



## Ninilchik Traditional Council

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

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## NTC Newsletter June & July 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.*



*Fire's Spirit on Ninilchik Beach*

### **Meeting Schedule**

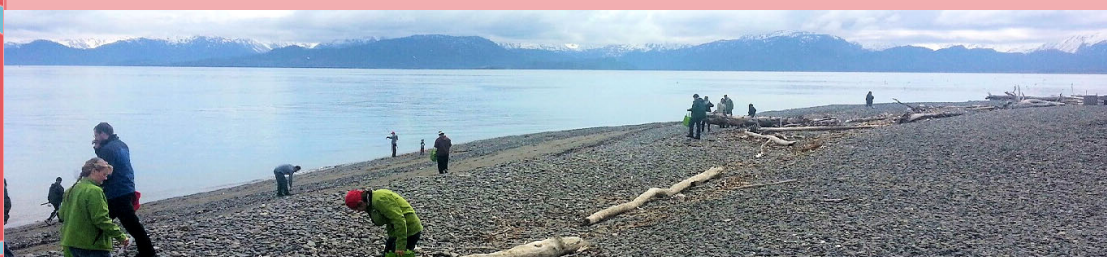
The next Regular Council Meeting is scheduled for:

◇ Thursday, June 13th at 10:00 AM  
at the NTC Administrative Office Conference Room

### **Office Closures**

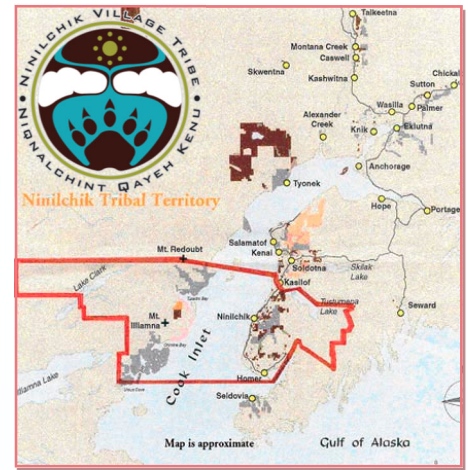
The NTC Offices will be CLOSED on:

◇ Thursday, July 4th for Independence 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  
**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  
**Scott Goins**, Health & Wellness Club Attendant  
**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  
**Bettyann Steciw**, Social Services & ICWA Specialist  
**Tiffany Stonecipher**, Elders Outreach Program Coordinator  
**Anna Sutton**, Health Programs Receptionist  
**Brieanna Wallace**, Health & Wellness Club Manager  
**Carrie Warren**, Family Nurse Practitioner  
**Gina Wiste**, Environmental Technician





## Executive Director Address



Ivan Z. Encelewski  
NTC Executive Director

Unfortunately the misguided groundhog Punxsutawny Phil bitterly deceived us regarding his prediction of an early spring. As the last tidbits of snow melt from our yards, our attention is resolutely focused on king salmon. There has been a flurry of activity surrounding the educational fishery this year. The Tribe has written numerous letters to the state bemoaning the curtailment of fishing time and seeking ways to increase our catch totals. At this moment, the only tangible result of this extensive effort has been the receipt of an additional fishing site south of the Ninilchik harbor. We did receive a two day extension to fish May 21<sup>st</sup>-22<sup>nd</sup> in order to make up for several lost days when the harbor road was impassable at the start of the season. Please keep in mind that during the initial fishing season last year (May 1<sup>st</sup>-20<sup>th</sup>), four kings were harvested. This is hardly enough to distribute to over a hundred elders, and causes great hardship. I can assure you that we have been working tirelessly to advocate changes, and on maximizing every opportunity to get more fish.

On Friday, April 19<sup>th</sup>, the Tribe welcomed a class from the University of Alaska Fairbanks' Alaska Native Studies and Rural Development department. Co-instructors, UAF professors Dixie Dayo and Gordon Pullar, along with approximately twenty students visited with us at the subsistence building. Tiffany cooked a fabulous meal of traditional foods. NTC President Greg Encelewski and I, along with Argent Kvasnikoff and other staff and tribal members, met with the students and discussed subsistence, the coupled historical implications, and the current aspects of our community and people in relation to the resources.



*UAF group touring the vil-*

*lage*

## Executive Director Address Continued



*UAF group viewing village sites*

The class trip was focused on rural development as it pertains to modern communities of the Kenai Peninsula with an emphasis on tribes and ecology, and this tied in nicely with their visit to Ninilchik. After meeting at the subsistence building, we toured the village, giving them various historical accounts and information on our way of life, both past and present. This was an awesome opportunity to express some of our history and explain the concerns as they relate to traditions, trends and changes we have encountered over the years. A huge thanks goes out to Argent for coordinating this event, Greg for leading the discussion and visit to the village, and Tiffany for the wonderful food.

On the council news front, the board held their regular meetings on April 18, 2013 and May 9, 2013 respectively. The council adopted resolutions which included: new members, a sick leave policy amendment, and discussed a constitutional amendment in order to apply for state grant funding. The educational fishery, village land, and an increase to the homeownership program income limits were addressed as well.

As always, please feel free to stop in for some coffee, and I encourage you to attend the regular council meetings and get involved with ongoing events/activities here at the Tribe.

*Thank You*

Ivan Z. Encelewski  
NTC Executive Director

A handwritten signature in black ink, appearing to read 'Ivan Z. Encelewski', written over a light blue circular watermark that says 'NINILCHIK QAYEH'.



## Announcements

### *Job Vacancy*

#### *Behavioral Health Aide/Clinician*

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**ANNOUNCEMENT DATE:** April 25, 2013**CLOSING DATE:** When Filled**POSITION TITLE:** Behavioral Health Aide (BHA)/Clinician**POSITION BEGINS:** July 3, 2013**POSITION TYPE:** Permanent- Full-Time**SALARY:** DOE

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#### **POSITION SUMMARY:**

The position of the Behavioral Health Aide (BHA)/ Clinician provides: prevention, early intervention, case management, substance use disorder counseling, aftercare, and follow-up for individuals and families impacted by a variety of behavioral health (addictions/substance abuse and mental health) issues.

#### **CORE REQUIREMENTS:**

Applicants must have minimum of a BHA I Certification or clinician level completed training, must have Chemical Dependency Certification I within six (6) months of starting position, & must obtain Smoking Specialist Certification within twelve (12) months of starting position.

*For a full description of job duties and requirements please see the administration office. Applicants must submit a completed NTC Application for Employment, which is available at the administration office or online, and attach a resume to be in consideration for positions.*

### *NTC Jacket Sale*

Those visiting Ninilchik recently may have noticed people wearing green jackets bearing the new tribal emblem. If you are interested in purchasing a jacket please come by the Administration Office. The jackets are fern green, come in men's and women's styles, and have a micro-fleece lining which makes them perfect for year-long wear as either a heavier summer jacket or a lighter winter jacket.

**Sales are open to tribal members for a discount price of only \$30.00** Currently the sizes available are: men's medium to 3X large, and women's medium to extra large. Women's 2X large is currently sold out but pending for reorder, let us know if you would like this size!

*Sales are limited to 1 per tribal member.*



## Housing



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

*Hello Folks,*

Summer is here and along with the birds and visitors from lands afar, it's the prime season to think about gardening and those long-neglected home improvement projects. If you are eligible for the Ninilchik Indian Housing programs we might be able to assist you. This summer the Housing Department encourages you to submit an application for any of the housing programs if you are considering:

- ◇ Participating in the Home Ownership program
- ◇ Having a household modernization, rehabilitation project done
- ◇ Weatherizing your home
- ◇ or Considering renting an apartment at Tovarish Manor



### *Applying Early*

Even if you are not 100% sure about your housing plans in the near future, it is a good idea to apply early because waiting times can vary from program to program. If you aren't able to commit to your applied-for project because you've set other housing plans, you can always withdraw your application. While some programs may have waiting lists, its good to keep in mind that these waiting lists often process quickly due to applicants making alternative plans.

Applying early also helps in the long run because it can give you and Ninilchik Indian Housing more time to fill out necessary forms and submit necessary files. Give yourself some peace of mind during the application process, which can be lengthy, and make the prep work go smoothly!

I am always available to help if you have any questions about our programs and their applications. Come on by to pick one up or print one from our website's Housing section.

### *Scattered Sites*

Remember that the Alaska Native Tribal Health Consortium is accepting applications for its Scattered Sites programs, which helps eligible Native home-owners install or upgrade water systems. For more information please contact ANTHC or view their application online at <http://www.anthc.org/cs/dehe/2009projects/scattered.cfm>

That's all for now, see you in the fall!

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](mailto:bob@ninilchiktribe-nsn.gov)*



## Tribal Services

### 2013 Ninilchik Traditional Council Scholarship

The Ninilchik Traditional Council's scholarship recipient for 2013 was Class Salutatorian David Ryan Bear. He was presented the \$500 scholarship at Ninilchik School's graduation ceremony on Monday, May 20, 2013. David is the son of Tammy and David Bear and grandson of the late Edna Steik. While attending Ninilchik School, Bear excelled in academics, sports, and music. Peers and community members have described him as "soft spoken, confident, diligent, respectful and honest" and that he "maintains the highest standards of conduct and regard toward fellow students, school faculty, the school's administration, his friends and the entire community." He is one of his generation's best and brightest.

*Congratulations Ryan on a job well done!*

*The Ninilchik Tribe is proud to count you among its members.*



### Higher Education Grant Fall Semester Application Deadline: **August 9th, 2013**

This is an important reminder that the Higher Education Grant Application deadline is **Friday, August 9<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 Shirley Chihuly, NTC Education Manager, at 1-907-567-3313 or e-mail [shirley@ninilchiktribe-nsn.gov](mailto:shirley@ninilchiktribe-nsn.gov) if you have any questions.

*Hope to be hearing from you soon!*

### Early Learning Program Graduation & Summer Events

NTC's Early Learning Program's Graduation Ceremony was held on April 25, 2013 in the new classroom at the Subsistence Building. Nine students were in our class, and five of those students graduated and will head off to Kindergarten in the fall. During our very active year our students keep us busy, and we saw completion of our brand new classroom which we moved into this spring. We

had a great group of students and we were able to learn and try many new things. Although the school year is over our students will still get the chance to learn, explore, and have fun because each month throughout the summer students will get together for events in the classroom, and in June & July we will also have fishing/beach days for all students that were in the NTC Early Learning Program since 2006.



***Congratulations Class of 2026!!!***

## Tribal Services Continued

### Summer Activities & Events

The Tribal Services Department is proud to announce event dates for its summer youth and Early Learning Program fish days and cultural camps. If you are interested in signing up your child or youth please contact Christina or Shirley at 567-3313. We are going to have a blast!

June Events: June 11th 10:00 to 4:00: Youth Hunter Safety Course: Session 1  
 June 14th 5:00 to 9:00: Youth Hunter Safety Course: Session 2  
 June 15th 10:00 to 4:00: Youth Hunter Safety Course: Session 3  
 June 20th 12:00 to 2:00: Early Learning Beach & Fishing Day  
 June 21st 12:00 to 5:00: Youth Beach & Fishing Camp  
 June 26th 10:00 to 4:00: Youth Clamming Day



July Events: July 9th 10:00 to 12:00: Summer Early Learning Classroom Day  
 July 19th 12:00 to 2:00: Early Learning Beach & Fishing Day  
 July 22nd 12:00 to 5:00: Youth Beach & Fishing Camp  
 July 23rd: Youth Mask Making & Beach Day (Tentative)  
 July 24th & 25th: Youth Gold Panning Trip & Craft Day (Tentative)  
 July 30th: Youth Mask Making: Session 2 (Tentative)

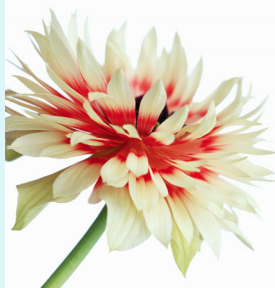


### Parenting Education

Tribal Services hosted a wonderful parenting course, "Making Children Mind Without Losing Yours" by Dr. Kevin Leman. Shirley Chihuly facilitated the six lessons in May at the Subsistence Building. These lessons gave ideas on how to bring out the best in kids by doing what is best for them. Those who attended said they enjoyed listening to Dr. Kevin Leman's DVD and would recommend this to others. Door prizes and family size pizzas were given to those who attended. If you would like more information about parenting education and to be notified of possible future class dates contact Shirley Chihuly, Education Manager, at 567-3313.

### Child Care & Foster Care

Summer Reminder! The NTC Tribal Services Department is actively recruiting child care providers and foster care families.



Potential child care providers who apply must also undergo a safety inspection, background check, and obtain a business license. Children are eligible for child care during the time when their parents or guardian are employed or attending college or vocational school courses.

Foster parents are needed to provide caring and loving homes for Native children who have experienced neglect or abuse. Being a foster parent is a rewarding experience that allows children to transition to happy, successful lives while maintaining meaningful ties to their cultural roots.

*If you are interested in signing up or learning more about these program please contact NTC Social Services & ICWA Specialist Bettyann Steciw at 567-3313 or [bettyann@niniichiktribe-nsn.gov](mailto:bettyann@niniichiktribe-nsn.gov)*

*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

The tribal library is continuing to operate at full speed and members are encouraged to suggest titles to add to the collection. If you still haven't got your library card yet please come on by! Remember that the borrowing time limit is **2 weeks** on any materials eligible for checkout. Starting on July 1st we will be ending borrowing grace periods and implementing formal fee policies. If there's something you'd like to see us provide, let us know!



### Events

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

#### Niqnalchint Creative Writing Group

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! Topics are guided by local educator and writer Jamie Leman. The group meets semi-monthly and the next meeting will be Friday, July 12th at 2:00 in the NTC Administration Conference Room. We would love to see you there.

#### Tahyiga Book Club

The Tahyiga Book Club meets monthly to discuss Alaskan and world indigenous cultural literature. If you are interested in new, engrossing novels with cultural themes please join us. The club meets on Fridays at 2 at the Subsistence Building Lounge and the next meetings will be on **June 28th, July 26th, and August 23rd.**

#### June Selection

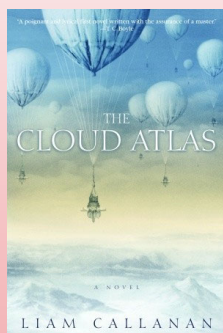


The

by Keri Hulme

Bone People  
The

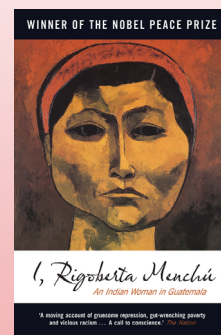
#### July Selection



by Liam Callanan

Cloud Atlas  
Rigoberta Men-

#### August Selection



by Rigoberta Menchú

#### Arts Festival

During the first two weeks of August the Niqnalchint Library & Arts groups will be hosting art events in the Ninilchik area consisting of introductory classes and workshops. Stay tuned for full event details, including information about our surprise keynote speaker!

#### New Book Spotlight

- ◇ New Fiction: *Middle C* by William H. Gass (2013)
- ◇ Native Americana: *Ceremony* by Leslie Marmon Silko (1977)
- ◇ Non-Fiction: *Who Owns the Future?* by Jaron Lanier (2013)



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](mailto:argent@ninilchiktribe-nsn.gov)

## NTC Community Clinic

### *Tribal Health Director's Report*

We are still actively recruiting for a Doctor and an experienced Behavioral Health Aide/Clinician.

The Village Pharmacy has changed their message, which is very long now. The message states that you need to call 2 weeks before running out of medication. We are finding that those who wait longer are not getting their medications on time. While there are some medications that you can go without for a few days, there are others that you can't.

Based on people's eligibility (if you are a ben and have other insurance, this might apply to you), some refills will only be filled in 30 day increments, per the Village Pharmacy. There are other possible reasons why you might only get a 30 day refill; such as trying a medication for the 1<sup>st</sup> time, if there has been a dose change or taking it for symptom management and they want to know if it is working for you. Our providers don't always know if you have other insurance, so you might check with the provider, CHAP or Nurse when ordering refills.

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

1. 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. You also might need to make another appointment. You can also let the front desk staff know, if you would like a reminder call for your next appointment.
2. Please call if you can't keep your appointment, we are very busy lately and if people don't show up for appointments it takes away that time from someone else, who really needs an appointment.

*Thank You,*  
Janet Mullen, NTC THD



### *Special Notice on the Affordable Care Act & Native Exemption Eligibility by the Alaska Native Health Consortium and Southcentral Foundation Public Relations*

Beginning January 1, 2014, every American must demonstrate health care coverage under the Affordable Care Act. This means if you do not already have coverage (e.g., Medicaid, Medicare, Denali KidCare or private insurance) you will be required to purchase health insurance or face a penalty when filing your taxes. The tax penalty could be as much as \$695 per adult and \$347.50 per child. Alaska Native and American Indian people are exempt from the requirement to purchase insurance if they can show evidence of: a) Enrollment in a federally recognized tribe, or  
b) Alaska Native Claims Settlement Act (ANCSA) shareholder status.

Even with this exemption, Alaska Native and American Indian people may choose to purchase insurance. Alaskans will have a new option of purchasing health insurance through the federal marketplace as early as October 2013 for plan coverage effective January 1, 2014. Some Alaskans will qualify for premium subsidies based on income. For instance, an individual earning up to \$57,400 or a family of four earning up to \$117,760 may receive financial assistance when purchasing insurance. For more information on the Affordable Care Act, please visit [www.healthcare.gov](http://www.healthcare.gov).

*NTC would strongly appreciate your help in encouraging Native individuals and families who are neither enrolled in a federally-recognized tribe or are ANCSA shareholder(s) to explore avenues of enrollment in their local or home tribe to become eligible for the exemption. This is especially important to those who rely solely on I.H.S. care and do not have a private insurance plan. Thank You*

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



## NTC Community Clinic *Health Events and Information*

### *I.H.S. Summer Dental Clinic Announcement*

The summer dental clinic for I,H.S.-eligible children and youth is now taking appointments. Please contact the clinic at 567-3970 to make an appointment and if you have any questions.



#### *Dental Clinic Eligibility Requirements:*

- ◇ Age between 5 to 19 years old or full time college or vocational student up to age 24.
- ◇ Must have I.H.S. verification on file at the clinic.
- ◇ Must reside in the Ninilchik Tribal Boundaries/Service Area (South of the Kasilof River to Homer).
- ◇ Full time students age 20 to 24 must submit a copy of their letter of acceptance or most recent grade transcript.

### *Health News: Immunizations and Drug Effectiveness* *by Carrie Warren, FNP-C*

Many common colds and ailments effect each and every one of us. It is common that a school age child will have 10 viral illnesses in a one year period. 2012 has been particularly tough for our region in which Seattle and Alaska had a Pertussis outbreak, several new strains of Influenza illnesses were reported, Nora Virus outbreak occurred in the Anchorage School district, and severe upper respiratory illnesses including childhood pneumonia affected many of the children and families of the local area. I would just like to share an infectious disease update with the local community regarding common illnesses that affect us daily. This update is supported and researched by the United States Task Force for Prevention of Infectious Disease and supported by the Infectious Disease Physician Society. Like always: Immunizations are supported and been proven to prevent several severe disease outbreaks and are always encouraged. Adults over 40 y/o should receive a Tdap update (tetanus, diphtheria, and pertussis) every 10 years. Also they should receive the Pneumovax vaccine with a booster after the age of 65 y/o. As you age, there are also Shingles vaccines and other vaccines that will protect you from serious disease.

**Acute Bacterial Sinusitis:** treatment usually is not initiated until symptoms persist greater than 10 days. Top drugs of choice: Augmentin and Doxycycline. Azithromycin (Z-Pak) has been proven to only be effective in <60% of the cases. Other drugs that can be used if there are drug allergies: Levofloxacin, Moxifloxacin, Vantin, and Clindamycin.

**COPD Exacerbation:** Top drugs of choice: Augmentin or Amoxicillin, Vantin, Bactrim, Doxycycline. Azithromycin should be avoided if the patient has heart disease and is on a Statin (provider to way risk vs benefit).

**Acute Bronchitis:** Again only treated with antibiotics for persistent cough greater the 10 days, onset of shortness of breath and fever. Only < 10% of acute bronchitis is caused by a bacteria which needs to be treated with antibiotics. Persistent cough or residual cough may last up to 4-6 weeks post viral or bacterial infection.

**Urinary Tract Infection:** Top drugs of choice: Bactrim, Nitrofurantoin, Cipro, Augmentin and Vantin. 3-5 days treatment only for uncomplicated illness.

Kidney Infection or Pyelonephritis: more serious and needing 14 days of antibiotic treatment.

*For more information about health and epidemiological news as how they relate to your own health care, please contact the clinic to make an appointment and speak to your care provider.*

## Resource & Environmental Department

### *Forest Fire Season Readiness by Daniel Reynolds, Resource Technician*

"Always be prepared," that's the Boy Scouts' motto and as wild fire season nears it becomes increasingly important that we work together, as neighbors, to keep our homes and our community safe. There's nothing more scary than watching fire personnel go screaming by in the fire trucks with state forestry and fire choppers in tow to a drive way up 800 yards from the street from where you live. That's when you notice the big plume of smoke. There's a wild land fire coming towards your house, as the fire department tries to get the fire under control you think to yourself, "What could I have done to help aid the fire department and save my property?" *There are a couple of things you can do.*



#### **Defensible Space**

Defensible space means you create a 30-foot space clearing with no vegetation around your home. Does that mean that you need to go out and dig up your yard? No, a nice green lawn is a great way to protect your home. What it does mean is that you should make your home and property more fire resistant *by removing things that can burn*. Let's be honest, it's one problem having a big wall of fire coming towards your house, but it's more likely to happen that burning embers falling from the sky will ignite vegetation and burnable fuels around your property. Like the wood pile, or all the dead grass and leaves that have been collecting in the yard and in the rain gutters. So what can you do as a property owner to keep you family and your home safe? Home and yard maintenance is a *big help*. Clean the roof and rain gutters to remove moss and leaves. Rake up the dead leaves from last year. Move the wood pile away from the house; yes, I know that it's convenient to have the wood pile right by the house, but think of how often does that wood pile gets wet. It would only take a spark and now there's fire at your house and at the very least, if it does not burn your house down, it will cost you money to repair the damage. Remove dead brush and trees *within* a 30 foot space around your house. If you don't want to remove the trees then at least limb the bottom of the tree and remove dry dead branches.

#### **Have a plan**

The fire department shows up after the fire is burning to assist you or your family. Have a plan that includes your family on what needs to be done if you have a fire and talk to the fire department to see what they can assist you with. Have a list of what to do and prepare in case the fire department has to evacuate you and your family. Move vehicles, snow machines and ATV's away from the house have all your important paper work ready to go at a moment's notice. Have pets and family members ready to go. Water the grass that is around the house. Park your car in a way that gives you a fast way to get out of the area if you need to leave.

#### **It is time to evacuate the area**

When the time comes to evacuate the area it can be vary scary depending on where the fire is. Just stay calm and don't be rash. Think, plan, and act. Always remember that calling 911 early is better than calling late because it is going to take fire crews a few minutes to mobilize and come up with a plan. The best thing you can do if you have questions or concerns regarding your defensible space is to talk with the fire department before an emergency.

*For more information on wild land fires and Being fire wise visit [firewise.org](http://firewise.org) or call **Alaska State Forestry** at 907-356-3511.*

The NTC Resource & Environmental Department is located at 15995 Sterling Highway, Suite B.  
*For more information please call the office at 567-3815*

#### **Department Staff:**

- ◇ Darrel Williams, Resource & Environmental Director
- ◇ Gina Wiste, Environmental Technician
- ◇ Daniel Reynolds, Resource Technician



## Ninilchik Health &amp; Wellness Club



## Half Marathon Training for ALL!

Have you ever wanted to do a half marathon? You probably think it's impossible. Maybe you think you're too out of shape, you're too old, or the thought of going 13.1 miles just freaks you out.

Well, Tammy Zweiacher is here to tell you that it is possible! Tammy has been helping people of all ages and fitness levels train for marathons for years. She is confident that YOU (yes, you!) can do it too! Walk, jog, run or crawl! If you can walk for 30 minutes, then you can be ready by the end of summer to do a half marathon.

The Kenai River Marathon will be on September 29th and we want to have a group ready to represent Ninilchik. Health Club membership is not required, though you may decide that you'd like to train on our state-of-the-art treadmills when the weather is poor.

Everyone {ages 12-99} can do it! Still having doubts? Come to the Club and talk with Tammy. She can answer any questions you may have. Tammy is volunteering her time and expertise. This training is free; all you have to do is show up.

We have a training schedule here at the Club, and would like to organize Saturday group outdoor "runs." Don't worry, you can walk or run at your own pace. If you have any interest in joining us or any questions, please call or stop by the Club.

## Summer Yoga Schedule

Yoga classes with Elise continue throughout the summer!

**Mondays 5:15-6:30pm ~ Hatha Yoga**

**Wednesdays 12:00-1:00pm ~ Hatha Yoga**

**Thursdays 5:15-6:30pm ~ Vinyasa Yoga**

Class sizes are limited, so please arrive 15 minutes early to ensure your spot in class. Yoga is free for Club members and \$5 for visitors. Mats are provided if you do not wish to bring your own.

Monday-Friday 7am-9pm • Saturdays 8am-3pm  
907.567.3455 • hwc@ninilchiktribe-nsn.gov

### Yoga Dates Highlighted in Pink

| June 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        |     |     |     |     |     |     |

| July 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  |     |     |     |

## Ninilchik Health & Wellness Club Continued



### Kick-Start Your Workout With Tammy

Tammy Zweiacher is making a name for herself here at the Ninilchik Health Club. She caters to all different fitness levels, men and women, young or old(er).

Want to build muscle and endurance? Want to lose weight and don't know where to start? Stuck in a plateau and can't break through? Tammy can help!

One-on-one personal training sessions are \$45 an hour. She also offers Busy Body Workouts for 2 people for \$30 an hour per person. Working out with a friend or partner can make it so much more enjoyable!

Invest in yourself. Invest in your health. Call Tammy to book your Personal Training session today!

Call ~ 580.716.8875

### Relax With a Massage

Sore from bringing in those barn door halibut? Maybe you've pulled in too many salmon in the net or on your line. Come to the Health Club for a massage to help you relax and unwind. Laura Young and Elise Spofford both offer Therapeutic Massage for \$65 an hour, a rate so low it's unheard of.

To schedule a massage or to get a gift certificate for someone special, call Laura and Elise.

Laura ~ 907.953.4439

Elise ~ 907.252.9544



### Where the Sun Always Shines...

We may live in the land of the Midnight Sun, but you may still be lacking that vitamin D and feeling a bit pasty.

Come to the Club to get a continuous golden glow with our tanning bed!


**Only \$6 a tan and your 11th one is always free!**

# June 2013 Dates & Events

| Sun | Mon                               | Tue   | Wed  | Thu  | Fri  | Sat   |
|-----|-----------------------------------|---|--|--|--|---|
|     |                                   |   |  |  |  | 1   |
| 2   | 3<br>Elders Luncheon<br>12:00 PM  | 4<br>Hatha Yoga<br>5:15-6:30                            | 5<br>Hatha Yoga<br>12:00-1:00  | 6<br>Vinyasa Yoga<br>5:15-6:30   | 7  | 8   |
| 9   | 10<br>Elders Luncheon<br>12:00 PM | 11<br>Hunter Safety<br>Course Session 1<br>10:00 - 4:00 | 12   | 13<br>Regular Council<br>Meeting 10:00   | 14<br>Hunter Safety<br>Course Session 2<br>5:00 - 9:00 | 15<br>Hunter Safety<br>Course Session 3<br>10:00 - 4:00 |
| 16  | 17<br>Elders Luncheon<br>12:00 PM | 18<br>Hatha Yoga<br>5:15-6:30                           | 19<br>Hatha Yoga<br>12:00-1:00                                       | 20<br>Early Learning<br>Beach Day<br>12:00 - 2:00<br>Vinyasa Yoga<br>5:15-6:30 | 21<br>Youth Fish Camp<br>12:00 - 5:00                  | 22  |
| 23  | 24<br>Elders Luncheon<br>12:00 PM | 25<br>Hatha Yoga<br>5:15-6:30                           | 26<br>Youth Clamming<br>Camp 12:00 - 2:00<br>Hatha Yoga<br>5:15-6:30 | 27<br>Vinyasa Yoga<br>5:15-6:30  | 28<br>Book Club<br>2:00 PM                             | 29  |
| 30  |                                   |   |  |  |  |   |



# July 2013 Dates & Events

| Sun | Mon                               | Tue   | Wed                            | Thu  | Fri  | Sat |
|-----|-----------------------------------|---|--------------------------------|--|--|-----|
|     | 1                                 | 2   | 3                              | 4<br>Independence Day<br>NTC Closed<br> | 5  | 6   |
| 7   | 8<br>Elders Luncheon<br>12:00 PM  | 9<br>Early Learning<br>Fish Camp<br>10:00 - 12:00 | 10                             | 11   | 12   | 13  |
| 14  | 15<br>Elders Luncheon<br>12:00 PM | 16  | 17                             | 18   | 19<br>Early Learning<br>Beach Day<br>12:00 - 2:00<br>Creative Writing<br>2:00 PM | 20  |
| 21  | 22<br>Elders Luncheon<br>12:00 PM | 23<br>Hatha Yoga<br>5:15-6:30                     | 24<br>Hatha Yoga<br>12:00-1:00 | 25<br>Vinyasa Yoga<br>5:15-6:30  | 26<br>Book Club<br>2:00 PM   | 27  |
| 28  | 29                                | 30<br>Hatha Yoga<br>5:15-6:30                     | 31<br>Hatha Yoga<br>12:00-1:00 |  |  |     |

# 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](http://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!*

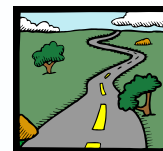
## Arctic General Contracting

Andy Boyle  
Licensed, Bonded, & Insured  
(907) 567-1057  
[ajsupply@alaska.net](mailto:ajsupply@alaska.net)



## Shoreline Paving

Contact: Tom Clark  
P.O. Box 962, Anchor Point, AK 99556  
Phone: (907) 299-2422  
Fax: (907) 235-2887



## High Five Awards & Engraving



*Ray Bouwens—Truly memorable client service.*

3307 Boniface Pkwy. Lot 9A  
Anchorage, AK 99504  
(907) 337-1099  
[heapbiginjin@yahoo.com](mailto: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

Diddy 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](mailto:jsws@alaska.net)



## Torvald Hansen—Five Star Realty

170 E Corral St. Suite 1  
Soldotna, AK 99669  
[torvaldhansen@yahoo.com](mailto:torvaldhansen@yahoo.com)  
(907) 299-3317 or (907) 262-2445  
Fax 235-9507

## Handmades by Jamie

*Beautiful gifts from Ninilchik*  
[etsy.com/shop/handmadesbyJamie](http://etsy.com/shop/handmadesbyJamie)  
Phone: (907) 567-3361  
[jamilee\\_2000@yahoo.com](mailto:jamilee_2000@yahoo.com)



## Skemo Services—Jon James—Owner

Stump clearing, Landscaping,  
Driveways, Dozer for hire.  
(907) 394-6201  
[skemo@acsalaska.net](mailto:skemo@acsalaska.net)



## Alaska's Event Designer

*Special Event Consultant & Coordinator*  
By Shay Jackinsky  
[Akseventdesigner.com](http://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  
Main E-mail:  
ntc@ninilchiktribe-nsn.gov

TO:

## *NTC Newsletter June & July 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!