Ninilchik Traditional Council
Newsletter February & March 2016

Inside this issue

Who We Are	Page 3
Executive Director's Address	Page 4-5
Housing Department	Page 6
Tribal Services Department	Page 7-8
Niqnalchint Library & Arts	Page 9
Resource and Environmental Department	Page 10
NTC Community Clinic	Page 11-13
Behavioral Health	Pages 14-15
Health Fair	Page 16
Ninilchik Health & Wellness Club	Pages 17
Event Calendars: February & March 2016	Pages 18-19

Upcoming Closure Dates

The NTC Offices will be closed on:

- **Thursday February 25th for All Staff Training**
- **Monday March 28th for Seward's Day**

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

Thursday, March 17th @ 10:00am

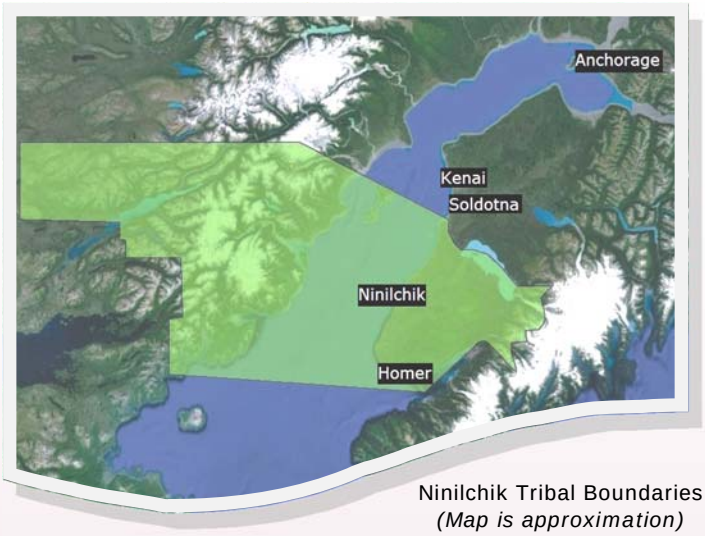
The NTC Regular Council Meetings take place at the NTC Administration Conference Room at 15910 Sterling Highway. The meetings are open for tribal members to attend and to also participate in the visitors' comments and questions session.

*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 & Chairman

William Dean Kvasnikoff
Vice President

Whitney Schollenberg
Secretary & Treasurer

Jamie Leman
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

David Bear, EMS Assistant
Denise Brock , Case Manger/Registered Nurse
Jenn Day, Clinic Administration & Patient Accounts Specialist
Dr. Rob Downey, Medical Provider (Contract)
Ashley Eisenman, Health & Wellness Club Attendant
Anna Eason, Tribal Services Assistant
Nick Finley, Youth Outreach Coordinator & NYO Coach
Caroline Finney, Community Health Practitioner
Maricel Folkert, CHA & Medical Assistant
Victoria Florey, Resource Technician
Jennifer Gilbertson, Administrative Assistant
Eric Hanson, Facilities Manager
Eulelia Hendryx, Secretary/Receptionist
Lynn Kennedy, Health & Wellness Club Attendant
Terri Leman, HWC Attendant –Temp/Intermittent
Leslie McCombs, Clinic Front Desk Receptionist
Jennifer Miller, Clinical Medical Biller
Jacqueline Waldron, HWC Attendant –Intermittent
Perry Miller, Systems Administrator
David Nordeen, Maintenance Laborer
Pat Oskolkoff, Clinic Special Projects Coordinator
Michael Pinnow, Assistant Maintenance Laborer
Christine Prokop, Behavioral Health Services Mgr.
Nancy Pulliam, Assistant Maintenance Laborer
Diane Reynolds, Procurement Officer & Finance Assistant
Cynthia Ryon, HWC Attendant –Temp/Intermittent
Dr. Sarah Spencer, Medical Provider (Contract)
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
Alanna Goins, Admin Assistant
Tammy Zweiacher, Personal Trainer
Elise Spofford, Yoga Instructor
Ann Mercer, Family Nurse Practitioner, Intermittent

The Cheeky Moose

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

Executive Director's Address

Ivan Z. Encelewski
NTC Executive Director

As is customary, I anxiously awaited the vision and wisdom of the famous groundhog 'Punxsutawny Phil'. He did not see his shadow this year so therefore we can expect an early spring. With Phil back in his hole and winter winding down, there is much to report here at the Tribe.

As you may have read in the newspaper, we are working to implement our transit service which will be developed to provide rides to the Homer and Kenai/Soldotna area. As part of our roads program, we have built the transit facility and subsequently applied for an additional grant to implement this idea. We are proud to announce that we were one of the grant recipients in the amount of $300,000 and are now in the developmental stages of a western peninsula public transportation system. This is a major project and we hope that this will be a successful community transportation model that can provide access to our larger communities where access to groceries, healthcare, supplies, etc. are a necessity for Ninilchik residents.

On the Subsistence side of things we are still fighting vigorously for our fishing and hunting rights. NTC has filed a lawsuit in Federal District Court against managers of the Federal Subsistence Board (FSB), the U.S. Department of Interior and the U.S. Department of Agriculture. Our lawsuit centers around the failure of the FSB and the in-season federal fishery manager to provide an opportunity for Ninilchik residents to subsistence harvest fish under duly adopted FSB regulations. These rules were authorized in accordance with the Alaska National Interest Land Conservation Act (ANILCA).

Anna Crary, co-council representing NTC has stated "The tribe is really trying to have their subsistence rights, which are guaranteed them by ANILCA, recognized so that they can fish and get allocations of salmon that they are under federal law entitled to. So the lawsuit itself is more of an injunctive case seeking to ensure that in this upcoming fishing season, in 2016, the tribe is able to do this…. The fact that even when other sport fisheries were liberalized the subsistence fishery remained closed. .. No one is trying to discourage Fish and Wildlife or the in-season manager from doing his job, which is to manage in season and make these sorts of decisions. What the tribe wants is an actual objective standard by which those decisions are made, and right now there is no objective standard…. I think at the end of the day what the tribe is really driving toward here is a fair playing field for all users on this river. The Kenai is, as we know, a very popular river, and amidst other interests there are also federally recognized rural residents with subsistence needs who have a priority to access the fish in this river. This is a way for Ninilchik to obtain access to which they're guaranteed by law and to even the playing field."

When referring to our Kasilof gillnet this year in which we caught several hundred sockeye salmon, Ms. Crary also noted, "So it was a successful harvest for them in that sense. It was also successful in the sense that they didn't take any early run or late-run chinook or other species, like rainbow trout or Dolly Varden. It was very well managed, it was very well overseen by the tribe."

Our gillnet fishery this past year was very successful and provided no harm to resident species or Chinook salmon.

Executive Director's Address cont.

As our complaint states in part:, "The FSB failed to take any action to limit the unbridled authority of the in-season manager to arbitrarily and unreasonably delay, frustrate, and prevent the permitting of a community subsistence gillnet for the Kenai River…The FSB also failed to provide standards, such as achieving escapement goals, or any oversight to guide Mr. Anderson's future in-season management decisions to prevent future arbitrary and illegal closures which eliminate opportunities for subsistence uses and are not consistent with ANILCA. Additionally, the FSB failed to ensure a process for in-season management decision-making that incorporates legal safeguards, pursuant to the APA, for public notice and comments and an avenue to seek timely relief….As a direct consequence of Mr. Anderson's arbitrary and unreasonable conduct, and the FSB's failure to take action to rescind his in-season closure and to issue a gillnet permit for the Kenai River, NTC was not provided with a meaningful subsistence opportunity during the 2015 subsistence salmon fishing season, nor was NTC able to meet its subsistence needs, causing the tribal members and community great hardship and irreparable harm. …"

On the health side of things we are converting to a new Electronic Health Record (EHR) system. This will enhance our ability to chart efficiently and to send out more preventative care notices. We are still working on getting our new Ultrasound machine set up and are looking to get a Sonographer who will perform the readings. Don't forget that the annual Health Fair is Saturday, April 2, 2016 from 9 am to 1pm at the Ninilchik School. The theme this year is "Spring into Health". There will be lots of booths, activities and prizes. Please mark your calendars. We are also starting a Weight Reduction Assistance Program (WASP). This opportunity will provide a holistic approach to weight loss which includes dietician consultation, medication (if appropriate), personal training, medical oversight, behavior modification and metabolic testing. It is very exciting and the initial program will last six months.

We have some new employees here a NTC and I just want to recognize them in case you stop in for some coffee and see a new face. Alanna Goins is working an hour or so a day here in the Admin office as an Admin Assistant while finishing her last year of high school. Anna Eason is now in the Tribal Services Assistant position here and Eulelia Hendryx was hired as the new Secretary/Receptionist. Jennifer Gilbertson is now fulltime in the finance department. Victoria Florey was hired for the Resource Technician and comes to us with exemplary qualifications including a large skillset in archeology. In addition, we converted three contractors to employees. This included Tammy Z. and Elise S. at the Health and Wellness Club, along with Ann Mercer as a Family Nurse Practitioner at the clinic. They will perform the same duties, however, they are all now considered employees. Yeah!

The board of directors met for their monthly meeting this past February 11th. During the meeting the board heard reports from program directors, made policy amendments to the NTC policies and procedures, reviewed financials, held a community garden presentation from a local Tribal member and adopted resolutions in support of ongoing activities. The next regularly scheduled meeting is tentatively set for March 17th, 2016 at 10:00 a.m. We encourage all members to attend and also to come by and visit us as well. The coffee is always on! Thanks.

Ivan Z. Encelewski

NTC Executive Director

Housing

"
The worst bankrupt in the world is the man who has lost his enthusiasm. (H. W. Arnold)

Hello Folks,
Well summer is on the way, but before it gets here, I would like you to stop and think about how much heating your home cost you this last winter! Then stop and think about how cold your home was this last winter? Just how many cold spots and drafts did you find? How many leaky windows, doors and cold floors did you notice? Did you see any frozen condensation spots on your walls, doors, ceilings or windows? Do you think that a little insulation in the attic or maybe new windows or skirting around the home could have made a difference? Also keep in mind that homes shift in Alaska, even after being around for a long time and those shifts can cause new ways of losing heat.

If you own your own home you really should consider using this program to help with your energy saving needs. Our program is for $2,000.00 and can be used every five years. And while it might seem that $2,000.00 can't buy you much these days, we have found that with the homeowner doing their own work a lot more can get done saving on homeowners heating bills than what the homeowner thought possible. Another idea that will save you on your electrical bills that we are including within the Weatherization Program is the ability to change all or most your lights over to LED lighting. We had a family convert their home over to LED this last summer, and we were able to provide them with 90% of the lights. After putting them in and seeing how well they worked, they went out and bought what was needed to finish out the rest of the home and garage.

I always like to point out at this time of year while it's still cold out, that you conduct a Home Survey throughout your home. Write down those areas that you find and list them in the application. We will go over that list with you to help you decide what would be your best alternatives that can be done with $2,000.00. Remember with the high cost of heating, and it's not going to get any cheaper in the near future, take advantage of programs while they are still around. All Federal funding is going to make us have to make decisions on what programs we keep around. I believe that all our programs are worthwhile but the Weatherization is one that everyone should be able to utilize. Take the time to go through your home, do a survey, and then put it in for our Weatherization Program to help you out. Applications can be found on our website on the bottom of the Housing page with all the requirements for eligibility and can be located at: www.NinilchikTribe-nsn.gov.

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

Tribal Services

Early Learning Program

The NTC Early Learning Program students keep pretty busy during class time. Most students really enjoy coming to class, learning something new and even ask for homework. We have covered quite a bit of material and learned some new classroom skills, however, we are far from finished. We will continue to finish learning the alphabet and each corresponding sound for each letter. Most activities correlate with the letter of the day/week for better comprehension. I am very impressed with how quickly these students have learned the class routine. I am also very happy to announce that I have seen progress with all students, both social skills & academic skills. Keep up the great work!

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

Tribal Services Cont.

Ninilchik Traditional Council: ICWA

The mission of the Ninilchik Traditional Council ICWA Program is to protect the best interest of our Indian children and promote the stability and security of our Tribe and our Tribe's families by preventing the removal of our Indian children from their family and Tribe; and prevent the breakup of our Indian families. We endeavor to reflect the unique value of our Tribal culture and promote the stability and security of our Indian children, Indian families and Tribal community. We shall also ensure that permanent removal of an Indian child from the custody of his or her Indian parent or Indian custodial shall be only as a last resort.

The purpose of the Indian Child Welfare Act for the Ninilchik Village Tribe is to provide child and family service programs that may include, but need not be limited to:

- The operation and maintenance of facilities for counseling and treatment of Indian families and for the temporary custody of Indian children with the goal of strengthening Indian families and preventing parent-child separation;
- Family assistance, including homemaker and home counselors, protective day care and after-school care, recreational activities, respite care and employment support services with the goal of strengthening Indian families and contributing to family stability;
- Home improvement programs with the primary emphasis on preventing the removal of children due to unsafe home environments by making homes safer, but not to make extensive structural home improvements.
- The employment of professional and other trained personnel to assist the tribal court systems.

If you have questions about our Indian Child Welfare program please contact Bettyann Steciw, ICWA Specialist at 567-3313

NTC Child Care Program

When do children start experimenting with cigarette smoking, alcohol drinking and other dangerous drugs?
Studies by the American Pediatric Association indicate children ages 9 to 12, who don't have adult supervision after school and during the summer months have the biggest challenge staying safe and drug free.
The study went on to say that parents should make every effort to line up day care or supervised activities during school breaks until at least age 13, depending on the individual child's maturity. Mature 11- and 12-year-olds that have demonstrated responsibility are probably OK for an hour or two, but it's really best not to leave a child alone for longer until they're age 13. And even teens should have supervision, at least from afar.

The mission of the Ninilchik Traditional Council CCDF Program is to provide assistance to low-income families in need of childcare due to parent participation in employment, education/training, or other approved activities.

Get an early start preparing for the summer school break. We will have applications available at the NTC Health Fair on April 2nd or you can pick up an application at the NTC Administrative Building. This program allows parents to select their own child care provider.

For questions contact Bettyann Steciw at 567-3313 or bettyann@ninilchiktribe-nsn.gov

For more information about the Tribal Services please contact Bettyann Steciw at 907-567-3313 or e-mail bettyann@ninilchiktribe-nsn.gov

Niqnalchint Library & Arts

Library Updates & Events

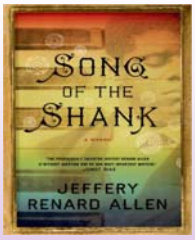
Is there something you'd like to see the tribal library have on the shelves or provide? Let us know and we can add it!

Tahyiga Book Club:

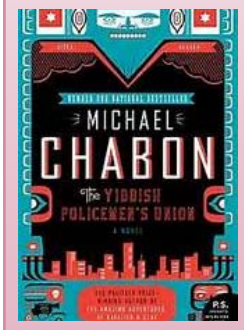
The Tahyiga Book Club meets monthly to discuss contemporary Alaskana and world literature, focusing on indigenous and cultural identity themes. If you are interested in new, engrossing novels with multicultural views please come and participate! The club meets on late month Fridays at 3:30 PM at the NTC Administration Conference Room. The next meeting will be on **Friday March 4th.** Joining the book club is free and open to the public, and signing up is easy to do. Just call or e-mail NTC for more information.

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

Book Club Selection Coming Up: April



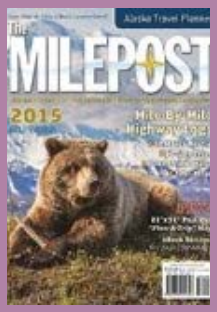
Song of the Shank
By: Jeffery Renard Allen



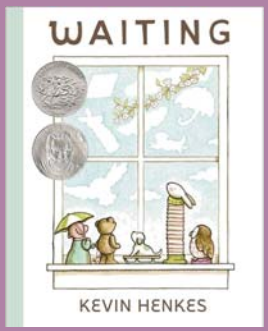
March Book Club Selection: The Yiddish Policemen's Union by Micheal Chabon

For sixty years Jewish refugees and their descendants have prospered in the Federal District of Sitka, a "temporary" safe haven created in the wake of the Holocaust and the shocking 1948 collapse of the fledgling state of Israel. The Jews of the Sitka District have created their own little world in the Alaskan panhandle, a vibrant and complex frontier city that moves to the music of Yiddish. But now the District is set to revert to Alaskan control, and their dream is coming to an end. Homicide detective Meyer Landsman of the District Police has enough problems without worrying about the upcoming Reversion. His life is a shambles, his marriage a wreck, his career a disaster. And in the cheap hotel where Landsman has washed up, someone has just committed a murder—right under his nose. When he begins to investigate the killing of his neighbor, a former chess prodigy, word comes down from on high that the case is to be dropped immediately, and Landsman finds himself contending with all the powerful forces of faith, obsession, evil, and salvation that are his heritage.

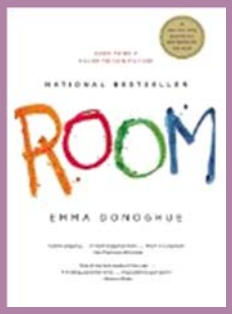
Book Spotlight: Just some of the titles in our collection:



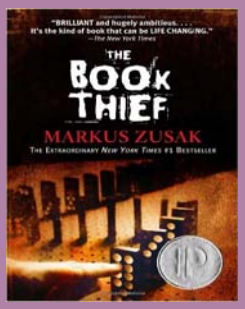
MilePost 2015
By: Kris Valencia



Waiting
By Kevin Henkes



Room
By Emma Donoghue



The Book Thief
By Markus Zusak

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

Environmental Enquirer

Septic System Guidelines

Did you know that one in four of all U.S. homes have a septic system? If you are not properly maintaining your septic system, you're not only hurting the environment, you are putting your family's health at risk – and you may be flushing thousands of dollars down the drain!

Why should you maintain your Septic System?

Saves you money **-**Regular maintenance of $300 - $500.00 every three to four years is a bargain compared to the cost of repairing or replacing a malfunctioning system, which can cost upwards of $10 -$15,000.00. The frequency of pumping required for your system depends on how many people live in your home and the size of your septic system.

Protects your property value-An unstable septic system or one in disrepair will lower your property value, not to mention pose a potentially costly legal liability.

Keeps you and your neighbors healthy - Household wastewater is loaded with disease-causing viruses and bacteria, as well as high levels of nitrogen and phosphorus. If a septic system is well-maintained and working properly, it will remove most of these pollutants. Insufficiently treated sewage from septic systems can cause groundwater contamination, which can spread disease in humans and animals.

Protects the environment - More than four billion gallons of wastewater is dispersed below the ground's surface every day! That is a lot of water! Groundwater contaminated by poorly or untreated household wastewater doesn't just pose danger to drinking water; it poses dangers to the environment. Malfunctioning septic systems release bacteria, viruses, and chemicals toxic to local waterways. When these pollutants are released into the ground, they eventually enter streams, rivers, lakes and more, harming local ecosystems by killing native plants, fish and shellfish.

Maintaining your Septic System

The Basics

Inspection and pumping
Water efficiency
Proper waste disposal
Drain field care

Failure symptoms: Mind the signs!

A foul order isn't always the first sign of a malfunctioning septic system. Call a septic professional if you notice any of the following:

- *Wastewater backing up into household drains.*
- *Pooling water or muddy soil around your septic system or in your basement or crawl space.*
- *A strong order around your septic tank and drain field*
- *Bright green grass, spongy grass on the drain field, even during dry weather.*

Mind the signs of a failing system. One call to a septic professional could save you thousands of dollars.

For more information please contact The NTC Resource & Environmental Department at 567-3815 or email darrel@ninilchiktribe-nsn.gov

NTC Community Clinic

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 nurse practitioner but also works with pediatrics.
* Ann Mercer will cover the times that the providers are out.
* Our Health Fair will be at the Ninilchik School on Saturday, April 2, 2016.
* Please feel free to fill out a Customer Satisfaction Survey after each visit and let us know how we are doing. They are available on the NTC website, via computer set up in the clinic hallway, or in paper form. These are anonymous or you can list your name. Included is a question about whether you want to receive your appointment reminders via text. If you say yes don't 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 purchased an Ultrasound machine and are hoping to begin this service sometime in March or early April.
* We will be converting over to a new Electronic Health Record and the hope is to go live by September. This should enhance our ability to chart efficiently and with ease, with a lot more options than the current one.
* As always, my door is open if you want to stop by and talk to me about anything.

Thank you, Janet Mullen, NTC THD

Don't forget the Elders Luncheon!

Elders Luncheon Dates for February & March

February 1st, 8th, 15th, 22nd & 29th

March 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

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

NTC Community Clinic

WRAP
Weight Reduction Assistance Program

The Ninilchik Traditional Council Community Clinic is designing and planning a total wellness support program or medically assisted weight loss. **WRAP**: **W**eight **R**eduction **A**ssistance **P**rogram will be a team approach and we are excited because there is no other program of its kind from Anchorage to Homer! The initial program will last 6 months and will include: medical supervision/management, along with diet suppressant medication (if appropriate), dietitian consultation and follow-up, personal trainer support/motivation, health club membership, metabolic testing, and behavior modification/support/counseling every other week. The hope is for each participant to have lifelong success. Team support will help encourage, motivate, and educate participants, support our local community and others by promoting wellness and great health. The team approach will help break through some barriers, retrain, and build up self esteem, leading to success.

Obesity is on the rise and is a national health risk, which can lead to heart disease, diabetes, back/neck problems, fatigue, knee pain, joint deterioration, increased cancer risk, organ damage, and social isolation.

There will be three different levels and prices depending on individual preference. Enrolled Tribal Members will be covered at 100% under the level two for the first 6 months. Dedication and commitment are required and expected. We plan to launch the program in April/May of 2016. If you are interested, you will need to complete a welcome packet which includes: consent form and other documents related to the program. If you have medical insurance we will bill for the first medical visit as part of your annual healthcare exam, any additional follow-up visits will be free for enrolled Tribal Members, during the first six months. If members decided they want to continue after the first six months they will be required to pay for these additional visit.

Final details of the program will be presented at the Ninilchik Community Health Fair on April 2.

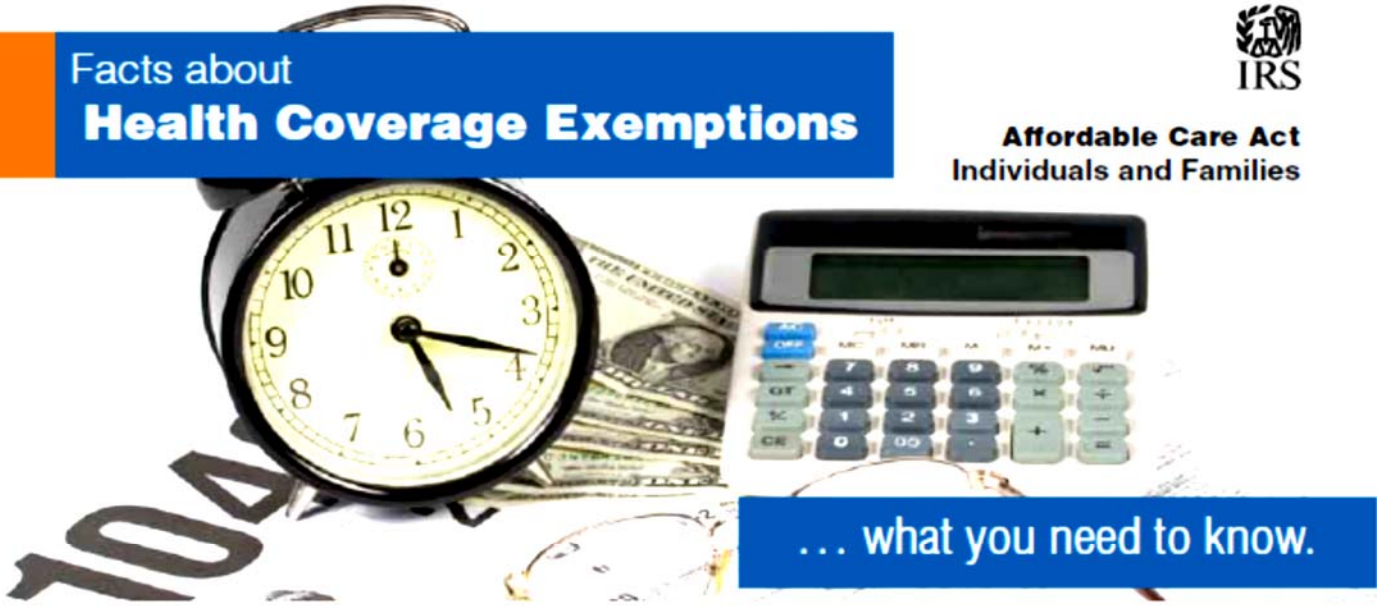
For more information about the clinic's services please call Tribal Health Director Janet Mullen at 567-3370.

NTC Community Clinic

Facts about **Health Coverage Exemptions**

IRS

Affordable Care Act
Individuals and Families



The individual shared responsibility provision of the Health Care Law requires you and each member of your family to:

- have qualifying health care coverage, also called minimum essential coverage
- qualify for a coverage exemption, or
- make a shared responsibility payment when filing your federal income tax return.

Exemptions

If you meet certain criteria, you will be exempt from the individual shared responsibility provision and will not have to obtain coverage or make a shared responsibility payment when you file your federal income tax return.

You obtain exemptions from either the Marketplace or IRS depending on the type. All exemptions are reported on the tax return, although you are automatically exempt if you don't have to file a return because your income is below your filing threshold. Here are the types of exemptions available along with information about how to obtain them:

Exemption:	Available Through:
Members of Certain Religious Sects	Marketplace
Short Coverage Gap	IRS
Certain Noncitizens	IRS
Coverage is Considered Unaffordable	IRS
Income Below the Return Filing Threshold	IRS
Members of Federally-recognized Indian Tribes	Marketplace or IRS
Members of Health Care Sharing Ministries	Marketplace or IRS
Incarceration	Marketplace or IRS
Hardships	Marketplace or IRS - depending which hardship exemption you claim

For information about exemptions and the individual shared responsibility provision, go to **IRS.gov/aca.**

Publication 5172 (Rev. 11-2015) Catalog Number 66814H Department of the Treasury Internal Revenue Service www.irs.gov

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

Behavioral Health Services & 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.

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.

For a detailed calendar of our outreach, please call Maureen Todd, 567-3370 ext 1, and she will add you to our outreach mailing list to receive our monthly newsletter and calendar.

Welcome Zoe Dixon!

For the better part of a decade, Zoë was immersed in the entertainment industry working closely with musicians, artists, producers and well-known brands and companies from all over the world. Within that role, she was granted numerous opportunities to volunteer with Arts Corps, Youth Care, YMCA/ YWCA, Fare Start, Salty Dog Rescue, Homeward Bound, KEXP, Mama's Hands and various other organizations throughout her community in and around Seattle. Zoë brings her passion for educating youth, managing not-for-profit events, projects and fundraisers to Ninilchik where she intends to create newly developed programs for teens ages 12-18. Her position will involve a new program created by AmeriCorps with support from Ninilchik Traditional Council and RurAL CAP called Resilient Alaska Youth, or "RAY", for short. The RAY program will include a wide range of events and educational activities with a focus on fine arts, crafts and Alaskan culture. Please feel free to contact Zoë with any questions or program ideas as well as if you would like to assist in teaching an activity at zoe@ninilchiktribe-nsn.gov or 907-567-3370 x8.

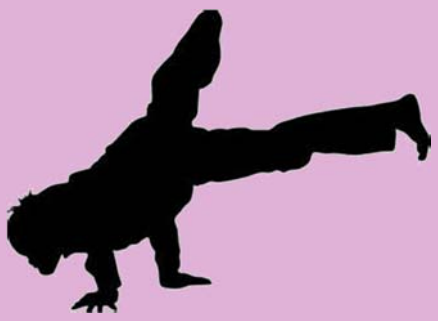
For more information about NTC's Behavioral Health Services please call 907-567-3370 or e-mail staff:
Christine Prokop, Behavioral Health Services Manager at christine@ninilchiktribe-nsn.gov
Maureen Todd, Behavioral Health Aide at mtodd@ninilchiktribe-nsn.gov

Behavioral Health Services

Native Youth Olympics

The beginning of the year for us kicked off with Native Youth Olympic competitions around South Central. At the Kenai Invitational Tournament our students represented the tribe with teamwork, leadership, athleticism, and sportsmanship. With the help of assistant coach Jesse Leman, many of our athletes placed or earned their personal best in their events. Our next tournaments include Jr State February 19th-21st and the Seward Invitational Tournament February 26th-28th. For more information please contact coach Nick Finley 907-567-3370 ext 7.

Teen Center



We host Teen Center every Friday from 3:30-8:30 pm. Junior high students are invited to stay until 6:00 pm and high schoolers are able to stay until 8:30 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.

Get Fit

The Youth Alcohol Prevention 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 from 6-8pm there is community basketball at the school. Community indoor soccer is held Tuesdays from 7-9pm and community volleyball is Thursdays from 7-9pm. These days and times are subject to change depending on the activities already taking place at the school and we recommend you call Nick to confirm the date and time if you are interested in attending.

For more information about Behavioral Health Services please call 907-567-3370 or e-mail staff:
Nick Finley Youth Outreach Coordinator at nick@ninilchiktribe-nsn.gov
Or Maureen Todd, Behavioral Health Aide at mtodd@ninilchiktribe-nsn.gov

NINILCHIK HEALTH FAIR

Saturday April 2, 2016

9am-1pm

Ninilchik School

"Spring into Health"

PRIZES
DRAWINGS
EDUCATION
COOKING DEMO
TASTING
FREE STUDENT SWIM

Low- Cost Blood Tests
(for ages 18 years and older)
Remember to Drink lots of H20
Payment by Cash, Check, Master Card or Visa
10-12 hr. fast for Comprehensive

Blood Pressure
Height/ Weight, BMI
Vision Test
Emergency Shelter Information

Free Plant Starters to all Health Fair Participants

FOR MORE INFORMATION CONTACT: PAT @ (907) 567-3370 OPTION #6

Ninilchik Health & Wellness Club

CLUB NEWS

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

50 REASONS to exercise

01. Lifts your mood
02. Improves learning abilities
03. Builds self-esteem
04. Keeps your brain fit
05. Keeps your body fit & able
06. Boosts mental health
07. Boosts your immune system
08. Reduces stress
09. Makes you feel happier
10. Has anti-ageing effects
11. Improves skin tone and colour
12. Improves sleeping patterns
13. Helps prevent strokes
14. Improves joint function
15. Improves muscle strength
16. Alleviates anxiety
17. Sharpens memory
18. Helps to control addictions
19. Boosts productivity
20. Boosts creative thinking
21. Improves body image
22. Gives you confidence
23. Helps you keep focused in life
24. Improves eating habits
25. Increases longevity
26. Strengthens your bones
27. Strengthens your heart
28. Improves posture
29. Prevents colds
30. Improves appetite
31. Improves cholesterol levels
32. Lowers risk of (certain) cancers
33. Lowers high blood pressure
34. Lowers risk of diabetes
35. Fights dementia
36. Eases back pain
37. Decreases osteoporosis risk
38. Reduces feelings of depression
39. Prevents muscle loss
40. Increases energy and endurance
41. Increases sports performance
42. Increases pain resistance
43. Improves balance and coordination
44. Improves oxygen supply to cells
45. Improves concentration
46. Helps with self-control
47. Lessens fatigue
48. Increases sex drive & satisfaction
49. Makes life more exciting
50. Improves Quality of Life

Yoga Schedule

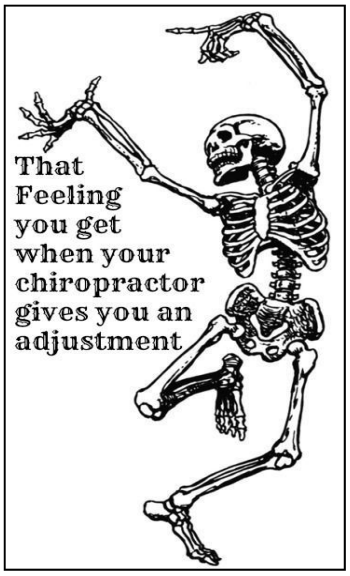
Tuesdays 5:15pm * Hatha
Wednesdays 5:15pm * Vinyasa
Thursdays 10:15am * Hatha

**Incl. in your membership & only $5 for a drop-in.*

If you think a minute goes by really fast, you've never tried planking.

Personal Training with Tammy Z
907.252.5115

Dr. Catherine Pilibos, DC, ART
——>
907.756.3312



Club Hours

Monday - Friday
7:00am - 9:00pm
Saturdays
8:00am - 3:00pm

Massage

Therapeutic massage by appt. with Elise

For more information about The Ninilchik Health and Wellness Club please contact them @ 907-567-3455 or email hwc@ninilchiktribe-nsn.gov

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Elders Lunch-eon @12:00 PM	2 Hatha Yoga @5:15 pm	3 Vinyasa Flow Yoga @ 5:15 PM	4	5	6
7	8 Elders Luncheon @12:00 PM	9	10 Vinyasa Flow Yoga @ 5:15 PM	11 **RCM @ 10:00 AM**	12	13
14 Valentine's Day	15 President's Day NTC Closed Elders Luncheon @12:00 PM	16 Hatha Yoga @ 5:15 pm	17 Vinyasa Flow Yoga @ 5:15 PM	18 Hatha Yoga @ 10:15 am	19	20
21	22 Elders Luncheon @12:00 PM	23 Hatha Yoga @ 5:15 pm	24 Vinyasa Flow Yoga @ 5:15 PM	25 NTC Offices Closed For Staff Training	26	27
28	29 Elders Luncheon @12:00 PM					

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Hatha Yoga @ 5:15 pm	2 Vinyasa Flow Yoga @ 5:15 PM	3 Hatha Yoga @ 10:15 am	4 Book Club @ 3:30	5
6	7 Elders Luncheon @12:00 PM	8 Hatha Yoga @ 5:15 pm	9 Vinyasa Flow Yoga @ 5:15 PM	10 Hatha Yoga @ 10:15 am	11	12
13	14 Elders Luncheon @12:00 PM	15 Hatha Yoga @ 5:15 pm	16 Vinyasa Flow Yoga @ 5:15 PM	17 **Regular Council Meeting @ 10 AM** Hatha Yoga @ 10:15 am	18	19
20	21 Elders Luncheon @ 12:00 PM	22 Hatha Yoga @ 5:15 pm	23 Vinyasa Flow Yoga @ 5:15 PM	24 Hatha Yoga @ 10:15 am	25	26
27	28 Elders Luncheon @12:00 PM Seward's Day NTC Offices Closed	29 Hatha Yoga @ 5:15 pm	30	31		

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

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!