



Ninilchik  
Traditional  
Council

[ninilchiktribe-nsn.gov](http://ninilchiktribe-nsn.gov)

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## NTC Newsletter December 2013 & January 2014

*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.*



*Holly in Early Winter*

### ***Council Meeting Schedule***

The next Regular Council Meetings are scheduled for:

- ◇ Thursday, December 12th at 10:00 AM
  - ◇ Thursday, January 9th at 10:00 AM
- at the NTC Administration Office Conference Room

### ***Office Closures***

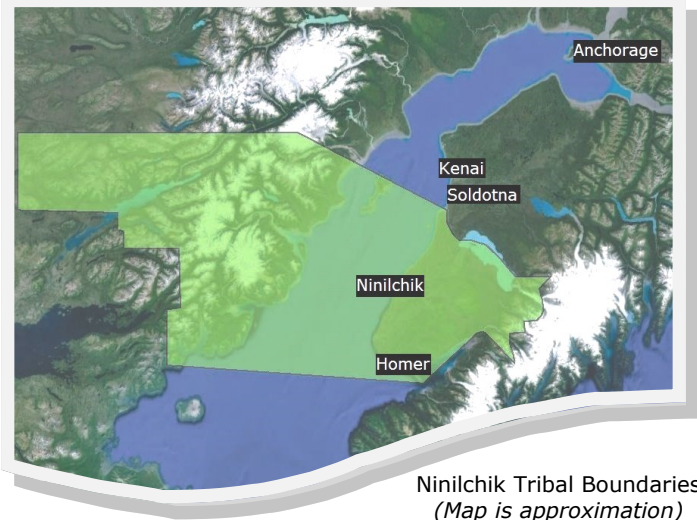
The NTC Offices will be CLOSED on:

- ◇ Tuesday, December 24th and Wednesday, December 25th for Christmas
- ◇ Wednesday, January 1st for New Year's Day
- ◇ Monday, January 20th for Martin Luther King, Jr. Day



## 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 Affairs-recognized 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.*



Ninilchik Tribal Boundaries  
(Map is approximation)

### NTC Board of Directors

**Richard Greg Encelewski**

President

**William Dean Kvasnikoff**

Vice President

**Tammy Bear**  
Secretary &  
Treasurer

**Whitney Schollenberg**

Director

**Gary Jackinsky**

Director

**NTC Executive Director**  
Ivan Z. Encelewski

### NTC Staff

#### Department Directors

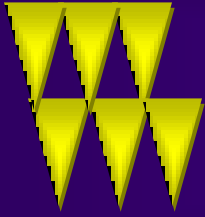
**Bob Crosby**, Housing Director  
**Maria Goins**, Chief Financial Officer  
**Janet Mullen**, Tribal Health Director  
**Christina Pinnow**, Tribal Services Director  
**Shelley Self**, Deputy CEO  
**Darrel Williams**, Resource & Environmental Director

#### Staff

**Denise Bishop**, Procurement Officer & Finance Assistant  
**Mike Chihuly**, EMS Assistant  
**Shirley Chihuly**, Education Manager  
**Jennifer Culross**, Clinic Administration and Patient Accounts Specialist  
**James Day**, Head Maintenance Laborer  
**Ashley Eisenman**, Health & Wellness Club Attendant  
**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  
**Eric Hanson**, Maintenance Assistant

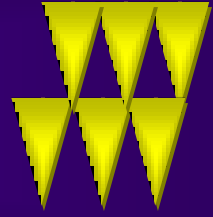
**Lynn Kennedy**, Health & Wellness Club Attendant  
**Argent Kvasnikoff**, Administrative Assistant  
**Leslie McCombs**, Clinic Front Desk Receptionist  
**Jennifer Miller**, Clinic Medical Biller  
**Perry Miller**, Systems Administrator  
**Emily Oskolkoff**, Health & Wellness Club Attendant  
**Jamie Oskolkoff**, Secretary-Receptionist  
**Pat Oskolkoff**, Clinic Special Projects Coordinator  
**Michael Pinnow**, Assistant Maintenance Laborer  
**Nancy Pulliam**, Assistant Maintenance Laborer  
**Daniel Reynolds**, Resource Technician  
**Tiffany Robuck**, Native Youth Olympics Coach  
**Dr. Sarah Spencer**, Medical Contractor  
**Bettyann Steciw**, Social Services & ICWA Specialist  
**Tiffany Stonecipher**, Elders Outreach Program Coordinator  
**Anna Sutton**, Health Programs Receptionist  
**Maureen Todd**, Behavioral Health Aide  
**Brie Wallace**, Health & Wellness Club Manager  
**Carrie Warren**, Family Nurse Practitioner  
**Gina Wiste**, Environmental Technician





## Executive Director's Address

Ivan Z. Encelewski  
NTC Executive Director



I hope everyone is having a wonderful and joyous time of year. As we head into this holiday season we here at the office send our best wishes to you and your family. More than likely you recently received a package containing the 2013 annual report. While this may not have been the notice of the winning sweepstakes you were hoping for, it is an extremely important publication which depicts all the activities, information, and events conducted by NTC throughout the year. In addition, these packets include a copy of the prior year audit report along with yearly addresses from your leadership. I want to thank Argent Kvasnikoff for the design and hard work into getting these digitized, professionally printed, as well as the staff, council, and you, who have made the activities noted in the reports possible.

As you are aware, the 2013 NTC election and annual meeting were held this month. I want to begin by congratulating Gary Jackinsky and Whitney Schollenberg on their election to the council. We look forward to having them onboard, as their participation and expertise will be vital to the Tribe. I also want to take a moment to thank Kenny Odman and Lorita Linder for their service. The dedication and work provided by these tribal members has been absolutely profound over the past three years. We cannot thank you enough.

As a result of the November 2013 annual election and subsequent meeting of the board, the following officers and terms are as follows:

- Richard 'Greg' Encelewski, President, Chairman (Term expires in 2014)
- William 'Dean' Kvasnikoff, Vice President (Term expires in 2014)
- Tammy Bear, Secretary & Treasurer (Term expires in 2015)
- Whitney Schollenberg, Director (Term expires in 2016)
- Gary Jackinsky, Director (Term expires in 2016)

On the council news front, the board held their last regular meeting on October 10<sup>th</sup>, 2013. They heard reports from the program directors and addressed many ongoing activities. The 2013 annual meeting agenda was approved, along with a new members resolution, as well as the 3<sup>rd</sup> party billing and administrative budgets. The next meeting is scheduled for December 12<sup>th</sup>, 2013 at 10:00 A.M. and we encourage all tribal members to attend.

In closing, I would leave you with a cup half full thought. We are mere weeks away from gaining daylight once again. As always, please free to stop in for some coffee, and we encourage you to attend the regular council meetings or get involved with ongoing events and activities. Thank you.

Sincerely,

Ivan Z. Encelewski  
NTC Executive Director

## Election Results



## Ninilchik Traditional Council

P.O. Box 39070  
 Ninilchik, Alaska 99639  
 Ph: 907 567-3313 / Fx: 907 567-3308  
 E-mail: [chris@ninilchiktribe-nstn.gov](mailto:chris@ninilchiktribe-nstn.gov)  
 Web Site: [www.ninilchiktribe-nstn.gov](http://www.ninilchiktribe-nstn.gov)

**NINILCHIK TRADITIONAL COUNCIL  
 NOVEMBER 11, 2013 NTC ANNUAL ELECTION  
 PRELIMINARY CERTIFICATION OF ELECTION RESULTS**

NUMBER OF REGISTERED VOTERS	141
**NUMBER OF VALID BALLOTS RETURNED	73
NUMBER OF BALLOTS NULLIFIED/INVALIDATED	2
NUMBER OF BALLOTS RETURNED UNDELIVERABLE	10

**TOTAL # OF BALLOTS RETURNED**

**Election Results (Number Of Valid Votes For Each Candidate):**

<b>Ninilchik Traditional Council Seat:</b>	Gary Jackinsky	28
	Kenneth Odman	23
	Whitney Schollenberg	66
	Anthony Shell	5
	Madeline Thompson	10

**Proposed Constitutional Amendment F:**

Shall the proposed amendment F be approved?	Yes	48
This amendment changes the Ninilchik Tribe's Constitution	No	24

To allow the NTC to waive sovereign immunity, which will  
 Be limited to State of Alaska funding requests and accords,  
 thereby retaining the waiver of immunity to the membership  
 for all other matters.

**Minimum Participation Required-**

Did thirty percent of registered voters submit ballots?	Yes	✓
Pursuant to Article XII	No	

Of the Constitution, an amendment shall be effective upon  
 Certification of the results of the election provided that it was  
 ratified by a majority of the registered voters in an election in  
 which at least thirty percent (30%) of the registered voters submitted  
 their ballots. If less than thirty percent (30%) of the registered voters  
 submit ballots, the proposed amendment(s) is not ratified.

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

*Robert Welch*  
 Robert Welch - NTC Election Committee

*John McCombs*  
 John McCombs - NTC Election Committee

*Becky Hamilton*  
 Becky Hamilton - NTC Election Committee

Posted at NTC Office 11/12/13, Copy to NTC      If no contest to the election is filed,  
 this shall be the final certification of results of the November 11, 2013 NTC Election.

## Tribal Services: Education

### Early Learning Program



The NTC Early Learning Program is back in session with 11 students registered this year! All of our students are transitioning well, learning the routine and progressing nicely. I'm amazed by these little learners everyday! During the first couple months of class, students are getting comfortable within their classroom as well as with their teachers and classmates. As this is a younger class, for many students their first time away from moms and dads, it takes a little while to get into the groove. I am very proud of every student and the progress they have already made during this transition time. We stay pretty busy during class time, experiencing a variety of academic activities, movement, music, art, stories and books.

We have a wonderful class this year, I am very pleased with the students smooth transition into school. Students are happy to come to class, they pay attention and enjoy participating.

***For more information about the Early Learning Program please contact the NTC Tribal Services Department @ 907-567-3313.***

### Higher Education Grant

***Spring 2014 Semester Application Deadline: December 10th, 2013***

This is an important reminder that the Higher Education Grant Application deadline for the Spring 2014 semester is **Tuesday, December 10th<sup>th</sup> at 5:00 p.m.** Students must have their application turned in on or before the deadline in order to be considered for funding. After the semester of funding has ended, be sure to remember to request that an **official transcript** be mailed to:

Ninilchik Traditional Council  
Tribal Services Department  
PO Box 39444  
Ninilchik, AK 99639

If you have not filled out your Free Application for Federal Student Aid (FAFSA) you can file one on the web at [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

*Please contact NTC Education Manager Shirley Chihuly if you have any questions.*

***For more information on any of the Ninilchik Traditional Council's education programs and services please contact Education Manager Shirley Chihuly at 567-3313 or e-mail [shirley@ninilchiktribe-nsn.gov](mailto:shirley@ninilchiktribe-nsn.gov)***



## Tribal Services: Social Services

### **About Tough Parenting**

*submitted by Bettyann Steciw,  
Social Services & ICWA Specialist*

#### **Tough parenting, what is that?**

Resilient, strong, robust, difficult, demanding, challenging, tricky, stern, firm. Tough parenting is usually tougher on the parent than on the children. This is why it is much easier to be a lax parent than a firm one. The firm parent lays down and adheres to rules. For the child, this sets clear expectations of behavior that make it simple to follow. Children are surprisingly comfortable with tough rules. While many want to rebel, it is their nature to feel more comfortable when they know what is expected of them on a daily basis and the right or wrong of their actions. The child raised by a parent who doesn't make clear statements about discipline and behavior spends a great deal of time walking on eggshells – will he be punished this time, but not punished next time? Is it really wrong then? Tough parenting doesn't mean you are uncaring for your children. The tough parents actually care enough for their children that they sacrifice some of their own comfort to be sure their children are being raised well. It is far easier to let children run on their own course than to set that course and keep the child on it. Tough parenting simply means you do what is needed for your child to learn and grow properly.

#### **Choose a Path**

While things will change time and time again as your children grow, the ideal method is to pick a course of behavior that you deem appropriate and have a game plan ready before an issue arises. This may require discussion with your partner as you might have different opinions on what the right behavior is in various situations.

#### **Decide a Standard Punishment Plan**

A single form of punishment is not usually effective across the spectrum. The best punishments come in levels and are used consistently so that children know what to expect as behavior escalates. You might start with a warning and redirect. Then you'd take away the offending item or move the offending child. Once a

pattern is established be sure to share it with teachers, babysitters and others who care for your children. They should know for consistency.

#### **Chose Winning Battles**

Being a tough disciplinarian means helping your child stay on the right track behavior-wise, however discipline should be balanced with other parenting techniques. Not everything is a punishable offense. Let your children know your expectations and then praise their correct behavior this goes much farther than punishment. Recognize what you can and can't ignore. Hitting or shoving needs an immediate consequence, but not eating your vegetables at dinner isn't punishable with a time out. Reserve punishment for areas that need it, and do your best to avoid punishments by encouraging the right behavior. However, when bad behavior strikes, deal with it immediately in a clear, consistent way.

#### **Discipline All the Time**

Being consistent with your discipline means you are ready to handle your child's behavior in any setting. If your child is acting well at a birthday party, whisper words of encouragement in her ear. If she's pushing other children or being ugly, absolutely punish her the same way you would at home. A time-out while others play will be especially effective. When out and about, you have the added discipline weapon of leaving or not visiting a favorite location.

#### **Don't Apologize For Parenting**

Tough parenting can be especially tricky around those that don't parent in the same way you do. For example, when visiting relatives, your rules might overlap or conflict with theirs. In these situations, it is best to quietly follow your own rules for your children's sake and discuss with your child that not every house has the same rules and expectations as your house.

#### **Ask and You Shall Receive**

Children are capable of amazing things. Too often, however, they aren't challenged and simply don't reach their full potential. Part of being a tough parent is encouraging your child to reach proper behavior for their age and maturity level. Studies have shown that this greatly increases the child's success at all stages of education.

## **Child Care**

## **Spotlight on Research**

### ***Link Between Quality Child Care and Academic Achievement Persists Into Adolescence***

Teens who were in high-quality care settings as young children scored slightly higher on measures of academic and cognitive achievement. Additionally they were less likely to exhibit acting-out behaviors than peers. This according to a study completed by the National Institute of Health.

*To contact the Tribal Services department please call 567-3313 or e-mail the following addresses:*

*Christina Pinnow, Tribal Services Director: [chris@niniichiktribe-nsn.gov](mailto:chris@niniichiktribe-nsn.gov)*

*Shirley Chihuly, Education Manager: [shirley@niniichiktribe-nsn.gov](mailto:shirley@niniichiktribe-nsn.gov)*

*Bettyann Steciw, Social Services & ICWA Specialist: [bettyann@niniichiktribe-nsn.gov](mailto:bettyann@niniichiktribe-nsn.gov)*

## Niqnalchint Library & Arts

### Library Updates & Events



#### Holiday Season Reading

The winter season and the arrival of the holidays allow us time to enjoy togetherness with family and friends, and it is the perfect time to enjoy a good book if you are stuck inside during the snowfall. Make reading a part of your holiday traditions, especially for children!

◇ *Holiday reading idea for young kids: **12 Books of Christmas:*** Starting on December 13th read a different book with your child each day leading up to Christmas. Make reading and new vocabulary words a part of the countdown!

◇ *For bigger kids and adults: **Holiday Book Traditions:*** Share a fun, holiday themed book with your family and friends and compare it with your own group's winter traditions!



### Niqnalchint Creative Writing

If you are a beginner interested in writing, whether it's stories, poetry, or even writing for information, join a meeting of our creative writing group to learn about different skills and inspirations to get you started! The group meets semi-monthly in the NTC Administration Conference Room in. Please look for our next scheduled date which will be sometime in January. We would love to see you there!

### Tahyiga Book Club

The Tahyiga Book Club meets monthly to discuss Alaskan, world, and indigenous cultural literature. If you are interested in new, engrossing novels with cultural themes please join us. The club meets on late month Fridays at 3:30 PM at the Subsistence Building. The next meetings will be on **December 27th & January 21st**. Let us know if you would like to join!

### Book Club Selections Coming Up:

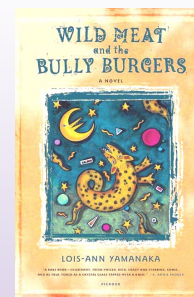
#### December Selection



*The Blue Fox*

*by Sjórn*

#### January Selection



*Wild Meat and the Bully Burgers*  
*by Lois-Anne Yamanaka*

### New Book Spotlight: Just some of the new titles in our collection:

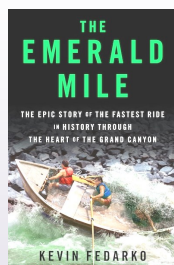
#### Fiction



*Songs of Willow Frost*

Jamie Ford - 2013

#### Non-Fiction



*The Emerald Mile*

Kevin Fedarko - 2013

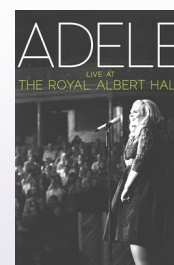
#### Crafts & Hobbies



*Canning for a New Generation*

Liana Krissoff - 2010

#### DVD



*Adele: Live at the Royal Albert Hall*  
Adele - 2011

*For more information about the Niqnalchint Library or other arts and culture activities please contact Tribal Librarian Argent Kvasnikoff at the NTC Administrative Office by phone at 567-3313, or by e-mail to [argent@ninelchiktribe-nsn.gov](mailto:argent@ninelchiktribe-nsn.gov)*

## NTC Community Clinic

### *Tribal Health Director's Report*

- ◆ We welcome our new Doctor, Dr. Sarah Spencer! She will be in the clinic on Monday, Wednesday and Fridays
- ◆ We had 5 staff successfully complete the 6 week (Fri night, all day Saturday and Sunday) EMT Training with the NES. Josh Geibe, Maureen Todd, Leslie McCombs, Anna Sutton and Emily Oskolkoff. **GOOD JOB!!**
- ◆ The 2014 Health Fair will be held at the Ninilchik High School on March 22, 2014 from 9am - 2pm.
- ◆ For those of you who have internet access at home, can access your patient information (insurance, demographics, clinical summaries, medications, diagnosis, etc.) through a patient portal. Please ask for your patient portal access information, at your next clinic visit, or call and Leslie can give this information to you.
- ◆ We will be setting up a diabetes clinic within the next 6 months, stay tuned for more information on this.
- ◆ We are changing our staff meeting days from Wednesday mornings to every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday mornings from 9-11, beginning November 26. The clinic will be closed during this time for staff education and clinic updates, except for emergencies.

*Thank You,*

*Janet Mullen, NTC Tribal Health Director*

### NTC Community Clinic



15765 Kingsley Road  
P.O. Box 39368  
Ninilchik, AK 99639

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

### *Healthy Living: Recipes from the Complete Diabetic Cookbook*

#### ***Mediterranean Eggplant Salad***

##### Ingredients

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1/2 cup long grain brown rice | 1 cup celery, thinly sliced        |
| 1 medium eggplant             | 1/2 cup green onion, thinly sliced |
| 2 tablespoons vegetable oil   | 2 tomatoes                         |
| 1 teaspoon salt               | 8 large lettuce leaves             |
| 1 teaspoon ground cumin       | 8 oz. lemon flavored yogurt        |
| 1 teaspoon cinnamon           |                                    |



##### Directions

Prepare the rice as directed on package. Wash the eggplant and remove stem. Cut into 1 in. cubes. Heat the oil in a large skillet. Add eggplant and small amount of water, cover tightly and reduce heat. Uncover pan in short intervals and stir, adding extra water if needed. Cook until eggplant is tender. Drain any excess liquid. Remove from pan and stir in the salt, cumin and cinnamon. Carefully stir in rice. Cool to room temperature. Add celery and green onion. Place in bowl, cover and refrigerate until completely chilled, about 2 hours or overnight. Place the lettuce leaves on 8 chilled salad plates. Divide salad equally among plates. Cut tomatoes into eighths; garnish each salad with 2 tomato wedges. Top with equal amounts of yogurt.

*Yield: 8 servings - Exchange, 1 serving: 1 bread, 1 fat*  
*Each serving contains: Calories: 109, Carbohydrates: 17 g*

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



## NTC Community Clinic Outreach: Behavioral Health

### About Counseling Services

#### **Why Counseling?**

Did you know that people in prehistoric times engaged in what is seen as counseling by gathering together and discussing their problems, hopes for the future, and leaning on one another to listen to them and help them problem-solve? Counseling is not new and the need for it has been recognized since the time of Plato.

#### **What you can expect from counseling:**

When you first contact a counselor, they will schedule an assessment with you. The assessment is a snapshot of what's been going on for you with a little information about your history to help determine thinking patterns. Your counselor will gather some information about your history to help establish where issues started and why they might be causing problems now. For example, a childhood loss can cause a fear of being alone now, or family abuse can cause distrust in relationships or unhealthy coping with alcohol or substances now.

You and your counselor will create a treatment plan with your goals for counseling and what it will look like when things are better. It can be as simple as 'I want to feel happier' and 'I know this will be happening when I'm socializing more, not feeling so low or worrying so much, am employed, getting out more often, etc.' Then, you and your counselor will begin talking about issues in your life now and how you are feeling about them. Your counselor will teach you skills you want to begin feeling better.

Once you begin exploring the way you think and feel about things, you become more introspective (thinking about self) and insightful (realizations) and that's when you will see change and growth in your life. Treatment will teach you how to challenge thinking on your own so that you take these skills with you and use them over and over again throughout your life, often teaching them to your family members by example.

*If you are interested in finding out more about counseling, call Donna Henry at 567.3370 x3.*

# THE NOISE

#### **Ninilchik Outreach & Involvement Student Experience**

*The Ninilchik Outreach and Involvement Student Experience is a community resource which provides youth educational and fun activities with the purpose of enriching their lives through encouragement, wellness and respect. By providing leadership and community service opportunities participants are given lessons in diligence, ownership, reliability, and empathy with the goal of helping our youth strive to reach their full potential and achieve their goals so that they may have a successful future.*

### **October Recap**

#### **Red Ribbon Week**

16 Antidrug activities - 4 Educational presentations  
94 Drug-free pledges - Over 90% participation

#### **Halloween Hoot**

Zombie School (Ages 1-7) & Apocalypse (Ages 8+)  
17 Volunteers & over 100 participants

#### **Dance**

Halloween costumes - Contests & prizes  
24 Attendees

### **Future Plans**

#### **After School (3:15 - 6:00)**

Tutoring - College, ACT & SAT Prep - Resume & cover letter help - Help applying for: future employment, tech school, college, & scholarships

#### **Youth Coalition: The NOISE Makers**

Community service, leadership, educational excursions, & peer mentoring

#### **Winter Events**

Sledding trips - Bonfires - Dance parties - Theme nights - Fundraisers - Workshops - Movie Marathons - Lock-ins

**If you have any questions or suggestions for The NOISE, or would like to volunteer as a chaperone, please contact Maureen Todd at 567-3370.**

*For more information about NTC's Behavioral Health Services please call 907-567-3370 or e-mail staff:  
Donna Henry, Behavioral Health Services Manager at [dhenry@ninilchiktribe-nsn.gov](mailto:dhenry@ninilchiktribe-nsn.gov)  
Maureen Todd, Behavioral Health Aide at [mtodd@ninilchiktribe-nsn.gov](mailto:mtodd@ninilchiktribe-nsn.gov)*

## Elders Outreach

### ***Elders Outreach Program Mission***

*The Elders Outreach Program is an organization of the Ninilchik Traditional Council whose purpose is providing services to Elders, 55 and over, 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.*

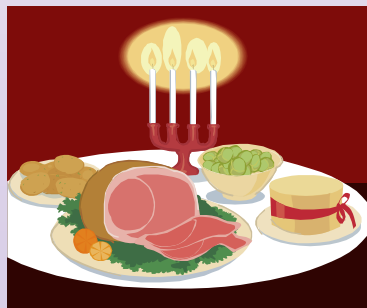


### ***Eligibility Requirements***

Alaska Natives 55+ around Cook Inlet and surrounding area. Tribal boundaries extend from south of the Kasilof River to Homer and East from the Caribou Hills across the Cook Inlet to Mt. Redoubt.

This is only a tool to help establish our goals, however, we will always be mindful to help the Elders in our community who served on our behalf and extend our hand when available to open our doors and offer our services

### ***Elders Luncheons***



Elders Luncheons are provided on **Mondays at Noon** at the NTC Subsistence Building, which is located at 15750 Sterling Highway. Please check the schedule to see if there is a luncheon that day. Thank you.

***Elders Luncheon dates for December & January***  
**December: 2nd, 9th, and 16th**  
**January: 6th, 13th, 27th**

*If you have any questions, concerns or comments, please feel free to contact Tiffany Stonecipher or visit the Elders Outreach Program office located in the Ninilchik Annex attached to the Ninilchik Community Clinic. The office hours are Monday through Friday 9:00 am to 5:00 pm. Tiffany is also reachable on her cell phone and by e-mail.*

Office: 907-567-3370 ext. 2  
Cell: 907-953-0273  
E-Mail: [tiffany@ninilchiktribe-nsn.gov](mailto:tiffany@ninilchiktribe-nsn.gov)

***Thank You!***



*Tiffany Stonecipher*  
*Elders Outreach Program Coordinator*

## Ninilchik Health & Wellness Club



15930 Ski Hill Circle \* PO Box 39070 \* Ninilchik, AK 99639 \* 907.567.3455 \* hwc@ninilchiktribe-nsn.gov

### Fitness Boot Camp

Get in shape this season with our Certified Personal Trainer, Tammy Zweischer! Get a jumpstart on a healthy new year!  
*Make a commitment to your health; you are worth it.*

#### Boot Camp Package Includes:

- ☆ 3 sessions a week (9 total classes!) from **Dec. 2nd - 20th**
  - ☆ 2 class times to choose from (6am or 5:30pm)
  - ☆ Metabolic Testing (a \$120 value!)
  - ☆ Weight Loss Tracking
  - ☆ Food Journal
  - ☆ Daily & Weekly Email Challenges
  - ☆ Discount Coupons for Future Personal Training Sessions
  - ☆ Weekly Drawings for Club Sweatshirts
  - ☆ Small Class Sizes (5 min & 10 max)
  - ☆ For ALL Fitness Levels
  - ☆ Only \$200 for the whole package!
  - ☆ *Specials Available for NTC Tribal Members*
- Can't commit to the Boot Camp? Call to book a one-on-one session!**

### What the Club Offers:

- ⇒ Affordable rates
- ⇒ A clean, welcoming environment
- ⇒ Yoga Classes (\$5 for non-members)
- ⇒ Therapeutic Massage
- ⇒ Personal Training
- ⇒ Tanning Bed
- ⇒ K-1 Vibration Machine (Try it for free!)
  - ⇒ 12 sessions for only \$10
- ⇒ High quality exercise equipment
- ⇒ Friendly and knowledgeable staff
- ⇒ Showers
- ⇒ Extended hours to fit busy schedules
- ⇒ Many workout DVDs
- ⇒ Challenges & Walkers Clubs
- ⇒ Ages 12 & up

### Gift Certificates Make Wonderful Gifts!

Massages ✱ Tanning ✱ Club Membership ✱ Club Clothing ✱ Yoga Classes ✱ Personal Training ✱ Day Passes

#### DECEMBER 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

#### JANUARY 2014

Events in January TBA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Hatha Yoga 5:15-6:30pm

Hatha Yoga 11:00-12:00pm

Vinyasa Yoga 5:15-6:30pm



CLUB CLOSED



# December 2013 Dates & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Elders Luncheon 12:00 PM	3 Hatha Yoga 5:15—6:30 PM	4 Hatha Yoga 11:00—12:00 PM	5 Vinyasa Yoga 5:15—6:30 PM	6	7
8	9 Elders Luncheon 12:00 PM	10 Hatha Yoga 5:15—6:30 PM	11 Hatha Yoga 11:00—12:00 PM	12 Regular Council Meeting 10:00 AM Vinyasa Yoga 5:15—6:30 PM	13	14
15	16 Elders Luncheon 12:00 PM	17 Hatha Yoga 5:15—6:30 PM	18 Hatha Yoga 11:00—12:00 PM	19 Vinyasa Yoga 5:15—6:30 PM	20	21
22	23	24 Christmas Eve NTC Closed 	25 Christmas NTC Closed 	26	27 Book Club 3:30 PM	28
29	30	31				

# January 2014 Dates & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day NTC Closed 	2	3	4
5	6 Elders Luncheon 12:00 PM	7	8	9 Regular Council Meeting 10:00 AM	10	11
12	13 Elders Luncheon 12:00 PM	14	15	16	17	18
19	20 Martin Luther King, Jr. Day NTC Closed 	21	22	23	24 Book Club 3:30 PM	25
26	27 Elders Luncheon 12:00 PM	28	29	30	31	



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

ninilchiktribe-nsn.gov  
Phone: 907-567-3313  
Fax: 907-567-3308  
Main E-mail:  
ntc@ninilchiktribe-nsn.gov

TO:

*NTC Newsletter December 2013 & January 2014*



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!