



Ninilchik Traditional Council  
Newsletter August & September 2014

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### *Upcoming Closure Dates*

The NTC Offices will be CLOSED on:

◇ **Monday, September 1st**  
for Labor Day

### *Council Meeting Schedule*

The next Regular Council Meeting is scheduled for:

◇ Friday, August 8<sup>th</sup> at 10:00 AM (*Tentative*)

*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](mailto:ntc@ninilchiktribe-nsn.gov) for more information about council meetings and other administration functions.*

## Who We Are

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



Ninilchik Tribal Boundaries  
(Map is approximation)

### NTC Board of Directors

**Richard Greg Encelewski**

President

**William Dean Kvasnikoff**

Vice President

**Tammy Bear**

Secretary & Treasurer

**Whitney Schollenberg**

Director

**Kenny Odman**

Director

### NTC Executive Director

Ivan Z. Encelewski

### NTC Staff

#### Department Directors

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

#### Staff

**Krizzie Basmayor**, Health & Wellness Club Attendant  
**David Bear**, EMS Assistant  
**Shirley Chihuly**, Education Manager  
**Jenn Day**, Clinic Administration & Patient Accounts Specialist  
**Ashley Eisenman**, Health & Wellness Club Attendant  
**Caroline Finney**, Community Health Practitioner  
**Maricel Folkert**, Community Health Aide & Medical Assistant  
**Joshua Geibe**, Registered Nurse  
**Jennifer Gilbertson**, Health & Wellness Club Attendant  
**Donna Henry**, Behavioral Health Services Manager  
**Eric Hanson**, Maintenance Assistant  
**Lynn Kennedy**, Health & Wellness Club Attendant  
**Argent Kvasnikoff**, Administrative Assistant  
**Leslie McCombs**, Clinic Front Desk Receptionist  
**Jennifer Miller**, Clinic Medical Biller

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



## Executive Director's Address

*Ivan Z. Encelewski*  
*NTC Executive Director*

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

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

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

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

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

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

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

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

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

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

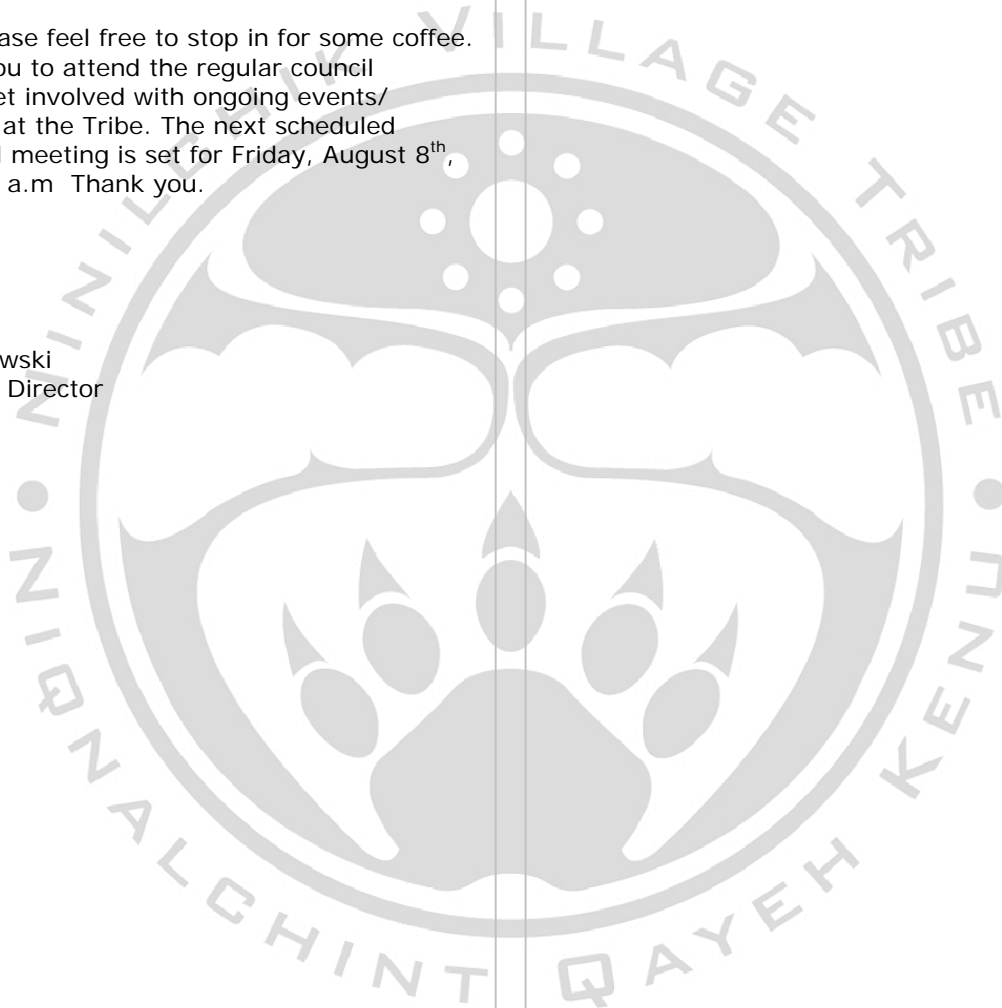
*Executive Director's Address cont.*

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

As always, please feel free to stop in for some coffee. I encourage you to attend the regular council meetings or get involved with ongoing events/activities here at the Tribe. The next scheduled regular council meeting is set for Friday, August 8<sup>th</sup>, 2014 at 10:00 a.m Thank you.

Sincerely,

Ivan Z. Encelewski  
NTC Executive Director



## Housing

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



Hello Folks,

Other than the fire we had, it's been a wonderful summer so far. I hope everyone has their gardens going and will be rewarded with a bountiful crop of goodies come this fall.

With fishing picking up, flowers are blooming and summer solstice coming up this week; winterizing your home may not be on your list of to-do at this time. Fall is not the time to start weatherizing, trust me, if the weather turns cool while you are trying to put caulking or spray foam on the home, it will not cure properly at any temp below 45 degrees. I tried spraying foam at 40 degrees once. It ran like melted ice cream all over the logs on my home. When I tried to wipe it off, it only smeared. In the end, the next summer, it had to be sanded off to get rid of it. A lot of extra work just because I didn't take advantage of the summer months.

With the high cost of fuel oil and electricity that I have seen so far this summer, I can just imagine what it will be this next winter. The Weatherization Program could help you out with up to \$2,000 in materials. We have also established this program for you, the homeowner to get the most dollars out of it. First, we determine your eligibility for the program. After finding you eligible, you would determine what materials are needed most for your home. You would give us your list of materials, which we would then purchase up to \$2,000 of those materials on your list, you would then install yourself or with the help of a friend. For people that have taken advantage of the Weatherization Program in the

past, if it has been five years or longer, you are eligible to re-apply for more weatherizing help. So do yourself and your wallet a favor, come by and pick up an application or download the application from the NTC Housing web page and cut your heating cost this next winter.

If you need more than weatherization, we do have the Rehabilitation Program. This is a once in a lifetime program that can put up to \$30,000 of help into your home. After being found eligible, you will tell us the kind of work you want done. We would next conduct an Environmental Review (ER). Upon completion of the ER, we would put the project out for bid. The awarded contractor would then conduct the work, leaving you with a more comfortable home to live in. If interested applications can be found here at the office or downloaded from the NTC Housing web page.

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

You're Housing Department Director,  
Bob

*If you are interested in any of the NTC Housing programs you can view the applications online at [ninilchiktribe-nsn.gov](http://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](mailto:bob@ninilchiktribe-nsn.gov)*



## Tribal Services

### summer Youth Activities

NTC's Tribal Services Department will be offering youth activities throughout the summer. All NTC tribal members and Alaska Native/ American Indian youth ages 6-18 are eligible to register for the following activities, however there is a specific age requirement on the rafting trip. Please contact the Tribal Services Department (located at the NTC Administrative Office) for applications or additional information. 567-3313



### Fish Camp



Session 1: June 23-25th 10-4 pm

Session 2: July 23rd & 24th 10-4 pm

Drop off & pick up @ Subsistence Building, lunch will be provided



### Rafting Adventure

July 1st ~  
Cooper Landing Rafting Trip  
Meet @ NTC Subsistence Building 9 a.m.

**\* Ages 8-18– Maximum number of students 20**

- **Students need to be registered before June 13th deadline**
- **Please bring a sack lunch**



### Hiking Excursions



August 4th ~ Homer Nature Trail Hike  
Meet 10 a.m. @ NTC Subsistence Building  
**Please Bring Sack Lunch**

August 6th ~ Ninilchik Nature Outing  
End of the season day hike & picnic  
10-4pm



### Pottery Classes



June 16th & 17th ~  
NTC Subsistence Building 10-4 pm

July 7th & 8th ~  
NTC Subsistence Building 10-4 pm

For more information about the Early Learning Program please contact Christina Pinnow at 907-567-3313 or e-mail [chris@ninilchiktribe-nsn.gov](mailto:chris@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!*



### Niqnalchint Creative Writing

If you are a beginner interested in writing, whether it's stories, poetry, or even writing for information, join a meeting of our creative writing group to learn about different skills and inspirations to get you started! The group is led by local educator and writer Jamie Leman and meets semi-monthly in the NTC Administration Conference Room. At each meeting the group learns about a writing topic and begins a related activity in a fun and cooperative class style setting.

**Creative writing group meetings have been postponed for the summer. Keeping A daily journal is a great way to stay 'in the writing groove' then you can share your stories and poetry when we resume in the fall.**

### 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 August 29th**. 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.

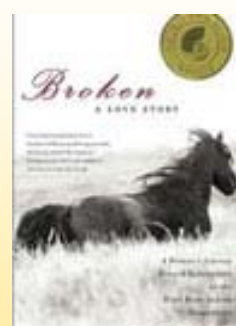
### Book Club Selections Coming Up:

#### August Selection



The Accordionist's  
Son  
By Bernardo Atxaga

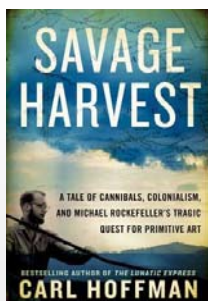
#### September Selection



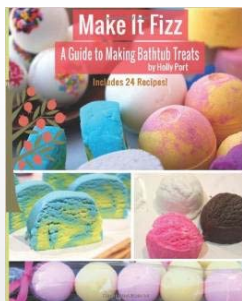
Broken  
A Love Story  
By Lisa Jones

*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.*

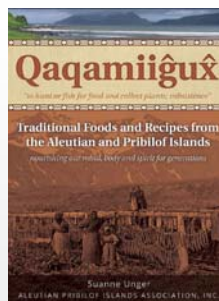
### New Book Spotlight: Just some of the new titles in our collection:



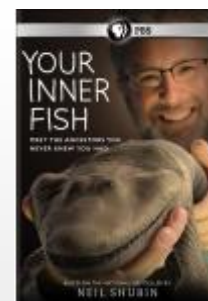
Carl Hoffman - 2014



Holly Port - 2014



Suanne Unger - 2014



PBS DVD - 2014

*For more information about the Niqnalchint Library or other arts and culture activities please contact the NTC Administrative Office by phone at 567-3313, or by e-mail to [ntc@ninilchiktribe-nsn.gov](mailto:ntc@ninilchiktribe-nsn.gov)*



## Resource and Environmental Department

### Environmental Enquirer

#### *Importance of Salt Water Marshes*

Submitted by: Gina Wiste, Environmental Technician



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

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

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

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

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

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



## NTC Community Clinic

### TRIBAL HEALTH DIRECTOR'S REPORT

- ❖ For those of you who have internet access at home, you can access your patient information (insurance, demographics, clinical summaries, medications, diagnosis, etc.) through a patient portal. Please ask for your patient portal access information, at your next clinic visit, or call and Leslie can give this information to you.
- ❖ There will be a medical student visiting us from Australia, August 14<sup>th</sup>, to observe how we use telemedicine.
- ❖ There will also be a student Physician's Assistant completing a rotation here 7/14/14-8/8/14, a medical student from 8/11/14-9/12/14. They will be working with your provider's, during patient visits with your permission of course.
- ❖ We have staff meetings every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday from 9a-11a, and are closed during this time. However, we will see emergencies during this time.
- ❖ We have a new treatment offered Cold Laser Therapy, which is used for the treatment of back, neck, knee, arm and other pain related sites. It may require several visits before seeing diminished pain results. As with any treatment this may or may not work/be appropriate for you. If you are experiencing aches and pains and think that this might be something that would be beneficial, you may call for an appointment with Dr. Spencer.
- ❖ **Please make sure that you check with the clinic about our ER policy, as not all ER visits will be covered. Please refer to the January newsletter or stop by for our policy requirements. You will also find the policy on the NTC website, under departments/Health/Ninilchik Community Clinic.**
- ❖ As always my door is 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.

**Thank you, Janet Mullen, NTC THD**

### **Recipe from the American Diabetes Association: Grilled Lime Chicken Fajitas**

This Recipe Serves 10

#### **Ingredients**

##### **Marinade**

- 1 large lime, juiced
- 1 teaspoon lime zest
- 1 tablespoon honey
- 2 tablespoons fresh cilantro, chopped
- ½ teaspoon cumin
- 1 teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper

##### **Fajitas**

- 2 green bell peppers, seeded and sliced into strips
- 1 large onion, sliced into strips
- 1 ¼ pounds chicken breast tenderloins
- 10 (6-inch) corn tortillas (or low-carb tortillas)
- 10 tablespoons salsa

#### **Instructions**

In a medium bowl, mix together the marinade ingredients. Add the chicken breast tenderloins and marinate in the refrigerator for 20-60 minutes. Preheat a grill to medium heat. Place the onions and green peppers in a grill basket. Grill the vegetables in the basket, stirring occasionally, about 15-20 minutes until slightly charred. Add the chicken directly to the grill and cook 10-12 minutes, until done, turning once. Divide the chicken, green peppers and onions evenly among 10 tortillas. Top each fajita with 1 tablespoon salsa.

#### **Nutritional Facts**

##### **Serving Size: 1 fajita**

Calories 150	Sugar 4g
Carbohydrate 19g	Dietary Fiber 3g
Protein 14g	Cholesterol 35 mg
Fat 2.0g	Sodium 125 mg
Saturated Fat 0.5g	Potassium 285 m



NTC Community Clinic

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

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

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

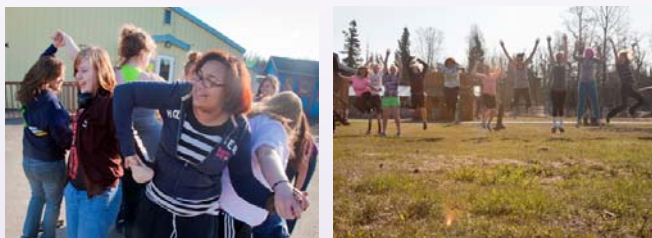
## NTC Community Outreach, Behavioral Health

### Youth Alcohol Prevention News Letter

#### Behavioral Health Services

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

#### The NOISE Makers Youth Coalition



The Youth Coalition began the summer helping with the elder's net at the end of May where Tiffany educated youth on the traditional subsistence way of life in Ninilchik and we caught 3 kings for the Elder's Outreach Program. In June the NOIE Makers went on a retreat where they perfected their teamwork skills while setting up 2, 10 man tents in the pouring rain. On July 11<sup>th</sup> we are signed up to help with the Educational Fishing Net and spend the night camping in Ninilchik View Campground



#### Community Garden

The community garden is full! The NOISE Makers have two strawberry patches that are struggling, but have been an excuse to host bbq's and game days for the teens while we weed and water our section of the garden.



#### Outreach

On May 9<sup>th</sup> and 10<sup>th</sup> the Ninilchik Teen Center hosted a young women's overnight retreat with 14 teens in attendance. Youth learned about exercise, nutrition, healthy relationships, healthy body image, and decision making.

In correlation with Prom on Saturday, May 17 we held an after prom lock-in at the school where 79% of the students who attended prom joined in our after party (25 students). This event was planned with the purpose of providing students with healthy, fun, substance free activities. Teens were required to take a Breathalyzer and were provided educational information on substance use and the effects it can have on the mind and body.

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



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](mailto:dhenry@ninilchiktribe-nsn.gov)  
Maureen Todd, Behavioral Health Aide at [mtodd@ninilchiktribe-nsn.gov](mailto:mtodd@ninilchiktribe-nsn.gov)



## *NTC Community Outreach, Elders Outreach Program*

### ***Ninilchik Elders Outreach Program Mission***

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

### ***Elders Luncheon Dates for June & July***

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

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



### **Elders Outreach Fishing for 2014.**

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

July 8<sup>th</sup> : Tide @ 12:57pm

July 11<sup>th</sup> : Tide @ 3:35pm

July 15<sup>th</sup> : Tide @ 6:30pm

August 5<sup>th</sup> : Tide @ 11:11am

August 12<sup>th</sup> : Tide @ 5:19pm

August 14<sup>th</sup> : Tide @ 6:42pm

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

Please feel free to contact Tiffany Stonecipher @

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

Office: 907-567-3370 ext. 2  
Cell: 907-953-0273  
E-Mail: [tiffany@ninilchiktribe-nsn.gov](mailto:tiffany@ninilchiktribe-nsn.gov)

**Thank You!**



*Tiffany Stonecipher  
Elders Outreach Program Coordinator*

*Ninilchik Health & Wellness Club*

# CLUB *news*

## Summer Happenings

- ♦ Elise will not be having yoga classes from July 1st through mid-August. We may be lucky enough to have a guest instructor teach some classes this summer. Keep your eyes open for summer schedules. Elise will resume classes in late August.
- ♦ Tammy Z. is available for Personal Training sessions! Now is the perfect time to get healthy. Call Tammy to book a session at only \$45 an hour. 907-252-5115
- ♦ We are training for another Half Marathon. Tammy has graciously put together a beginners half marathon training program for this summer to get you ready to walk (or run) a 13.1 mile race this September! We meet every Saturday at 10am at the Club for a group walk/run. Everyone is welcome to join and go at their own pace. The Kenai River Half Marathon is on September 28th, and we will all sign up individually and go at our own pace. Stop by the Club for more information. Club membership is not required.
- ♦ Come check out our two brand new Life Fitness treadmills! We are selling two of our Landice L7 commercial-grade treadmills to make room for our new ones. Call for more information.



**You never know  
who you'll see  
while working  
out at the Club**

**Monday - Friday  
7am - 9pm  
Saturdays  
8am - 3pm**

**15930 Ski Hill Cir.  
907.567.3455  
hwc@ninilchiktribe-  
nsn.gov**

## June 2014 Dates & Events

**Sun Mon Tue Wed Thu Fri Sat**

1	2 Elders Luncheon 12:00 PM	3 Hatha Yoga 5:15—6:30 PM	4	5 Hatha Yoga 5:15—6:30 PM	6	7
8	9 Elders Luncheon 12:00 PM	10 Hatha Yoga 5:15—6:30 PM	11	12 Hatha Yoga 5:15—6:30 PM	13	14
15	16 Elders Luncheon 12:00 PM TS-Youth Pottery Class	17 Hatha Yoga 5:15—6:30 PM TS-Youth Pottery Class	18	19 Hatha Yoga 5:15—6:30 PM	20 Regular Council Meeting 10:00 AM Book Club 3:30 PM	21
22	23 Elders Luncheon 12:00 PM TS-Youth Fish Camp	24 Hatha Yoga 5:15—6:30 PM TS-Youth Fish Camp	25 TS-Youth Fish Camp	26 Hatha Yoga 5:15—6:30 PM	27	28
29	30 Elders Luncheon 12:00 PM					





## July 2014 Dates & Events

Sat

Fri

Thu

Wed

Tue

Mon

Sun

5



3

2

1  
TS-Youth Rafting  
Trip

1

12

11

10

9

8

7  
Elders Luncheon  
12:00 PM  
TS-Youth Pottery  
Class

6

19

18

17

16

15

14  
Elders Luncheon  
12:00 PM

13

26

25

24

TS-Youth Fish  
Camp

23

22

21  
Elders Luncheon  
12:00 PM

20

31

30

29

28

27  
Elders Luncheon  
12:00 PM

27



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



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 Argent Kvasnikoff at the NTC Admin Office front desk.
- Please call (907)-567-3313 to speak to either Christina or Argent to make sure we can stay in touch. Thank you!