12:00 PM <i>Offices Closed for Martin Luther King Jr</i>	20 Hatha Yoga @ 5:15 PM	21	22 Vinyasa Flow Yoga @ 5:15 PM	23	24
25	26	27 Hatha Yoga @ 5:15 PM	28	29 Vinyasa Flow Yoga @ 5:15 PM	30 Book Club @ 3:30 	31

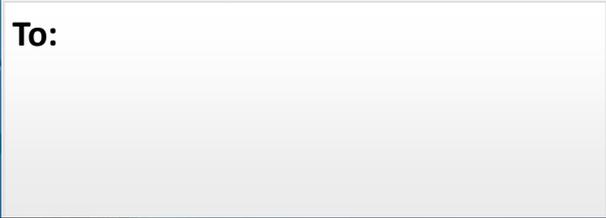


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To:



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!