

# Ninilchik Traditional Council

December 2019 & January 2020





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**Upcoming Closure Dates**

All NTC Offices will be closed on:

Wednesday, January 1st  
Monday, January 20th

**Council Meeting Schedule**

The next Regular Council Meeting is scheduled for:

Thursday, January 16, 2020

*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**

**Front cover and back page photos provided by Zoe Dixon, Maria Goins, and Jeannine Price**

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

*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

<b>Richard 'Greg' Encelewski</b> President/ Chairman	<b>William 'Dean' Kvasnikoff</b> Vice President	<b>Whitney Schollenberg</b> Secretary & Treasurer	<b>Jamie Leman</b> Director	<b>Kenny Odman</b> Director
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**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

**Ajiel Basmayor**, Secretary/Receptionist Fill-In  
**David Bear**, EMS Assistant  
**Darla Bradley**, Administrative Assistant  
**Denise Brock**, Case Manager/Registered Nurse  
**Maria Calhoun**, Behavioral Health Services Counselor  
**Jayke Cooper**, Resource Technician  
**Jenn Day**, Tribal Health Support Manager  
**Zoe Dixon**, Peer Recovery Support Specialist  
**Richard Dunaway**, Native Connections Program Manager  
**Susan Fallon**, Chemical Dependency Counselor –I  
**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  
**Robert Self**, Resource Technician  
**Dr. Sarah Spencer**, Medical Provider  
**Elise Spofford**, Yoga Instructor  
**Robert Stark**, Peer Recovery Support Specialist  
**Savanna Stark**, Peer Recovery Support Specialist  
**Bettyann Steciw**, Social Services & ICWA Specialist  
**Kimberly Steik**, Clinic Front Desk Receptionist  
**Tiffany Stonecipher**, Elders Outreach Program Coordinator  
**Dirk Tanner**, Physician Assistant  
**Kathleen Totemoff**, MAT Grant Manager  
**Brenda Trefon**, Health Programs Admin 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 Zweischer**, Personal Trainer

### The Cheeky Moose

**Robin Jamie**, Manager

**Melissa Lancaster**, Deli Worker/Barista

**Gina Kent**, Deli Worker/Barista

**Ashley DeVaney**, Deli Worker/Barista



**Executive Director's Address**

Merry Christmas and Happy New Year! As 2019 comes to an end, we can once again report that the tribe had another very successful year, and I am continually grateful to serve as your Executive Director.

It was awesome to see several of you at the Annual Meeting and congratulations to Whitney Schollenberg and Kenny Odman on their reelection to the Council. The 2019 Annual Report was recently mailed out to each tribal household. I would encourage you to read through this report rather than tossing it, letting it collect dust, or trying to burn it. The document contains so much information on your tribe, detailed reports, pictures, information, and a copy of the annual audit.

On the infrastructure side of things, our health programs continued to expand this past year with offices in Homer. The clinic expansion and new equipment acquisition has been completed, along with renovations and painting in the existing clinic. Our bus facility is under construction as well. The roofing trusses are up and it should be closed in within a few weeks.

As we look towards 2020, there is so much opportunity for further success and growth. A major vision is moving forward with a Tribal museum and cultural heritage center on the property that was donated to the tribe next to the Orthodox Church. We would like to make some progress on this in the upcoming year.

We will be continuing to work on our hunting and fishing rights. This includes the Educational Fishery that was closed for much of the early season this past year as well. A Cook Inlet Tribal group has been formed in order to advance our tribal fishing rights and we plan to work aggressively to further our work in this area. Along these lines, we just finalized our federal subsistence regulations for gillnet fishing in the Kenai and Kasikof Rivers. We also advocated at the Southcentral Regional Advisory Council (SRAC) to approve a customary and traditional use determination for sheep, caribou, and mountain goat. These NTC proposals were adopted by the SRAC and will be taken up by the Federal Subsistence Board early this year. We are starting to see some Ninilchik folks take advantage of the federal subsistence moose hunting seasons and we want to expand this to other hunting opportunities as well.

As 2020 begins, a vital and crucial undertaking is happening with the 2020 U.S. Census. It is well established that "American Indian and Alaska Natives are the ethnic group with the highest undercount of any defined by the Census Bureau." The Census Bureau has noted that we as Alaska Native/American Indians have been undercounted in the last three Censuses. These counts are paramount to our federal funding and I would highly encourage you to ensure that you participate. You can list your race as Alaska Native/American Indian or in combination with another race as well. Regardless of how you identify, if you are of some Alaska Native/American Indian decent, it is important to list this on your census response.

In closing, don't forget that the next regularly scheduled Council meeting is set for January 16th, 2020 at 10:00 a.m. at the NTC Admin Office. Tribal Members are encouraged to attend and we look forward to seeing you there. Thank you.

Sincerely,

A handwritten signature in black ink, appearing to read "Ivan Z. Encelewski". The signature is fluid and cursive, with a long horizontal stroke at the end.

Ivan Z. Encelewski  
NTC Executive Director



## ***TRIBAL HEALTH DIRECTOR'S REPORT***

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You are welcome 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. You may remain anonymous, or you can put your name on it. We are still not able to provide in-house ultrasounds until further notice. We do not have a sonographer available to do these.

Clinic construction for an addition was completed, and we now have eight exam rooms and one big office for all of the clinical staff. The lab was moved next to the waiting room.

We have a new Nurse Practitioner, Kristie Finkenbinder, who will be working one day in Homer and three or four in Ninilchik. She will be back-up coverage for providers when they are on leave as well.

We have another new employee, Sue Fallon. She will be working out of the Homer MAT office and is a Chemical Dependency Counselor I (CDC-I).

Please see the link to the DMV document for the requirements for obtaining a new ID or Driver's License for those people who wish to travel by airplane and do not have a passport. This will be effective October 1, 2020. If you are planning to fly for a medical appointment and don't have a passport, you will be unable to board the plane without your new ID. Please plan ahead and make sure you take everything but the kitchen sink that is listed on the form, or you won't get your ID during that visit. Also, don't wait until the last minute. ☹

The link for the documents required can be found here:

<http://doa.alaska.gov/dmv/akol/pdfs/AK%20Real%20ID%20req%20docs.pdf>

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](mailto:jmullen@ninilchiktribe-nsn.gov)**





I just want to update the community on how successful WRAP has been. Our program is truly improving health and wellness, decreasing individual risk of disease and cancer, getting folks off medications, and helping people feel great! Here are some interesting statistics you may not know about; Normal weight is classified with a body mass index (BMI) of 18.5-24.9. Overweight is classified with a BMI from 25-29.9. Obesity is classified with a BMI greater than 30.

Class I Obesity: BMI 30-34.9

Class II Obesity: BMI 35-39.9

Class III Obesity: BMI: greater than 40

If a child under the age of two is greater than 95<sup>th</sup> percentile on the growth chart, they are classified as obese.

Did you know that obesity is a chronic, relapsing disease that needs chronic treatment? 40% of Americans in the US are classified as overweight or obese (that is 2 out of 3)! Obesity can cause many health problems, but here are some interesting facts:

- If your BMI is greater than 30, your life expectancy will be 3-5 years less than someone else your age who has a normal weight. If your BMI is greater than 40 your life expectancy will be 8-10 years less.
- Fatty Liver disease happens in 90% of people who have a BMI greater than 40. The incidence of liver failure is on the rise and is now the #1 cause of needing a liver transplant (greater than alcoholic liver disease!).
- Atrial Fibrillation can be caused by obesity. Every increase in one unit of BMI, there is a 4 % increase to develop Atrial Fibrillation. So if you had a BMI of 24 and it increased to BMI of 28, you have a 16% chance of developing this condition.
- Sleep: less than eight hours of sleep releases Ghrelin (hunger hormone) and decreases Leptin (satiety hormone). Therefore, poor sleep can lead to obesity.
- Sleep Apnea: a neck circumference for a man > 17 in. or a woman > 16 in. has an increased risk of obstructive sleep apnea. Just a 10% weight loss would improve sleep apnea by 50%!
- Cancer: there are much higher rates of breast cancer, cervical cancer, colon cancer, stomach cancer, and throat cancer in individuals who are overweight and obese.

We are here to help you achieve your goals and help decrease your risk factors leading to a healthier, longer, happier life! Make an appointment today to join the program.

Carrie Warren, FNP-C

**For more information about WRAP Services please contact Carrie Warren at 567-3970 or [cwarren@niniichiktribe-nsn.gov](mailto:cwarren@niniichiktribe-nsn.gov)**



## Gimme Some BLT...and We're Not Talking the Sandwich

*Okay, let's be honest, it's dark outside. Thank God for Daylight Savings, BUT STILL. Winter is coming. As we gear up for shorter days and longer nights, one strategy to consider is BLT. BLT?!? Bright light therapy. Read below for excerpts from Mayo Clinic. Some folks swear by it (and you can easily get a light box on Amazon for \$30-50) but, REMEMBER to always consult with your medical provider to see if it's a good fit for you. If you'd like to give BLT a trial, the Behavioral Health department has a few light boxes that folks can check out. Happy winter, everyone!*

Maria Calhoun, LPC

### Overview

Light therapy is a way to treat seasonal affective disorder (SAD) and certain other conditions by exposure to artificial light. During light therapy, you sit or work near a device called a light therapy box. The box gives off bright light that mimics natural outdoor light. Light therapy is thought to affect brain chemicals linked to mood and sleep, easing SAD symptoms, and may also help with other types of depression, sleep disorders, and other conditions (including dementia).

### Why Consider BLT

You may want to try light therapy for a number of reasons:

- Your doctor recommends it for seasonal affective disorder or another condition.
- You want to try treatment that is safe and has few side effects.
- You want to increase effectiveness of antidepressant medication or counseling.
- You need to avoid antidepressant medications during pregnancy or breastfeeding.

### Potential Risks/Side Effects

Light therapy is generally safe. If side effects occur, they're usually mild and short lasting. Side effects may include: eyestrain, headache, nausea, irritability/agitation, mania, euphoria, and hyperactivity or agitation associated with bipolar disorder.

When side effects do occur, they may go away on their own within a few days of starting light therapy. You also may be able to manage side effects by reducing treatment time, moving farther from your light box, taking breaks during long sessions, or changing the time of day you use light therapy. Talk to your doctor if side effects are a problem.



### When to Use Caution

It's best to be under the care of a health professional while using bright light therapy. It's always a good idea to talk to a doctor before starting BLT, but it's especially important if:

- You have a condition that makes your skin especially sensitive to light.
- You take medications that increase your sensitivity to sunlight, such as certain antibiotics, anti-inflammatories, or the herbal supplement St. John's Wort.
- You have an eye condition that makes your eyes vulnerable to light damage.

Light therapy boxes are designed to filter out harmful ultraviolet (UV) light, but some may not filter it all out. UV light can cause skin/eye damage. Look for a box that emits as little as possible. If you have concerns about BLT and your skin, talk to a dermatologist.

**Caution for Bipolar Disorder:** BLT may trigger mania in some people with bipolar disorder, so get advice from your doctor before starting light therapy. If you have any concerns about how BLT may be affecting your mood or thoughts, seek help right away.

### Starting Light Therapy

*Although you don't need a prescription to buy a light therapy box, it's best to ask your doctor or mental health provider if light therapy is a good option for you.* Generally, most people with SAD begin treatment with light therapy in the early fall. Treatment usually continues until spring, when outdoor light alone is sufficient to sustain good mood and higher energy levels. You and your doctor can adjust light treatment based on timing/duration of symptoms. If you want to try light therapy for nonseasonal depression or another condition, talk to your doctor about how BLT can be most effective.

### During Light Therapy

During light therapy sessions, you sit or work near a light box. To be effective, light from the light box must enter your eyes indirectly. While your eyes must be open, don't look directly at the light box, because the bright light can damage your eyes. Be sure to follow your doctor's recommendations and the manufacturer's directions. Light therapy requires time and consistency. You can set your light box on a table in your home or office. You can read, use a computer, write, watch TV, talk on the phone or eat while having light therapy. Stick to your therapy schedule and don't overdo it.



## Key Elements for Effectiveness

Light therapy is most effective when you have the proper combination of light intensity, duration, and timing.

- **Intensity.** The intensity of the light box is recorded in lux, which is a measure of the amount of light you receive. Typical recommendation is to use a 10,000-lux light box at a distance of about 16 to 24 inches from your face.
- **Duration.** With a 10,000-lux light box, BLT typically involves daily sessions of 20-30 minutes. A lower-intensity light box, such as 2,500 lux, may require longer sessions. Check manufacturer's guidelines and follow your doctor's instructions. It is often suggested to start with shorter sessions and gradually increase the time.
- **Timing.** For most people, light therapy is most effective when it's done early in the morning, after you first wake up. Your doctor can help you determine the light therapy schedule that works best.

Light therapy may ease symptoms, increase your energy levels, and help you feel better about yourself and your life. BLT can start to improve symptoms within just a few days, or it can take two or more weeks.

## Getting the Most Out of BLT

Light therapy isn't effective for everyone, but you can take steps to get the most out of your light therapy and help make it a success.

- **Get the right light box.** Do some research and talk to your doctor before buying a light therapy box.
- **Be consistent.** Stick to a daily routine of light therapy sessions to help ensure that you maintain improvements over time. If you simply can't do light therapy every day, take a day or two off, but monitor your mood and other symptoms — you may have to find a way to fit in light therapy every day.
- **Track the timing.** If you interrupt light therapy during the winter months or stop too soon in the spring when you're improving, your symptoms could return. Keep track of when you start light therapy in the fall and when you stop in the spring so you know when to start and end your light therapy the following year.

**Include other treatment.** If your symptoms don't improve enough with light therapy, you may need additional treatment. Talk to your doctor about other treatment options, such as psychotherapy or medication.

### References:

<https://www.mayoclinic.org/tests-procedures/light-therapy/about/pac-20384604>

**For more information about Behavioral Health Services please contact Laura Ullmann at 567-3370 or [lullmann@ninilchiktribe-nsn.gov](mailto:lullmann@ninilchiktribe-nsn.gov)**





### The Truth about Heroin:

*Slang terms: Smack, horse, brown sugar, junk, black tar, Big H, dope, skag, negra, skunk, white horse, china white, chiva, hell dust, thunder.*

#### Facts about Heroin

1. Heroin affects your brain- Heroin, an illicit opioid, enters your brain quickly. It slows down the way you think, your reaction time, and your memory. With long term use, it will change your brain in ways that may lead to addiction.
2. Heroin affects your body- Heroin slows down your heart rate and breathing, sometimes so much that it can be life threatening. Heroin poses extra problems to those that inject it due to the risks of HIV, Hepatitis B and C, and other diseases that may occur due to the sharing of needles.
3. Heroin is HIGHLY addictive- Heroin enters the brain rapidly and causes a fast and intense high. Repeated use increases the risk of addiction. Someone addicted to heroin will continue to seek out and use the drug despite negative consequences.
4. Heroin is not what it may seem- Other substances are sometimes added to heroin. They clog blood vessels leading to the liver, lungs, kidneys, and brain, and lead to inflammation or infection. Powder sold as Heroin may contain other dangerous chemicals such as fentanyl, that increases the risk of fatal overdose.
5. Heroin CAN kill you- Heroin slows and sometimes stops breathing, which will result in death. In 2015, there were 2,343 overdose deaths related to heroin and other illicit opioids among those aged 15 to 24.
6. Heroin addiction IS treatable- Medication, in combination with behavioral treatment, can help those to stop using heroin and recover from addiction. Building a support system that helps stop using heroin and other opioids is important. Medications such as Buprenorphine, Methadone, and Naloxone greatly increase the chance of recovery and reduce the risk of overdose. Friends and family should have naloxone nearby if possible in case of overdose.

Heroin can be a white or dark brown powder, or a black tar. Those selling heroin often mix it with other substances, such as sugar, starch, or other dangerous chemicals. Pure heroin is dangerous despite a common belief that it is safer. Heroin is very dangerous regardless of how it is used. Injecting of the drug carries additional risk of infectious disease. You can still die from an overdose or become addicted by snorting or smoking it. If mixed with a synthetic opioid such as Fentanyl, this can be fatal even in small doses regardless of how they are taken.





## Behavior Health Services

**Know the signs**

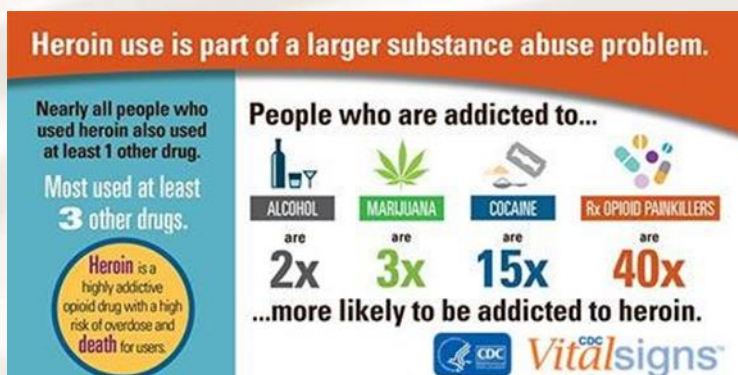
*How do you know if someone is using heroin?*

Signs and symptoms of heroin use are:

- Euphoria
- Drowsiness
- Impaired mental functioning
- Slowed movement and breathing
- Needle marks
- Boils

Signs of heroin overdose include:

- Shallow breathing
- Extremely small pupils
- Clammy skin
- Bluish colored nails and lips
- Convulsions
- Coma



The drug Naloxone can save the life of someone overdosing on heroin. It can be administered by anyone witnessing an overdose or by first responders. For more information on Naloxone training and availability, visit [www.drugabuse.gov/related-topics/naloxone](http://www.drugabuse.gov/related-topics/naloxone).

Heroin is illegal, addictive, and dangerous. Talk to your parents, a doctor, a counselor, teacher, or another adult that you trust if you have questions. You can find free and confidential information 24/7 by calling SAMHSA's National Helpline at: 1-800-662-HELP (4357). You can also contact the NTC Behavioral Health Clinic at 907-567-3370. The clinic also offers Medication Assisted Treatment (MAT). You can contact Dr. Sarah Spencer, Annette Hubbard, or Lukas Ficklin for additional information on services.

Information obtained on the SAMHSA website:  
<https://store.samhsa.gov/system/files/pep18-02.pdf>

Christine Prokop, LPC, NTC BH Clinician





## Medication Assisted Treatment

NTC offers Medication Assisted Treatment for opioid use disorder. While medication may be used as a stand-alone therapy, accessing counseling and peer recovery supports promote more successful long-term recoveries.

We offer services at both our clinic in Ninilchik and our Homer office, “Auntie’s House,” located at 3756 Lake Street #3 (near Haven House). **Please call (907) 740-3330 to schedule an intake.**

### Why Medication Assisted Treatment (MAT)?

Medication assisted treatment involves the use of prescribed medications to treat people recovering from opioid and/or alcohol use disorder. Some may argue that the use of medications is nothing more than “replacing one drug with another.” However, this view is not supported by the evidence. Simply put, MAT WORKS – and it works better than anything else! Here are just a few reasons to consider Medication Assisted Treatment if you are living with addiction:

**MAT (combining medication, counseling and peer recovery supports) has a higher success rate of rehabilitation and relapse prevention than any other forms of treatment. Period. When a person attempts to recover without the aid of medication, the withdrawal symptoms can be unbearable – often leaving that person prone to relapse. The use of medication allows for those in various stages of recovery to maintain a greater feeling of wellness while minimizing cravings. This, in turn, provides a greater opportunity for the individual to access additional services and create a plan that will support their long-term recovery.**

**MAT works to:**  
**Block the euphoric effects of opioids**  
**Normalize body functions**  
**Relieve physiological cravings**  
**Stabilize brain chemistry**

Studies have shown that MAT reduces illicit drug use, disease rates, and related harmful behaviors, including criminal activity. People who are enrolled in MAT programs are up to 75% less likely to die from a cause related to their addiction. (Source: National Institute of Drug Abuse, National Institutes of Health)

**For more information about Behavioral Health Services please contact Laura Ullmann at 567-3370 or [lullmann@ninilchiktribe-nsn.gov](mailto:lullmann@ninilchiktribe-nsn.gov)**



## Behavior Health Services

Relapse is common in the recovery process, but the use of medication, counseling, and peer recovery support services help facilitate long-term success. Below are some of the medications we use in our program:

**Sublocade** – A partial agonist, which means that it blocks other opioids from special receptors in your brain, while also allowing some of the opioid effects of its own to suppress withdrawal symptoms and cravings. It is an extended-release buprenorphine injection administered once a month by one of our qualified medical providers.

**Suboxone** – An oral film that contains a combination of buprenorphine and naloxone.

Suboxone is a partial agonist and is dissolved under the tongue or inside the cheek.

**Vivitrol** – A naltrexone (antagonist/opioid blocker) injection that is given once a month by one of our qualified medical providers. This medication works by blocking the harmful effects of opioids and reduces cravings. Antagonists like Vivitrol require full detoxification from opioids before beginning treatment.

MAT can safely be used during pregnancy for women in recovery to support the delivery of healthy babies. The use of medications by expectant mothers allows the body to counter withdrawal symptoms and maintain a stable environment for a baby to grow and leads to a decrease in fetal withdrawal symptoms.

*If you're living with addiction, please reach out to one of our Peer Recovery Support Specialists*

PLEASE SCAN THE QR CODE TO FOLLOW US ON FACEBOOK, TWITTER AND INSTAGRAM!



**Bob Stark**

(907) 420-4713

Peer Recovery Support Specialist



**Savanna Stark**

(907) 420-7268

Peer Recovery Support Specialist



**Zoë Dixon**

(907) 741-2019

Peer Recovery Support Specialist



Interested in joining our MAT Committee and being part of the solution?

Please contact Kathleen Totemoff, MAT Program Manager, at [ktotemoff@ninilchiktribe-nsn.gov](mailto:ktotemoff@ninilchiktribe-nsn.gov)

**For more information about Behavioral Health Services please contact Laura Ullmann at 567-3370 or [lullmann@ninilchiktribe-nsn.gov](mailto:lullmann@ninilchiktribe-nsn.gov)**

## Ambient Air Quality

The Resource department has been working with the EPA to begin working on ambient air quality monitoring. We plan to conduct the monitoring here at the resource facility once the project proposal is approved. We hope to gather information that will help us better understand the air that surrounds us and what elements we are exposed to.

This project is intended to increase the ability of the tribe to establish baseline data and to document trends in local air quality within the Ninilchik tribal boundaries. The goal of the project is to build capacity for future design and implementation of an ongoing air quality program that will enable the tribe

to document conditions and note changes in the local environment. This change in capacity will enable us to obtain more accurate information based on EPA methods, to participate in the protection of the environment, participate in agency decisions, and determine ecological value in the local area. This change in capacity will also help enable us to participate with local regulatory agencies that have Jurisdiction by

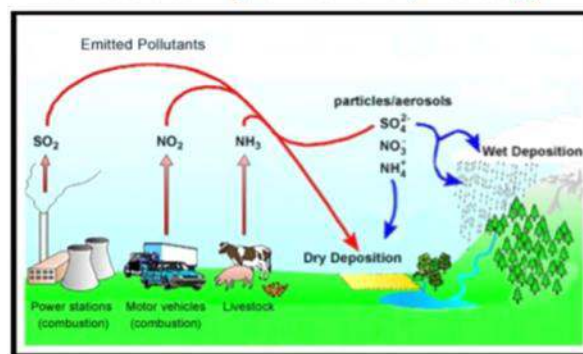
Law and/or statutory authority to make decisions that may affect the culture and resources associated with the federally recognized Ninilchik Tribe.

The EPA IGAP Program Tribal Coordinator is the primary EPA representative and point of contact for the Ninilchik Tribe. The Tribal Coordinator provides oversight over the overall EPA administration of the project and receives correspondence from the project directly. The Ninilchik Traditional Council is responsible for administering and performing the required tasks of the project. Several staff members are involved in the project, including the Executive Director and the Environmental Manager, who participates in the administration and oversight of the tasks associated with the project.



### Why do we monitor ambient air?

- To ensure there is no adverse effect from licensed activity emissions (industry)



- To provide information for the management of cumulative effects

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**For more information, please contact the Resource office at**

**567-3815 or email [jcooper@ninilchiktribe-nsn.gov](mailto:jcooper@ninilchiktribe-nsn.gov)**



*"I have not failed. I've just found 10,000 ways that won't work."*

Thomas Edison



Hello Ninilchik Tribe,

I hope everyone had a wonderful and safe Thanksgiving. Winter is running a little later than normal this year, but I must admit that I really don't mind.

Currently, we have a home being built here in Ninilchik for a Ninilchik Tribal member's family. This home is everything you could want. One and a half acres, six-star energy rating, a view, and nice, big trees. If all goes well, this home should be completed around the first of the year. I know one family that is going to have a nice New Year's present.



The program requirements for the Homeownership Program are: you must be within income requirements, have not owned a home within the last five years, and have lived within our Tribal boundaries for a minimum of one year. You must show that your income will support paying the mortgage, the required insurance, and the property taxes. Usually the property tax and home insurance put together are around \$3,000 of your income per year. If this sounds like something you are interested in, please go to our website and download the application or come by the office and pick one up.

Until the next newsletter, have a wonderful and safe Merry Christmas and a Happy New Year's.



## Elders Outreach Program Coordinator



The Elders Outreach Program offers lunch at the Subsistence Building every Monday. This includes NTC HOLIDAYS that the main office, clinic, and health club may be closed for. The luncheons served at noon coming up for the following month is as follows;

Mondays in **January** 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>  
***No Luncheons on December 23<sup>rd</sup> and 30<sup>th</sup>***

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 who look forward to their luncheon food delivered to their home.

We encourage active participation from the youth and strongly urge Elders to come offer their experience, advice, knowledge, and techniques for activities. If you have a cultural/traditional skill, please call or email me. We look forward to the Elders sharing a bit of their time and knowledge with us! My office is open and welcomes your input to make this program grow and thrive.

The Elders Outreach Program welcomes any Tribal Elders interested in day trips, travel, local and historical excursions, and to share 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 and 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 me 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, 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.





This is the time of year again to check to see if you are prepared for the weather and the eventual snow and ice. There are some items to make sure you have on hand and available; should we have a power outage or shortage of resources at our shopping centers. Water, candles, matches, batteries, extra blankets, a second heat source, stable shelf life foods and nonperishable packaged foods, extra food supplies for your pets, first aid kit, emergency kit, sanitary supplies, flashlights or other sources of light, back up gas supplies for generators, vehicles or other transportation, and back up charged batteries for your phone to help with communication. These are sample items you may consider for winter storms, power outages, and other catastrophes; however, having specific items on hand just to tackle ice and snow is also essential. This means a sturdy shovel, ice scrapers, winter clothes and boots, ice melt or sand to create traction, and ice cleats for your shoes. If you don't have these items, remember you can pick up essentials throughout the year and have a designated box that you add as you accumulate your supplies. Maybe you are an Elder reading this and have surmounted many winter storms, wonderful! You are an Alaskan warrior. Maybe you are not an Elder reading this and thinking about your loved ones or friends who could use some help with gathering supplies, talk to each other and remember in a small community such as this, we need to look out for one another and help where we can.

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 [dhss.alaska.gov/dsds](https://dhss.alaska.gov/dsds)

Alaska's **Medicare** Information Anchorage: 907-269-3680,  
Toll Free Statewide: 1-800-478-6065 and Online: [medicare.alaska.gov](https://medicare.alaska.gov)

***The Elders Outreach Program 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](mailto:tstonecipher@ninilchiktribe-nsn.gov)**

## Tribal Services



## Ninilchik Traditional Council

P.O. Box 39070

Ninilchik, Alaska 99639

Ph: 907 567-3313 / Fx: 907 567-3308

E-mail: [cpinnow@ninilchiktribe-nsn.gov](mailto:cpinnow@ninilchiktribe-nsn.gov)Web Site: [www.ninilchiktribe-nsn.gov](http://www.ninilchiktribe-nsn.gov)

**NINILCHIK TRADITIONAL COUNCIL  
NOVEMBER 11, 2019 NTC ANNUAL ELECTION  
PRELIMINARY CERTIFICATION OF ELECTION RESULTS**

NUMBER OF REGISTERED VOTERS

112

\*\*NUMBER OF VALID BALLOTS RETURNED~~100~~ 61

NUMBER OF BALLOTS NULLIFIED/INVALIDATED

3

NUMBER OF BALLOTS RETURNED UNDELIVERABLE

3

64 TOTAL # OF BALLOTS RETURNED**Election Results (Number Of Valid Votes For Each Candidate):****Ninilchik Traditional Council Seat:**

Kenneth Odman


45

Whitney Schollenberg

56

**CERTIFIED BY THE NTC ELECTION COMMITTEE ON NOVEMBER 11, 2013:**

Robert Welch - NTC Election Committee

  
 Sharon Dullinger - NTC Election Committee

  
 Becky Hamilton - NTC Election Committee

Posted at NTC Office 11/12/19, Election Committee Meeting ~Copy to NTC

*If no contest to the election is filed, this shall be the final certification of results of the  
November 11, 2019 NTC Election.*

2 ballots not marked  
 1 ballot for 11/12/18  
 Becky Hamilton





## Early Learning Program



The NTC Early Learning Program started classes in October. This year we have 11 students registered. 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. It has been amazing spending time with your little ones. We have seen such amazing progress and a shift within the classroom. Everyone has really found themselves within the classroom community and each child is beaming with their personalities! Students will be out for holiday vacation 12/24/19 thru 01/02/20, class will resume on Tuesday, January 7th, 2020.

Thank you so much for your **Scholastic Book Orders**. It helps us get new books and earn points to get other supplies they offer such as games, puzzles, pencils & furniture.



### NTC's Higher Education Grant Deadlines:

*Spring Semester –December 10, 2019*

*Summer Semester -May 10, 2020*

*Fall Semester –August 10, 2020*

Completed applications must be received by the Ninilchik Traditional Council before the appropriate deadline. Mail, hand deliver, or fax your application to: Jamie Oskolkoff, NTC Education Manager, Ninilchik Traditional Council, P.O. Box 39444, Ninilchik, AK 99639, Ph: 907.567.3313, Fax: 907.567.3354

E-mail: [joskolkoff@ninilchiktribe-nsn.gov](mailto:joskolkoff@ninilchiktribe-nsn.gov)

**For more information about ELP contact Chris Pinnow at 567-3313 or [cpinnow@ninilchiktribe-nsn.gov](mailto:cpinnow@ninilchiktribe-nsn.gov)**



*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.

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.

**Mon-Thu: Study Hall 3:30-5:30**

**Friday: Teen Night 3:30-8:30 (7<sup>th</sup> and 8<sup>th</sup> 3:30-6:00)**

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

**For more information about NTC's Youth Outreach Program please contact Rick Dunaway at 567-3370 or [rdunaway@ninilchiktribe-nsn.gov](mailto:rdunaway@ninilchiktribe-nsn.gov)**



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

*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.*

### **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 is currently in season and open to any students grades 1-12. Practices are held after school from 3:45-5:15 in the hydro-gym. Practice days are:

Grades 1-6: Tuesdays and Fridays

Grades 7-12: Tuesdays and Thursdays

No matter your ability or skill level, there is a NYO event for you! All athletes will need to have a signed waiver on file.

*For more information, contact coach Danielle 299-6269 or coach Rick 567-3370 opt 8.*

### **Winter Break Schedule: December 23—January 3rd (Closed on the 24th, 25th, and 1st)**

Teen Center doors will be open on weekdays from 12:00-5:00p.m. for activities. Teens can play games, watch movies, do crafts, hang out, or get out in the snow!

**January 2nd—** To close out the winter break, NTC Youth Outreach will be hosting an ice skating activity in Homer. Transportation will be available from the Teen Center at 12:00p.m.

# CLUB NEWS



**OPEN M-F 7am-8pm & SAT 8am-2pm • CLOSED 12/24, 12/25, 1/1, & 1/20**

## HOLIDAY HEALTH TIPS

- ♦ Watch your portion sizes
- ♦ Consume plenty of water
- ♦ Don't skip meals
- ♦ Fill up on lean meats and veggies
- ♦ Make healthy ingredient substitutions in recipes

## PERSONAL TRAINING

**call Tammy Z.  
to schedule**

**907.252.5115**

## YOGA

### SCHEDULE

#### Tuesdays

10:15-11:15 A.M.  
*Vinyasa*

5:15-6:15 P.M.  
*Hatha*

#### Wednesdays

10:15-11:15 A.M.  
*Twist Twist Untwist*

11:30-12:45 P.M.  
*Restorative*

#### Thursdays

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.*

## CHEESY CAULIFLOWER MASH

### Ingredients

4 c. riced cauliflower

1 tsp. minced garlic

1/4 c. heavy cream

1/2 c. sour cream

1/2 tsp. Nature's Seasons seasoning

1/4 tsp. garlic salt

1/4 tsp. salt

1 c. Mexi-blend shredded cheese

1/2 tsp. chives chopped, optional

1. In a large saucepan, cover riced cauliflower & minced garlic with water & bring to a boil. Boil 5-7 minutes until tender; drain.
  2. Add heavy cream, sour cream, & all the seasonings.
  3. Using an immersion blender, blend until creamy. Stir in the cheese until melted.
  4. Serve with butter and garnish with chives, if preferred.
- Buy riced cauliflower in the frozen veggies section or make your own easily (google it!)
  - Nature's Seasonings is a blend of salt, pepper, onion, garlic, celery, & parsley.
  - If you don't have an immersion blender, you can use a regular blender or food processor. However, be careful not to over blend.

**For more information about NHWC please contact 567-3455 or  
hwc@ninilchiktribe-nsn.gov**





OPEN M-F 7am-8pm & SAT 8am-2pm • CLOSED 12/24, 12/25, 1/1, & 1/20

## 11 WAYS TO FIGHT *The Winter Blues*



Set Your  
Circadian Rhythm  
(Wake Up On Time)



Try 'Bright Light'  
Therapy



Eat Breakfast  
Every Day



Get Outside  
(in The Morning)



Don't Over-  
Consume Caffeine



Add Extra  
Vitamin D



Take Power Naps



Don't Over-  
Consume  
Alcohol



Eat Dinner  
Early



Avoid 'Blue Light'  
At Night



Stay Connected

## 12 DAYS OF CHRISTMAS WORKOUT ❄️

"On the first day of Christmas,  
my trainer gave to me..." ❄️

- 1 plank for 20 seconds
- 2 burpees
- 3 push-ups
- 4 star jumps
- 5 squats
- 6 chair dips
- 7 boxing punches
- 8 mountain climbers
- 9 jumping jacks
- 10 alternating lunges
- 11 crunches
- 12 high knees

Just like the song!  
Perform it in a ladder -  
1 plank, then 2 burpees  
and 1 plank, then 3  
push-ups, 2 burpees,  
and 1 plank, and so  
on...

## WARM UP THIS HOLIDAY

Try our INFRARED SAUNA or  
TANNING BED this winter

Only \$6 a session Buy 10, get 1 free!  
Call 567.3455 to schedule



### 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 winter break, 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 second Friday of every month. It takes place in the Administration building conference room at 3:30 p.m. 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](mailto: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 cards via our new Square Payment System with a simple swipe.

### Vacancy Announcements

Ninilchik Traditional Council is hiring for an Physician or Family Nurse Practitioner. 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.



# *The Cheeky Moose*

**Laundromat, Showers, Tanning, Deli & Espresso**

Open everyday (except Thursday) from 8 AM  
to 8 PM

**Deli open until 5:00**

**Fresh Homemade Soups**

**Breakfast Sandwiches**

**Variety of Grilled or Deli Sandwiches**


Located at 33930 Sterling Highway, Anchor Point, Alaska

(907) 235-5900




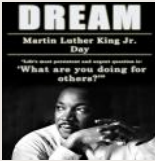
**For more information about The Cheeky Moose please contact Robin Jaime at  
907-235-5900 or [Robin@ninilchiktribe-nsn.gov](mailto:Robin@ninilchiktribe-nsn.gov)**

Event Calendar: **December 2019**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 12:00p.m. Elders Luncheon 3:30-5:30p.m. Study Hall	3 <b>No ELP</b> 10:15-11:15a.m. Vinyasa 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Hatha	4 10:15-11:15a.m. Twist Twist Untwist 11:30-12:45p.m. Restorative 3:30-5:30p.m. Study Hall	5 <b>No ELP</b> 10:15-11:15a.m. Hatha 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Find Your Flow	6 3:30-8:30p.m. Teen Night 3:45-5:15p.m. NYO	7
8	9 12:00p.m. Elders Luncheon 3:30-5:30p.m. Study Hall	10 10:00-12:00p.m. ELP 10:15-11:15a.m. Vinyasa 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Hatha	11 10:15-11:15a.m. Twist Twist Untwist 11:30-12:45p.m. Restorative 3:30-5:30p.m. Study Hall	12 10:00-12:00p.m. ELP 10:15-11:15a.m. Hatha 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Find Your Flow	13 3:30-8:30p.m. Teen Night 3:45-5:15p.m. NYO Tahyiga Book Club 3:30 @ Admin Conference Room	14
15	16 12:00p.m. Elders Luncheon 3:30-5:30p.m. Study Hall	17 10:00-12:00p.m. ELP 10:15-11:15a.m. Vinyasa 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Hatha	18 10:15-11:15a.m. Twist Twist Untwist 11:30-12:45p.m. Restorative 3:30-5:30p.m. Study Hall	19 10:00-12:00p.m. ELP 10:15-11:15a.m. Hatha 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Find Your Flow	20 3:30-8:30p.m. Teen Night 3:45-5:15p.m. NYO White Elephant Gift Exchange @ Teen Night	21
22	23 <b><u>NO Luncheon</u></b> 12:00-5:00p.m. Teen Center	24 <b><u>No ELP</u></b> <b><u>No Teen Center &amp; NYO</u></b> <b><u>ALL NTC Offices Clsoed</u></b>	25 <b><u>No Teen Center</u></b> <b><u>ALL NTC Offices Clsoed</u></b> 	26 <b><u>No ELP</u></b> 10:15-11:15a.m. Hatha 12:00-5:00p.m. Teen Center <b><u>No NYO</u></b> 5:15-6:15p.m. Find Your Flow	27 12:00-5:00p.m. Teen Center <b><u>No NYO</u></b>	28
29	30 <b><u>NO Luncheon</u></b> 12:00-5:00p.m. Teen Center	31 <b><u>No ELP</u></b> 10:15-11:15a.m. Vinyasa 12:00-5:00p.m. Teen Center <b><u>No NYO</u></b> 5:15-6:15p.m. Hatha				Call Tammy Z to schedule personal training sessions. 907-252-5115



# Event Calendar: January 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> <u>No Teen Center</u> <u>ALL NTC Offices Closed</u> 	<b>2</b> <u>No ELP</u> 10:15-11:15a.m. Hatha 12:00-5:00p.m. Teen Center <u>No NYO</u> Ice Skating in Homer Meet @ Teen Center by 12:00p.m. 5:15-6:15p.m. Find Your Flow	<b>3</b> 12:00-5:00p.m. Teen Center <u>No NYO</u>	<b>4</b>
<b>5</b>	<b>6</b> 12:00p.m. Elders Luncheon 3:30-5:30p.m. Study Hall	<b>7</b> 10:00-12:00p.m. ELP 10:15-11:15a.m. Vinyasa 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Hatha	<b>8</b> 10:15-11:15a.m. Twist Twist Untwist 11:30-12:45p.m. Restorative 3:30-5:30p.m. Study Hall	<b>9</b> 10:00-12:00p.m. ELP 10:15-11:15a.m. Hatha 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Find Your Flow	<b>10</b> 3:30-8:30p.m. Teen Night 3:45-5:15p.m. NYO Tahyiga Book Club 3:30 @ Admin Conference Room	<b>11</b>
<b>12</b>	<b>13</b> 12:00p.m. Elders Luncheon 3:30-5:30p.m. Study Hall	<b>14</b> 10:00-12:00p.m. ELP 10:15-11:15a.m. Vinyasa 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Hatha	<b>15</b> 10:15-11:15a.m. Twist Twist Untwist 11:30-12:45p.m. Restorative 3:30-5:30p.m. Study Hall	<b>16</b> 10:00-12:00p.m. ELP 10:15-11:15a.m. Hatha 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Find Your Flow <b>RCM 10:00 a.m.</b>	<b>17</b> 3:30-8:30p.m. Teen Night 3:45-5:15p.m. NYO	<b>18</b>
<b>19</b>	<b>20</b> 12:00p.m. Elders Luncheon <u>ALL NTC Offices Closed</u> 	<b>21</b> 10:00-12:00p.m. ELP 10:15-11:15a.m. Vinyasa 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Hatha	<b>22</b> 10:15-11:15a.m. Twist Twist Untwist 11:30-12:45p.m. Restorative 3:30-5:30p.m. Study Hall	<b>23</b> 10:00-12:00p.m. ELP 10:15-11:15a.m. Hatha 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Find Your Flow	<b>24</b> 3:30-8:30p.m. Teen Night 3:45-5:15p.m. NYO	<b>25</b>
<b>26</b>	<b>27</b> 12:00p.m. Elders Luncheon 3:30-5:30p.m. Study Hall	<b>28</b> 10:00-12:00p.m. ELP 10:15-11:15a.m. Vinyasa 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Hatha	<b>29</b> 10:15-11:15a.m. Twist Twist Untwist 11:30-12:45p.m. Restorative 3:30-5:30p.m. Study Hall	<b>30</b> 10:00-12:00p.m. ELP 10:15-11:15a.m. Hatha 3:30-5:30p.m. Study Hall 3:45-5:15p.m. NYO 5:15-6:15p.m. Find Your Flow	<b>31</b> 3:30-8:30p.m. Teen Night 3:45-5:15p.m. NYO	Call Elise to schedule a table or chair massage. 907-252-9544 Call Cat to schedule a chiropractic appointment. 415-608-7559



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

Phone: (907)567-3313  
Fax: (907)567-3308  
Email: [ntc@ninilchiktribe-nsn.gov](mailto: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.