

Ninilchik Traditional Council
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Ninilchik, AK 99639

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ntc@ninilchiktribe-nsn.gov



Ninilchik Traditional Council

newsletter

Winter 2023



**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!



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Upcoming Dates to Remember

All NTC Offices will be closed on:
Presidents Day - Monday, February 20th
Seward’s Day - Monday, March 27th

The next Regular Council Meeting is scheduled for:
Thursday, February 23rd at 10:00 am

NTC Regular Council Meetings take place at the Administration Office at 15910 Sterling Highway. Tribal members are invited to attend and are welcome to share comments.

There are three (3) \$100 Door Prize Drawings
for tribal members in attendance at each meeting!

NTC Regular Council meetings are scheduled monthly.
Please visit our website at ninilchiktribe-nsn.gov for the most current schedule.

Front cover photo provided by Deborah Williams
Back cover photo provided by Whitney Schollenberg
We invite you to send us your photo submissions for future newsletters.
Please email them to bwallace@ninilchiktribe-nsn.gov.

Events Calendar

MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Yoga 930 & 1015 Study Hall NHS 335-530 NYO Parent/ Athlete Potluck Community Ctr	2 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO 335-515	3 Teen Night TC 335-830 Chickaloon NYO Tournament Palmer	4 Chickaloon NYO Tournament Palmer
5 Chickaloon NYO Tournament Palmer	6 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	7 Yoga HWC 1015 Teen Tuesdays TC 335-530 Jr.NYO 335-515	8 Yoga 930 & 1015 Study Hall NHS 335-530 Jr.NYO 335-515	9 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO 335-515	10 Teen Night TC 335-830 Homer NYO Tournament	11 Homer NYO Tournament
12 Spring Break Homer NYO Tournament	13 EOP Lunch 12-1 Yoga HWC 1015 TC 12-5 NO NYO	14 Yoga HWC 1015 TC 12-5 NO NYO	15 Yoga 930 & 1015 TC 12-5 NO NYO	16 Yoga HWC 1015 TC 12-5 NO NYO	17 TC 12-5	18
19	20 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	21 Yoga HWC 1015 Teen Tuesdays TC 335-530 Jr.NYO 335-515	22 Yoga 930 & 1015 Study Hall NHS 335-530 Jr.NYO 335-515	23 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO 335-515	24 Teen Night TC 335-830	25
26	27 NTC Closed for Seward's Day EOP Lunch 12-1	28 Yoga HWC 1015 Teen Tuesdays TC 335-530 Jr.NYO 335-515	29 Yoga 930 & 1015 Study Hall NHS 335-530 Jr.NYO 335-515	30 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO 335-515	31 Teen Night TC 335-830	

FEBRUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
EOP: Elders Outreach Program HWC: Health & Wellness Club Youth Outreach Program: GULO: Getting Us Leaders Outside TC: Teen Center NHS: Ninilchik School SoS: Sources of Strength NYO Practices @ NHS Hydro Gym			1 Yoga 930 & 1015 Study Hall NHS 335-530 Jr.NYO 335-515	2 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO 335-515	3 Teen Night TC 335-830	4
5	6 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	7 Yoga HWC 1015 Teen Tuesdays TC 335-530 NYO Athlete Pool Party 335-515	8 Yoga 930 & 1015 Study Hall NHS 335-530 Jr.NYO 335-515	9 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO 335-515	10 Teen Night TC 335-830	11
12	13 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	14 Yoga HWC 1015 Teen Tuesdays TC 335-530 Jr.NYO 335-515	15 Yoga 930 & 1015 Study Hall NHS 335-530 Jr.NYO 335-515	16 No Yoga HWC Study Hall TC 335-530 SoS Training NO NYO	17 Teen Night TC 335-830 SoS Training	18
19	20 NTC Closed for Presidents Day EOP Lunch 12-1	21 Yoga HWC 1015 Teen Tuesdays TC 335-530 Jr.NYO 335-515	22 Yoga 930 & 1015 Study Hall NHS 335-530 Jr.NYO 335-515	23 RCM 10:00am NTC ADMIN No Yoga HWC SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO 335-515	24 Teen Night TC 335-830 Jr. NYO State Competition Anchorage	25 Jr. NYO State Competition Anchorage
26 Jr. NYO State Competition Anchorage	27 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	28 Yoga HWC 1015 Teen Tuesdays TC 335-530 Jr.NYO 335-515				

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



Christina Pinnow
Tribal Services Director



Maria Goins
Chief Financial Officer



Shelley Self
Deputy CEO



Janet Mullen
Tribal Health Director



Darrel Williams
Resource & Environmental Director



Executive Director’s Address



Happy winter!

I hope everyone is enjoying the longer days and increased daylight. As always, I’m anxiously awaiting the wisdom and vision of ‘Punxsutawney Phil.’ Please, not six more weeks of winter. I want to start by thanking the Council, Tribal Members and staff who made the annual meeting another success. Congratulations to Whitney Schollenberg and Eric Kvasnikoff on their election to the Council. Our annual report was recently mailed out and it’s an amazing opportunity to review all the things that we are doing on your behalf. There are many exciting things happening here at the Tribe. We are working diligently on sustainability and new revenue sources to maintain the recent exponential growth of the Tribe. Staff are submitting new grant applications in areas that we haven’t pursued in the past. While we have expanded so much over the past

several years with all the additional Covid-19 monies, these funds are no longer available. Please know that we are laboring day and night to do everything we can to maintain the level of services and staffing as we move forward.

Our new NTC Community Clinic in Homer is nearing completion. We should have this up and running by summer. The Anchor Point Clinic is amazing as well, and of course, the Ninilchik Community Clinic is phenomenal. Medical revenues from third party sources are at an all-time high and growing. The team has come together to not only increase billing revenue, but to enhance our patient management system in a way that we can now send notices for annual check-ups. We want to provide excellent care, which includes preventative screenings and appointments to maintain optimal health for our people.

The childcare facility, It Takes A Village, is licensed and up and running. A huge thanks goes out to Chris, Mikylah, Alicia, and their team for working so hard to keep this going and providing a place where our kids can be cared for in an amazing setting. I want to also recognize and thank Pete Cooper for working with the new Fecon mulching machine and getting the roads cleared of brush and alders along the Lake Road and 1200 systems. The lands are so important for our subsistence practices, especially moose hunting. We will be working with Ninilchik Native Association, Inc. on continuing some more work this upcoming season.

Both our new 8(a) company, Tuyan LLC and Nii Qenach’delghesh, our intertribal consortium to provide broadband services to Tribal Members, are continuing. As with any new initiative and business there are ups and downs. The long-term possibilities are endless, and we are working tirelessly to make these important and vital investments pay off for the future of the Tribe.

In closing, I want to recognize and appreciate Shelley Self for her decades of service to NTC. She will be leaving NTC in the near months ahead. It’s hard to imagine a future without the partnership and support that she has provided to me in my tenure as Executive Director. She is so respected and appreciated, more than words can describe. We could not have achieved so much without the tireless dedication and unwavering support that she gave to the Tribe for so many years. I feel truly blessed and honored to have been able to work side by side with such an emphatic proponent of the Tribe, helping me in all that I do. Godspeed to her in her journey, knowing that she will be with us in our hearts forever.

Thank you.

Ivan Z. Encelewski
NTC Executive Director

Events Calendar

JANUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 NTC Closed for New Year's Day EOP Lunch 12-1	3	4	5	6	7
8	9 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	10 Yoga HWC 1015 Teen Tuesdays TC 335-530 Jr.NYO 335-515	11 Yoga 930 & 1015 Study Hall NHS 335-530 Jr.NYO 335-515	12 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO 335-515	13 Teen Night TC 335-830	14
15	16 NTC Closed for Martin Luther King Jr. Day EOP Lunch 12-1	17 Yoga HWC 1015 Teen Tuesdays TC 335-530 Jr.NYO 335-515	18 Yoga 930 & 1015 Study Hall NHS 335-530 Jr.NYO 335-515	19 RCM 10:00am NTC ADMIN Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO 335-515	20 Teen Night TC 335-830	21
22	23 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	24 Yoga HWC 1015 Teen Tuesdays TC 335-530 Jr.NYO 335-515	25 Yoga 930 & 1015 Study Hall NHS 335-530 Jr.NYO 335-515	26 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO 335-515	27 Teen Night TC 335-830	28
29	30 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	31 Yoga HWC 1015 Teen Tuesdays TC 335-530 Jr.NYO 335-515			EOP: Elders Outreach Program HWC: Health & Wellness Club Youth Outreach Program: GULO: Getting Us Leaders Outside TC: Teen Center NHS: Ninilchik School SoS: Sources of Strength NYO Practices @ NHS Hydro Gym	

Bumps & The Cheeky Moose



**\$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 every day 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

Housing Department

*“The bounty of nature is also one of the deep needs of man.”
- Lady Bird Johnson*



Happy 2023 New Year, Ninilchik Tribal Members,

Winter is officially upon us, but folks, we are into the final stretch, with the days getting longer and longer every day now.

The Treasury’s Emergency Rental Assistance program was officially closed on September 30th, 2022, this program helped fifty-two families that needed help within our Tribal area. It was a great program that did a lot of good. Unfortunately, we were not able to assist the homeowners with this grant. We are now getting ready to introduce another Treasury program grant, the “Homeowners Assistance Fund” or HAF, as we will be calling it.

We are still working on the details and hope to have this up and running very soon. This program will be open to homeowners of all races within our Tribal Boundary area. The household income must fall within the median income limits for the Kenai Peninsula Borough. We are still working on the program details, but this will be to help mitigate financial hardships associated with the corona virus pandemic by providing funds to eligible entities for the purpose of preventing homeowner mortgage delinquencies, defaults, foreclosures, loss of utilities or home energy services, and displacements of homeowners experiencing financial hardship after January 21, 2020, through qualified expenses related to mortgages and housing. If this sounds like something you would be interested in, please keep an eye on our website.

Next winter looks to be challenging to many of our families who are not prepared. I know we keep hearing about it, but it is time to really start thinking about what you should be doing to be the most prepared that you can be. I think having food through the winter is something we need to work on, and I believe we all need to start learning how to garden again and work toward being self-sufficient for our food. This is an art that many have forgotten how to do, but there are still people around us that know what needs to be done to treat the soil, when to start the seeds, when to get starts

into the ground, best weeding practices, how to store for the winter, etc. I would like to start bringing those lost ways into our future newsletters.

If there are any local Tribal members that would like to share their gardening secrets or food preserving methods that they learned from growing up in our harsh, short-season environment, I would like to start printing them here for people to learn from. If you can help, please reach out to me to get this going.

Getting prepared!

This summer is really a good time to get some weatherization done on your home. This will save that valuable heat from escaping your homes. Download the application on our website or come by the office and pick one up.

Until the next newsletter, take care of you and your families, stay healthy and have a wonderful and safe Seward’s Day (March 27th)!



NTC Facilities Manager, Eric Hanson, busy with snow removal

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

Early Learning Program

NTC's Early Learning Program



We are excited to come back to class after our winter break. We stay pretty busy during class time. We have a great group of 9 students who are progressing nicely and learning the classroom routine, plus a variety of academic and social skills. I am very pleased with the students' smooth transition into school. Students are happy to come to class, they pay attention, and enjoy participating in circle, movement, music, and art activities. They have mastered their shapes, colors, recognizing their names, and so much more.

The next couple of months we will focus on writing our names, counting, and continuing our letter recognition and sounds. Students enjoy learning Zoo Phonics and are especially good at learning Russian words. Mikylah has taught the class the Russian words for 14 animals and five body parts. The students are especially good at this and enjoy learning.

We will round out the school year with a graduation ceremony in April.



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

Native Youth Olympics

Upcoming NYO Events

Jr. State JNYO

Anchorage, AK
February 24-26

Chickaloon NYO

Palmer, AK
March 3 - 5

Kachemak Bay Traditional Games

Homer AK
March 10 & 12

Salamatof NYO Invitational

Kenai, AK
April 14-16

Sr. State NYO

Anchorage, AK
April 20-22



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

Native Youth Olympics

1-Hand Reach

Senior Male

3rd Sean Moonin reaching 50"

Scissor Broad Jump

Junior Female

4th Etolin Mill jumping 16'
5th Natali Barfuss jumping 15' 8"

Senior Male

1st Dez Hess jumping 31' 1 1/2"

Bench Reach

Open Male

1st Coach Rick Dunaway reaching 43 3/4"
2nd D.J. Schwendeman reaching 38 3/4"

Wrist Carry

Junior Female

3rd Emmalee James 4.65 sec.

Junior Male

1st Kaleb Webb 25.42 sec.
3rd Javian Jackson 18.81 sec.

Senior Male

3rd Sean Moonin 77' 8 1/2"

Triple Jump

Open Male

2nd Coach Rick Dunaway jumping 29' 3/4"

Kneel Jump

Senior Male

1st Dez Hess jumping 43"
4th Sean Moonin jumping 33 1/4"



Seal Hop

Junior Female

3rd Natali Barfuss hopping 25' 5"

Senior Male

1st Sean Moonin hopping 69' 2 1/2"

Arm Pull

Junior Female

1st Dee Wilmeth
4th Etolin Mill
5th Natali Barfuss

Junior Male

3rd Cooper Lardent



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

It Takes A Village Childcare Center



It Takes A Village childcare center is licensed by the State of Alaska to provide services for up to 24 children, ages birth to 12 years old.

**It Takes A Village is open
Monday through Friday
from 8:00am to 6:00pm**

There are part-time and full-time options for childcare.

Currently, we have a few slots available for certain age groups, however those slots are filling up fast.

If you have any questions regarding the childcare facility or available slots, please contact Alicia Morris at the Tribal Services Department. 1-907-206-2740 ext. 2202



For more information regarding It Takes A Village, please contact Alicia at 907-206-2740 or ittakesavillage@ninilchiktribe-nsn.gov

The Many Hats of Resource & Environmental

Here at the Resource department, we wear many hats. Most of you know us as the fish guys, but that doesn't even scratch the surface. The Resource and Environmental department is responsible for the community subsistence fishery that assists many individuals incapable of doing so themselves. This program started out with 29 permits to fish for, and in 2022 there were 214. Results of the Kenai Fishery are 2,943 sockeyes harvested in 27 days fished from July 20 through August 15, 2022. Fishing effort was 96.5 hours, averaging 30 fish per hour while the net was in the water.

Sockeye: 2,943 caught, 2,943 harvested.
Coho: 58 caught, 58 harvested.

After the fishing season is over, it's a quick change of pace into moose season. The Resource Department does all the permitting for CIRI and NNAI Shareholders to hunt in designated areas. In 2022 there were over 200 permit holders hunting on these properties. Resource is the name; Enforcement is the game. We are out there with the hunters every day during the entire moose hunting season ensuring the well-being of individuals as well as managing the permit system, including permit enforcement.

Starting in October, our team heads out to the woods to do contracted Forestry applications. We have been chipping away at dead-fall and thinning overgrown areas, not only to access areas that have been overgrown for the better part of 20 years, but to create a firebreak. After the Caribou Hills fire, we want to discourage another similar event from occurring. In 2022, NTC acquired a FECON to help streamline the thinning. Areas are open now that we forgot existed!



In 2022, the Resource department started working with Bob Crosby on the HUD rehabilitation projects. Last year we were able to complete two separate HUD projects before the winter snow had begun melting. One home was in Kasilof, and another was located in Homer.

We recently finished a FEMA-approved Tribal Hazard Mitigation Plan. Now that we have a disaster plan in place, we can begin building resilience for the community when funding becomes available.

The Resource department also manages Tribal historic preservation. The Tribal Historic Preservation Officer (or THPO) reviews projects placed forward by the National Reservation Conservation Service. The focus is to ensure that the proposed projects do not infringe upon Ninilchik Villages' cultural history.

Let's not forget we also have BUMPS! Basic Unified Multi Path Services. Providing an affordable means of transportation from Homer all the way to Kenai. BUMPS continues to serve the Kenai Peninsula with direct route transportation service from Homer to Kenai M-W-F weekly. Ridership continues to increase, and it is our hope that we can procure additional funding to expand on these services.

Find the BUMPS schedule on page 20.

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

Eskimo Stick Pull

Junior Female

2nd Dee Wilmeth
 3rd Natali Barfuss

Junior Male

3rd Cooper Lardent

Senior Male

4th Sean Moonin



Indian Stick Pull

Junior Female

1st Zoey VanSaun
 4th Etolin Mill
 5th Natali Barfuss

Senior Male

2nd Sean Moonin



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

Kahtnuht’ana Hey Chi’ula NYO Invitational

After months of practicing diligently, our Ninilchik NYO team attended their first competition. The Kahtnuht’ana Hey Chi’ula NYO Invitational took place January 13-15, 2023 at the Kenai Middle School. Athletes competed in multiple NYO events over the weekend. The team did an amazing job!

Check out the results and photos from that weekend.

1-Foot-High Kick

Junior Female

4th Zoey VanSaun kicking 50”
5th Natali Barfuss Kicking 48”

Junior Male

4th Javian Jackson Kicking 58”

Senior Male

2nd Dez Hess kicking 102”
3rd Sean Moonin kicking 100”



Alaskan High Kick

Junior Female

4th Natali Barfuss kicking 46”

Senior Male

4th Dez Hess kicking 70”

2-Foot-High Kick

Junior Female

5th Etolin Mill kicking 32”

Senior Male

1st Sean Moonin kicking 82”
4th Dez Hess kicking 70”



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



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

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 **January**: 2nd, 9th, 16th, 23rd & 30th
- Mondays in **February**: 6th, 13th, 20th & 27th
- Mondays in **March**: 6th, 13th, 20th and 27th

The Elders Outreach Program’s Luncheon exists to serve as a social space for Enrolled Tribal Elders to gather, share, and visit. Elders are encouraged, if they would 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 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 also for these Elders, and we ask that all be mindful of others who are not able to attend, as 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 you would like to share, please call or email our office. We look forward to the Tribal Elders sharing a bit of their time and knowledge with youth in our area. Our office is open and welcomes your input to make this program grow and thrive.

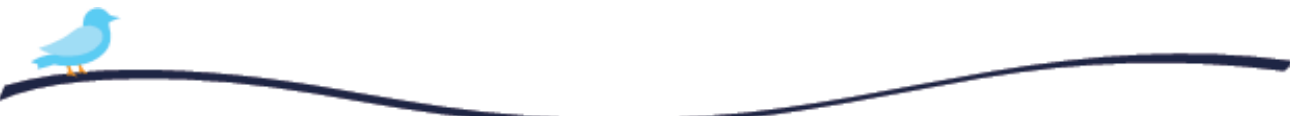
This past fall, Elders from Ninilchik traveled together to meet with our cousins from other regions and offer their suggestions and input, such as regional and cultural information. Our Chief & President, Greg Encelewski, and Executive Director, Ivan Encelewski, worked tirelessly during AFN on many resolutions and attended forums and meetings. Meanwhile, we escorted Lorita Van Sky, Dennis O'Connor, Sheri Liebenthal and Eric Kvasnikoff throughout the conference of Alaska Federation of Natives. During that time, we enjoy Qujana, cultural drumming and dancing evenings, and we often eat breakfast and dinner together, spending time with cousins outside Ninilchik. It is important to the Elders Outreach Program to bring Elders that support the program, are emblematic of family, culture, heritage, and are important tradition bearers to our community. We have hosted and will continue to host this in future events, please let us know if you are interested.



Left: Elders at Benihana for AFN 2022



Right: Lorita and Cousin Willie Topkok at AFN 2022



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

YOGA SCHEDULE

NINILCHIK HEALTH CLUB

MONDAY: 10:15-11:15AM • RENEW & RESTORE

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

ALL CLASSES OFFERED LIVE IN OUR STUDIO AND ONLINE VIA ZOOM*
SCHEDULE SUBJECT TO CHANGE
CLASSES INCLUDED WITH CLUB MEMBERSHIP OR DROP-IN (\$8 OR 10/\$65)

*CALL THE CLUB TO SIGN UP FOR ZOOM 907-567-3455

Get a Little Sun

Warm up in the **Tanning Bed**. Take a mini vacay. Or get ready for a REAL vacay with real sun!

Up to 20 minutes \$8 / 10 for \$65

Infrared for Your Health

It may not be a traditional banya, but our **Full-Spectrum Infrared Sauna** still has countless health benefits. The temperature is lower than most saunas (up to 140) and can be adjusted to fit your comfort level.

30 minutes \$8 / 10 for \$65

More Than Just a Gym

Personal Training

30 min \$30 / 60 min \$45
Call Tammy Z 907.252.5115

Massage Therapy

30 min \$45 / 60 min \$85 / 90 min \$115
Call Elise Spofford 907.252.9544

Chiropractic

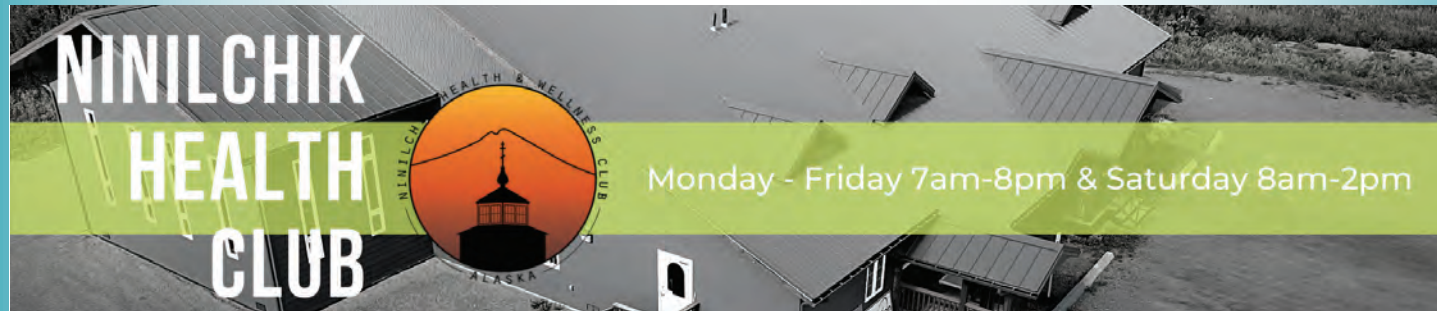
Call Dr. Cat West 415.608.7559

Revolution Sport & Spine Therapy

Physical Therapy 907.420.0836

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

Ninilchik Health & Wellness Club



Happy New Year from the HWC!

Are you a 'New Year Resolutions' person? New Year, New You? Is 2023 the year you're finally going to make healthy changes?

Well, come check out the Health Club! We've got a cardio room full of high-quality equipment, including treadmills, ellipticals, bikes (Pelotons too), a rower, and more. Our weight room is outfitted with new, commercial-grade weight machines, free weights of all sizes, weight plates with a smith machine, and a Life Fitness stair climber. You have to see it to appreciate it.

Maybe the gym equipment intimidates you... you're not alone. We have the most positive gym space I've ever been in. Everyone is incredibly supportive, encouraging, and helpful, with no judgment. But if you want extra help, our resident Personal Trainer, Tammy Z, is here just for that reason! 30-minute sessions are \$30, and hour-long sessions are \$50. Good news for NTC Tribal Members and IHS Beneficiaries: along with your free Club membership, you can also see Tammy Z up to two times a week at no cost to you.

Maybe the gym isn't for you - yet - we understand that too. That's why we offer our Tanning Bed, Full-Spectrum Infrared Sauna, and classes as well. There are many ways you can take small steps to better your health, and many of those can be found right here in downtown Ninilchik - just behind Three Bears!

Call, visit our website, Check out or Instagram and/or Facebook pages for updates, closures, current schedules, events, and more.



907.567.3455



**15971 Sterling Hwy
Ninilchik, AK**



ninilchikhealthclub.com



@ninilchikhealthclub



@ninilchik.health.club



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

Elders Outreach Program

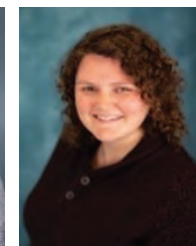


This past December, we applied for a grant specific to the Elders Outreach Program and all it encompasses. It would begin Fiscal year 2023 and last throughout 2026, a three year grant a bit over a million dollars. We are hopeful for optimistic news on that front and look forward to hearing that it will be accepted. So far, no news is good news.

On a personal note, Jessica and I both took some annual time off in December. It was much needed after this past year. We harvested quite a load of moose and salmon. We are continuing to work on processing what larger cuts need to be ground. We also will be salting fish; we would love more input from different Elder's traditional ways. If you would like to share your family's recipe or techniques, please call and we would be happy to make time to do this together.

For those of you who are just getting to be an Elder, Happy Birthday! Please come join us for lunch on Mondays so we can get to know each other better. For those of you who are not yet an Elder, those maybe in the age range of 45-55, it would be an ideal time to start looking at a program we can begin so that we can bridge some gaps between our younger generations and our Elders. Also, many of you in that age group have loads of photos, let's work together to finalize a project. If you would like to be a part of this, please contact myself or Jessica. We are excited to be bridging an age group not yet fully realized as an asset to our Elders Program. We would maybe call this, Theoretically Arbitrary Elders, TAE, still a part of the Elders Program. Branching from here, we can begin a whole new subgroup from the Elders program. It's going to be an exciting year! Come join us for involvement in your Tribe!

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!



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

NTC COMMUNITY CLINIC

Committed to providing comprehensive, culturally appropriate, quality healthcare



The NTC Community Clinics are open to any IHS-eligible person or family AND non-IHS beneficiaries.

Everyone is welcome at any of our clinics!

We have a phenomenal team of providers to suit your needs.

Most insurances accepted!



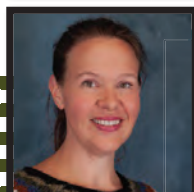
Robin Holmes, MD
Homer and Ninilchik

- Womens health
- LGBTQ+ care
- Addiction treatment



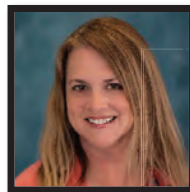
Margaret Westner
DNP, FNP-BC
Anchor Point

- Addiction Treatment
- Family Wellness



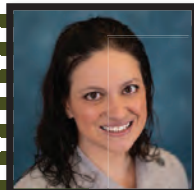
Sarah Spencer, DO
Ninilchik and Homer

- Addiction Treatment
- Family Wellness



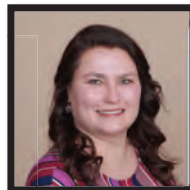
Renae Blanton
FNP, FAIHM
Homer

- Holistic Family Care
- Integrative Medicine



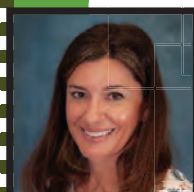
Tamar Marcotte, DO
Ninilchik

- Osteopathic manipulation
- Sports Medicine
- Family wellness



Stacy Beck
RN, MSN, FNP-C
Ninilchik

- Wound Care
- Family Wellness



Kristie Finkenbinder
FNP
Ninilchik and Homer

- Addiction Treatment
- Holistic weight loss



Lukas Ficklin
LPC-S, CDC I
Ninilchik and Homer

- Co-occurring therapy
- Clinical supervision

NINILCHIK



M-F 9-5

(907) 567-3970

15765 Kingsley Road
Ninilchik, AK 99639

ANCHOR POINT



M-Th 9-5, 2nd Sat 9-5

(907) 206-2733

33880 Sterling Hwy
Anchor Point, AK
99556

HOMER



M-F 9-5

(907) 206-2730

601 E Pioneer Ste A&B
Homer, AK 99603

For more information regarding the Clinic, please contact Janet at 907-567-3370 x4 or jmullen@ninilchiktribe-nsn.gov

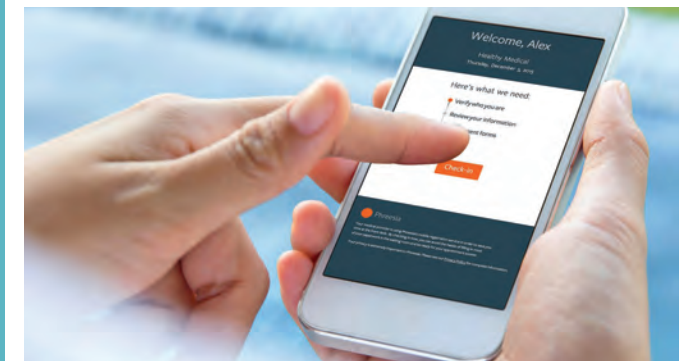
A Note From the Tribal Health Director

Policy Updates

We have updated our payment amount for emergency room visits (\$3,000 per year), local dental (\$1,500 per year) and physical therapy (up to six visits with provider authorization). However, because we do not receive ANY IHS funding for Homer, NTC will not pay for any ER or other type services for those patients who live in Homer. You are still required to follow the requirements for these services to qualify. All 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, you are sent by the clinic, visit to ER is after clinic closure, and is 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. If you have any ER visits outside of normal business hours, you must notify the front desk or the Tribal Health Director within 72 hours or risk it being denied. Dental through Ninilchik Dentistry must be prior approved by the Tribal Health Director.

Remember to Register

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 is 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. For some, insurance, phone numbers, and addresses change regularly



and we do not always get this information, nor do people check this information for accuracy, and this is especially important. Having an emergency contact is also important in case there are any unforeseen events where you are unable to provide any information to emergency responders.

Covid Testing Update

Now that the COVID money is gone, we are now charging \$50 per covid test. These are available by appointment only.

Covid Vaccines are also available by appointment.

New Homer Clinic

The new Homer Clinic on Bartlett Street in Homer is coming along nicely, and we will hopefully be moved in by May or sooner.

You will find additional program updates in this newsletter, as well as on our newly updated Facebook page for the Ninilchik Community Clinic.

Thank you.
Janet Mullen
Tribal Health Director
567-3370 x 4



Progress photos of NTC's new clinic on Bartlett Street in Homer

For more information regarding the Clinic, please contact Janet at 907-567-3370 x4 or jmullen@ninilchiktribe-nsn.gov