

Ninilchik Traditional Council

ninilchiktribe-nsn.gov

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NTC Newsletter April & May 2013

The Ninilchik Village Tribe traces its roots back to the first Native communities located around the Cook Inlet and surrounding area. Tribal Boundaries extend from the South side of the Kasilof River to Homer and East from the Caribou Hills across the Cook Inlet to Mount Redoubt.



Thawing Rivulet on Deep Creek Beach

Meeting Schedule The next Regular Council Meetings are scheduled for:

Thursday, April 18th at 10:00 A.M. and
Thursday, May 9th at 10:00 AM (Tentative)

at the NTC Administrative Office Conference Room

Office Closures The NTC Offices will be CLOSED on:



Who We Are

The Ninilchik Village Tribe is made up of approximately 800 members who trace their roots to the Ninilchik tribal lands as well as other Bureau of Indian Affairsrecognized Alaska 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.





Mike Chihuly, EMS Assistant Shirley Chihuly, Education Manager Jennifer Culross, Clinic Administration and Patient Accounts Specialist James Day, Head Maintenance Laborer Caroline Finney, Community Health Practitioner Maricel Folkert, Community Health Aide & Medical Assistant Sharon Fromong, Clinic Business Office Assistant Joshua Geibe, Registered Nurse Donna Henry, Behavioral Health Services Manager Kristie Hansen, Community Health Aide and Case Manager Eric Hanson, Maintenance Assistant Pamela Keller, Physician Assistant (Contract) Lynn Kennedy, Health & Wellness Club Attendant Argent Kvasnikoff, Administrative Assistant

Leslie McCombs, Clinic Front Desk Receptionist

Danielle Rickard, Behavioral Health Aide & Tobacco Bettyann Steciw, Social Services & ICWA Specialist Tiffany Stonecipher, Elders Outreach Program Coordinator

Anna Sutton, Health Programs Receptionist Jacqueline Waldron, Health & Wellness Club Attendant

Brieanna Wallace, Health & Wellness Club Manager Carrie Warren, Family Nurse Practitioner Gina Wiste, Environmental Technician

Executive Director Address

Ivan Z. Encelewski NTC Executive Director

Just in case you haven't been looking, or didn't notice, I'm pleased to report that the sunshine is upon us and the days are getting longer. This naturally turns our attention to one of the most sacred and sought-after springtime activities. Yes, this would be the vital quest for the elusive king salmon. While this past year has brought about more concerns with regards to fishing time, availability, and escapement numbers in relation to kings, there are a couple of reasons to be optimistic. The first and obvious rationale is that it certainly couldn't get much worse. Last summer saw the closure of the commercial setnet fisherman due to low escapement numbers in the Kenai river. This also impacted the Tribe's educational fishery with paltry quantities of Chinook salmon, thereby resulting in missing our mark for allotment numbers once again. The second reason is that the Tribe has actively and aggressively pursued changes to the educational permit which could result in some enhancements to our fishery. Our President/Chairman, Greg Encelewski, met with the State commissioners and vigorously promoted reducing the May closure, adding a site south of the harbor, and increasing opportunities in the Kasilof river area. We will keep you posted and remain positive that we can attain tangible results from these efforts.

I am very excited and pleased to report that the Tribe's annual fiscal year (FY) 2012 audit was approved and submitted to the federal clearinghouse on February 27, 2013. This is the earliest submittal in our history and also represents the fifth (5th) consecutive year with no findings or questioned costs. This certainly gives us cause to be keenly aware of the impeccable nature of our finances. A huge thanks goes out to Maria Goins, Chief Financial Officer, NTC staff, and the board who make this possible each year.

On the building side we are gearing up for constructing two (2) homes this summer with our housing programs, and construction to the new transit facility is beginning this spring. If you haven't checked out the new Subsistence Building addition, along with the upgrades to the existing side, please stop in. Don't forget that Elders luncheons are Monday at noon, however, please check with Tiffany on the schedule, as some Mondays the luncheon isn't held due to holidays and special events. In addition, the Early Learning Program (ELP) is having an open house for their new classroom and activities on April 25th, 2013. I hope people will attend and see the wonderful things that Chris has done with the building addition and ELP.

On the council news front, the board held their regular meetings on February 13th & March 14th, 2013. They heard reports from the program directors and discussed ongoing activities. The council adopted a resolution adding routes to the roads inventory and approved the 2012 audit. The subsistence building policy was established and a tribal court update was reviewed at each meeting. Additional village land opportunities and federal/state fishing issues were discussed in detail. As always, please feel free to stop in for some coffee, and I encourage you to attend the regular council meetings or get involved with ongoing events/activities here at the Tribe. It was fantastic to see some of our youth attend the past few council meetings, as we look to them for leadership into the future.

Thank You.

Sincerely,

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Ivan Z. Encelewski NTC Executive Director

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Housing





The worst bankrupt in the world is the man who has lost his enthusiasm. (H. W. Arnold)

Hello Folks,

Well summer is on the way, but before it gets here, I would like you to stop and think about how much heating your home cost you this last winter! Then stop and think about how cold your home was this last winter? Just how many cold spots and drafts did you find? How many leaky windows, doors and cold floors did you notice? Did you see any frozen condensation spots on your walls, doors, ceilings or windows? Do you think that a little insulation in the attic or maybe new windows or skirting around the home could have made a difference? Also keep in mind that homes shift in Alaska, even after being around for a long time and those shifts can cause new ways of losing heat.

If you own your own home you really should consider using the weatherization program to help with your energy saving needs. Our program is for \$2,000.00 and can be used every five years. And while it might seem that \$2,000.00 can't buy you much these days, we have found that with the homeowner doing their own work a lot more can get done saving on homeowners heating bills than what the homeowner thought possible.

I suggest while it's still cold out, that you take a Home Survey through your home. Write down those areas that you find and list them in the application. We will go over that list with you will help you decide what would be your best alternative that can be done with \$2,000.00. Remember with the high cost of heating, and it's not going to get any cheaper in the near future, take advantage of programs while they are still around. All Federal funding is going to make us have to make decisions on what programs we keep around. I believe that all our programs are worthwhile but the Weatherization is one that everyone should be able to utilize. Take the time to go through your home, do a survey, and then put it in for our Weatherization Program to help you out. Applications can be found on our website on the bottom of the Housing page with all the requirements for eligibility and can be located at: www.NinilchikTribe-nsn.gov.

Spring/Summer Home Tips

- 1. Check Sump Pumps that may have been running during breakup.
- 2. Check smoke detectors and CO monitors
- 3. Turn off heat tapes and thaw wires that may have been on during the winter
- 4. Empty rain gutters (eaves troughs) of remaining leaves of fall
- 5. Turn off crawl space and well house heaters
- 6. Look for signs of water damage & mold growth, identify water source and take proper precautions
- 7. In log homes, caulk or seal upward facing checks

Lastly, I have available at Tovarish Manor a two bedroom HUD HOME Program apartment. This apartment is set aside for any low income applicant that meets the program eligibility requirements. Requirements are: must be 62 or older. You can't have more than \$26,050 gross income for one person and \$29,800 gross income for two people. Income, rents and utility allowance can/will be updated annually. This would make the rent at this time for an eligible tenant \$688.00 compared to the market rates of \$775.00 per-month and does include the heat and hot water. If interested please stop by the NTC Main office and pick up an application. Applications are available online at http://www.ninilchiktribe-nsn.gov/Tovarish.html but keep in mind the income limits that apply are the ones mentioned above.

Time to close for this month, but please take the time to think about this past winters heat loss, conducting a heat loss survey in your home now while it's still cold outside, and then turning in a Weatherization Application.

Until next month, have a great spring; get those nets mended and seed sprouts going.

Your Housing Department Bob 😳

For more information about the housing department and its programs and services please contact Housing Director Bob Crosby at 567-3313 or bob@ninilchiktribe-nsn.gov

Tribal Services

From the desk of Bettyann Steciw, Social Services & ICWA Specialist



A recent report from the National Institute of Child Health and Human Development (NICHD) indicates child care has a lasting influence on children and leads to more positive conclusions, even during the teenage years.

Children who received quality care in the first few years of life scored higher in measures of academic and cognitive achievement and were less likely to misbehave into their teenage years.

It is essential for Tribal prosperity and success that our children receive quality,

developmentally appropriate care. NTC's child care program assists families that meet the program provisions, with the costs of child care. Summer vacation is just around the corner stop by and pick up a parent/provider application.

What is child abuse & neglect?

STATE LAW DEFINES child abuse or neglect to include the following actions by those responsible for a child's welfare:

Physical injury that harms or threatens a child's health or welfare;

Failure to care for a child, including neglect of the necessary physical (food, shelter, clothing, and medical attention), emotional, mental and social needs;

Sexual abuse, including molestation or incest;

Sexual exploitation, including permitting or encouraging prostitution;

Mental injury--An injury to the emotional well-being, or intellectual or psychological capacity of a child, as evidenced by an observable and substantial impairment in the child's ability to function in a developmentally appropriate manner; *or*

Maltreatment--A child has suffered substantial harm as a result of child abuse or neglect due to an act or omission not necessarily committed by the child's parent, custodian or guardian

IF YOU ARE AWARE of or have a reasonable suspicion of the existence of abuse or neglect you are urged to report that information to the nearest office of the Department of Health & Social Services, Office of Children's Services. At the very least, talk to someone you trust about the situation--a teacher, an elder, public health nurse, health aide or staff of a domestic violence shelter, for example. It is essential that you take some action to protect the child from further harm. A child's physical and emotional well-being, even that child's life, can be at stake.

We are all responsible for the welfare of the children in our communities. You are encouraged to report instances of known and suspected child abuse and neglect. The number to call is: **1-855-352-8937** or you can contact NTC's ICWA Specialist, <u>bettyann@ninilchiktribe-nsn.gov</u> or 567-3313.

Tribal Court

Since time immemorial, Alaska Native Tribes have been keeping the peace and administering justice in their tribal lands through the use of their own ancient rules and customs. Traditionally, most tribes resolved disputes and addressed criminal activity by consensus, not by an adversarial system like the Anglo-American system. While some tribal courts follow indigenous methods of dispute resolution, many of them are formal court institutions with strong similarities to state and federal courts. There is widespread variety in the types of tribal forums and applicable tribal law and procedure. Some tribal courts have established a hybrid or blended system that incorporates tribally-based traditional dispute resolution elements, which are effective within Native communities. There are some tribal courts that apply only Anglo-American style rules and other tribal courts that employ primarily tribal tradition and custom in decision-making. No matter the structure and shape of the tribal court, one thing is certain each tribe will have its own guidelines and administration closely associated with their customs.

For more information contact Bettyann Steciw, Ninilchik Tribal Court Judge at <u>bettyann@ninilchiktribe-nsn.gov</u>

For more information about any of the Tribal Services programs, please contact the Tribal Services staff at 567-3313

Niqnalchint Library & Arts

Library Reopens! Get your Library Card today

After a year of planning and organizing Ninilchik's tribal library is now back to full functionality. Tribal members are now welcome to get their new library card, which will make checking out books and finding checkout records only take seconds. All you need is to visit the main office and fill out a slip with your name, address, and phone number and you're done!

Also available for use are the library's new computer station and open workspace. The computer station has a brand new all-in-one PC with Windows 8 and

Microsoft Office 2013 software, and it also has a lightning-fast black and white laser printer. Library users are welcome to use the computer station to keep up with work, or just stay in touch! Do you prefer to work on your laptop computer or have a project you just need some elbow room for? Then welcome yourself to use the open workspace. This workspace in the front office consists of a large desk has table top outlets for you to plug in your laptop or phone charger, and enough space to accommodate anybody working on filling out applications, or just doing a relaxing project while waiting in reception.

Events

This year will be busy for library activities, and some of it has already begun!

Creative Writing Group

In March the Creative Writing Group met to share the stories they had been working on since the last session. Jamie Leman helped participants examine methods of self reflection and peer critique in order to broaden or sharpen the focus of particular pieces of writing, and the participants became peer reviewers for a day. Please join us at the next meeting on May 17th to learn how to spruce up your writing, or just to learn how to get started using more creativity in your life!

Tahyiga Book Club

The Tahyiga Book Club had its first meeting recently and will now be meeting on a monthly basis. If you are interested in new books about Alaska or indigenous cultures please feel free to join us at our meetings! For a full 2013 reading list and meeting schedule please contact Argent at the NTC front desk.

The next meeting will be on April 26th at the NTC Subsistence Building Lounge at 2:00 PM where we will be discussing The Snow Child by Eowyn Ivey.



Niqnalchint Library

April Book Club Selection

New Book Spotlight

The Niqnalchint Library is now featuring new materials. If you have suggestions for our collection let us know! Here are just some of the many new titles available at the library:

New in Fiction

The Fault in Our Stars by John Green (2012)Image: New in Historical FictionThe Winter Palace by Eva Stachniak (2012)

New in Alaskana

Oil and Water by Mei Mei Evans (2013)

New in Children's Literature

Blueberry Girl by Neil Gaiman (2009)



For more information about the Niqnalchint Library please contact Tribal Librarian Argent Kvasnikoff at the NTC Administrative Office by phone at 567-3313, or by e-mail to argent@ninilchiktribe-nsn.gov



NTC Community Clinic Updates from the Tribal Health Director

NTC Community Clinic

I 5765 Kingsley Road P.O. Box 39368 Ninilchik, AK 99639



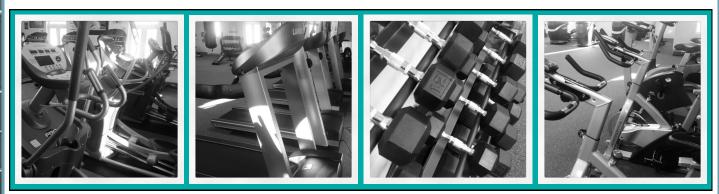
Clinic: (907)-567-3970 Annex: (907)-567-3370

- We have made a selection for a new Physician but nothing has been finalized yet.
- Kristie Hansen is retiring at the end of April, we will be sad to see her go. She has been a great asset to NTC all these years. Thank you for dedication to NTC and the patients!
- If you wish to use our Patient Portal via the internet for appointments and to have access to your medication list, lab results and messaging. Please let Leslie know when you check in at the front desk.
- We are looking for local artwork, photos or crafts to hang on the walls throughout the clinic. If you would like to show off your own artwork/ photos/crafts, or someone else's, please give me a call.
- If there is a community health education topic that you would like seen brought to Ninilchik, please give us a call and we will make every attempt to make this happen.
- We had a very successful Health Fair this year at the High School. There was a pretty good turn out and we received lots of compliments. Thank you to all the staff, volunteers and people who helped make this a success.
- Pam Keller, PA will be leaving NTC Clinic, seeking adventures, the end of April. We will be sad to see her go and you never know she might show up in the future.
- We value your input! If there are things that you would like to see us do differently or would like to share about your experience here, please either fill out a survey or give me a call.
- Thank you everyone who has filled out surveys, your comments are taken into consideration when making changes.
- We changed our front desk phone system back to having a person answer, rather than voice automated. If for some reason someone doesn't answer during work hours it's because all the phone lines are busy. Please try again.
- Please let your provider know how you would like to be contacted for lab, x-ray or other results, that are **normal**. Do you want the provider to call you, the nurse case manager to call you or would a letter be sufficient?
- If you have any questions or concerns about clinic issues, please contact me, Janet Mullen, Tribal Health Director at 567-3370 or stop by my office in the NTC Annex.

Thank You, Janet Mullen, NTC THD

For more information about the clinic's services please call Tribal Health Director Janet Mullen at the Annex at 567-3370.

Ninilchik Health & Wellness Club





ALASKA

Yoga Classes

- Tuesdays Hatha Yoga 5:15-6:30pm
- Wednesdays Hatha Yoga 12:00-1:00pm
- Thursdays Vinyasa Yoga 5:15-6:30pm

HOURS

Monday-Friday 7am-9pm

> Saturdays 8am-3pm

15930 Ski Hill Circle PO Box 39070 Ninilchik, AK 99639

Phone: 907.567.3455 Fax: 907.567.3379 hwc@ninilchiktribe-nsn.gov

Ninilchik Walkers Begins April 1st!

It's that time of year again... SPRINGTIME! Time to enjoy the outdoors and get some exercise as well. It's the perfect time to join the Ninilchik Walkers Club. It's free! It's fun! You don't have to be a Club member!

The Ninilchik Walkers Club has been a part of this community for over 20 years. We hope to encourage more people to take advantage of the many benefits of walking. Walking prevents type 2 diabetes, improves fitness and physical function, strengthens your heart, helps alleviate symptoms of depression and much more!

The Walkers Club begins on April 1st and ends on September 30th. That gives you 6 months to reach your goal of walking at least 100 miles. Everyone who walks at least 100 miles will receive a t-shirt. But don't stop there, because the top walker will receive a \$100 gift card to Foot Locker so you can buy new shoes!

Distances must be covered by walking only. (No bicycling, jogging, etc.) You can walk outside or use a treadmill (hint: the Club has 4 excellent treadmills!) and must be 18 years of age or older. To sign up, stop by the Club and receive a free pedometer (limit one per person) and your mileage logs to help you keep track of all those miles.

What Does the Club Offer?

- Affordable Rates
- Yoga Classes Free for members \$5 per class for visitors
- Therapeutic Massage \$65 an hour Elise Spofford 907.252.9544 Laura Young 907.953.4439
- Personal Training \$45 an hour Tammy Zweiacher 580.716.8875

- Tanning Bed \$6 a tan
- Buy 10 get 1 free
- Showers
- High Quality Gym Equipment Treadmills Ellipticals Bicycles (including Spin Bikes) Rower Weights
- And more!!

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April/May 2013

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	Sat	Q	13	20	27	
nts	Fri	5	12	19	26 Book Club 2:00 PM	
13 Dates & Events	Thu	4 Vinyasa Yoga 5:15-6:30	11 Vinyasa Yoga 5:15-6:30	18 Regular Council Meeting 10:00 Vinyasa Yoga 5:15-6:30	25 Early Learning Graduation & Open House Vinyasa Yoga 5:15-6:30	
3 Dates	Wed	3 Hatha Yoga 12:00-1:00	10 Hatha Yoga 12:00-1:00	17 Hatha Yoga 12:00-1:00	24 Hatha Yoga 12:00-1:00	
April 2013	Tue	2 Hatha Yoga 5:15-6:30	9 Hatha Yoga 5:15-6:30	16 Hatha Yoga 5:15-6:30	23 Hatha Yoga 5:15-6:30	30 Hatha Yoga 5:15-6:30
Ap	Mon	1	8 Elders Luncheon 12:00 PM	15 Elders Luncheon 12:00 PM	22 Elders Luncheon 12:00 PM	29 Elders Luncheon 12:00 PM
	Sun		7	14	21	28

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	Sat	4	11	18	25	
lts	Fri	ε	10	17 Creative Writing 2:00 PM	24 Book Club 2:00 PM	31 Tribal Potlatch @ Ninilchik Beach To be confirmed
13 Dates & Events	Thu	2 Vinyasa Yoga 5:15-6:30	9 Vinyasa Yoga 5:15-6:30	16 Regular Council Meeting 10:00 <i>Tentative</i> Vinyasa Yoga 5:15-6:30	23 2013 NTC Staff Workshop NTC Closed	30 Vinyasa Yoga 5:15-6:30
Dates	Wed	1 Hatha Yoga 12:00-1:00	8 Hatha Yoga 12:00-1:00	15 Hatha Yoga 12:00-1:00	22 Hatha Yoga 12:00-1:00	29 Hatha Yoga 12:00-1:00
May 2013	Tue		7 Hatha Yoga 5:15-6:30	14 Hatha Yoga 5:15-6:30	21 Hatha Yoga 5:15-6:30	28 Hatha Yoga 5:15-6:30
Σ	Mon		6 Elders Luncheon 12:00 PM	13 Elders Luncheon 12:00 PM	20 Elders Luncheon 12:00 PM	27 Memorial Day <i>NTC Closed</i>
	Sun		ß	12	19	26

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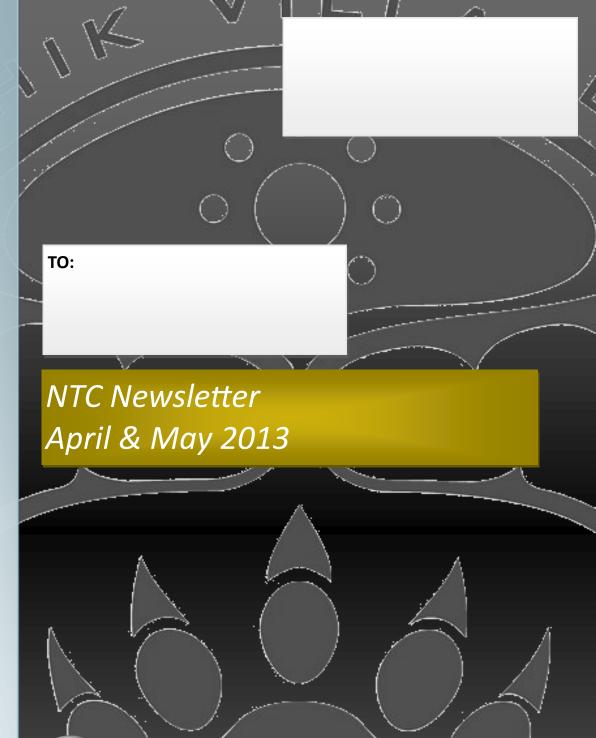
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Classifieds	The Ninilchik Traditional Council is proud to provide classified ads for Ninilchik Tribal Member-owned and operated businesses and entrepreneurs in this newsletter and also on our website at www.ninilchiktribe-nsn.gov If you would like to list your business or craft please contact the NTC Administrative Office to submit your ad today!
Arctic General Contracting Andy Boyle Licensed, Bonded, & Insured (907) 567-1057 ajsupply@alaska.net	Shoreline Paving Contact: Tom Clark P.O. Box 962, Anchor Point, AK 99556 Phone: (907) 299-2422 Fax: (907) 235-2887 clarkshore@gmail.com
High Five Awards & Engraving Ray Bouwens—Truly memorable client service. 3307 Boniface Pkwy. Lot 9A Anchorage, AK 99504 (907) 337-1099 heapbiginjin@yahoo.com	Jackson EnterprisesScott Jackson — Home Heating OilDelivery to Ninilchik areaPhone: (907) 262-4159Cell: (907) 398-4157Fax: (907) 262-4130
Monitor VBS—Mark Vial—Owner Heating Products, Oil, Propane, Wood, Non-electric, Sales & Service 1225 Lake Shore Dr., Homer, AK 99603 Phone: (907) 235-9394 Cell: (907) 399-1972	Mosquito Enterprises Diddly Bows, Greeting Cards, Wire Wrap Jewelry, Ivory Jewelry, Note Card Sets, and More! (907) 235-2140
Poet of the Earth Art Studio & Gallery P.O. Box 39362, Ninilchik, AK 99639 (907) 567-3655 jsws@alaska.net	Torvald Hansen—Five Star Realty170 E Corral St. Suite 1Soldotna, AK 99669torvaldhansen@yahoo.com(907) 299-3317 or (907) 262-2445Fax 235-9507
Lovin' Oven Bakery & Deli 66445 Oil Well Road (1.5 blocks from Sterling Hwy.) Lynda Kvasnikoff, Owner (907)-567-3317	Skemo Services—Jon James—Owner Stump clearing, Landscaping, Driveways, Dozer for hire. (907) 394-6201 skemo@acsalaska.net
Handmades by Jamie Beautiful gifts from Ninilchik etsy.com/shop/handmadesbyJamie Phone: (907) 567-3361 jamilee_2000@yahoo.com	Alaska's Event Designer Special Event Consultant & Coordinator By Shay Jackinsky Akseventdesigner.com Phone: (907) 398-3112



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

ninilchiktribe-nsn.gov Phone: 907-567-3313 Fax: 907-567-3308 E-mail: 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 Admin Office to keep their information up to date.
- Those on the general public mailing list may contact Argent Kvasnikoff at the NTC Admin Office front desk.

Please call (907)-567-3313 to speak to either Christina or Argent to make sure we can keep current. Thank you!