

Ninilchik Traditional Council

March & April 2021



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Upcoming Closure Dates

All NTC Offices will be closed on:

●3/29/21

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

Thursday, April 8th at 10:00 a.m. at the NTC Administration Building

The NTC Regular Council Meeting will take place at the Administration building at 15910 Kingsley Rd. 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 photo provided by Jessica Haddock 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 President/ Chairman	William “Dean” Kvasnikoff Vice President	Whitney Schollenberg Secretary & Treasurer	Jamie Leman Director	Eric Kvasnikoff Director
Ivan Z. Encelewski NTC Executive Director				

NTC Department Directors

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

NTC Staff

Ajiel Basmayor , Medical Assistant	Savanna Stark , HWC Attendant Fill-In
Darla Bradley , Administrative Assistant	Dr. Tim Scheffel , Medical Director (Contractor)
Denise Brock , Case Manager/Registered Nurse	Jamie Oskolkoff , Education Coordinator
Maria Calhoun , Behavioral Health Services Counselor	Michael Pinnow , Assistant Maintenance Laborer
Mattie Cobb , Community Health Aide/Medical Assistant	Mikylah Pinnow , Tribal Services Assistant
Hunter Cooper , Assistant Maintenance Laborer	Christine Prokop , Behavioral Health Services Counselor
Jayke Cooper , Resource Technician	Nancy Pulliam , Assistant Maintenance Laborer
Jenn Day , Tribal Health Support Manager	Diane Reynolds , Procurement & Contracting Officer
Zoë Dixon , Peer Recovery Support Specialist	Jeff Rickard , Resource Technician
Olivia Delgado , Nurse Intern	John Russo , Plumber
Richard Dunaway , Native Connections Program Manager	Cynthia Schnabl , Assistant Maintenance Laborer
Susan Fallon , Chemical Dependency Counselor I/BHP	Danielle Self , Native Connections Program Assistant
Lukas Ficklin , Clinical Supervisor/MAT Counselor	Robert Self , Resource Technician
Kristina Finkenbinder , Family Nurse Practitioner	Dr. Sarah Spencer , Medical Provider
Jamie Fleury , Clinic Receptionist	Elise Spofford , Yoga Instructor
Maricel Folkert , Community Health Aide/Medical Assistant	Bettyann Steciw , Clinic Receptionist
Jessica Haddock , Elders Outreach Program Assistant	Pamela Steele , CDL Driver
Eric Hanson , Facilities Manager	Kimberly Steik , Clinic Front Desk Receptionist
Kayci Hanson , Yoga Instructor	Tiffany Stonecipher , Elders Outreach Program Coordinator
Annette Hubbard , BHA/MAT Specialist	Natalia Taeschner , Procurement Officer/Contracting Officer Assistant
Melissa Lancaster , Secretary/Receptionist	Kathleen Totemoff , MAT Grant Manager
Terri Leman , HWC Attendant	Brenda Trefon , Health Programs Admin Liaison
Katie Matthews , Outreach Specialist	Anna Sutton , Clinic Information Coordinator
Leslie McCombs , Clinic Front Desk Receptionist	Laura Ullman , Patient Advocate/Case Manager
Jennifer Miller , Clinical Medical Biller	James VanMeter , Psychiatric Nurse Practitioner
Alicia Morris , Social Services Specialist	Stormy Walkoff , Secretary/Receptionist
David Nordeen , Maintenance Laborer	Brie Wallace , Health & Wellness Club Manager
Jeffrey Organek , Engineer	Gina Wiste , Environmental Technician
Dr. Tamar Marcotte , Medical Provider	Tammy Zweiacher , Personal Trainer

The Cheeky Moose

Llena Bice , Deli Worker/Barista	Gina Kent , Deli Worker/Barista
Robin Jamie , Manager	Amanda Bright , Deli Worker/Barista

Executive Director's Address



As is absolutely customary this time of year, I sought the vision and wisdom of the famous groundhog 'Punxsutawny Phil'. Unfortunately, he saw his shadow so we can expect six more weeks of winter. While some might scoff at his predictions, he was spot on. Old Man Winter shows no signs of letting up. There is good news to report. The Covid-19 pandemic seems to be waning with positive numbers going down and vaccinations going up. The NTC Community Clinic is working hard to vaccinate as many people as possible. Please note that all Indian Health Service (IHS) adult beneficiaries are eligible to get the vaccination now, regardless of age. Supply is limited but we are working to get the entire community taken care of as well.

As we look back on this past year, we had many challenges, yet we made great progress in how we responded and what we were able to accomplish. At this time, our staff are back to work in our offices, with just a couple working from home, and all services are being conducted as normal, with enhanced precautions to account for the prevention of the spread of the

Coronavirus. Thanks for your patience and masking up, along with your understanding this past year.

The new Administrative Office expansion is complete and we now have room for social distancing. The conference room is much bigger, allowing us to restart Council meetings in-person. Our next meeting will be April 8, 2021 here at Admin. The Niniichik Health and Wellness Club expansion is complete as well. A new gym area and yoga room are available, along with a Covid-19 testing area and quarantine/guest room. Our new clinic in Anchor Point is on schedule with construction to put the units together beginning in the spring and hopefully finishing in the summer. The new clinic in Homer and our future Heritage Center are in the planning phases with funding for the projects looking good. The brand new Childcare and Tribal Services buildings have been fully engineered and are being bid out shortly. Construction will continue this summer and fall with completion by the end of the year. Very exciting! I am so pleased to see that tribes will get a lot more money as a result of the \$1.9 trillion coronavirus relief package which should pass the House this week. It is slated to award \$20 billion dollars directly to federally recognized tribes, in addition to billions more in funding which will be distributed through other agencies of the federal government. This follows the historic award of over \$8 billion dollars directly to the tribes in the previous funding bill.

I would like to also report that with the expansion of our infrastructure this past year, which will greatly continue in the future, we are also providing enhanced services. We were sad to see Carrie go as she is now providing medical weight loss and primary care services at the South Peninsula Family Care Center. We did however hire a new doctor, Tamar G Marcotte, D.O. She is currently working two days per week and will move up to four days per week by June. She will be awesome. The clinic also hired a new Registered Nurse Consultant/Educator who will greatly enhance services for our clinics. We are also looking at another doctor and midlevel provider to round out our clinics in the near future.

One of the new programs that just became available is the Emergency Rental Assistance (ERA) Program. To be eligible, a household must be obligated to pay rent on a residential dwelling and it must be determined that:

- i. one or more individuals within the household has qualified for unemployment benefits or experienced a reduction in household income, incurred significant costs, or experienced other financial hardship due, directly or indirectly, to the COVID-19 outbreak;
- ii. one or more individuals within the household can demonstrate a risk of experiencing homelessness or housing instability; and
- iii. the household has a household income at or below 80% of area median income.

This program can provide up to 12 months of housing and utility assistance, based upon income eligibility and verification to individuals and families affected by the COVID-19 pandemic on 3-month recertification intervals, and depending upon available funding. Please contact Bob here at the office for more information as we want to help folks.

In closing, have a wonderful spring (when it arrives) and we look forward to a successful 2021 ahead. Thank you.

Ivan Z. Encelewski
NTC Executive Director

Housing

"All that is really worth the doing is what we do for others."
- Lewis Carroll



Hello Ninilchik Tribal Members,

I hope everyone had a wonderful, safe Christmas and New Year. Winter solstice has passed, and we are now on the swing back into summer. Yum, fresh smoked fish! For those of you that may not know it, I am working from home due to COVID-19. I am taking precautions due to my wife's health, but I am still reachable by email if you have any questions. If you need an application to fill out, I can email you one or you can stop by the main NTC office and pick one up.

This winter, you may have noticed those drafts in your home around your windows or doors. How about when you turn your light switch on or off, do you notice if it has a breeze going through it? It's not uncommon in older homes and it is something that can be fixed with an electrical outlet gasket. Maybe your windows or doors need upgrading to a newer thermal pane, or better rated insulation. Our Weatherization Program is a \$2,000.00 grant where we buy the materials and you provide the manpower to install them yourself. This program can be used for pretty much anything that will make your home more energy efficient. This can be doors, windows, insulation, door gaskets, skirting, spray foam, or more insulation in the attic. We have also been promoting families to trade out their old, incandescent and florescent lights to the newer, Light Emitting Diodes (LED) Lights. If you have applied to the Weatherization Program in the past, you may reapply for it every five years or more.

We have just resigned our Engineer firm and are putting the final touches on the next home's plans, before putting it out for bid. This next home should be our best one yet and maybe at the end of what we can do to make it better than the previous ones. Planned changes for this next home are pocket doors for the bathrooms. This allows for more room for shelves and sink cabinets that normally had to be kept smaller because of the doors inward swing.

Another change is the size of the back porch. We are taking it from the old 4'x4' to 12'x12' to accommodate room for sitting and barbeque. I can smell the salmon already. We are also changing the deck door from the French doors we have been using to either a wide door with windows on the side, or to a sliding door. The French door that we have been using over a few of the last homes have had a significant gap develop. This is due to the homes settling and the door not being able to be adjusted for that. To improve homes for the next homeowners, we use the previous homeowner's eyes and ears. If you or someone you know might be interested in this program, email me for an application or come by the main NTC office and pick one up and get your name on the list. Take care, stay healthy, and have a wonderful, safe late winter.

Bob



TRIBAL HEALTH DIRECTOR'S REPORT

Hello,

We have been so busy with ensuring that we could maintain and provide great care to our Tribal Members and Community during the past year throughout the pandemic. Our staff have worked diligently and without much interruption. We were able to provide telehealth almost immediately once the emergency declaration was instituted, and never had to shut down. We managed to keep COVID-19 out of the clinic and the minute anyone was exposed, they were quarantined. We were all very careful and cautious. Kudo's to all the staff who have kept the clinic running smoothly!

As many of you have learned, Carrie Warren, one of our Family Nurse Practitioners took a job elsewhere after working here for 10 years. Thank you to Carrie for her 10 years of dedication to the patients she served here and in Homer. Any Tribal Members who wish to transfer their care to her need to understand that they will be responsible for any payments incurred outside of the IHS system.

We are actively recruiting for new providers and have interviewed a few. We are quite confident that we will find the right fit for NTC. The plan is that by the end of 2021, we will have providers in Homer and Anchor Point for Tribal members who live in these areas to get closer access to care.

We are providing COVID-19 vaccines to anyone who is over 65. If you have not received one and would like to, please call 567-3970 to make an appointment. You need to commit to both vaccines 3-4 weeks apart, depending on which vaccine you get. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19. Even if you have already tested positive for COVID-19 it is still recommended that you get a vaccine, since there is not enough data out there about how long both natural immunity and immunity from vaccination lasts. It is recommended that you should still get vaccinated.

We are still the only clinic providing free COVID-19 testing on the entire Kenai Peninsula and have completed over 4000 tests and had over 250 positives.

We have a Psychiatric Nurse Practitioner working here twice per month, James Van Meter. Sue Fallon who works in the Homer MAT office just received her Behavioral Health Practitioner certification and will be providing counseling in Homer. She is currently providing Alcohol Safety Action Program (ASAP) in Homer and Ninilchik.

Kristie Finkenbinder, FNP, will be providing medically supervised weight loss assistance focusing on compassionate, practical, and research-based interventions for permanent weight loss.

Thank you to all of the staff working in the Health Programs for your dedication and commitment to the Tribe.

Janet Mullen, Tribal Health Director

Get Vaccinated to Protect Yourself, Family, and Community

American Indians and Alaska Natives are disproportionately affected by the COVID-19 pandemic

A vaccine helps people from catching a certain disease, like COVID-19. All vaccines are as safe as possible and are a simple way to prevent illness and community outbreaks. A vaccination is not a treatment for people who are already sick with COVID-19. Getting vaccinated helps everyone.

- Know the facts and avoid sharing misinformation.
- Start by sharing information from trusted sources like CDC.gov and IHS.gov
- Encourage your loved ones to get vaccinated.
- The more people in your community get vaccinated, the better everyone will be protected against COVID-19, especially those who are more vulnerable to serious illness, like elders and people in high-risk groups.
- A COVID-19 vaccine will help you from spreading the disease, and reduce your risk of getting sick, being hospitalized, or dying.
- COVID-19 vaccines are one of many important tools to help us stop this pandemic. It is important to use all the tools available to stop the pandemic, wear a mask, wash your hands, and watch your distance.

How to cope with anxiety related to vaccination

- Stay connected with family and friends while keeping a safe physical distance. Take care of yourself and each other, and know when to get help.
- Create a list of personal self-care activities you enjoy such as exercising, meditating, singing a traditional song, praying, or connecting with nature.
- Take deep breaths and stretch.
- Maintain a sense of hope and positive thinking and remember these strong feelings of stress and anxiety will fade.



We are all in this together. Show compassion for those most closely impacted.

- Stay connected with family and friends through social media and video chat.
- Connect with your community and others with drumming and dancing video via social media.
- Attend a spiritual service through on-line streaming.



Ask your healthcare provider for more information.



For more information regarding the clinic, please contact Janet at 567-3370 X 4 or

Jmullen@niniichiktribe-nsn.gov

Elders Outreach Program

The Elders Outreach Program offers lunch at the Subsistence Building every Monday.

The luncheon will still be provided on the Holidays that the main office, clinic and health club may be closed for. The noon luncheons coming up for the following months are as follows;

Mondays in **March** 1st, 8th, 15th, 22nd, 29th

Mondays in **April** 5th, 12th, 19th, 26th

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. 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. The luncheon is for enrolled Tribal Elders, and we ask that you be mindful of others who are not able to attend. Food will be delivered to their homes as well.

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

The Elders Outreach Program welcomes Tribal Elders with interest 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, or cultural/traditional events offered around the Peninsula, then others more than likely do too. 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. Along with providing luncheons, the program helps those who need prescription pickups, rides for groceries, and local rides to and from the clinic or post office or grocery store. Should you need this, please call to schedule.

We also help with paperwork that can be daunting or sometimes seem excessive, as state and government forms need repetitive filing. If this is something you need greater assistance with, we are able to help those requests. Connecting you to the right resources is the goal. Let me know if you have questions or are needing some help.

Elders Outreach Program

Finding the care and services you need can sometimes be time consuming. The following 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 for new changes to health care services and operating procedures for Elders, Personal Care Assistants (PCAs), 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

Alaska's **Medicare** Information Anchorage: 907-269-3680
Toll Free Statewide: 1-800-478-6065 and Online: medicare.alaska.gov

ANMC: 1-855-482-4382

Alaska Native Primary Care Center: 1-907-729-3300

Southcentral Foundation: 1-907-729-4955

**Independent Living Center: Homer 1-907-235-7911,
Central 1-907-262-6333**

Kenai VA: 395-4100 press "0"

I'd like to also share with you the new logo for the Elders Outreach Program. This design was created by one our own Tribal members and I'm excited for all the ways we will implement this in the future for all kinds of projects. Thank you again to Brie Wallace!



Warm regards, Tiffany

The Elders Outreach Program is an organization 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.

For more information regarding the Elders Outreach Program, please contact Tiffany at 567-3313 or tstonecipher@ninilchiktribe-nsn.gov

Resource

Air Quality Mindfulness

As the brisk winter continues with its cold crisp air it is always a good idea to be mindful of the air quality in your area. Those that have difficulty with breathing or any other condition that leaves you inside on a cold winter day may find comfort being able to access the air quality rating in your area at any given time. The Environmental Protection Agency has a redesigned app that makes it easy to access air quality information from your phone. Their new redesigned app called AirNow is an easy to install app right on your phone via the app store.

What is AirNow?

AirNow is your one-stop source for air quality data. Our recently redesigned site highlights air quality in your local area first, while still providing air quality information at state, national, and world views. A new interactive map even lets you zoom out to get the big picture or drill down to see data for a single air quality monitor.

AirNow reports air quality using the official U.S. Air Quality Index (AQI), a color-coded index designed to communicate whether air quality is healthy or unhealthy for you. When you know the AQI in your area, you can take steps to protect your health.

AirNow is a partnership of the U.S. Environmental Protection Agency, National Oceanic and Atmospheric Administration (NOAA), National Park Service, NASA, Centers for Disease Control, and tribal, state, and local air quality agencies. Agencies all over the country send their monitoring data to AirNow for display. The Department of State provides data from U.S. Embassies and Consulates to inform personnel and citizens overseas, and the U.S. Forest Service and NOAA provide fire and smoke data.



Resource

AirNow’s centralized data system provides quality control, national reporting consistency, and the ability to distribute data to the public, researchers, businesses, educators, and to other data systems. In AirNow, you’ll find:

- Current and forecast air quality maps and data for more than 500 cities across the U.S.
- Current and historical data for U.S. Embassies and Consulates around the world
- Current fire conditions including fire locations, smoke plumes, and air quality data from permanent and temporary air quality monitors
- Air quality data for Canada and Mexico
- Enviroflash emails, apps, widgets, and an API
- Health and air quality information for the public
- Healthcare professionals
- Teachers and students
- Weathercasters

Numerical Value	Color	Air Quality Index Levels of Health Concern	Meaning
0 - 50	Green	Good	Air quality is considered satisfactory, and air pollution poses little or no risk.
51 - 100	Yellow	Moderate	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
101 - 150	Orange	Unhealthy for sensitive groups	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
151 - 200	Red	Unhealthy	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
201 - 300	Purple	Very unhealthy	Health alert: everyone may experience more serious health effects.
301 - 500	Maroon	Hazardous	Health warnings of emergency conditions. The entire population is more likely to be affected.

For more information regarding the Resource Department please contact Darrel at 567-3815 or dwilliams@niniichiktribe-nsn.gov

NTC YOUTH OUTREACH

NINILCHIK TEEN CENTER



Spring Semester Schedule

Study Hall

Monday - Thursday

3:30-5:30 pm

Teen Night

Friday

3:30 - 8:30 pm

*Computer Lab - Snacks - Meeting Space Movies
Board Games - Homework Help - Art Supplies*

Open to all students grades 7-12

Need more information?



Rick Dunaway @ 690-2331
Danielle Self @ 299-6269
Katie Matthews @ 398-4207



Ninilchik Health & Wellness Club

NINILCHIK HEALTH CLUB

OPEN MONDAY-FRIDAY 7AM-8PM & SATURDAYS 8AM-2PM • 907.567.3455

DON'T LET WINTER DOLDRUMS GET YOU DOWN

Oh, Alaska in the winter... so dark, so cold, so beautiful. It is easy to get into a winter funk, but there are ways to combat it! Take **EXERCISE**, for example.

According to Harvard Medical School, exercise helps "improve moods and mental functioning." So if you notice you are exercising less than usual, or not at all, try integrating it into your routine a couple of times a week, then build on that. It is an important component to physical and mental health, so if you find you're struggling to manage your mood, consider increasing your exercise.

Other neat tricks to beat the winter blues: use a SAD lamp (or a HAPPY lamp, as I like to call it), get outside, take vitamin D, & try to stay healthy.

Remember, the winter blahs or blues or doldrums are not the same as Seasonal Affective Disorder (SAD). If you're having a difficult time getting through these winter months, please seek professional help.

ONLINE YOGA SCHEDULE

Our yoga classes are still 100% remote at the moment, but that is subject to change. You can sign up for virtual yoga from anywhere in the world! Call the Club 907.567.3455 to secure your spot. **Now \$6/class for drop-ins.**

Mondays: 10:15-11:15am {Renew & Restore}

Tuesdays: 10:15-11:15am {Vinyasa}

Wednesdays: 9:30-10:00am {Chair}

10:15-11:15am {Twist Twist Untwist}

Thursdays: 10:15-11:15am {Hatha}

GET HEALTHY WITH TZ

Tammy Z has been helping people of all ages and fitness levels reach their health goals for almost 30 years! Now offering in-person AND virtual sessions.

30 minutes \$25 // 60 minutes \$45

Call Tammy to book 907-252.5115

COVID-19 UPDATE

We are doing all we can to keep the Club open. Policies tend to change regularly, so you can follow us on Facebook or join our email list for important updates. Or just give us a call and we can give you the rundown.

We have always been concerned about the cleanliness of the Club, but this year has forced us to take even more precautions. Rest assured our staff is doing all we can to keep our Club clean and safe.

RELAX & REJUVENATE

Elise Spofford is a licensed massage therapist, offering 60- and 90-minute massage sessions.

**Call Elise to book
907.252.9544**

CHIROPRACTIC

**Call Dr. Cat to book
415.608.7559**

**Call Dr. Sarah to book
770.425.8914**



Call 907.420.0836



NTC's Early Learning

Happy New Year!

The Early Learning Program started back up again on January 5th. We've been staying pretty busy during class time, all students are progressing nicely and learning the routine plus a variety of academic and social skills. I am very pleased with the students smooth transition back into school. Students are happy to come to class, they pay attention and enjoy participating in circle, movement, music, and art activities.



We will not have classes March 9th & 11th.
 Classes resume Tuesday March 16th...
Happy Spring!!



Tribal Services Department



For more information regarding the Tribal Services please contact Christina at 567-3313 or cpinnow@ninilchiktribe-nsn.gov

Library/Job Vacancy**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 also have a public computer with internet capabilities.

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

To kick off spring 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

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, baseball caps, stainless steel water bottles, and a fleece blanket. All of them 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

We are currently hiring for a **Family Practice Doctor**.

Details and applications for any open positions can be found on the AlaskaJobs website (formerly known as the Alaska Labor Exchange System website), the NTC website, and the NTC Administration building.

The Cheeky Moose

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 regarding The Cheeky Moose please contact Robin at 235-5900
or robin@ninilchiktribe-nsn.gov**

Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:15-11:15a.m. {Renew & Restore} Elders Luncheon 12:00p.m. 3:30-5:30p.m. Study Hall	2 10:00-12:p.m. ELP 10:15-11:15a.m. {Vinyasa} 3:30-5:30p.m. Study Hall	3 9:30-10:00a.m. {Chair} 10:15-11:15a.m. {Twist Twist Untwist} 3:30-5:30p.m. Study Hall	4 10:00-12:p.m. ELP 10:15-11:15a.m. {Vinyasa} 3:30-5:30p.m. Study Hall	5 3:30-8:30p.m. Teen Center	6
7	8 10:15-11:15a.m. {Renew & Restore} Elders Luncheon 12:00p.m. 3:30-5:30p.m. Study Hall	9 Spring Break NO ELP 10:15-11:15a.m. {Vinyasa} 3:30-5:30p.m. Study Hall	10 9:30-10:00a.m. {Chair} 10:15-11:15a.m. {Twist Twist Untwist} 3:30-5:30p.m. Study Hall	11 Spring Break NO ELP 10:15-11:15a.m. {Hatha} 3:30-5:30p.m. Study Hall	12 3:30 p.m. Tahyiga Book Club 3:30-8:30p.m. Teen Center	13
14	15 10:15-11:15a.m. {Renew & Restore} Elders Luncheon 12:00p.m. 3:30-5:30p.m. Study Hall	16 10:00-12:p.m. ELP 10:15-11:15a.m. {Vinyasa} 3:30-5:30p.m. Study Hall	17 9:30-10:00a.m. {Chair} 10:15-11:15a.m. {Twist Twist Untwist} 3:30-5:30p.m. Study Hall	18 10:00-12:p.m. ELP 10:15-11:15a.m. {Hatha} 3:30-5:30p.m. Study Hall	19 3:30-8:30p.m. Teen Center	20
21	22 10:15-11:15a.m. {Renew & Restore} Elders Luncheon 12:00p.m. 3:30-5:30p.m. Study Hall	23 10:00-12:p.m. ELP 10:15-11:15a.m. {Vinyasa} 3:30-5:30p.m. Study Hall	24 9:30-10:00a.m. {Chair} 10:15-11:15a.m. {Twist Twist Untwist} 3:30-5:30p.m. Study Hall	25 10:00-12:p.m. ELP 10:15-11:15a.m. {Hatha} 3:30-5:30p.m. Study Hall	26 3:30-8:30p.m. Teen Center	27
28	29 All NTC offices closed Elders Luncheon 12:00p.m.	30 10:00-12:p.m. ELP 10:15-11:15a.m. {Vinyasa} 3:30-5:30p.m. Study Hall	31 9:30-10:00a.m. {Chair} 10:15-11:15a.m. {Twist Twist Untwist} 3:30-5:30p.m. Study Hall			

Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00-12:p.m. ELP 10:15-11:15a.m. {Hatha} 3:30-5:30p.m. Study Hall	2 3:30-8:30p.m. Teen Center	3
4	5 10:15-11:15a.m. {Renew & Restore} Elders Luncheon 12:00p.m. 3:30-5:30p.m. Study Hall	6 10:00-12:p.m. ELP 10:15-11:15a.m. {Vinyasa} 3:30-5:30p.m. Study Hall	7 9:30-10:00a.m. {Chair} 10:15-11:15a.m. {Twist Twist Untwist} 3:30-5:30p.m. Study Hall	8 RCM 10:00 a.m. 10:00-12:p.m. ELP 10:15-11:15a.m. {Hatha} 3:30-5:30p.m. Study Hall	9 3:30 p.m. Tahyiga Book Club 3:30-8:30p.m. Teen Center	10
11	12 10:15-11:15a.m. {Renew & Restore} Elders Luncheon 12:00p.m. 3:30-5:30p.m. Study Hall	13 10:00-12:p.m. ELP 10:15-11:15a.m. {Vinyasa} 3:30-5:30p.m. Study Hall	14 9:30-10:00a.m. {Chair} 10:15-11:15a.m. {Twist Twist Untwist} 3:30-5:30p.m. Study Hall	15 10:00-12:p.m. ELP 10:15-11:15a.m. {Hatha} 3:30-5:30p.m. Study Hall	16 3:30-8:30p.m. Teen Center	17
18	19 10:15-11:15a.m. {Renew & Restore} Elders Luncheon 12:00p.m. 3:30-5:30p.m. Study Hall	20 10:00-12:p.m. ELP 10:15-11:15a.m. {Vinyasa} 3:30-5:30p.m. Study Hall	21 9:30-10:00a.m. {Chair} 10:15-11:15a.m. {Twist Twist Untwist} 3:30-5:30p.m. Study Hall	22 10:00-12:p.m. ELP 10:15-11:15a.m. {Hatha} 3:30-5:30p.m. Study Hall	23 3:30-8:30p.m. Teen Center	24
25	26 10:15-11:15a.m. {Renew & Restore} Elders Luncheon 12:00p.m. 3:30-5:30p.m. Study Hall	27 10:00-12:p.m. ELP 10:15-11:15a.m. {Vinyasa} 3:30-5:30p.m. Study Hall	28 9:30-10:00a.m. {Chair} 10:15-11:15a.m. {Twist Twist Untwist} 3:30-5:30p.m. Study Hall	29 10:00-12:p.m. ELP 10:15-11:15a.m. {Hatha} 3:30-5:30p.m. Study Hall	30 3:30-8:30p.m. Teen Center	

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.