



Ninilchik Traditional Council
December 2016 & January 2017

Who We Are	Page 3
Executive Director's Address	Pages 4-5
Tribal Services Department	Pages 6-8
2016 Annual Election Results	Page 9
NTC Community Clinic	Pages 10-11
Housing Department	Page 12
Niqnalchint Library & Arts	Page 13
Behavioral Health Services	Page 14
Ninilchik Health & Wellness Club	Page 15
Remembering Our Loved Ones	Pages 16-17
Event Calendars: December 2016 & January 2017	Pages 18-19

Upcoming Closure Dates

NTC Offices will be closed on: Friday, December 23rd & Monday, December 26th for Christmas, Monday, January 2nd for New Years, & Monday, January 16th for Martin Luther King, Jr. Day

Council Meeting Schedule:

The next regular council meeting is scheduled for:
Thursday, December 15th at 10:00 am

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

There are

THREE \$100.00 DOOR PRIZE DRAWINGS

for visiting tribal members at each meeting!

Who We Are

The Ninilchik Village Tribe is made up of approximately 900 Members who trace their roots to the Ninilchik tribal lands as well as other Bureau of Indian Affairs-recognized Alaskan Natives and American Indians who have settled in the tribal boundaries and have applied, and been accepted for membership. The governing body of the Ninilchik Village Tribe, the Ninilchik Traditional Council, is presided over by a board of directors of 5 council members elected by the voting tribal membership to 3 year terms. The council directs executive staff using the Ninilchik Village Tribe's Organic Documents, which are set by the voting tribal membership to exercise tribal operations and tribal sovereignty, as guidelines.

NTC Board of Directors

Richard Greg Encelewski President & Chairman	William Dean Kvasnikoff Vice President	Whitney Schollenberg Secretary & Treasurer	Jamie Leman Director	Kenny Odman Director
--	--	--	--------------------------------	--------------------------------

Ivan Z. Encelewski
NTC Executive Director

NTC Department Directors

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

NTC Staff

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

The Cheeky Moose

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

Executive Director's Address

**Dear Tribal Members:**

I continue to be profoundly grateful for the opportunity to serve as your Executive Director. It is exciting to report that we once again had another fantastic and tremendously productive year. As always, this would not be possible without the incredible work of the Ninilchik Traditional Council (NTC) board members, staff, elders, Tribal members and volunteers. Thank you!

During the past year we achieved several significant goals which included ongoing program growth, achievement of subsistence gillnetting in the Kenai River, fulfillment of a modernized community center, and the receipt of new contracts and grants. As an example of new funding, we received a million-dollar five year grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) for outreach education, mentoring and suicide prevention. A big shout out goes to Maureen Todd and all the NTC staff who made this possible. In addition, we received a \$300,000 Federal Transit Authority grant in order to establish a community transit system between Ninilchik and Soldotna/Homer. The Tribe has also received a new Forestry contract, Bureau of Indian Affairs (BIA) Natural Resource monies, and several smaller private foundation grants and awards.

Along these lines, we continue to increase our assets, due in part through the receipt of our Contract Support Cost (CSC) claims with the Indian Health Service (IHS) and BIA. Fiscal year 2016 saw the drawing down of unrestricted funds due primarily to the efforts of finishing the community center and attainment of subsistence rights, however, with the receipt of our BIA CSC settlement in 2017, the potential return of legal funds from our subsistence lawsuit, 3rd Party revenues which are continually on the rise, and new grants that are starting in 2017, we will replenish this area. The NTC fiscal year 2015 annual audit report was once again submitted early, with no findings or questioned costs. This is the eighth consecutive year of clean audit reports and the sixth consecutive year as a low-risk auditee. I can't stress enough how much we appreciate and recognize Maria and our topnotch Finance department. They are absolutely amazing!

On the direct medical care side of things, we maintained our two Doctors onsite, Dr. Spencer and Dr. Downey. In addition to Carrie Warren, we now have another Family Nurse Practitioner working at the clinic, Lisa Zatz. Community Health Practitioner (CHP), Caroline Finney, recertified this year as a CHP and continues to provide excellent care. Dr. Spencer has added Addiction Medicine services and is offering Suboxone treatment for substance abuse. Along with the recent equipment upgrades these past few years, we were able to expand services. This includes the new in-house capabilities of the ultrasound machine. We updated our Electronic Health Records (EHR) software, going live on September 26th, which in turn provides better tracking and assistance to the medical providers in order to increase the level of care. The clinic also went live with the new Health Information Exchange (HIE) system which will provide more access to patient records in order to increase medical care at other facilities and providers, when necessary.

The Behavioral Health Services (BHS) programs continue to grow. Christine Prokop, BHS Manager, recertified our program through the Commission on Accreditation of Rehabilitation Facilities (CARF) for three years. We are continuing to encourage behavioral health integration with clinical medical care. I mentioned the tremendous new grant funding and we are adding another member to the team in Annette Hubbard, who will serve as a Behavioral Health Aide. On another exciting note, we started a Sustainable Community Garden behind the clinic, which allows for harvesting garden products for Elders and community members, in addition to providing seeds to start other gardens in the area. A huge thank you goes out to Shawn and Luna Jackinsky for all their volunteer work and dedication to the project.

Executive Director's Address

As always, a big part of our health and outreach operations include the Elders Outreach Program and the Health and Wellness Club. Tiffany deserves a huge thank you for coordinating and designing the Community Center. She put in a great deal of work and effort! This past year is no different in that not only do these services impact and provide a positive benefit to the community and our people, they have grown in outreach and effectiveness. I always encourage members to utilize our club which offers so many services from health challenges to personal training, chiropractic care and yoga. This also includes our new medically supervised weight reduction program known as WRAP.

The Housing Department worked very hard on new construction in order to expend the carryover funds from prior grants. We finished two new homes last year, completing them at the beginning of fiscal year 2016. Tovarish Manor continues at full capacity and we strive to maintain excellent low-income senior housing for Ninilchik. We just finished the major rehabilitation of a previously purchased house in the Homer area. The young family moved in right at the end of September. The 2017 Indian Housing Plan has been approved and NTC will be cleaning up another house this summer that we previously built, as the homeowner moved out, allowing another new family to get a fresh place of their own. At this time, we are also in the middle of construction with our newest home here in Ninilchik, which should be finished in February.

Our Resource/Environmental Department was extremely busy with subsistence fishing this summer. They actively fished in the Kenai and Kasilof Rivers with a gillnet. In the Kenai gillnet alone they harvested 723 Sockeye in 16 days. When you put this in the context of our educational fishery, which only harvested 319 Sockeye all year, and the fact that that the educational fishery allows two Ninilchik nets and one Kasilof net, it's a big deal. The department also added new staff members with backgrounds in biology and archeology, and brought in several new grants, including Forestry, Natural Resources, and Federal Transit Administration monies. We were also able to sign a new Resource Management Agreement with Ninilchik Native Association, Inc. (NNAI) and multiple agreements with Cook Inlet Region, Inc. (CIRI) regarding moose hunting and managing the kids' camp. Another new collaborative effort with NNAI will allow culvert repair in order to enhance fish passage on anadromous streams on NNAI land.

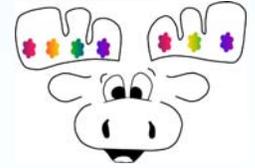
The Tribal Services Department continued their profound services this past year. The Early Learning Program is going strong and is beginning their new school year. We now have Michael Pinnow and Jamie Oskolkoff helping at the classroom. Christina held multiple activities this summer and she continues the tradition of bringing tremendous educational, social service, tribal operations, childcare, and Indian Child Welfare Act programs to the membership.

On the administrative side of things, we continued our strong support to the departments and staff. Part of my work includes traveling, attending meetings, and performing financial and human resource services for the organization. Recently I was appointed to the Alaska Native Justice Center board and I continue to serve on the Cook Inlet Tribal Council board. I will also be serving on a committee to review U.S. Fish & Wildlife Service Tribal Consultation Policy. As is customary, Shelley did another great job this year on the educational fishery front. All of our staff are simply amazing!

In closing, I once again look forward to another positive year. I am continually grateful for the opportunity to serve you, and am wholeheartedly proud of the job the Tribe does. If there is anything that you would like to talk about, please let me know. Thank you.

Ivan Z. Encelewski
NTC Executive Director





Early Learning Program

Classes started October 4th. Students have already learned the routine and are now learning to recognize their names, colors, letters and numbers. Many other classroom skills are taught throughout the year such as sharing, manners, lining up, taking turns and participating in group activities.



Thank you Chef Tiffany!



"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning."
—Mr. Rogers



Preschool Swim



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

For more information about NTC's Tribal Services please contact Christina Pinnow at 567-3313
Or e-mail chris@ninilchiktribe-nsn.gov

Tribal Services Department

Placement of Indian children-You can make a difference in a child's life!**Foster care or pre-adoptive placements; criteria; preferences**

Any child accepted for foster care or pre-adoptive placement shall be placed in the least restrictive setting which most approximates a family and in which his special needs, if any, may be met. The child shall also be placed within reasonable proximity to his or her home, taking into account any special needs of the child. In any foster care or pre-adoptive placement, a preference shall be given, in the absence of good cause to the contrary, to a placement with—

- (1) a member of the Indian child's extended family;
- (2) a foster home licensed, approved, or specified by the Indian child's tribe;

“There is no resource more vital to the continued existence and integrity of Indian tribes than their children.”

You don't have to have a big house, a fancy car or lots of money to be a foster parent. What you need is a home. What you need is a heart that can open to a child who needs you. Won't you become a foster parent today?



Childcare Assistance Program
Interested in becoming a child care provider
or in need of child care... Call us today!



Leaving your child in the hands of someone else can be stressful as well as emotional, but if you plan to work during the day you'll need a trusted childcare provider.

Many parents question the value of child care. Most children benefit from child care. Studies have demonstrated that children that have childcare providers are more prepared for school. If your child has been at home with you day in and day out for five years and then all of a sudden has to go to kindergarten for an entire day you will probably be met with some resistance. However, if you begin sending your child to daycare then he will soon become accustomed to spending most of the day away from you and will really enjoy having his own friends. He will love coming home and sharing his day with you and telling you all about his new friends and activities. For this to be effective you can simply send your child to daycare two or three times per week. This is a nice break for the stay at home parent who could probably use some down time and is a great way to prepare the child for kindergarten.

For children approaching their teens, the Tweens, having a childcare provider will keep them engaged in healthy activities, exercise and providers will supply nourishing meals instead of junk food. Younger children won't be influenced by older teens.

Please check out Niniłchik Tribe's Child Care Program, Child Care Assistance is available to eligible families through the NTC Child Care Development Fund. Find out if you qualify, contact NTC's Tribal Services Department.



NTC's Tribal Services Department has partnered with the Ninilchik School to provide a parenting education program to the 9th grade health class. Classes begin the week of the 5th & the 12th of December. The Baby Think It Over Program is a wonderful parenting opportunity that will increase participants awareness about issues related to the parenting of an infant.

The core of the Program is a parenting simulation using Real Care Baby. The parenting simulation is designed to help young adults understand three important facts about infants:

- 1) Infants demands are unpredictable and must be met promptly.
- 2) Infants require a great deal of time and attention.
- 3) Infants change a parents life profoundly. The program helps young adults explore the emotional, social, and financial consequences of parenthood.



Students already receiving Higher Education Grant funds must provide copies of their transcripts at the end of each semester.

New Higher Education Grant Applications for the upcoming Spring Semester must be received by the Ninilchik Traditional Council on or before December 10th.

Mail, hand deliver, or fax your forms to:

The Ninilchik Traditional Council, Tribal Services Department

P.O. Box 39444, Ninilchik, AK 99639,

Phone: (907) 567-3313, Facsimile: (907) 567-3308,

E-mail: chris@nirilchiktribe-nsn.gov Web Site: www.nirilchiktribe-nsn.gov

Tribal Services Department



Ninilchik Traditional Council

P.O. Box 39070
 Ninilchik, Alaska 99639
 Ph: 907 567-3313 / Fx: 907 567-3308
 E-mail: chris@ninilchiktribe-nsn.gov
 Web Site: www.ninilchiktribe-nsn.gov

**NINILCHIK TRADITIONAL COUNCIL
 NOVEMBER 14, 2016 NTC ANNUAL ELECTION
 PRELIMINARY CERTIFICATION OF ELECTION RESULTS**

NUMBER OF REGISTERED VOTERS	<u>109</u>
**NUMBER OF <u>VALID</u> BALLOTS RETURNED	<u>58</u>
NUMBER OF BALLOTS NULLIFIED/INVALIDATED	<u>1</u>
NUMBER OF BALLOTS RETURNED UNDELIVERABLE	<u>1</u>

58 TOTAL # OF BALLOTS RETURNED

Election Results (Number Of Valid Votes For Each Candidate):

Ninilchik Traditional Council Seat:

Kenneth Odman	<u>36</u>
Whitney Schollenberg	<u>55</u>

CERTIFIED BY THE NTC ELECTION COMMITTEE ON NOVEMBER 14, 2016:

Robert Welch
Robert Welch - NTC Election Committee

John McCombs
John McCombs - NTC Election Committee

Becky Hamilton
Becky Hamilton - NTC Election Committee

Posted at NTC Office 11/15/16, Copy to NTC If no contest to the election is filed, this shall be the final certification of results of the November 14, 2016 NTC Election.

Collecting Accurate Cancer Data

To improve the quality of cancer statistics for American Indians and Alaska Natives (AI/AN), CDC's Division of Cancer Prevention and Control (DCPC) linked death records from state vital statistic systems and cancer incidence (new cases of cancer) records from state cancer registries with Indian Health Service registration data to identify AI/AN people correctly. Many times, they are incorrectly reported as being members of other racial groups.

Cancer Among American Indians and Alaska Natives

AI/AN in the United States have unique cancer patterns due to their history and culture, where they live and how they get health care. Many AI/ANs live on reservation lands or in remote rural areas, and their primary health care is provided by a tribally operated health program or the Indian Health Service. Rural and urban AI/ANs have more poverty, lower levels of education, and poorer housing conditions than the general U.S. population.

To improve the quality of cancer statistics for AI/AN people, death records and cancer incidence (new cases of cancer) records from state cancer registries were linked with Indian Health Service registration data to identify AI/AN people correctly; many times, they are incorrectly reported as being members of other racial groups. Studies show that nearly 30% of people who identify themselves as AI/AN when living are classified as another race at the time of death. Being able to connect cancer registry and death reports to people's actual AI/AN status is called *linkage*. These linkages resulted in the most reliable data to date on cancer incidence and death among AI/AN People, and were used for a 2014 special collection of papers that was published in the *American Journal of Public Health*.

Results showed that over the last 20 years, cancer death rates fell more quickly among white people than among AI/AN people. From 2001 to 2009, death rates for all cancers combined went down for white men and women, but went up for AI/AN men and women. In addition, white people lived longer than AI/AN people after being diagnosed with nearly all types of cancer. These differences, called *disparities*, were different by region and type of cancer. Most likely, these differences are related to social, behavioral, and environmental factors that put people at greater risk of cancer, and lack of access to quality health services for cancer screening, diagnosis, and treatment for those with cancer.

Cancer Deaths By Geographic Region and Cause of Cancer Deaths

From 2001-2009, death rates per 100,000 people for all cancer sites combined had significant differences by region for AI/ANs, but not nearly as much for white people.

For all areas combined, the five most common causes of cancer deaths among AI/AN men were lung, colon and rectum, prostate, liver, and kidney. The five most common causes of cancer death among AI/AN women were lung, breast, colon and rectum, pancreas, and ovary.

The relative ranking of cancer causes of death varied by region. The differences in death rates between AI/AN people and white people for several types of cancer were described in detail in separate papers.

(see citations next page).

(taken from: www.cdc.gov/cancer/healthdisparities/what_cdc_is_doing/aian.htm)

NTC Community Clinic

Some notable findings-

- Death rates for gallbladder, stomach, liver, and kidney cancers were higher among AI/AN people than white people in all six geographic regions, although some elevations did not reach statistical significance in all regions.
- Death rates for gallbladder cancer were much higher for AI/AN women in the Southwest region, where the rate was more than eight times the rate for white women.
- Death rates for liver and kidney cancers among AI/AN men and women were more than double the rates for white men and women in most regions.
- Death rates for brain cancer among AI/AN people were lower than those for white people across all regions except the Southern Plains, and death rates also were lower for urinary bladder cancers among AI/AN men than white men in most regions.
- In Alaska, death rates were higher among AI/AN men and women for cancers of the lung, colon and rectum, and among AI/AN men for cancer of the esophagus compared with white men and women.
- In both the Northern and Southern Plains regions, death rates for AI/AN men were higher than white men for cancers of the lung, colon and rectum, prostate, and larynx. AI/AN women in both regions also had significantly higher rates of lung, colon and rectum, and cervical cancers.
- In the Southwest region, AI/AN people had lower death rates than white people for lung, colon and rectum, brain, esophagus (male), bladder (male), and female breast cancers, but higher death rates than white people for cervical cancers and myeloma.
- In the East region, death rates among AI/AN women were significantly higher than those among white women for cancer of the colon and rectum, but significantly lower for cancers of the breast, lung, and ovary, whereas AI/AN men had lower rates than those for white men for cancers of the lung, pancreas, esophagus, and myeloid or monocytic leukemia.
- In the Pacific Coast region, rates for AI/AN people were higher than those for white people for colorectal cancer, and higher among AI/AN women for pancreatic cancer.

Trends

Overall cancer death rates went up among AI/AN men and women from 1990-2009, while overall cancer death rates went down among white men during this time, and among white women from 1993-1998 and 2001-2009. Compared with white people, deaths for all cancers combined among AI/AN people were lower from 1990-1998 but higher from 1999-2009.

Cancer Incidence

The relative ranking of cancer types varied by region. The differences in cancer incidence between AI/AN people and white people for several types of cancer were described in detail in separate papers.

For all areas combined, the five most common types of cancers among AI/AN men were prostate, lung, colon and rectum, kidney, and urinary bladder. The five most common types of cancer among AI/AN women were breast, lung, colon and rectum, uterus, and kidney.

From 1999-2009, the incidence rates per 100,000 people for all cancers combined showed a geographic pattern similar to death rates.

Answering Frequently Asked Questions

Native Americans and Alaska Natives get most kinds of cancer at lower rates than white people.

But rates of stomach, liver, cervix, kidney, and gallbladder cancers are higher among these groups.:

Housing Department

"If you're willing to meet me halfway and challenge yourself...
you've got the power to change your life."

Dwayne Johnson



Hello Folks,

I hope everyone of you have been staying warm with this chilly start to the winter we have been having. This is a good reason to tell you about the programs available that are related to the cold.

We have the 2017 State of Alaska's "Heating Assistance" applications here at the office if 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 per month household income limits per household Size (HS) are: HS 1. = \$1,855, HS 2. = \$2,502, HS 3. = \$3,150, HS 4. = \$3,797, HS 5. = \$4,445, HS 6. = \$5,092. If you fall within these income limits and would like an application, please feel free to come by and pick one up.

Our Weatherization Program provides energy efficient Light Emitting Diodes (LED) lighting to trade out with your current lights. LED lights will save you money every month on your electrical bill by using anywhere from 1/3 to 1/2 the wattage that conventional lights use. Even compact florescent bulbs cost you more than LED bulbs do. It's funny, but with almost all appliances being built to energy efficient standards, your lights are the number one waste of electricity in the home. With the advancements LED lighting has, it is a shame not to be taking advantage of the energy savings that these lights provide.

Most LED light fixtures are self-contained units. You just take your current fixture down and replace it with the LED fixture. Any fixtures that you would rather hold onto can use the LED bulbs that screw directly into your existing fixtures. This new technology is really starting to take off. Since we have higher energy costs than most of the United States, we really should implement anything and everything to cut energy costs in our homes. The only downside to LED lighting is they are expensive to buy, but even that is quickly changing with the advancements being made and the popularity among homeowners that are starting to implement this lighting. Our Weatherization Program provides this great opportunity to get these lights into your home. If this sounds like something you are interested in, you can obtain a Weatherization application on our website under the Housing webpage or here at the office.

I want to wish you and your families a wonderful and safe Merry Christmas and a Happy New Year.

Bob

Niqnalchint Library & Arts

Library Updates/Events

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

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

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

Tahyiga Book Club

The Tahyiga Book Club meets monthly to discuss contemporary Alaskan and world literature, focusing on indigenous and cultural identity themes. If you are interested in new, engrossing novels with multicultural views please come and participate! The club will meet on Fridays at 3:30 PM at the NTC Administration Conference Room. Joining the book club is free and open to the public. Signing up is easy. Just call or e-mail. (contact information at bottom of page)

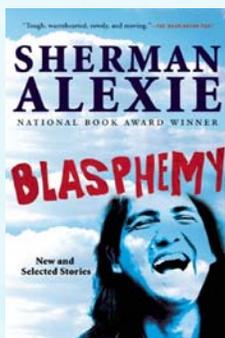
January Book Club Selection

“A School Teacher In Old Alaska” The Story of Hannah Breece, Edited by Jane Jacobs

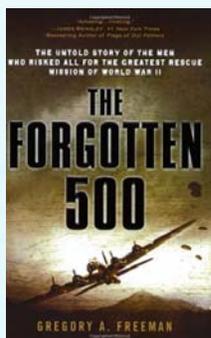
Next book club meeting: Friday, January 6th, 2017 at 3:30 PM

Book Spotlight

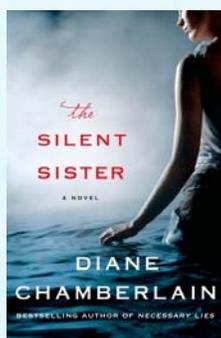
Here are some titles from our collection



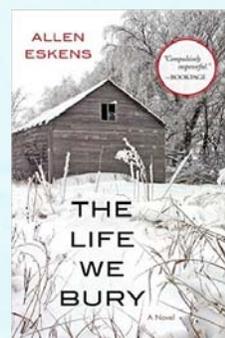
Blasphemy
By
Sherman Alexie



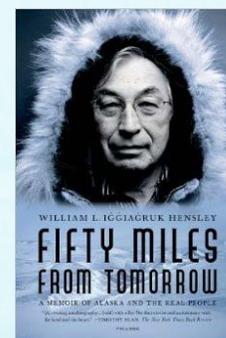
The Forgotten 500
By
Gregory A. Freeman



The Silent Sister
By
Diane Chamberlain



The Life We Bury
By
Allen Eskens



Fifty Miles From Tomorrow
By
William Hensley

Behavioral Health Services Mission

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

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

Youth Alcohol Prevention Mission

Ninilchik Traditional Council's Youth Outreach is anchored in education and prevention. Studies consistently show that the negative cognitive, behavioral and social impacts of growing up in adversity can be reversed by youth participating in prevention programs and having a relationship with a mentor. Our goal is to provide safe, alternative activities to youth where they can develop their interpersonal and character skills in order to have a brighter future. As indicated in extensive research, investing in our youth is the best possible investment we could make in the future Development and success of our community. If interested please contact Nick, Zoe or Maureen. (see bottom of page) (for detailed calendar contact Maureen to be added to outreach mailing list)

Native Youth Olympics

Our Native Youth Olympic season started in October. Coach, Nick Finley, is joined once again by assistant coach Jesse Leman. He reported he has been enjoying implementing everything he learned during his first season as coach and using it to improve our NYO program. This year our senior team has grown and athletes show excellent potential to achieve their personal best.

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 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. Teen Center activities include board games, pool, air hockey, karaoke, movies, and video games. We also partner with the school for dances and other events.

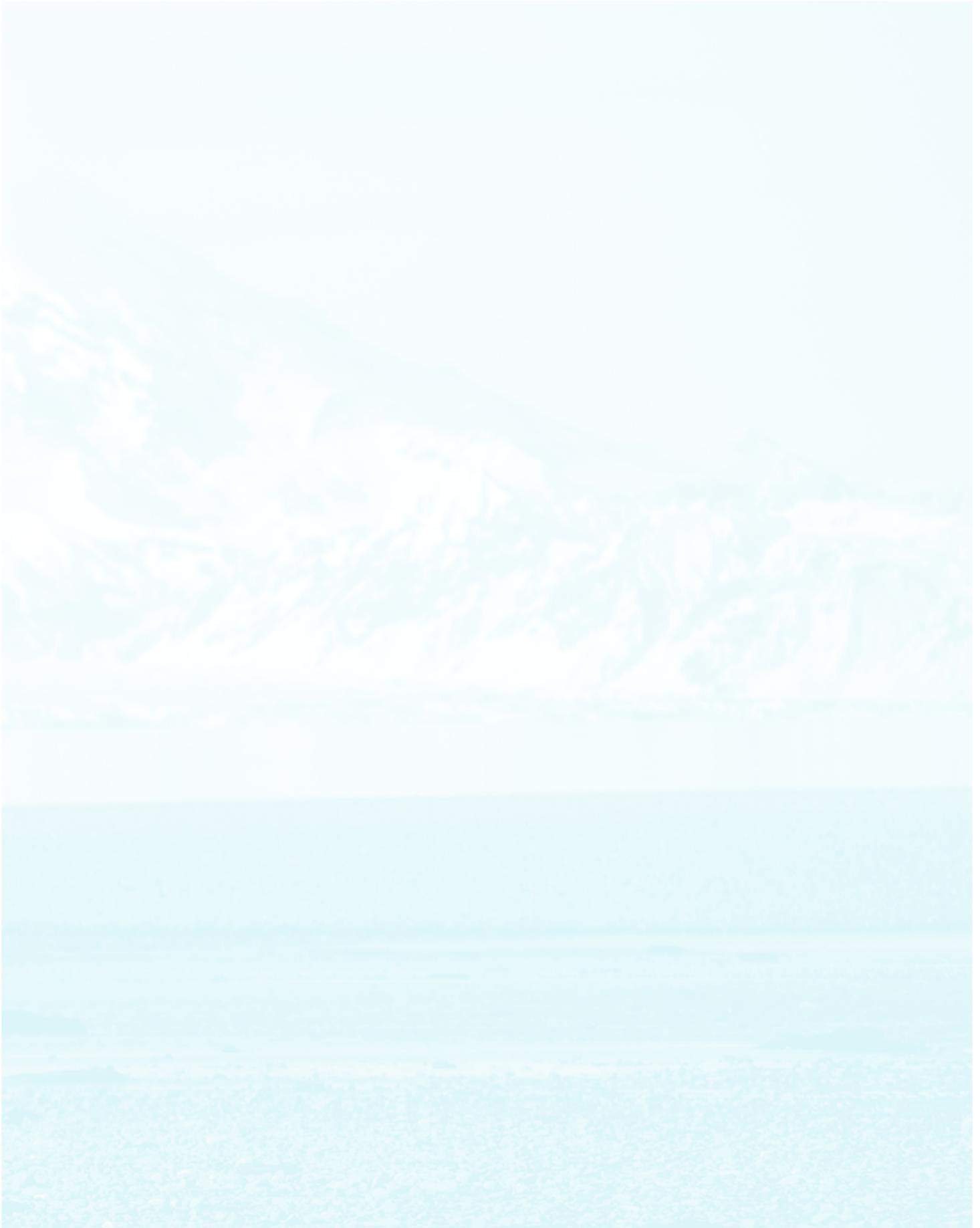
Get Fit

The Get Fit program was established due to the need for increased recreational activities for our youth in the community. Nick Finley holds weekly events at the school for students and community members. Every Sunday and Thursday from 5:30-7:30 pm there is community basketball at the school. In addition, Finley provides opportunities for kids and adults to benefit from the NHS weight room. The Get Fit program has the weight room Monday-Friday.

Resilient Alaska Youth (RAY)

RAY started back up this fall and is open to all Ninilchik youth ages 12-18. RAY's mission is to help give youth a safe space to meet where they build self-esteem, hone life skills, create art and express themselves in a positive and supportive environment. This December the program Culminated with a play titled, The Weird, Wild, Wonderful Days of School, performed by RAY student participants. Zoe's position will come to a close mid-December. She has been such an asset to our program, we will miss her positive attitude and eagerness to make a difference.

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



Mike Steik 1934-2016

The obituary reads:

In memory of Mike Julius Steik, born 01/28/1934-07/19/2016

What got my attention is the line DASH between the years of birth and the grave. Usually we associate this punctuation mark as a pause in reading or writing. Have you realized that this little line, the DASH, represents all the time you have spent here on earth?

I knew Mike since childhood. We grew up together in the same Village. There is nothing more satisfying than friendship, and to enjoy those rare years with Mike was a priceless gift.

We were born in the same Village some 80 plus years ago. As I look back, some things stand out more, while others will come back to me as I write and dream.

We were children attending a two room Territorial School on the hill next to the Russian Church. I remember climbing that hill twice a day, morning and noon. The first bell would ring and you would know that the classes would start in 10 minutes. You also would know that only the English Language will be spoken on school grounds as soon as the second bell rings. These regulations were strictly enforced. For those of us that did not speak the English language the first year was a struggle.

The weather in the winter could be cold and windy. Sometimes a snow storm lasted for days. Yet I don't recall the classes being closed for a day due to weather. I remember a time when we kept our coats on during class, sometimes running around the room to warm up. I also remember getting a drink of water from the water pail, in the far corner of the room, and I had to break the ice to get a drink.

On the way to school when I would pass your house, you would come running out and we would race up that hill. Why was it when things were so hard, we made it enjoyable while others did not?

As we got older, we made skis out of barrel staves then carry them to school. During lunch we would race them down the hill. There was a time we pulled a full moose hide up the hill. On the way down, everyone would jump on, but the ones unable to hang on were scattered here and there as we raced down the hill. Yet this little line, the DASH, is part of these precious times.

It wasn't all play, much was required with family chores. We hauled coal with the dog team, hauled wood then cut to stove length with a bucking saw, carried water with 5 gallon buckets from the creek, and shoveled snow away from the house. We would also pick berries, take care of the garden, and do some weeding in the summer. Also, we would catch fish, clean them, hang some up for dog food or the smoke house, and salted and jarred them. All this home schooled along with discipline and respect. None of us was allergic to dish water either.

Then the war years came. I, a little older than Mike, would leave first. Mike would follow later.

Remembering Our Loved Ones

Five or six years later we came back to the village, but much had changed. There is now a Highway connecting the village to the outside world. Electric power is also available. Homesteading was open, and many new people moved in. I remember a time in the Post Office someone asked, "Who are you?".

Much time passed. We each had our own families. We had our own homesteads, and built our own homes like our ancestors did.

When we were middle-aged we re-connected. We would play cards, and fished for many years together. The days of willow sticks for poles and heavy thread for line with a nail for a sinker had passed. Now we had fly rods, mono line, and barb hooks. Soon enough we each had a boat trailer, king salmon and halibut gear, and rain gear with warm clothes. We would spend our many hours together, sometimes talking, sometimes just being together, saying nothing.

I remember one time we had our limit of fish, the weather was sunny and warm, the sea was like glass. We just sat on the beach throwing pebbles into the sea and laughing and joking about our boyhood dreams.

So many memories I have of Mikes to me that little line, the DASH, tells me all I want to know.

George Jackinsky 2016



DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
<p>*Please contact Maureen Todd or Nick Finley for scheduling of Community Basketball or for the Teen Center at 567-3370</p>				<p>1 10:15-11:15 AM Vinyasa Yoga</p> <p>Community Basketball 5:30-7:30PM</p>	<p>2 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30PM</p>	3
<p>4 Community Basketball 5:30-7:30PM</p>	<p>5 5:15-6:15 PM Candlelight Gentle Yoga Elders Luncheon 12PM</p>	<p>6 10:15-11:30 AM Restorative Yoga 5:15-6:15 PM Hatha Yoga</p>	7	<p>8 10:15-11:15 AM Vinyasa Yoga</p> <p>Community Basketball 5:30-7:30PM</p>	<p>9 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30PM</p>	10
<p>11 Community Basketball 5:30-7:30PM</p>	<p>12 5:15-6:15 PM Candlelight Gentle Yoga Elders Luncheon 12PM</p>	<p>13 10:15-11:30 AM Restorative Yoga 5:15-6:15 PM Hatha Yoga</p>	14	<p>15 RCM 10:00 a.m. 10:15-11:15 AM Vinyasa Yoga Community Basketball 5:30-7:30PM</p>	<p>16 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30PM</p>	17
<p>18 Community Basketball 5:30-7:30PM</p>	<p>19 5:15-6:15 PM Candlelight Gentle Yoga Elders Luncheon 12PM</p>	<p>20 10:15-11:30 AM Restorative Yoga 5:15-6:15 PM Hatha Yoga</p>	21	<p>22 10:15-11:15 AM Vinyasa Yoga Alumni Games 5PM</p>	<p>23 NTC Offices Closed Christmas Teen Center Holiday Party 3:30-8:00PM</p>	24
<p>25 Community Basketball 5:30-7:30PM</p>	<p>26 NTC Offices Closed Christmas</p>	<p>27 10:15-11:30 AM Restorative Yoga 5:15-6:15 PM Hatha Yoga</p>	28	<p>29 10:15-11:15 AM Vinyasa Yoga Community Basketball 5:30-7:30PM</p>	30	31

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1 Community Basketball 5:30-7:30PM	2 NTC Offices Closed New Year's	3 10:15-11:30 AM Restorative Yoga 5:15-6:15 PM Hatha Yoga	4	5 10:15-11:15 AM Vinyasa Yoga Community Basketball 5:30-7:30PM	6 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30PM	7
8 Community Basketball 5:30-7:30PM	9 5:15-6:15 PM Candlelight Gentle Yoga Elders Luncheon 12PM	10 10:15-11:30 AM Restorative Yoga 5:15-6:15 PM Hatha Yoga	11	12 10:15-11:15 AM Vinyasa Yoga Community Basketball 5:30-7:30PM	13 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30PM	14
15 Community Basketball 5:30-7:30PM	16 NTC Offices Closed MLK Jr.'s Birthday Elders Luncheon 12PM	17 10:15-11:30 AM Restorative Yoga 5:15-6:15 PM Hatha Yoga	18	19 10:15-11:15 AM Vinyasa Yoga Community Basketball 5:30-7:30PM	20 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30PM	21
22 Community Basketball 5:30-7:30PM	23 5:15-6:15 PM Candlelight Gentle Yoga Elders Luncheon 12PM	24 10:15-11:30 AM Restorative Yoga 5:15-6:15 PM Hatha Yoga	25	26 10:15-11:15 AM Vinyasa Yoga Community Basketball 5:30-7:30PM	27 Teen Center Jr. High 3:30-6:00PM High School 3:30-8:30PM	28
29 Community Basketball 5:30-7:30PM	30 5:15-6:15 PM Candlelight Gentle Yoga Elders Luncheon 12PM	31 10:15-11:30 AM Restorative Yoga 5:15-6:15 PM Hatha Yoga	*Please contact Maureen Todd or Nick Finley for scheduling of Community Basketball or for the Teen Center at 567-3370			



Ninilchik Traditional Council
P.O. Box 39070
Ninilchik, Alaska 99639

ninilchiktribe-nsn.gov

Phone: (907)567-3313

Fax: (907)567-3308

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

To:

Are you planning to move or change your contact information?

Let Us Know!

Tribal Members are encouraged to contact NTC Enrollment Officer Christina Pinnow at the NTC Administrative Office to keep their information up to date.

Those on the general public mailing list may contact the NTC Administrative Office front desk.

Please call (907)567-3313 to make sure we can stay in touch. Thank you!