

Ninilchik Traditional Council

Summer 2022



Inside This Issue

Who We Are	3
Executive Director's Address	4
Housing	5
Tribal Services	6
It Takes A Village Childcare	7
Health Department	8
Resource Department	9
Elders Outreach Program	10-11
Youth Outreach Program	12-13
Health & Wellness Club	14-15
Bumps & Cheeky Moose	16
Events Calendar	17-19

Upcoming Dates to Remember

All NTC Offices will be closed on:

Labor Day - Monday, September 5

The next Regular Council Meeting is scheduled for:

Thursday, August 4 at 10:00am

The NTC Regular Council Meeting will take place at the Administration Office 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 (3) \$100 Door Prize Drawings for visiting tribal members at each meeting!

NTC Regular Council meets are scheduled monthly.
Please visit our website niniichiktribe-nsn.gov for the most current schedule.

Front cover provided by Perry Miller

Back cover provided by Tiffany Stonecipher

We would like to invite your photo submissions for possible use in future newsletters. Please email us at ntc@niniichiktribe-nsn.gov

Who We Are

The Ninilchik Village Tribe is made up of approximately 1,000 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

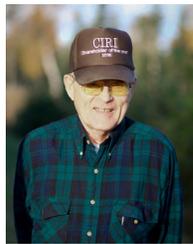
Richard “Greg” Encelewski

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



Maria Goins
Chief Financial Officer



Janet Mullen
Tribal Health Director



Christina Pinnow
Tribal Services Director



Shelley Self
Deputy CEO



Darrel Williams
Resource & Environmental Director



Executive Director's Address



Happy summer! I hope everyone is catching fish and the gardens are bountiful. Along these lines, our educational fishery started back up on July 1st after another state closure. With closures in May and now June, it has become impossible to educate and fulfil the needs of our people. The Tribe has been fighting for years, and will continue to do so, to ensure that we do not bear the brunt of the conservation efforts, which always seems to be the case. On a more positive note, the federal subsistence gillnet fishery opened on the Kasilof River on June 16th. We caught about 1,000 Sockeye to date and will be moving to the Kenai River soon.

On a similar note, we are working to clear brush on the Lake Road and other hunting areas. Our Fecon Mulching Tractor has had a few sensor issues but we are working to get it functioning full-time so we can get the roads cleared. Ninilchik Native Association, Inc. (NNAI) also has a new loader with cutting attachment that we hope to get in service soon so we can get the roads brushed by moose hunting season. With the addition of another operator who is a tribal

member we are moving to open subsistence areas prior to hunting season.

There are many exciting things happening here at the Tribe. We broke ground on our new NTC Community Clinic in Homer. The contract completion is slated for the end of February 2023. We are making some final modifications and upgrades to our NTC Community Clinic in Anchor Point as well. Additionally, the Health and Wellness Club parking lot is being prepped and paved this summer. As with any new major endeavor, things take time, especially when it comes to government regulations and certifications. The new childcare facility, It Takes A Village, is attaining the final state licensing. Unfortunately, the process is painfully slow with getting government agencies to approve certifications for final regulatory approval. Chris has been working diligently and I cannot thank her and the team enough for laboring through all the requirements to make this happen. We still anticipate opening our childcare facility soon.

Our new 8(a) company, Tuyan LLC, is growing and doing well. With a new General Manager and additional staff, we have started an engineering division. We have now hired three engineers and are expanding quickly. Our company has been awarded work in various fields related to tanking and inspections. We are also in the final stages of negotiating and approving our first multi-million-dollar 8(a) contract. The sky is the limit as we expand to look at digital technologies, cyber-security, and other forms of business operations. The Tribe has applied for a large allocation of U.S. Treasury monies under the State Small Business Credit Initiative to provide equity investment in the company. The Q'eschil Heritage Center planning is still fully underway. We recently applied to the Institute for Museum and Library Services and was awarded a \$100,000 planning grant. Argent and I are working with potential architects to look at design services for the development. We are developing another short video and engaging website and design services to continue to promote the Center.

Niĭ Qenach'delghesh is our intertribal consortium established by the Kenaitze Indian Tribe and the Ninilchik Village Tribe to provide broadband deployment and delivery. We have held several meetings this year to promote the buildout of our 2.5 GHz broadband spectrum and are acquiring properties that will allow us to construct towers to support this endeavor. Regulations recently changed that will allow us more time to build and implement the service which will be nice as this is a large project.

As always, there is so much happening here at the Tribe this time of year. Medical services and facilities are expanding, resource activities are in full gear, Elders services are going strong, to include a recent potlatch moose that Tiffany and Jessica harvested, youth activities, summer youth employment in which we have nine youth working this year, a new home being built, and much more construction projects underway. I hope you have a wonderful summer and that your freezers, smokehouses, and salt barrels fill up with fish.

Thank you.

Ivan Z. Encelewski, NTC Executive Director

Housing

*“The way I see it, if you want the rainbow,
you gotta put up with the rain.”*
-Dolly Parton



Hello, Ninilchik Tribal Members,

Well summer has bloomed into a hot one with lots of sun. I do hope all have gotten their gardens in and are starting to see the bounties from them.

With this newsletter we are transitioning into quarterly reporting, therefore I will be mentioning the evil four-letter word... **SNOW!** Since we are going to be hinting about colder weather, I highly recommend that you take advantage of the Weatherization Program and get those items into your homes that will help make it more energy and heat efficient. If you don't or can't take advantage of my Weatherization Program, then at least think about where you are losing heat and what you could do to save yourself on energy this next winter and get the work done now, while it's still nice to work outside. Everything done over this summer will be well worth it in savings and comfort this next winter. You will never lose money by being energy smart!

If you are an Elder and get a shudder just thinking about all that snow you had to push and shovel to clear your driveway this last winter, I suggest filling out a Snow Removal application. For this program, you must have had previous assistance through one of my other programs. I suggest doing the Weatherization Program.

Currently through the Homeownership Program we are underway with another home being built here in Ninilchik. With this wonderful weather and there is no more drama in the world, we should be able to have this next Tribal member with their family moved in before Thanksgiving.

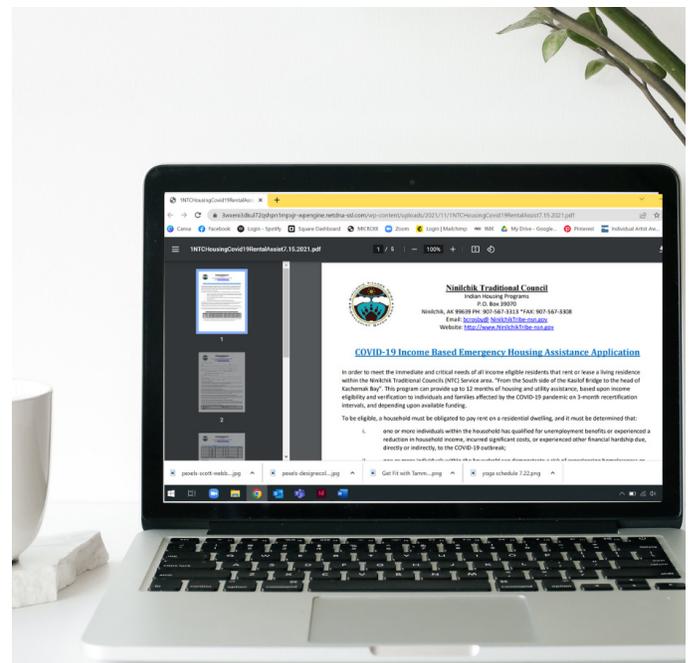
With the Rehabilitation Program we have increased the amount of Grant funding to \$60,000. Due to Covid-19 increasing the cost of everything from lumber to refrigerators we were not getting any responses on jobs that we had at the \$30,000 grant limit. Unfortunately, that means we are now running out of budgeted Rehab funding, and are only doing one job a year, with this year and next year

already taken. What this means is if you want to have work done on your home through the Rehab Program, you will need to fill out an application and be in line for when funding becomes available. Applications will be taken in the order that they are received.

We are still trying to find land in the Homer area, so if anyone knows of something that is affordable without the extreme Homer prices, please give me a call and let's see if we can work something out. I was contacted by a person this last spring about possible land for sale. If you would be good enough to give me a call and let me know if you are still interested, I would appreciate it.

Until the next newsletter, take care of you and your families, stay healthy and have a wonderful and safe Fourth of July and Labor Day!

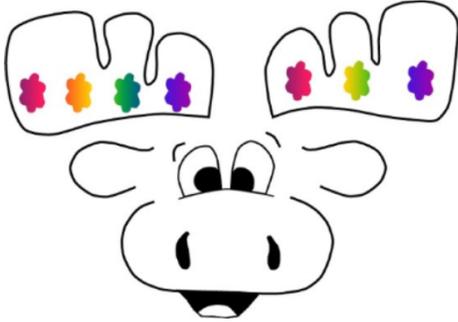
Bob Crosby, Housing Director



For more information regarding Housing, please contact Bob at 907-567-3313 or bcrosby@nirilchiktribe-nsn.gov

Tribal Services

NTC's Early Learning Program



Registration for the NTC Early Learning Program will begin in September for the 2022-23 school year.

Classes start October 4, 2022 at 10:00 a.m.

STUDENTS MUST BE:

- **3 years old before September 1st**
- **Potty Trained**
- **Able to follow instructions**

SPACE IS LIMITED

Please contact our office with any questions you have about this program. (907)-206-2740

Higher Education Grant

The Tribal Services Department offers funding to tribal students enrolled in a 4-year higher education program who face financial challenges while attending school. Applicants are approved based on a needs assessment. Participants in good academic standing may re-apply for each semester.

Deadlines are August 10th & December 10th

Eligibility:

- Tribal members attending a 4-year accredited educational institution full-time (or 12+ credits)
- Demonstrate unmet financial needs
- Must submit copy of FAFSA eligibility assessment

Applications available online
www.ninilchiktribe-nsn.gov

Adult Vocational Training

The Adult Vocational Training program helps subsidize the costs of attending a vocational, technical, or other professional skills institute. Applicants must demonstrate that the field of training they will be studying will feasibly allow them to be employed in that field in order to help stem unemployment or underemployment.

Eligibility:

- Native adults 18 or older (including graduating high school seniors 17 years of age)
- Demonstrate needs for education for employment
- Must reside within Ninilchik tribal boundaries

Johnson O'Malley Program at Ninilchik School

The Ninilchik Traditional Council serves native students of Ninilchik School through the Johnson O'Malley program fund. The fund provides students and their families assistance with paying a variety of school program costs including preschool fees, sports and extracurricular activity fees, summer camp program fees, and costs associated with other school-sponsored activities such as participating in the Close Up program in Washington, DC.

Eligibility:

- Native students attending Ninilchik school demonstrating a need for assistance to fund participation in school activities and school-sponsored extracurricular activities
- Ninilchik School students up to and including 12th grade



For more information regarding Tribal Services, please contact Chris at 907-206-2740 or cpinnow@ninilchiktribe-nsn.gov

It Takes A Village Childcare Facility**It Takes A Village
Childcare Facility Update**

We are currently working with the State of Alaska to license the childcare facility, It Takes A Village. The construction on the facility is almost complete. A few changes in the kitchen are still required, we are waiting on a few key pieces to be delivered. Staff have been hired, completed required trainings, and passed all Federal background checks.

We are working on constructing a permanent playground. At this time, we are unable to determine an exact opening date. We are still waiting for equipment to be delivered, which is out of our control. Stay tuned, we are getting closer every day.



For more information regarding It Takes A Village, please contact Chris at 907-206-2740 or cpinnow@niniichiktribe-nsn.gov

Health Department

There has been a bit of a COVID spike recently, which has increased the testing. All testing is done at the Clinic, Monday-Friday, between 10-2.

We are still offering vaccines to those who are interested in getting vaccinated, and I would strongly encourage people who haven't already to get vaccinated. While there are some people who can still get the virus after being vaccinated, they are typically way less sick than they would be without the vaccine, especially those people who have other chronic diseases. We now have the vaccine for kids under 5 years of age.

We have a registration platform, Phreesia, which I know is not the most popular registration process for people, but it is a great platform for us to gather data. It was also a better registration process and less paperwork, but you will still be required to do the yearly signing and review of your demographic information. Insurance, phone numbers and addresses change for some regularly and we do not always get this information, nor do people check this information for accuracy, and this is very important. Having an emergency contact is also very important to have for any unforeseen events that you are unable to provide any information to emergency responders.

Construction has begun for the new Homer clinic, which will hopefully be completed by June 2023.

Thank you.
Janet Mullen
Tribal Health Director

Peggy Westner, ANP, is our provider at the Anchor Point clinic (33880 Sterling Highway, next to the Cheeky Moose). She works Monday-Friday. 907-206-2733

Dr. Robin Holmes is working in Ninilchik on Mondays and Homer on Wednesday and Friday. She specializes in women's health, primary and preventive care, and hormone therapy. (601 E. Pioneer Ave. Unit 203, Homer) 907-260-2730

Dr. Tamar Marcotte is in Ninilchik 5 days per week and provides primary care and osteopathic manipulation therapy (OMT).

Emergency Room & Dental Policy Updates

We have updated our payment amount for emergency room visits (\$6,000. Per year), local dental (\$3,000. Per year), and physical therapy (up to 20 visits with provider authorization). You are still required to follow the requirements for these, in order to qualify.

All of these policies have eligibility requirements as follows: All the policies state that you must have lived in the Tribal boundaries for at least a year and be an active clinic user within the last year. The ER policy will only be approved if it is something that we are unable to provide at the clinic, or are sent by the clinic, visit to ER is after clinic closure, but must be life or limb. Anything alcohol or drug related will not be covered nor anything that we can provide at the clinic during regular business hours. For ER visits outside of normal business hours, you must notify the front desk or the Tribal Health Director with 72 hours or risk a denial.

Dental through Ninilchik Dentistry must be prior approved by the Tribal Health Director.

Dr. Sarah Spencer provides Medication Assisted Treatment (MAT) and primary care on Monday, Thursday and Friday in Ninilchik and Tuesdays in Homer (601 E. Pioneer Ave. Unit 203)

Kristie Finkenbinder, FNP is providing primary care and weight management services in Homer Monday and Thursday, (601 E. Pioneer Ave. Unit 203) and in Ninilchik Tuesday and Wednesday.

Renae Blanton, FNP, is now seeing patients for integrative medicine in Homer Monday-Thursday. She is located at Dr. Ostrom's office at 205 West Fairview. (Turn right just before Homer Medical, go through the stop sign, gray building on the right.) 907-260-2730

For more information regarding the Health Department, please contact Janet at 907-567-3370 or jmullen@ninilchiktribe-nsn.gov

Resource Department

Subsistence Fishery

The 2022 Subsistence fishery is underway! On June 16th the resource department began fishing on the Kasilof river. The Kenai River fishery begins on July 16th and goes until August 15th.

You may ask yourself what exactly is subsistence? Subsistence is the means of maintaining or supporting oneself. Subsistence is deeply rooted within the Ninilchik Village tribe and the Ninilchik Community. Continuing this tradition not only allows us to preserve our Culture, but also ensure those that are no longer capable of Subsistence fishing still partake in the tradition and can continue smoking and canning salmon like when they were kids.

Who is eligible for a permit you may ask? To qualify for the subsistence fishery permit you must be an Alaskan resident and reside in a Rural area, such as Ninilchik or Happy Valley. So far there is a total of 157 permits accounting for 4498 Sockeye salmon. We are underway and working hard to provide the community with this important resource!



For more information regarding the Resource Department, please contact Darrel at 907-567-3815 or dwilliams@ninilchiktribe-nsn.gov

Elders Outreach Program

Elders Outreach Program Information



The Elders Outreach Program offers lunch at the Subsistence Building every Monday. The luncheon is typically provided even on holidays that the other NTC offices are closed for. However, please be aware of scheduled closures. The luncheons served at noon coming up for the following months are;

Mondays in **July** 11th, 18th, and 25th

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

Mondays in **September** 5th, 12th, 19th and 26th

As a friendly reminder, the luncheon exists to serve as a social space for Enrolled Tribal Elders to gather, share & visit. Elders are encouraged if they would 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 Enrolled Tribal Elders to attend, it also serves many homebound Enrolled Tribal Elders who cannot drive or have other needs that prevent them from attending. The luncheon is for these Elders, and we ask that all be mindful of others who are not able to attend, any additional food will be provided and delivered to their homes.

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

We are continuing to contact Enrolled Tribal Elders regarding our collaborative project regarding Aging out of your Community, a survey study we are working on with Jordan P. Lewis, PhD, MSW (Aleut) and Dr. Steffi Kim. This is a research study regarding how we can support Elders aging in their homes and community successfully as well as understanding culturally responsive activities that benefit all community members and honor and respect cultural values, practices, languages, and history.

Pictured below is Ivan Z. Encelewski, our Executive Director of Ninilchik Village Tribe showing how to tie Balik for smoking. He took time out of his weekend to help make a video for a tutorial on Ninilchik style Balik. We also video captured Greg Encelewski, our President of Ninilchik Village Tribe showing the whole process of breaking a King Salmon down properly, stripping, brining, tying, hanging, and smoking. We are very grateful for their time in this.



For more information regarding the EOP, please contact Tiffany at 907-567-3313 or tstonecipher@ninilchiktribe-nsn.gov

Behavioral Health



The Educational Fishery started off with a few decent fish being caught, however, ADF&G shut us down for low Chinook escapement. We are awaiting the opening in July. If you have questions, please feel free to call Jessica or Tiffany to answer any relevant questions regarding the Fishery.

This summer we are excited to have brought on 3 Youth interns, Levi Rickard, Caiden Johnson and Kylee Rickard, who have been a phenomenal asset to the Elders Outreach team. With our Interns help and oversight from Jessica, the team has cut up Cottonwood and delivered it to Elders, cut Alder for a few other requesting Elders, organized and ordered Vac Pac Bags, mowed and weed whacked around Elders homes. They have organized and cleaned all the Fillet Cutting station for upcoming usage as well as cleaned out all our large coolers and replaced handles, as well as packaged fish and delivered fish and meals to Elders at their home. We have had Levi and Caiden work for us in the past and this makes it their 3rd year with NTC as Interns in our Program and they have been training Kylee efficiently for her to hopefully return in the future! August 15th will be their last day and we are grateful for all their hard work and dedication to NTC, we wish Levi and Caiden the best for their future and hope they can utilize some of the skills they have learned in their journey.

We are more than happy to help with clinic/behavioral health appointments, grocery, and prescriptions as well as airport rides for your ANMC trips and other needed travel. Should you have additional needs, we have an open-door policy and are generally more than happy to help with most all paperwork, finding resources and connecting you with the services you are seeking. If you are interested, please call, email, or just come out and be a part of the program!



**Photo of Jessica Haddock and Tiffany Stonecipher receiving awards from the Ninilchik Tribe's 1st Annual Meet & Greet.*



Warm regards,
Tiffany, Elders Outreach Program Coordinator
Jessica, Elders Outreach Program Assistant

Mission Statement

The Elders Outreach Program is a program of the Ninilchik Traditional Council, whose purpose is providing service 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 EOP, please contact Tiffany at 907-567-3313 or tstonecipher@ninilchiktribe-nsn.gov

Youth Outreach Program

Youth Outreach Program



The Youth Outreach Program and 12 Ninilchik youth traveled across Kachemak Bay to participate in a two night camp with Alaska Coastal Studies. The youth were able to tide pool during the lowest tide of the year. Tide pooling was done at both China Poot Bay and Otter Rock. Youth were able to visit a historical footprint of a Nichil (traditional Athabascan house site). This area was where the Athabascan and Aleutic cultures collided. Youth were then challenged with a round trip 6 mile hike to Earthquake Point. The gorgeous view of Earthquake Point put everyone in awe. The group was able to spend time around the campfire, and also participated in team building and leadership activities and lots of games that everyone enjoyed.



July and August YELP will be hosting various activities on Tuesdays, Wednesdays, and Thursdays 1-5pm. Detailed information can be found on the Bhs Ninilchik Facebook page. Once school starts, Study Hall will be available.

Please feel free to contact the Youth Outreach team if you have any questions or suggestions.



For more information regarding the YOP, please contact Rick at 907-690-2331 or rdunaway@ninilchiktribe-nsn.gov

Youth Outreach Program



For more information regarding the YOP, please contact Rick at 907-690-2331 or rdunaway@niniichiktribe-nsn.gov

Ninilchik Health & Wellness Club



The newest update to the most happening place in town (I'm talking about the Health Club, of course!) is our new paving project! We are coordinating with Three Bears to pave our property and all the way to the Sterling Highway. It's just the next step in making this the most cutting edge health club around. Thanks for your patience while we have it worked on! It will be so nice when done - no more giant potholes that try to swallow your vehicle on the way in!

We tried opening on Sundays for awhile, and it was great! But summer is just too busy for everyone, and it was difficult to staff it. We will revisit opening on Sundays later in the fall. Let us know if that's something you want!

Classes are always subject to change based on attendance and scheduling.

Call or go to our website or Instagram & Facebook pages for current schedules.

- Tanning**
Up to 20 min—\$6 // 11th tan is free!
- Full-Spectrum Infrared Sauna**
30 minutes \$6 / 11 for \$60
- Massage Therapy**
30 min \$45 / 60 min \$75 / 90 min \$100
Call Elise Spofford 907.252.9544
- Chiropractic**
Call Dr. Cat West 415.608.7559
- Revolution Sport & Spine Therapy**
Physical Therapy 907.420.0836

Get Healthy with Tammy Z

Our Personal Trainer, Tammy Zweischer, has been helping people of all ages and fitness levels reach their health goals for almost 30 years!

Call for a free consultation & see how TZ can help YOU!

30 minutes \$25
60 minutes \$45

907.252.5115

No charge for NTC Tribal Members

YOGA SCHEDULE

NINILCHIK HEALTH CLUB

MONDAY:	10:15-11:15AM	• RENEW & RESTORE
	11:30-12:30PM	• SOFTEN & STRENGTHEN
TUESDAY:	10:15-11:15AM	• VINYASA
WEDNESDAY:	9:30-10:00AM	• CHAIR
	10:15-11:15AM	• TWIST TWIST UNTWIST
THURSDAY:	10:15-11:15AM	• HATHA
	11:30-12:30PM	• RESTORATIVE

ALL CLASSES OFFERED LIVE IN OUR STUDIO AND ONLINE VIA ZOOM*
SCHEDULE SUBJECT TO CHANGE
CLASSES INCLUDED WITH CLUB MEMBERSHIP OR \$6 DROP-IN

For more information regarding the HWC, please contact Brie at 907-567-3455 or hwc@ninilchiktribe-nsn.gov

Try Our Full-Spectrum Infrared Sauna

We have recently replaced our original infrared sauna with a full-spectrum infrared sauna. But what does that mean!? It means, it's pretty darn neat and a serious perk to our community. Let's break it down a bit.

Benefits of Infrared Wavelengths

Near Infrared (NIR): The wavelength of NIR is the shortest of the three. It's absorbed just below the surface of the skin, promoting wound healing, cell health/regeneration, skin revitalization and can mitigate inflammation. NIR has also been shown to help clear up acne lesions, improve fine lines and wrinkles, and encourage collagen synthesis.

Mid Infrared (MIR): MIR is longer than NIR, thus allowing for greater penetration into soft tissue. MIR can help with inflammation, pain and decrease overall healing time. Other benefits include weight loss and the expansion of blood vessels, which leads to improved circulation.

Far Infrared (FIR): Being the longest wavelength, FIR penetrates the deepest where toxins and chemicals are trapped. It can assist with weight loss and increases your heart rate. This increase in BPM's can be equivalent to mild cardio. In addition, FIR stimulates vasodilation, which in turn increases blood flow throughout the body. FIR can also reduce pain, ease joint stiffness, decrease inflammation and alleviate overall body stress. And let's not forget the powerful detoxification you experience through substantial perspiration. In fact, people often claim to feel energized and balanced after a FIR sauna session.

Benefits of Full Spectrum Infrared Sauna

When all 3 wavelengths are inside of the same sauna cabin, you have yourself a powerhouse of therapeutic energy. Near, mid, and far infrared work amazingly in conjunction with each other; heightening one another's benefits and creating a great detoxification/recovery experience for the user.

To recap (TLDR):

- Near-infrared improves wound healing, cell health, and oxygenation of tissues.
- Mid-infrared improves circulation, weight loss, and pain relief.
- Far infrared supports detoxification and blood pressure balance.

Studies have found that infrared light and the sweating associated with all saunas improve your health through:

- Reducing inflammation
- Supporting detoxification through sweating
- Strengthening the immune system
- Improving wound healing
- Activating cell regeneration
- Promoting weight loss
- Increasing blood flow
- Improving athletic performance
- Reducing pain
- Fighting cognitive decline
- Lowering blood pressure

Members as young as 12 may use the infrared sauna! The session lasts thirty minutes plus a shower before and after. Plan on being here 45-60 minutes for a full session. Each session is \$6, or get a package of 11 for \$60.

If you haven't tried it, mention this article and you can try it once for FREE!*



*Free sauna offer ends September 30, 2022

Source: <https://www.jnhlifestyles.com/blog/an-introduction-to-full-spectrum-infrared-saunas/>

For more information regarding the HWC, please contact Brie at 907-567-3455 or hwc@ninilchiktribe-nsn.gov

Bumps & The Cheeky Moose

BUMPS



\$10.00 Round Trip
\$7.00 One-Way

Mondays, Wednesdays, & Fridays

**Please call for pickup at Happy Valley,
Anchor Point, Clam Gulch, & Kasilof**
907-567-3815

Red North (Red Line)		Blue South (Blue Line)	
Ninilchik (NTC Resource Building)	8:30am	Kenai (Walmart/Airport)	1:30pm
Happy Valley (HV Store)	8:45am	Soldotna (Fred Meyer)	2:00pm
Anchor Point (Cheeky Moose)	9:00am	Kasilof (Post Office)	2:25pm
Homer (Safeway)	9:30am	Clam Gulch (Post Office)	2:40pm
Anchor Point (Cheeky Moose)	10:00am	Ninilchik (NTC Resource Building)	3:00pm
Happy Valley (HV Store)	10:15am	Happy Valley (HV Store)	3:15pm
Ninilchik (NTC Resource Building)	10:30am	Anchor Point (Cheeky Moose)	3:30pm
Clam Gulch (Post Office)	10:55am	Homer (Safeway)	4:00pm
Kasilof (Post Office)	11:10am	Anchor Point (Cheeky Moose)	4:30pm
Soldotna (Fred Meyer)	11:30am	Happy Valley (HV Store)	4:45pm
Kenai (Walmart/Airport)	12:00pm	Ninilchik (NTC Resource Building)	5:00pm

The Cheeky Moose

Laundromat, Showers, Tanning,
Deli & Espresso
Open everyday from 8am to 8pm

Deli open until 5:00

Fresh Homemade Soups
Breakfast Sandwiches
Variety of Grilled or Deli Sandwiches

33930 Sterling Highway
Anchor Point, Alaska
(907) 235-5900



For more information regarding Bumps, please contact Bumps at 907-567-3815
For more information regarding The Cheeky Moose, please contact Robin at 907-235-5900

Events Calendar

JULY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 HWC 5Kish Independence Fun Run 10a
3	4 NTC Closed for Independence Day NO EOP Luncheon	5 Yoga @ HWC 11:15a YELP 1-5p	6 Yoga @ HWC 9:30a & 10:15a Youth Workout 2-5p	7 Yoga @ HWC 10:15a & 11:30a YELP 1-5p	8 Teen Center Free Friday 12-5	9
10	11 EOP Luncheon 12-1pm Yoga @ HWC 10:15a, 11:30a	12 Yoga @ HWC 11:15a YELP 1-5p	13 Yoga @ HWC 9:30a & 10:15a	14 Yoga @ HWC 10:15a & 11:30a YELP 1-5p	15 Teen Center Free Friday 12-5	16
17	18 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a	19 Yoga @ HWC 11:15a YELP 1-5p	20 Yoga @ HWC 9:30a & 10:15a	21 Yoga @ HWC 10:15a & 11:30a YELP 1-5p	22 Teen Center Free Friday 12-5	23
24	25 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a	26 Yoga @ HWC 11:15a YELP 1-5p	27 Yoga @ HWC 9:30a & 10:15a	28 Yoga @ HWC 10:15a & 11:30a YELP 1-5p	29 Teen Center Free Friday 12-5	30
31						

For more information regarding Bumps, please contact Bumps at 907-567-3815
 For more information regarding The Cheeky Moose, please contact Robin at 907-235-5900

Events Calendar

AUGUST 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a [TEEN CENTER	2 Yoga @ HWC 11:15a CLOSED -----	3 Yoga @ HWC 9:30a & 10:15a -----]	4 RCM 10:00am NTC Admin Yoga @ HWC 10:15a & 11:30a YELP 1-5p	5 Teen Center Free Friday 12-5	6
7	8 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a	9 Yoga @ HWC 11:15a YELP 1-5p	10 Yoga @ HWC 9:30a & 10:15a	11 Yoga @ HWC 10:15a & 11:30a YELP 1-5p	12 Teen Center Free Friday 12-5	13
14	15 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a	16 Yoga @ HWC 11:15a Ninilchik School Starts	17 Yoga @ HWC 9:30a & 10:15a	18 Yoga @ HWC 10:15a & 11:30a	19 TC Free Friday 3:30-8:30p	20
21	22 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a	23 Yoga @ HWC 11:15a	24 Yoga @ HWC 9:30a & 10:15a	25 Yoga @ HWC 10:15a & 11:30a	26 TC Free Friday 3:30-8:30p	27
28	29 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a	30 Yoga @ HWC 11:15a	31 Yoga @ HWC 9:30a & 10:15a			

Events Calendar

SEPTEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Yoga @ HWC 10:15a & 11:30a YELP 12-5p	2 TC Free Friday 3:30-8:30p	3
4	5 NTC Closed for Labor Day EOP Luncheon 12-1pm	6 Yoga @ HWC 11:15a	7 Yoga @ HWC 9:30a & 10:15a	8 Yoga @ HWC 10:15a & 11:30a	9 TC Free Friday 3:30-8:30p	10
11	12 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a	13 Yoga @ HWC 11:15a	14 Yoga @ HWC 9:30a & 10:15a	15 Yoga @ HWC 10:15a & 11:30a	16 TC Free Friday 3:30-8:30p	17
18	19 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a	20 Yoga @ HWC 11:15a	21 Yoga @ HWC 9:30a & 10:15a	22 Yoga @ HWC 10:15a & 11:30a	23 TC Free Friday 3:30-8:30p	24
25	26 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a	27 Yoga @ HWC 11:15a	28 Yoga @ HWC 9:30a & 10:15a	29 Yoga @ HWC 10:15a & 11:30a	30 TC Free Friday 3:30-8:30p	

Ninilchik Traditional Council
PO Box 39070
Ninilchik, AK 99639

Ph: 907-567-3313
Fx: 907-567-3308
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 Tribal Services Campus at (907) 206-2740 to keep their information up to date.

Those on the general public mailing list may contact the NTC Administrative Office front desk at (907) 567-3313 to make sure we can stay in touch.

Thank you!