Ninilchik Traditional Council

August & September 2019

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Upcoming Closure Dates

All NTC Offices will be closed on:

Monday, September 2nd for Labor Day

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

Wednesday, August 21st at 10:00am in the Administration Conference Room

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!

Photos provided by Amy Bahr, Bob Crosby, Christine Prokop and Tiffany Stonecipher

We would like to invite your photo submissions for possible use as future newsletter adornments. You can email us at ntc@ninilchiktribe-nsn.gov

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	**William 'Dean' Kvasnikoff**	**Whitney Schollenberg**	**Jamie Leman**	**Kenny Odman**
President/ Chairman	Vice President	Secretary & Treasurer	Director	Director

Ivan Z. Encelewski
NTC Executive Director

NTC 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 & Environ. Director

NTC Staff

David Bear, EMS Assistant
Darla Bradley, Administrative Assistant
Savanna Brinker, Peer Recovery Support Specialist
Denise Brock, Case Manager/Registered Nurse
Maria Calhoun, Behavioral Health Services Counselor
Jayke Cooper, Resource Technician
Joseph Cooper Sr., Driver
Jenn Day, Clinic Administration & Patient Account Specialist
Zoe Dixon, Peer Recovery Support Specialist
Richard Dunaway, Native Connections Program Manager
Lukas Ficklin, Clinical Supervisor/MAT Counselor
Kristina Finkenbinder, Family Nurse Practitioner
Maricel Folkert, Community Health Aide/Medical Assistant
Eric Hanson, Facilities Manager
Kayci Hanson, Yoga Instructor
Annette Hubbard, MAT Specialist/BHA
Terri Leman, HWC Attendant
Katie Matthews, Outreach Specialist
Leslie McCombs, Clinic Front Desk Receptionist
Jennifer Miller, Clinical Medical Biller
Alicia Morris, Social Services Assistant
Irene Nelson, Community Health Aide/Medical Assistant
David Nordeen, Maintenance Laborer
Jeffrey Organek, Engineer
Jamie Oskolkoff, Education Manager
Stanley Parkinson, CDL Driver
Michael Pinnow, Assistant Maintenance Laborer
Mikylah Pinnow, Tribal Services Assistant
Christine Prokop, Behavioral Health Services Counselor
Nancy Pulliam, Assistant Maintenance Laborer
Daniel Reynolds, Resource Technician
Diane Reynolds, NTC Procurement & Contracting Officer
John Russo, Plumber
Cynthia Schnabl, Assistant Maintenance Laborer
Dr. Sarah Spencer, Medical Provider
Elise Spofford, Yoga Instructor
Robert Stark, Peer Recovery Support Specialist
Bettyann Steciw, Social Services & ICWA Specialist
Kimberly Steik, Health Club Attendant Fill-In
Tiffany Stonecipher, Elders Outreach Program Coordinator
Dirk Tanner, Physicians Assistant
Kathleen Totemoff, MAT Program Manager
Brenda Trefon, Health Programs Administrative Liaison
Anna Sutton, Clinic Information Coordinator
Laura Ullman, Patient Advocate/Case Manager
Stormy Walkoff, Secretary/Receptionist
Brie Wallace, Health & Wellness Club Manager
Carrie Warren, Family Nurse Practitioner
Elizabeth Wedner, HWC Attendant Fill-in
Catherine West, HWC Attendant Fill-In
Gina Wiste, Environmental Technician
Tammy Zweiacher, Personal Trainer

The Cheeky Moose

Robin Jamie, Manager
Melissa Lancaster, Deli Worker/Barista
Gina Kent, Deli Worker/Barista
Ashley DeVaney, Deli Worker/Barista
Janice Kaye, Laundry Attendant

Executive Director's Address

I hope everyone is having an excellent summer and that you are getting ready for moose hunting. Our youth will be getting a head start with an approved educational permit for one bull. NTC will also begin issuing moose hunting permits for shareholders of Cook Inlet Region, Inc. and Ninilchik Native Association, Inc. at the Resource office on August 21st.

We worked really hard to implement both the Educational Fishery and the subsistence fisheries on the Kenai and Kasilof Rivers. We fought vigorously against the State's decision to close the Educational Fishery until June 16th, to no avail. On a positive note, the Community Gillnet subsistence harvest on the Kasilof River was 553 Sockeye. The Kenai River produced an additional 2,832 Sockeye. Here's a breakdown on the important Kenai subsistence fishery that provided household limits to well over a hundred Ninilchik families. This was the first year in which we were able to fill all the permits, with the exception of a few folks we couldn't get ahold of. Once again, zero Kings or Resident Species.

2019 Kenai River Community Gillnet Datasheet

			Disposition: C = Catch H = Harvest R = Release																	
			Sockeye Salmon			Chinook Salmon			Coho Salmon			R-bow Trout < 20"			Steelhead > 20'			Dolly Varden		
Date	Hours soaked	(set, pole, drift)	C	H	R	C	H	R	C	H	R	C	H	R	C	H	R	C	H	R
7/1/2019-7/14/2019		Did Not Fish																		
7/15/2019	3.5	Set	2	2	0															
7/16/2019		Did Not Fish																		
7/17/2019	3.5	Set	1	1	0															
7/18/2019	2	Set	7	7	0															
7/19/2019	3.5	Set	27	27	0															
7/20/2019	3	Set	41	41	0															
7/21/2019		Did Not Fish																		
7/22/2019	3.5	Set	109	109	0															
7/23/2019	3.33	Set	107	107	0															
7/24/2019	3	Set	85	85	0															
7/25/2019		Did Not Fish																		
7/26/2019	6.5	Set	538	538	0															
7/27/2019	4.25	Set	365	365	0															
7/28/2019	6.25	Set	532	532	0				3	3	0									
7/29/2019	5.25	Set	540	540	0				2	2	0									
7/30/2019	4	Set	111	111	0															
7/31/2019	5.5	Set	88	88	0															
8/1/2019		Did Not Fish																		
8/2/2019	4.5	Set	62	62	0															
8/3/2019	8	Set	217	217	0				1	1	0									
Total Hours	69.58																			
		Harvest Tota	2832	2832	0	0	0	0	6	6	0	0	0	0	0	0	0	0	0	0
		Average Soak Time	4.35																	
		Average Harvest Per Hour	**40.8**																	

* Does not include Pink Salmon

A huge thank you goes out to Greg Encelewski, Judy Belcher, Loretta Throop, and the family of Sharon Culhane for donating the beautiful property next to the Russian Orthodox church to the tribe. A special thanks also goes out to Sharon and her children for donating the chapel that has now been placed on the property. Our goal will also include putting a tribal museum on this property.

There is so much happening at the tribe. We are working on construction of the new Bus Facility and the Clinic Addition is almost complete. This includes new equipment and furniture. New grants and monies are coming in and we are blessed here at the tribe. Finally, we were able to put six youth to work this summer in an agreement with Cook Inlet Tribal Council. Thank you. Simply awesome! Until next time..... Ivan Z. Encelewski

TRIBAL HEALTH DIRECTOR'S REPORT

◊ 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 put your name on it. We are still not be able to provide in-house ultrasounds until further notice. We do not have a sonographer available to do these.

◊ Clinic construction for an addition is continuing with a tentative completion by the first week of September. The new addition will house the clinical staff and we will be adding two new exam rooms.

◊ We have a new part-time nurse practitioner, Kristie Finkenbinder, who will be working one to two days in Ninilchik, then in the Homer office. She will be back-up coverage for providers when they are on leave.

◊ We have the following new employees:

-Brenda Trefon, Health Programs Administrative Liaison.

-Irene Nelson, Medical Assistant.

-Savanna Brinker, Peer Recovery Support Specialist.

-Bob Stark, Peer Recovery Support Specialist.

-Zoe Dixon, Peer Recovery Support Specialist.

-Lukas Ficklin, Licensed Professional Counselor.

◊ Michael Bakker will be here September 30th-October 2nd. The optometrist will be here October 21st-25th.

◊ As always, my door is open, if you want to stop by and talk to me about anything.

Thank you,

Janet Mullen, NTC THD

For more information about NTC's Community Clinic please contact Janet Mullen at 567-3370 or jmullen@ninilchiktribe-nsn.gov

Window of Tolerance??? What's That?!

As we hang on in the full swing of summer, it's easy to lose track of where we are at emotionally, let alone take time for self-care. Checking in with ourselves throughout these long days can give a grounding component and allow us to better function. One great way to become more aware is through the Window of Tolerance. Dr. Dan Siegel came up with this cool concept…read on to learn more via excerpts of an article by Lori Gill, MACP, of the Attachment and Trauma Treatment Centre for Healing. Happy summer, everyone!

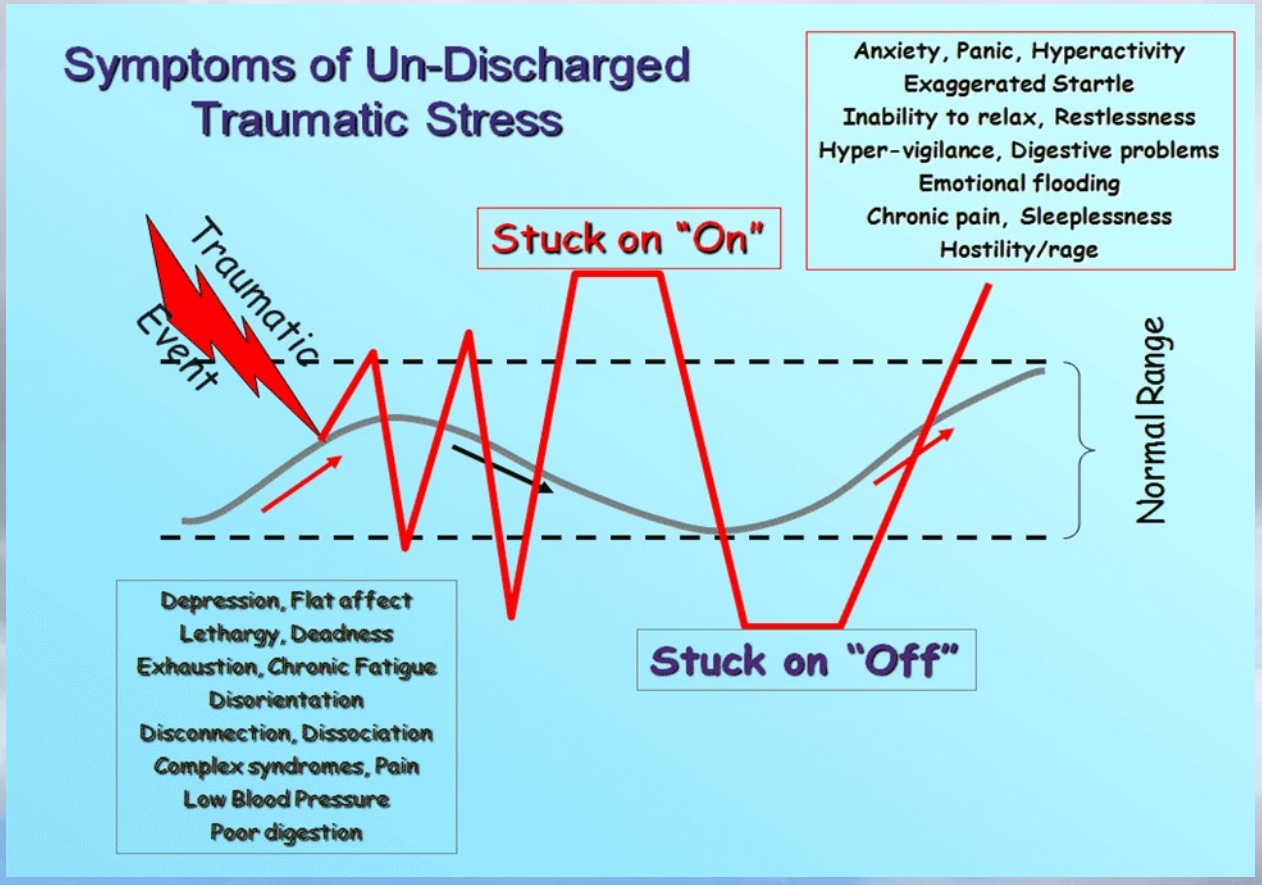
Best,

Maria Calhoun, LPC

"Window of Tolerance" is now commonly used to understand and describe normal brain/body reactions, especially following adversity. The concept suggests that we have an optimal arousal level—i.e. the window of tolerance—that allows for the ebb and flow (ups and downs of emotions) experienced by human beings. We may experience hurt, anxiety, pain, or anger that brings us close to the edges of the window of tolerance but, generally, we are able to utilize strategies to keep us within this window. Similarly, we may feel too exhausted, sad, or shut down but we generally shift out of this.

Learning how to track and shift our affect can be a powerful tool for promoting regulation and integration throughout the brain, body, and mind. Consider the following arousal states: hyperarousal, calm arousal, and hypoarousal.

- Calm arousal is the ideal state; most times during the day we fluctuate within various levels of calm arousal. However, when we become to overstimulated (by fear, pain, anger, or trauma triggers) to the degree that it pushes us outside of our window of tolerance this is hyperarousal.
- Hyperarousal is characterized by excessive activation/energy often in the form of anxiety, panic, fear, hypervigilence, emotional flooding, etc. This keeps our system stuck on "on" and impacts our ability to relax, often making it difficult to sleep, eat and digest food, and optimally manage our emotions. At the most intensified level this may result in dissociative rage/hostility.
- Hypoarousal may occur when we have too much hyperarousal, surpassing the pain/emotional overwhelm our brain/body is able to tolerate, causing us to plunge into a state of hypoarousal (shutting down or dissociating). In this state our system can become stuck on "off" characterized by exhaustion, depression, flat affect, numbness, disconnection, and dissociation. This too impacts our sleep (we may want to sleep all the time), our appetite and digestion, and may make us feel emotionally deadened.



As human beings we only have the capacity to stay in one state for so long before the brain and body shifts us. For example, we can only tolerate so much pain, anxiety, fear, etc. before the brain and body respond and numb us to this excessive energy. Similarly, people will only stay in a shut down state feeling emotionally deadened inside before the brain/body shifts us out of this often by gravitating towards (often subconsciously) things for so long that make us feel alive.

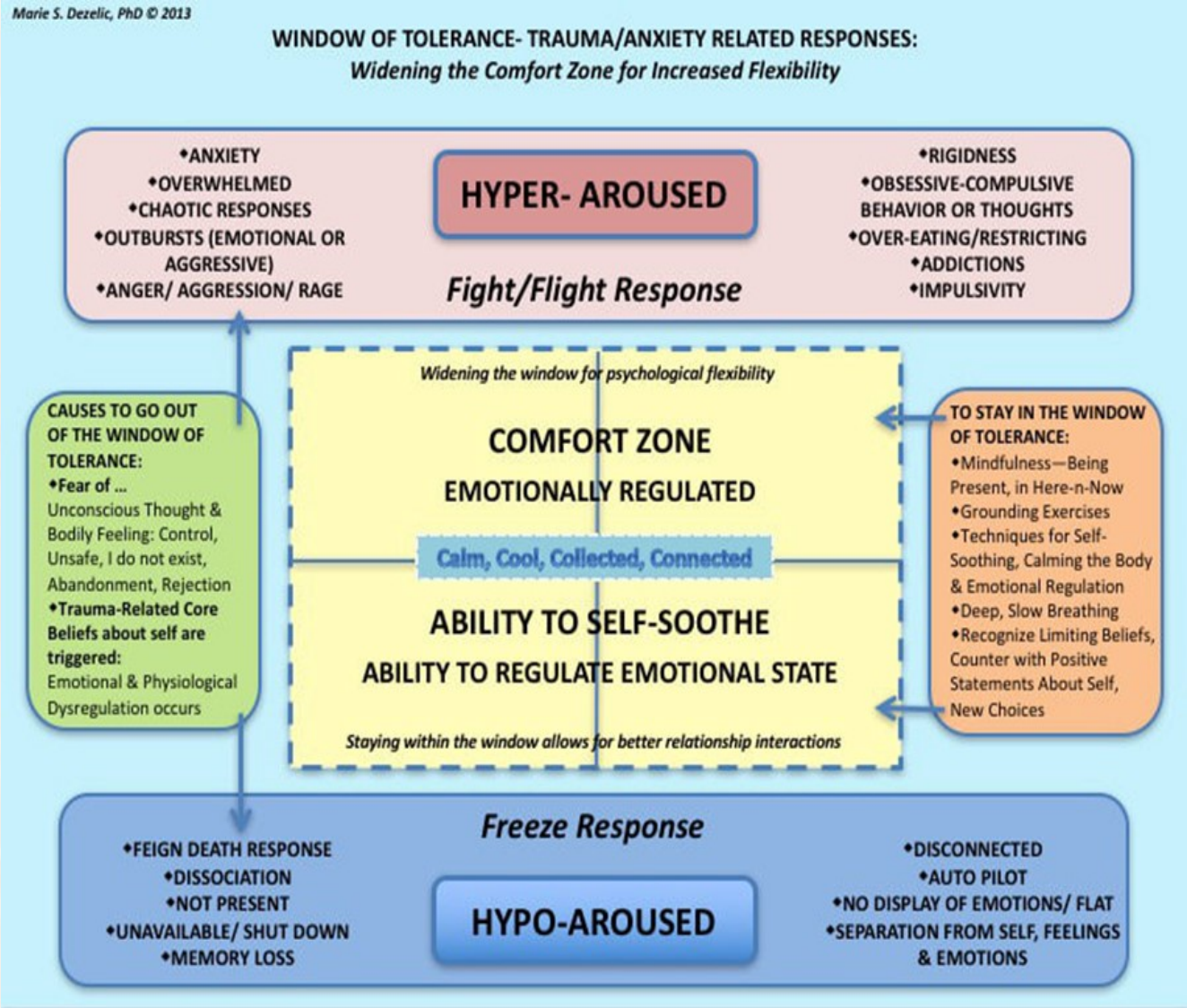
If folks haven't experienced/learned regulation in early childhood or following unresolved traumatic experiences that remain activated in the brain and body, people may grow up in a manner that they don't know how to self-regulate. As a result, people often attempt to self-regulate and bring themselves into an optimal/calm arousal level any way that they can, without even knowing this is what they are trying to do. For example, someone with excessive fear may gravitate towards a depressant to calm their brain and nervous system whereas someone feeling emotionally deadened may gravitate towards a stimulant to make them feel alive.

Understanding where we are at in the Window of Tolerance and what may be needed to effectively shift this emotional state is critical. Fortunately, this is something we can do for ourselves—we can learn how to move towards our optimal arousal zone while building coping strategies and taking care of ourselves in a healthy manner that feels good. And, this is something we can help others with, too.

For more information about Behavioral Health Services please contact Laura Ullmann at 567-3370 or lullmann@ninilchiktribe-nsn.gov

Parents, loved ones, and educators can help children by identifying and labeling (making observations based on how children are presenting)…"It looks like you are feeling overwhelmed, why don't we take a break?" Dan Siegel refers to this as "name it to tame it". Naming it allows for a sense of understanding and being seen as well as validation. When we stop to notice (within ourselves or others) this can be a powerful grounding tool. Children, youth, and adults should be encouraged to focus mindfully on noticing how they feel, how their body feels, and identifying what they need to feel right again.

Our goal is to essentially broaden this window of tolerance and increase folks' capacity to hold emotional experiences (even intense ones) without becoming dysregulated or going into a state of hyper- or hypoarousal. Below is a great visual to help understand this concept:



For more information about Behavioral Health Services please contact Laura Ullmann at 567-3370 or lullmann@ninilchiktribe-nsn.gov

The key is figuring out what works and when. At times some activities may be grounding while at other times the same activity may be stimulating. Try different things and find what works well for you. Practice strategies when you are calm and on a regular basis; this will build your capacity to access these when you start to become overwhelmed.

Sample activities to decrease arousal include:

- Diaphragmatic breathing (deep and slow tummy breathing)
- Drinking from a straw
- Jumping on a trampoline or mini trampoline
- Weighted blanket
- Warm water
- Shaking or stomping out excess energy
- Music (soothing and calming music and sounds)

Sample activities to increase arousal include:

- Smelling essential oils (smell is the fastest way to the thinking brain - where our strategies are!)
- Chewy crunchy food
- Jumping on a trampoline or mini trampoline
- Rocking chair
- Finger painting
- Dancing and music

Learning how to shift your arousal level or that of your loved ones can be a powerful tool for promoting integration and building competencies. It can also lead to feeling more comfortable in one's own body and more confident in the ability to manage emotions and maintain relationships.

References:

https://www.attachment-and-trauma-treatment-centre-for-healing.com/blogs/understanding-and-working-with-the-window-of-tolerance

For more information about Behavioral Health Services please contact Laura Ullmann at 567-3370 or lullmann@ninilchiktribe-nsn.gov

Environmental Enquirer

(more than you really wanted to know…)

Molds are part of the natural environment. There is always some mold everywhere. Molds have been on the Earth for millions of years. Outdoors, mold plays a part in nature by breaking down dead organic matter such as fallen leaves and dead trees. Indoors, mold growth should be avoided. Molds reproduce by means of tiny spores; the spores are invisible to the naked eye and float through outdoor and indoor air. Mold may begin growing indoors when mold spores land on surfaces that are wet. There are many types of mold and none of them will grow without water or moisture.

Can mold cause health problems?

Exposure to damp and moldy environments may cause a variety of health effects or none at all. Some people are sensitive to molds. For these people, molds can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or in some cases, skin irritation. People with mold allergies may have more severe reactions.

Allergic reactions to mold are common. They can be immediate or delayed. Molds can also cause asthma attacks in people with asthma who are allergic to mold. These people should avoid areas that are likely to have mold, such as compost piles, cut grass and wooded areas.

Mold and your home…

Since mold is found both indoors and outdoors, it can enter your home through open doorways, windows, vents, and heating systems. Mold in the air outside can also attach itself to clothing, shoes, bags, and pets can carry it in.

Mold will grow in places with a lot of moisture, such as around leaks in roofs, windows, or pipes, or where there has been flooding. Mold grows well on paper products, cardboard, ceiling tiles, and wood products. Mold can also grow in dust, paints, wallpaper, insulation, drywall, carpet, fabric, and upholstery.

You can control mold!

Molds gradually destroy the things they grow on. You can prevent damage to your home and furnishings, save money, and avoid potential health problems by controlling moisture and eliminating mold growth. The mold spores will not grow if moisture is not present.

Inside your home you can control mold growth by:

- Controlling humidity levels (no higher than 50% all day long).
- Promptly fixing leaky roofs, windows and pipes.
- Ventilating shower, laundry and cooking areas.
- Clean bathrooms with mold-killing products.
- Consider not using carpet in rooms or areas like bathrooms or basements that may have a lot of moisture.

Techniques for Cleaning Surface Mold

Surface molds grow in just about any damp location, such as the grout lines of a ceramic tiled shower. They're easy to scrub away with a mixture of 1/2 cup bleach, 1 qt. water and a little detergent. The bleach in the cleaning mixture kills the mold, and the detergent helps lift it off the surface so you can rinse it away so it won't return as fast. You can also buy a mildew cleaner at hardware stores, paint stores and most home centers.

Even for simple cleaning, protect yourself from contact with mold and the bleach solution by wearing a long-sleeve shirt and long pants as well as plastic or rubber gloves and goggles.

If the mold doesn't disappear after light scrubbing, reapply the cleaning mix and let it sit for a minute or two. Then lightly scrub again.

Seal the clean surfaces when they're thoroughly dry to slow future moisture penetration. Apply a grout sealer (available at tile shops and home centers) to tile joints.

Removing surface mold

CAUTION!

Don't mix ammonia or any detergent containing ammonia with bleach. The combination forms a poisonous gas.

For more information, please contact the Resource office at 567-3815 or email jcooper@ninilchiktribe-nsn.gov

Elders Outreach Program Coordinator

The Elders Outreach Program serves lunch at noon out of the Subsistence Building every Monday.

This includes NTC HOLIDAYS that the main office, clinic and health club may be closed for. The luncheon is still provided on those holidays. The luncheons coming up for the following months are as follows;

Mondays in August 5th, 12th, 19th, 26th

Mondays in September 2nd, 9th, 16th, 23rd, 30th

Mondays in October 7th, 21st, 28th

As a friendly reminder, the luncheon exists to serve as a social space for Enrolled Tribal Elders to gather, share and visit. Elders are encouraged if they'd like to bring a guest, family, or be accompanied by a caregiver to do so. There is a suggested donation box at the back for this purpose. While it is a provided luncheon for Tribal Elders to attend, it also serves many homebound Elders who cannot drive or have other needs that prevent them from attending. This luncheon is for the enrolled Tribal Elders and we ask that you are mindful of others who are not able to attend and look forward to their luncheon food delivered to their home.

August 10th & 11th Fishing in Kasilof

August 16th Elder and Youth gather berries for Jams and Jellies Noon-6pm

August 23rd Elder and Youth Making Jams and Jellies @ Community Center 1-6pm

August 30th Jam and Jelly Competition @ Community Center 5:30pm

September 6th Pickled Fish Processing Class 5:30pm

September 13th Balik (Smoked Salmon strips) and Pickled Fish Competition 5:30pm

October 14th-16th First Alaskans Institutes Youth and Elders Conference

October 17th-19th Alaska Federation of Natives

If you are interested in attending any of these events, please call or email me.

Other classes and competitions this year will include Pickled Fish (the salting process, how to preserve and then the pickling process), Balik (the striping, knot tying techniques, brining, hanging and smoking process), and Jelly and Jam (particularly high bush and low bush cranberries and Fireweed). We encourage active participation from the youth and strongly urge Elders to come offer their experience, advice, knowledge and techniques for all these activities. If you have a cultural or traditional skill, please call or email. We look forward to the Elders sharing a bit of their time and knowledge with us!

For more information about NTC's Elders Outreach Program please contact Tiffany Stonecipher at 567-3313 or email tstonecipher@ninilchiktribe-nsn.gov

Elders Outreach Program

My office is open and welcomes your input to make this program grow and thrive. We have hosted teaching classes on Perok, net mending, building nets, canning jams and jellies, as well as offering the space and ability to learn how to butcher moose, salmon, and other relevant foods. If you have a local, cultural, or traditional talent and would like to offer a class to share your craft, please let me know.

The Elders Outreach Program welcomes Tribal Elders interest in day trips, travel, local and historical excursions, to share some social space with one another while seeing the changes that have taken place on the Kenai Peninsula. If you are interested in attending events such as NYO, AFN, Historical events or cultural/ traditional events offered around the Peninsula, more than likely others are as well- just call or email me and I will be happy to suggest how we can attend these events collectively. Check us out on Facebook too, search Ninilchik Elders!

As always, my office is open. Other than providing luncheons, I help those who need prescription pickups, rides for groceries, and local rides to and from the clinic or post office. Should you need this, please call to schedule. I also help with paperwork that can be daunting or sometimes seem excessive seeing as how many times State and government forms need repetitive filing. If this is something you need or maybe you want greater assistance with, I am able to help with references for those requests as well. Connecting you to the right resources is the goal. Let me know if you have questions or are needing some help.

Finding the care and services you need can sometimes be the most time consuming. These contact numbers and websites may make it easier for your needs. Every week of the month I receive updates from SDS e-alerts. These are new changes to health care services and operating procedures for Elders, PCA (Personal Care Assistants), respite workers, VA, et cetera. However, this site is available and easy to maneuver should you need more care, at home services or have questions. The website for Alaska's Department of Health and Social Services Senior and Disabilities Services website is https://www.dhss.alaska.gov/dsds

Alaska's Medicare Information Anchorage:907-269-3680

Toll Free Statewide:1-800-478-6065 and Online: medicare.alaska.gov

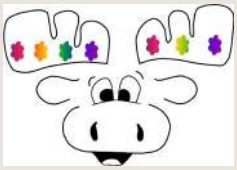
The Elders Outreach is a program of the Ninilchik Traditional Council whose purpose is providing services to Elders, 55+, in our tribal boundaries that enhance quality of life, integrity of heritage and emblematic of respect and dignity, continuously promoting independent living while simultaneously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

Warm regards,

Tiffany

Elders Outreach Program Coordinator

For more information about NTC's Elders Outreach Program please contact Tiffany Stonecipher at 567-3313 or email tstonecipher@ninilchiktribe-nsn.gov



NTC's Tribal Service's Early Learning Program

Registration for the Early Learning Program will begin Monday September 2nd for the 2019-20 school year.

Students must be:

- ◊ **3 yrs old before September 1st**
- ◊ **Potty trained**
- ◊ **Able to follow instructions**

SPACE IS LIMITED!

For more information please contact

Miss Chris or Jamie
907.567.3313

Or

cpinnow@ninilchiktribe-nsn.gov

joskolkoff@ninilchiktribe-nsn.gov

Tribal Services Summer Youth Activities

NTC's Tribal Service's Department provided cultural youth camps throughout the summer. Campers participated with the educational fishery, kayaking, team building skills/games, traditional birch bark basket classes and other crafts.

For more information about ELP contact Jamie Oskolkoff at 567-3313 or joskolkoff@ninilchiktribe-nsn.gov

Tribal Services

For more information about Tribal Services contact Chris Pinnow at 567-3313 or cpinnow@ninilchiktribe-nsn.gov

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Tribal Services

The 2019 Annual Election will be held in November; in order to participate in this election, tribal members must be registered to vote 50 days prior to an election. If you have already registered, you do not need to do anything else at this time.

If you are unsure if you are registered or would like to register, please contact Christina.

Eligibility to register to vote:

- Must be at least 18 years of age by the time of the election.
- Must live within the State of Alaska.
- Must be a lineal descendant from Ninilchik.
- Must be enrolled into the Ninilchik Traditional Council.

Applications to register to vote in the 2019 Annual Election have been mailed to all eligible tribal members. The deadline to receive those applications is September 20, 2019.

For more information about Tribal Services contact Chris Pinnow at 567-3313 or cpinnow@ninilchiktribe-nsn.gov

Youth Outreach Program

Vision:

WHOLE COMMUNITY WELLNESS

Where healthy lifestyles provide safe environments for families, promote resilience among youth, and facilitate support from community members and leadership.

MISSION:

To promote safe and healthy environments that foster development through early intervention and education focusing on substance use prevention and suicide prevention.

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.

The summer is coming to an end and as the days get shorter, we are preparing for another amazing school year. During the school year, we host daily events for Ninilchik youth with the goal of providing substance free, pro-social activities that encourage self-esteem, leadership, respect, ownership, and community connectedness.

Monday-Thursday: Study Hall 3:30-5:30pm

Friday: Teen Night 3:30-8:30pm (7th and 8th grade 3:30-6:00pm)

For more information about NTC's Youth Outreach Program please contact Rick Dunaway at 567-3370 or rdunaway@ninilchiktribe-nsn.gov

Study Hall- Study Hall is an after-school program located in the Teen Center (above the Community Center). We provide a quiet learning environment for students to complete homework assignments, projects, and receive tutoring. They may utilize our resources like computers, printers, pens, posters, books, markers, etc.

Life Skills- Life Skills was developed to assist students in acquiring the necessary skills as they progress through adolescence and into adulthood. They learn skills such as meeting deadlines, resume writing, applying for scholarships, interview skills, and many others. This program also includes campus tours, job fairs, guest speakers, and other experiential activities.

Teen Night- Teen Night provides the youth with a fun and safe environment where they can interact with their peers. Whether it's movies, games, activities, or food; we have something for everyone.

NYO

The main goal of the NYO Games is to catalyze the values of sportsmanship, leadership, and respect to Alaska's youth…and have fun, of course. The competition is open to all grade school students regardless of ethnicity.

NYO will begin practicing in the Fall, dates TBA.

All athletes must have a signed waiver to practice and compete. For more information contact Rick Dunaway 567-3370 option 8

Upcoming Events

- August 3rd and 17th: Summer Craft Days @ Teen Center
Times: K-4th Grade (10:00am-12:00pm) 5th-12th Grade (2:00-6:00pm)
- August 6-8: YELP End of Summer Campout
- August 19: Ninilchik School Open House 5:30-7:00pm
- Aug 19 & Aug 22: Cultural Educational Moose Hunt
- August 20: School Starts

If you have questions or are interested in supporting our outreach by chaperoning please contact Katie Matthews 567-3370 option 7 or Rick Dunaway 567-3370 option 8.

*Activities may be subject to change.

To sign your student up with our programs they will need to have a signed waiver on file. All students ages 12-18, grades 7-12, are invited to attend our daily activities.

For more information about NTC's Youth Outreach Program please contact Rick Dunaway at 567-3370 or rdunaway@ninilchiktribe-nsn.gov

Thank You Jamie Fleury!

Your first year of service was truly amazing!

For more information about NTC's Youth Outreach Program please contact Rick Dunaway at 567-3370 or rdunaway@ninilchiktribe-nsn.gov

Housing Department

"Mystery creates wonder and wonder is the basis of man's desire to understand."
- Neil Armstrong

Hello Folks,

What a wonderful summer we have been blessed with this year. Yes, we did have a hot spell, but it was a nice change from the cold and wet weather that we have had the last couple of summers. Except for the kings, the fishing has been going pretty good so far this year. I hope you all have caught some fish and filled your freezers up.

This summer has also brought a lot of fires. At one point this summer, there were 314 wildfires throughout Alaska. On June 18th, a record was made with a half a million acres burned in one day. While you might be safe in your current location now, you should take precautions and know what to do in case of evacuation. On the Kenai Peninsula Borough's (KPB) website, you can sign up to get emergency information texts sent to your cell phone. https://www.kpb.us/ at the bottom of the page is a link: REGISTER YOUR CELL PHONE TO RECEIVE EMERGENCY MESSAGES. I suggest bookmarking their webpage blog, which is solely designated for information on current emergency situations on the KPB. They have an excellent PDF that you can download, "Alaska 7-day Emergency Kit." with information on food, water, power generation and for putting together a 7-day emergency survival kit for your family. They have a 12 week cost effective list to be sure you have everything covered and that you don't go broke all at once putting it together.
https://www.kpb.us/images/KPB/OEM/CERT/Alaska_7-day_Emergency_Kit.pdf I suggest the Alaska Forestry's fire wise PDF, with information on making your home and yard fire wise. This can be found and downloaded on, https://www.forestry.alaska.gov/Assets/pdfs/home/firewise09.pdf.

Folks, you can never be too prepared and it's better to be prepared than not. Keep in mind that with a big fire, hot embers can be blown downwind over a mile and spark off fires in other places. You may have to take preventive measures, such as watering down that dry lawn in case of embers being blown your way. Secure your perimeter from the sparks and make sure that your water hoses are out and connected in case you should need them.

We currently are in the bidding process for a new home to be built here in Ninilchik for a Ninilchik Tribal family. With construction starting soon, I would like to put together a list of people interested in working if there should become an opening. This could be anything from laborers, framers, roofers, electricians, sheet-rockers, painters, etc.... If you would like to be placed on this list please drop off a letter of what you are interested in doing, whether you have experience or not, and contact numbers for the contractor to be able to get ahold of you with. This is for women and men, age 18 and older. Keep in mind that we have had people start out as laborers, with no experience, work their way up to be crew foreman. Just put together the info I have listed above and drop it off at the main office marked, Attn: Bob.

Hoping that you all have a wonderful and safe rest of the summer.

Bob

For more information about Housing please contact 567-3313 or bcrosby@ninilchiktribe-nsn.gov

CLUB NEWS

OPEN MONDAY - FRIDAY 7am - 8pm & SATURDAY 8am - 2pm • CLOSED 9/2

Ninilchik Now Has Physical Therapy!!

Revolution Sport & Spine Therapy

We are thrilled to welcome Revolution Sport and Spine Therapy to the Club. Ninilchik residents no longer need to drive to Soldotna or Homer for physical therapy! What an asset to our community. Currently, they are seeing patients on Tuesdays and Thursdays here at the Club. For questions or to schedule an appointment, call 907-420-0836.

The Club is now a drop-off site for the Alaska Food Hub, an online farmer's market providing distribution of Alaska Grown produce, seafood, shellfish, flowers, crafts, and more, direct from local producers. Online ordering is open Fridays at 12:00 noon through Monday at 10:00pm, and deliveries are made to the Club available for pickup between 3-7pm on Wednesdays.

Alaska FOOD HUB

Tammy Z. - Personal Trainer

907.252.5115

Dr. Catherine West - Chiropractor

415.608.7559

Elise Spofford - Massage Therapist

907.252.9544

YOGA SCHEDULE

Tuesdays

10:15-11:15 A.M.
Hatha

5:15-6:15 P.M.
Vinyasa

Wednesdays

10:15-11:30 A.M.
Restorative

Thursdays

9:30– 10:00 A.M.
Chair

10:15-11:15 A.M.
Hatha

5:15-6:15 P.M.
Find your Flow

Watch our Facebook page and email updates for workshops and additional classes offered.

CLUB NEWS

Tips For Starting A Gym Routine

1. BE CLEAR ON YOUR FITNESS GOALS
   Step back for a second and ask yourself: What are you working toward? Weight loss? Overall better health? Training for your first 5K? Improving strength? Staying active to play with your kids? Write down your overall goal, then break it down into smaller, more manageable goals to keep you motivated.
2. SCHEDULE YOUR WORKOUTS
   It's easy to say you're going to work out, but it's an entirely different thing to actually do it. Set up appointments with yourself, and don't cancel. Plan your schedule each week. Will you work out early in the morning, after work, squeeze in a lunchtime sesh? Make a plan and stick to it.
3. WARM UP AND COOL DOWN
   Warming up helps increase blood flow to the muscles, and cooling down helps your heart rate gradually return to a normal level. Both of these parts of the workout help you prevent injuries, which is especially important for new exercisers.
4. START SLOW
   When you start slowly and build over time, you're more likely to make a lifelong habit out of your fitness routine - which is what we all want, right?
5. LEARN PROPER FORM
   Proper form ensures you're getting the most out of each exercise and minimizes the risk of injury. We recommend a 30 to 60-minute personal training session with Tammy to help start you on your wellness journey.
6. BE REALISTIC ABOUT PROGRESS
   If you haven't been in a fitness routine for a considerable amount of time, you can't expect to be in top-notch shape after a few weeks. Progress comes gradually and requires a long term commitment. Too many people give up when they don't see results in a short amount of time. Be patient and celebrate the small victories on your fitness path.

Administrative Office Services

NTC would like to remind you that we provide services to the public and Tribal Members at the Administrative Office. We offer black and white (or color) copies, and faxing services. We also provide notary services. There is no charge for Ninilchik Tribal Members and family, but a small fee for the general public.

Library Updates

The Niqnalchint Library is free and open to all of our community members. We have a public computer with internet.

To check out items, all you need to do is fill out a short application here at our Administrative Office.

To kick off the school year, we will be giving one **FREE** microwave popcorn with a library check out. We are in the process of expanding our entire library!

Come see what we have to offer and if you would like to request any books or DVDs, please let us know. We will gladly add it to our collection!

Tahyiga Book Club

The Ninilchik Traditional Council holds a monthly Book Club on the first Friday of every month. It takes place in the administration building conference room at 3:30pm.The members of Book Club provide suggestions and the book for that month is chosen based upon those. If you would like to join just call 567-3313 or email ntc@ninilchiktribe-nsn.gov

Gift Shop

The Administrative office has Ninilchik Traditional Council logo items to sell to the public. We currently have youth tie dye t-shirts, hoodies, winter jackets, leather jackets, beanies, stainless steel water bottles, and a fleece blanket. All have the NTC logo on them. We accept cash and debit or credit card via our new Square Payment System with a simple swipe.

Vacancy Announcements

Ninilchik Traditional Council is hiring for an Adult/Child Psychiatrist. Position details can be found on the Alaska Labor Exchange System website or at the NTC Administration building.

*Applications are available at the NTC office or on the Ninilchik Traditional Council web page at https://www.ninilchiktribe-nsn.gov/

For more information about Niqnalchint Library or Job Vacancies please contact 567-3313 or email ntc@ninilchiktribe-nsn.gov

The Cheeky Moose

Laundromat, Showers, Tanning, Deli and Espresso

Open Everyday 8:00am-9:00pm
Deli Open until 5:00pm

Fresh Homemade Soups
Breakfast Sandwiches

Variety of Grilled or Deli Sandwiches

Located at 33930 Sterling Highway, Anchor Point, Alaska

(907) 235-5900

For more information about The Cheeky Moose please contact Robin Jaime at 907-235-5900 or Robin@ninilchiktribe-nsn.gov

Event Calendar: August 2019

SUN	MON	TUE	WED	THU	FRI	SAT
Call Tammy Z to schedule personal training sessions. 907-252-5115	Call Elise to schedule a table or chair massage. 907-252-9544 Call Cat to schedule a chiropractic appointment. 415-608-7559			1 9:30-10:00am *Chair Yoga* 10:15-11:15am *Hatha Flow* 5:15-6:15pm Find Your Flow	2	3 10:00am-12:00pm Craft Day K-4th Grade 2:00-6:00pm Craft Day 5th-12th Grade
4	5 12:00pm Elders Outreach Luncheon	6 10:15-11:15am *Hatha* 1:00-5:00pm YELP 5:15-6:15pm *Vinyasa* YELP end of Summer Campout	7 10:15-11:30am *Restorative* 1:00-5:00pm YELP YELP end of Summer Campout	8 9:30-10:00am *Chair Yoga* 10:15-11:15am *Hatha Flow* 5:15-6:15pm Find Your Flow YELP end of Summer Campout	9 3:30-8:30pm Teen Night @ Teen Center 3:30pm Tahyiga Book Club	10 Elders Outreach Fishing Kasilof (see pg. 12)
11 Elders Outreach Fishing Kasilof (see pg. 12)	12 12:00pm Elders Outreach Luncheon	13 10:15-11:15am *Hatha* 5:15-6:15pm *Vinyasa*	14 10:15-11:30am *Restorative*	15 9:30-10:00am *Chair Yoga* 10:15-11:15am *Hatha Flow* 5:15-6:15pm Find Your Flow	16 12:00-6:00pm Youth & Elders Gather Berries 3:30-8:30pm Teen Night @ Teen Center	17 10:00am-12:00pm Craft Day K-4th Grade 2:00-6:00pm Craft Day 5th-12th Grade
18	19 12:00pm Elders Outreach Luncheon 5:30-7:00pm Nanilchik School Open House Cultural Educational Moose Hunt	20 10:15-11:15am *Hatha* 5:15-6:15pm *Vinyasa* School Starts	21 10am RCM 10:15-11:30am *Restorative* 3:30-5:30pm *Study Hall*	22 9:30-10:00am *Chair Yoga* 10:15-11:15am *Hatha Flow* 3:30-5:30pm *Study Hall* 5:15-6:15pm Find Your Flow Cultural Educational Moose Hunt	23 1:00-6:00pm Youth & Elders Make Jams & Jellies 3:30-8:30pm Teen Night @ Teen Center	24
25	26 12:00pm Elders Outreach Luncheon 3:30-5:30pm *Study Hall*	27 10:15-11:15am *Hatha* 3:30-5:30pm *Study Hall* 5:15-6:15pm *Vinyasa*	28 10:15-11:30am *Restorative* 3:30-5:30pm *Study Hall*	29 9:30-10:00am *Chair Yoga* 10:15-11:15am *Hatha Flow* 3:30-5:30pm *Study Hall* 5:15-6:15pm Find Your Flow	30 3:30-8:30pm Teen Night @ Teen Center 5:30pm Youth and Elder Jam & Jelly Competition	31

Event Calendar: September 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 12:00pm Elders Outreach Luncheon *3:30-5:30pm Study Hall* *NTC Office Closed*	3 10:15-11:15am *Hatha* *3:30-5:30pm Study Hall* 5:15-6:15pm *Vinyasa*	4 10:15-11:30am *Restorative* *3:30-5:30pm Study Hall*	5 9:30-10:00am *Chair Yoga* 10:15-11:15am *Hatha Flow* *3:30-5:30pm Study Hall* 5:15-6:15pm Find Your Flow	6 3:30-8:30pm Teen Night @ Teen Center 3:30pm Tahyiga Book Club 5:30pm Pickled Fish Processing Class	7
8	9 12:00pm Elders Outreach Luncheon *3:30-5:30pm Study Hall*	10 10:15-11:15am *Hatha* *3:30-5:30pm Study Hall* 5:15-6:15pm *Vinyasa*	11 10:15-11:30am *Restorative* *3:30-5:30pm Study Hall*	12 9:30-10:00am *Chair Yoga* 10:15-11:15am *Hatha Flow* 5:15-6:15pm Find Your Flow *3:30-5:30pm Study Hall*	13 3:30-8:30pm Teen Night @ Teen Center 5:30pm Pickled Fish & Balik Competition	14
15	16 12:00pm Elders Outreach Luncheon *3:30-5:30pm Study Hall*	17 10:15-11:15am *Hatha* *3:30-5:30pm Study Hall* 5:15-6:15pm *Vinyasa*	18 10:15-11:30am *Restorative* *3:30-5:30pm Study Hall*	19 9:30-10:00am *Chair Yoga* 10:15-11:15am *Hatha Flow* *3:30-5:30pm Study Hall* 5:15-6:15pm Find Your Flow	20 3:30-8:30pm Teen Night @ Teen Center	21
22	23 12:00pm Elders Outreach Luncheon *3:30-5:30pm Study Hall*	24 10:15-11:15am *Hatha* *3:30-5:30pm Study Hall* 5:15-6:15pm *Vinyasa*	25 10:15-11:30am *Restorative* *3:30-5:30pm Study Hall*	26 9:30-10:00am *Chair Yoga* 10:15-11:15am *Hatha Flow* *3:30-5:30pm Study Hall* 5:15-6:15pm Find Your Flow	27 3:30-8:30pm Teen Night @ Teen Center	28
29	30 12:00pm Elders Outreach Luncheon *3:30-5:30pm Study Hall*				October 14th-16th 1st Alaskan Institutes Youth & Elders Conference October 17th-19th Alaska Federation of Natives	

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

Phone: (907)567-3313
Fax: (907)567-3308
Email: 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 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.