



Ninilchik  
Traditional  
Council

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

## Inside this issue

About Us	2
Executive Director's Address	3
New Tribal Emblem	4
Early Learning	5
ICWA & Childcare	6
Tribal Library	7
Community Clinic	8-9
2013 Health Fair	10
Health & Wellness Club	11
Elders Outreach	12
Calendars	13-14
Classifieds	15

## NTC Newsletter February & March 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.*



*Early Signs of Spring over Bishop's Beach*

### Ninilchik Traditional Council Meeting Schedule

The next Regular Council Meetings are scheduled for:

- ◇ Wednesday, February 13th at 10:00 A.M. and
  - ◇ Thursday, March 14th at 10:00 AM (Tentative)
- at the NTC Admin Office Conference Room



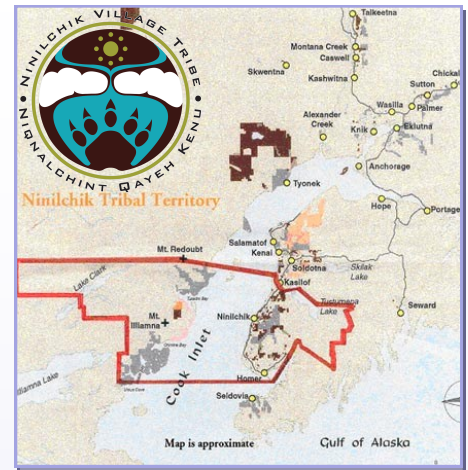
### *Office Closures*

The NTC Offices will be CLOSED on:

- ◇ Monday, February 18th for Presidents Day
- ◇ Monday, March 25th for Seward's 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.*



### NTC Board of Directors

**Richard Greg Encelewski**

President

**William Dean Kvasnikoff**

Vice President

**Lorita Linder**

Secretary & Treasurer

**Kenny Odman**

Director

**Tammy Bear**

Director

**NTC Executive Director  
Ivan Z. Encelewski**

### NTC Staff

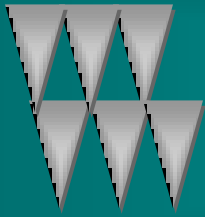
#### Department Directors

**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

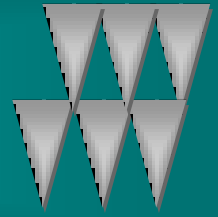
#### Staff

**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  
**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 Hansen**, Maintenance Assistant  
**Kristie Hansen**, Community Health Aide and Case Manager  
**Pamela Keller**, Physician Assistant (Contract)  
**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  
**Danielle Rickard**, Behavioral Health Aide & Tobacco Treatment Specialist  
**Tiffany Robuck**, Native Youth Olympics Coach  
**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

I hope everyone is having a great winter. For those of you that are ready for something new, spring is around the corner. The vision and wisdom of the famous groundhog "Punxsutawny Phil" has given us assurance of an early spring, as he did not see his shadow this year.

We have unveiled a new tribal emblem and NTC logo. It's called Yuq'hdnil'anen, or the Sky Reader. The symbolism embraces ancient knowledge and cutting edge technology in the vision of advancing the wellbeing of our people and the stewardship of our lands. Please take a moment to read the presentation in this newsletter, which thoroughly explains the depictions of the emblem/logo.

I am excited to report that the addition to the subsistence building is now complete. The Early Learning Program (ELP) has moved into the new space. The original room will be enhanced with new paint, furniture, and accessories. This will allow the elders and students to utilize their respective areas without having to move back and forth, and obviously doubles the space.

The housing program completed their newest home in the Homer area. The family has now moved in. We are looking at building two (2) houses this upcoming summer. Work continues on the engineering and design for the transit facility and the environmental program has submitted an unmet needs proposal for a study on the Kasilof River. The health programs are flourishing and we are recruiting for a doctor. We would like to have a doctor on staff four (4) days a week beginning in May, depending on the progress of our enlistment. A new and revised NTC website is being developed and the library is in the final stages of modernization.

I am very excited about the progress in the NTC Behavioral Health Services (BHS). Ms. Donna Henry and her staff are working diligently to provide mental health, counseling, outpatient treatment and state program assistance for the Alcohol Safety Action Program (ASAP). A meth panel was held for the community and this was a tremendous event. While the subject is disconcerting, it was moving to see our BHS staff, clinical staff, local EMT, dentist, and the community come together to discuss this severe problem and learn what we can do to address it. I was so proud of Donna, our staff, and everyone who attended. I encourage people to get involved, as drug and alcohol addictions tears at the heart of our children and families.

On the council news front, the board held their regular meeting on January 10, 2013. They heard reports from the program directors and discussed ongoing activities. The council adopted resolutions which included: applying for diabetes funding, new members, and environmental unmet needs. The housing program's annual performance and self-monitoring reports were reviewed as well.

In closing, I want to thank all the NTC staff and board for their excellent work. It has been a team effort to see these things come to fruition. 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. Thank you.

Sincerely,

Ivan Z. Encelewski  
NTC Executive Director



## About the New Tribal Emblem



Yuq'hdnil'anen  
(Yook-d-neel-on-en)  
*The Sky Reader*

The Ninilchik Tribe's new emblem was created to honor ancient culture of the Ninilchik Dena'ina people, and bridge the gifts of its knowledge to today.

In ancient Ninilchik Dena'ina culture, the Sky Reader was an important person in the tribal unit because their knowledge of constellations and weather patterns helped the people decide when to hunt, fish, harvest, and travel. The Sky Reader also sometimes had a part in spiritual practices as their interpretations relayed information about spirits, dreams, and even about shamanic medicine.

The land, sea, and sky are represented in the emblem by deep earth brown, fern green, aqua, and white. The aqua represents Ninilchik's river systems joining the Cook Inlet and Pacific Ocean. The sun figure represents the Athabaskan medicine wheel and its four directions and four spiritual elements air, earth, fire, and water. The eight circles surrounding the sun also represent the modern communities located in Ninilchik's traditional lands: Ninilchik, Happy Valley, Clam Gulch, Cohoe, Kasilof, Anchor Point/Nikolaevsk, Homer, and Kachemak/Fritz Creek.

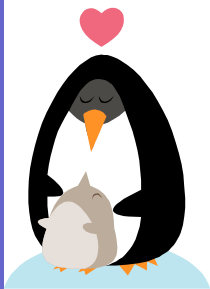
A paw print of the North American brown bear, the strongest animal in Ninilchik Dena'ina mythology, represents the strength and fortitude of the tribe to ensure prosperity for generations to come.

## Early Learning Program

The Early Learning students enjoyed many fun activities this past month. Lizards, lions, ladybugs, moose, magnets, Ninilchik, and numbers were a few themes that we learned about in January. A visit from Lizzie the Lizard was by far the most exciting activity this past month. Mrs. Susan Welsh-Smith created Lizzie many years ago and enjoys bringing and sharing Lizzie in the classroom. The students were very excited to meet and hug Lizzie.

*Thank you Miss Susan!*

As we move on into February, we will be learning about owls, octopus, pigs, penguins, queens and rainbows. On February 14<sup>th</sup>, the students will exchange Valentine's with classmates.



### New Classroom Update

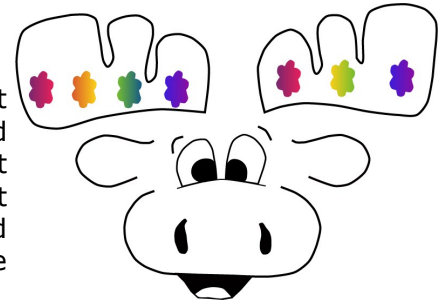
The NTC Early Learning Program's permanent preschool classroom is finished! By mid-February, class will be held in the new classroom at the Subsistence Building. The students have been able to watch the construction process throughout the school year and are excited to finally move into their new class.

(Separate little tidbit of good info)

By providing young children with the tools and skills that they need to keep healthy and safe, and by setting good examples through our own actions, we instill in our children the knowledge and opportunities that they need to make good choices now and through the rest of their lives.

Children are...

<u>A</u> amazing, cherish them	<u>N</u> oble, esteem them
<u>B</u> elievable, trust them	<u>O</u> pen-minded, hear them
<u>C</u> hildlike, let them	<u>P</u> recious, treasure them
<u>D</u> ivine, respect them	<u>Q</u> uestioners, encourage them
<u>E</u> nergetic, nourish them	<u>R</u> esourceful, support them
<u>F</u> allible, embrace them	<u>S</u> pontaneous, enjoy them
<u>G</u> ifts, unwrap them	<u>T</u> alented, believe in them
<u>H</u> ere now, be with them	<u>U</u> nique, Affirm them
<u>I</u> nnocent, delight in them	<u>V</u> ulnerable, protect them
<u>J</u> oyful, appreciate them	<u>W</u> hole, recognize them
<u>K</u> indhearted, join them	<u>X</u> traspecial, celebrate them
<u>L</u> ovable, love them	<u>Y</u> earning, notice them
<u>M</u> agical, fly with them	<u>Z</u> any, laugh with them



*For more information about the Early Learning Program please contact Tribal Services Director Christina Pinnow at the NTC administrative office or by e-mail to [chris@ninilchiktribe-nsn.gov](mailto:chris@ninilchiktribe-nsn.gov)*

## ICWA & Childcare

### Childcare

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.

Child Care Assistance is available to eligible families through the NTC Child Care Development Fund.

To find out if you qualify please contact Social Services and ICWA Specialist Bettyann Steciw.



### ICWA

Meeting Children's Needs While Honoring Tribal Values and Beliefs

Historically and traditionally, adoption has been practiced in most tribal communities through custom and ceremony. In general, tribes did not practice termination of parental rights. However, due to historical trauma put into practice prior to the Federal Indian Child Welfare Act many tribes actively dislike adoption. Today, tribes are healing those old wounds and reclaiming their positive tradition for "making relatives." In a customary adoption, tribes are allowed to meet the permanency needs of their children while honoring their own tribal values and beliefs.



Ninilchik Tribe needs Foster and Adoptive homes. Please consider opening your home to a child in need. For more information contact Bettyann Steciw.

---

*For more information about any of the Tribal Services programs, please contact the Tribal Services staff at 567-3313 or their e-mail:*

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

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

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

## Tribal Library & Arts

The Niglalchint Library is nearing its goals of expansion and upgrades, and I am excited to be able to introduce some of its new features this year!

### Research Portal

Soon the library will be outfitted with a new computer workstation with up-to-date Windows software, and it will feature a research portal that allows patrons to search a complete database of the library's materials using key words and phrases.



### Library Cards

Starting this spring tribal members, staff, and local students will be able to get their very own electronic library card to make checkout a breeze. Simply come in, fill out a card sheet with your information, and you'll get your very own barcoded library card!

### Creative Writing Group

The Niglalchint Library Creative Writing Group has been meeting semi-monthly to explore all types of writing for personal enrichment and leisure. Feel free to join in our group lead by longtime Ninilchik educator Jamie Leman to learn how to incorporate your own point of view into poetry, short story, or prose. Whether you're a long time writer or absolute beginner come on by, have some tea, and share your stories. Everybody is welcome! The next group session will be Friday, March 8th at 2:00 PM in the NTC Conference Room.



### Book Club

Friday, March 22nd at 3:00 PM will be the first meeting of the new Niglalchint Library Book Club, held in the newly created Elders Lounge in the Subsistence Building. If you are interested in joining the club please contact me (Argent) at 567-3313 or by e-mail to [argent@ninilchiktribe-nsn.gov](mailto:argent@ninilchiktribe-nsn.gov). Space isn't limited, but the first 8 people to sign up will get free book club books for an entire year!

### The NOW Project

Because our tribe is growing and new generations have not enjoyed first hand knowledge of Ninilchik's history and its tribal heritage (including lineal descendants living near and far) we are facing the need to document our collective identities to pass on, and to share with people from all cultures. To help bridge this gap the tribal library is undergoing a project to create an all-encompassing, travel guide-style book about Ninilchik, its tribe, its history, its land, and its modern communities. The making of this book, which is yet to have a title, is called the Ninilchik Omnibus Writing project (The NOW project), because there is no time like today to share our past. Anybody with information they'd like to share in the book whether its stories, creative writing, maps, historical documents, photographs, recipes, or information about local geology and geography is welcome to submit that in person or to my e-mail. I am looking forward to making this still untitled book a reality in the summer of 2014.

---

*For more information about the Niglalchint 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](mailto:argent@ninilchiktribe-nsn.gov)*



## NTC Community Clinic Updates from the Tribal Health Director

### NTC Community Clinic

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

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



We welcome Maricel Folkert, our new Medical Assistant. She will be checking patients in and is also a phlebotomist (expert at drawing blood for labs) and also trained to take x-rays. We are actively recruiting for a Doctor and have interviewed one recently. Pam Keller, PA's contract will be up with NTC the end of April. We will be sad to see her go. She has other adventures that she would like to pursue.

### What is the **Affordable Care Act?** Passed to reduce the uninsured in America

- Permanent reauthorization of the Indian Health Care Improvement Act
- New federal funding for Indian health care starting 2014
- Medicaid Expansion (for everyone under 133% of federal poverty level, more people including single men will be eligible) and
- Health Insurance Exchanges (Private insurance plans sold on website, federal subsidy of monthly premiums on a sliding scale, Voluntary insurance for American Indians/Alaska Natives. No penalty for not enrolling, AI/AN do not pay cost sharing (deductibles or co-pays), special enrollment for AI/AN)
- Special enrollment for either Medicaid or private insurance will begin in October 2013, as Alaska decides which route they will choose (Currently Alaska's Governor has not made a final decision), will determine how Tribal members will proceed
- This is a very complicated and confusing issue for all and we will do our best to get you accurate information as it becomes available.

### We continue to make improvements at the clinic, based on Best Practices:

If you receive a letter or a call about needing labs or an annual visit in order to get your refill, please make an appointment to be seen in order to ensure medication refills are completed. I understand that some people may not want to participate in having annual physicals but it is strongly recommended that you still make an appointment with your provider (whether it is at NTC clinic or elsewhere). It is to your benefit, as well as the provider, that they at least visit with you to make sure that there aren't any changes before they refill your medications. There could be instances where your blood pressure is running high or low, which would require dosage changes. I'm sure that most of you would love it if you didn't have to take as much or even not take medications, if changes have occurred. There might be other instances where your lab results might be abnormal and you should at least meet with your provider to discuss options. Meeting with your provider and discussing options is part of good health care and not sharing options with you is not. It's also much more cost effective in the long run if problems are discovered early rather than later. You are still the boss in your health care and if you choose to do nothing about your health that is your right. However, when it comes to Best Practices and liabilities providers at NTC will be hesitant about refilling your medications without at least a face to face meeting.

Please check-out with the receptionist once your visit is complete. We are moving towards handing out patient instructions education/patient portal (access to your medical records on-line) after your appointment.

*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.*



## Community Clinic: Diabetes Awareness

Having diabetes, pre-diabetes, or any similar condition which warrant changes in diet shouldn't prevent you (or those you love) from fully enjoying the experience of food and its satisfaction. Try to incorporate new, lower sugar recipes, like this one for clam and spinach spaghetti, into your routine to enjoy learning how a diet change doesn't mean giving up taste at all. If you are cooking for a family, make learning about new ingredients and cooking new dishes a group activity and have fun!



### Seafood Off The Shelf

#### *Clam and Spinach Spaghetti*

##### *Ingredients*

- 1/4 of a 1-pound package of Multi-Grain Spaghetti
- 2 teaspoons olive oil
- 1 cup diced onions
- 1/4 cup sliced green onion
- 1 clove garlic, minced
- 1 can (6 1/2 ounces) clams and their juice
- 2 cups baby spinach leaves
- 2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley
- Black Pepper
- 2 table spoons shredded Parmesan cheese.

##### *Directions:*

1. Prepare pasta according to package directions, omitting salt.
2. While pasta cooks, prepare sauce. Heat a large skillet over medium heat. Add oil and heat. Add onion and cook, stirring, until onion is translucent, about 5 minutes. Add green onion and garlic and cook, stirring, 1 minute.
3. Add clams and their juice and reduce heat to medium-low. Heat 1 to 2 minutes. Add spinach. Cover skillet and cook until spinach wilts, about 2 minutes. Stir spinach into mixture. Sprinkle mixture with parsley and black pepper.
4. Place cooked pasta in three warm pasta bowls. Divide sauce evenly over pasta in bowls. Sprinkle each serving with cheese.

*Makes 3 Servings ( 1/2 cup pasta and 3/4 cup sauce per serving)*

*Dietary Exchanges : 2 1/2 Starch, 2 Meat*

##### *Nutrients Per Serving*

Calories .....	293	Calories from Fat.....	17%
Total fat.....	6 g	Saturated Fat.....	1 g
Carb.....	38 g	Protein.....	24 g
Cholesterol.....	44mg	Sodium.....	151 mg
Fiber.....	3 g		



## 2013 Health Fair

*Ninilchik Traditional Council presents*

### Ninilchik Community Health Fair

**Saturday March 9<sup>th</sup>, 2013**

**9 AM to 1 PM**

**At the Ninilchik School  
136.6 Sterling Hwy, Ninilchik, Alaska**



**Nutrition  
Diabetes**

**Door Prizes**

**Children's  
Activities  
& Prizes  
Free Swim**

**Tobacco  
Cessation**

**Height & Weight  
Screening**

**Learn what  
you should  
know about  
cancer**

**Vision Screenings**

**Mini  
Massage**

**Heart Health  
Education**

**Senior  
Services**

**And more!**

### ***High Quality, Low Cost Blood Testing***

(for individuals 18 years and older)

- Comprehensive Blood Test (27 panel, CMP, CBC and lipids panel; fast) - \$45
  - Thyroid Stimulating Hormone (TSH) - \$30
- Estimated Average Glucose (A1C, non-fast) - \$25
  - Prostate Specific Antigen (PSA) - \$25
    - Vitamin D Levels - \$50
  - ABO/RH blood typing - \$20

***Remember to drink plenty of water before having blood drawn!***



**A very special thanks to Air Land Transport for  
delivering our Alaska Health Fair supplies.**



## Ninilchik Health &amp; Wellness Club



# CLUB news



*"I want to help people reach their maximum potential, no matter what level they are or what problem they may have. This is about being a better, more healthy, more productive "you" and taking that extra step to make you feel better both physically and mentally."*  
~ Tammy Zweischer

## Introducing Tammy Zweischer {Personal Trainer}

### The Club now has a personal trainer!

We are so excited to introduce Tammy Zweischer, a certified personal trainer who just moved from Oklahoma, where she owned her own Personal Training business working with all ages and fitness levels. She assesses clients to develop an appropriate workout program for their specific needs. Personal Training sessions run between 50 and 60 minutes and cost \$45. The first session will include an extra 20 minute consultation. Small group sessions are also available (2 to 3 people max) at \$30 per person for an hour.

### NTC is offering this service to Tribal Members at no cost!

As part of our Special Diabetes Programs for Indians grant's physical activity portion, NTC is offering Tammy's Personal Training sessions to Enrolled Tribal Members and NTC employees and Board members at no cost. Just one more way NTC and the NHWC are helping to create a healthy community.

**To book a session, please call Tammy at 580.716.8875.**

## Yoga Returns March 5th

Elise will be back soon, and yoga classes will start back up again on March 5th!

<b>Tuesdays</b>	<b>5:15 - 6:30</b>	<b>Hatha Yoga</b>
<b>Wednesdays</b>	<b>12:00 - 1:00</b>	<b>Hatha Yoga {NEW CLASS!}</b>
<b>Thursdays</b>	<b>5:15 - 6:30</b>	<b>Vinyasa Yoga</b>

We are also planning to have another Saturday Restorative Yoga Workshop soon. We are so excited to have Elise back. Classes are still free for Club Members and only \$5 for visitors.

## Unwind with a Massage at the Club

**We are very happy to announce that Laura Young and Elise Spofford are now offering Therapeutic Massage at the Club.**

Laura Young is a Licensed Physical Therapist, who offers Massage Therapy and Physical Therapy.

Elise Spofford is a Certified Massage Therapist and Yoga Instructor, who offers Massage Therapy and Yoga Instruction.

Both offer their services at a low rate of \$65 an hour. To book an appointment, please call them directly. **Laura at 907.953.4439 or Elise 907.252.9544**

### New

### Class!

**Hatha Yoga**  
**now also on**  
**Wednesdays**  
**from**  
**noon-1:00pm**



**Call Elise or Laura to book your Therapeutic Massage**

## Elders Outreach

### February...the air feels different!

February is a month of love, random acts of kindness and full of many flowers that don't survive too well in Alaska at this time of year. However, our health is still a concern to be aware of. February is a time to reflect on some resources if you have been putting it off or stop by the local community clinic, your doctor's office or let a family know if your health questions have been on your mind. Congenital heart defect awareness, eating disorders awareness, national donor month, and sexual and reproductive health including impotence are a few causes this month that nationally we take a moment to talk about. We touch on these issues reflect, slow down and ask ourselves, are we taking care of ourselves? Many Elders know their conditions and have the proper medications and resources to manage them, some don't and if you are one of those who may need some more information, please stop by the clinic, my office, call or see your regular doctor to help keep your health a priority.



*For more information  
please contact Elders  
Outreach Program  
Coordinator Tiffany  
Stonecipher at the  
NTC Clinic Annex  
567-3370*

### Days to Look for...

**ELDERS LUNCHEON DAYS 2013: February 4th, 11th and 25th**

**\*No Luncheon on February 18th as we are closed in observation for Presidents Day.**

### ELDERS AND YOUTH EVENTS.

#### **Random Acts of Kindness Project: February 11th at 4pm**

All these events will be held at the Subsistence Building and if you would like to attend and may need a ride, please call me to make arrangements. We would love for you to come and share in these days!

If you need further assistance with counseling or quitting tobacco, please contact **Donna Henry**, our Behavioral Health Clinician or **Danielle Rickard**, our Behavioral Health Aide. Our Tribal Health Director, **Janet Mullen's** door is always open as well, please come in!

### Random Acts of Kindness

February is a great month to start the year with inspiration, kindness and community giving. How Random Acts of Kindness is thought to be started is in a Sausalito, California restaurant in 1982 when Anne Herbert scrawled the words "**practice random acts of kindness and senseless acts of beauty**" on a place mat. It spread to bumper stickers, and true stories of acts of kindness published in February 1993, setting off a chain reaction. Articles appeared in nearly every newspaper in the U.S., and hundreds of radio stations devoted airtime to the cause. Toward the end of 1993, a Bakersfield, California professor gave a class assignment to do a random act of kindness—unleashing yet another flood of stories. The concept continues to spread, and we hope it will carry on until the beauty of simple kindness touches—and changes—us all. This isn't too far off from how Ninilchik village has survived for years and how a community is built. I challenge you all to take a moment from your day this February 11th–17th and offer a few minutes from your day to share a smile in someone else's life.



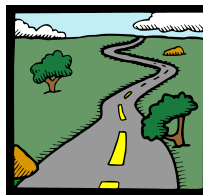
# February 2013 Dates & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Elders Luncheon 12:00 PM	5	6	7	8	9
10	11 Elders Luncheon 12:00 PM Elders & Youth Event 4:00 PM	12 Mardi Gras 	13 Regular Council Meeting 10:00	14 Valentine's Day 	15 NYO Jr. State In Anchorage	16 NYO Jr. State In Anchorage
17 NYO Jr. State In Anchorage	18 Presidents Day NTC Closed 	19	20	21	22	23
24	25 Elders Luncheon 12:00 PM	26	27	28		

# March 2013 Dates & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Elders Luncheon 12:00 PM	5 Hatha Yoga 5:15-6:30	6 Hatha Yoga 12:00-1:00	7 Vinyasa Yoga 5:15-6:30	8 Creative Writing Group 2:00 PM	9 Ninilchik Health Fair 9:00-1:00 At Ninilchik School
10	11 Elders Luncheon 12:00 PM Elders & Youth Event 4:00 PM	12 Hatha Yoga 5:15-6:30	13 Hatha Yoga 12:00-1:00	14 Regular Council Meeting 10:00 Tentative Vinyasa Yoga 5:15-6:30	15	16
17	18 Elders Luncheon 12:00 PM	19 Hatha Yoga 5:15-6:30	20 Hatha Yoga 12:00-1:00	21 Vinyasa Yoga 5:15-6:30	22 Book Club 3:00 PM NYO In Seward Hosted by the Qutekcak Tribe	23 NYO In Seward Hosted by the Qutekcak Tribe
24 NYO In Seward	25 Seward's Day NTC Closed 	26 Hatha Yoga 5:15-6:30	27 Hatha Yoga 12:00-1:00	28 Vinyasa Yoga 5:15-6:30	29	30
31 Easter 						

# Classifieds



## Shoreline Paving

Contact: Tom Clark

P.O. Box 962, Anchor Point, AK 99556

Phone: (907) 299-2422

Fax: (907) 235-2887

clarkshore@gmail.com

## Arctic General Contracting

Andy Boyle

Licensed, Bonded, & Insured

(907) 567-1057

ajsupply@alaska.net

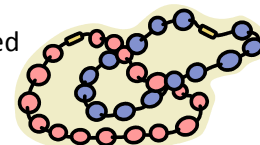


## Designs by Doris

Locally-made & Fine, Handcrafted

Bead Jewelry

(907) 567-3930



## 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 Enterprises

Scott Jackson—Home Heating Oil

*Delivery to Ninilchik area*

Phone: (907) 262-4159

Cell: (907) 398-4157

Fax: (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 Realty

170 E Corral St. Suite 1

Soldotna, AK 99669

torvaldhansen@yahoo.com

(907) 299-3317 or (907) 262-2445

Fax 235-9507

## Lovin' Oven Bakery & Deli

66445 Oil Well Road

(1.5 blocks from Sterling Hwy.)

Lynda Kvasnikoff, Owner

(907)-567-3317



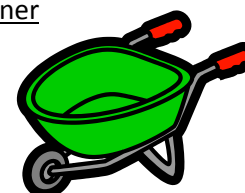
## Skemo Services—Jon James—Owner

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

*Coming Soon: Look for our new classifieds section on our new website!*



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

TO:

## *NTC Newsletter February & March 2013*



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!