

Ninilchik Traditional Council

newsletter

Summer 2023



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Upcoming Dates to Remember

All NTC Offices will be closed on
Labor Day - Monday, September 4th

The next Regular Council Meeting is scheduled for Thursday, August 3rd at 10:00 am

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

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

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

Front cover photo provided by Maria Goins

Back cover photo provided by Deborah Williams

We invite you to send us your photo submissions for future newsletters.

Please email them to bwallace@ninilchiktribe-nsn.gov.

Who We Are

The Ninilchik Village Tribe is made up of approximately 1,000 members who trace their roots to the Ninilchik tribal lands as well as other Bureau of Indian Affairs-recognized Alaskan Natives and American Indians who have settled in the tribal boundaries and have applied, and been accepted for membership. The governing body of the Ninilchik Village Tribe, the Ninilchik Traditional Council, is presided over by a board of directors of 5 council members elected by the voting tribal membership to 3 year terms. The Council directs executive staff using the Ninilchik Village Tribe's Organic Documents, which are set by the voting tribal membership to exercise tribal operations and tribal sovereignty, as guidelines.

NTC Board of Directors

**Richard "Greg"
Encelewski**

President/Chairman



**William "Dean"
Kvasnikoff**

Vice President



**Whitney
Schollenberg**

Secretary/Treasurer



**Jamie
Leman**

Director



**Eric
Kvasnikoff**

Director



Ivan Z. Encelewski

NTC Executive Director



NTC Department Directors

Bob Crosby
Housing Director



Maria Goins
Chief Financial Officer



Janet Mullen
Tribal Health Director



Christina Pinnow
Tribal Services Director



Darrel Williams
Resource & Environmental Director



Executive Director's Address



Happy summer! I hope the gardens are growing like a weed, less the weeds, and the fish are plentiful. On a sad note, the Cook Inlet eastside commercial setnet season is currently closed and the educational fishery's catch numbers have been extremely anemic. One bright spot is our federal subsistence fishery on the Kasilof River, which has produced over 1,700 sockeye salmon for the Ninilchik community in the first three weeks. The Resource crew has been fishing hard and we continue to accept federal subsistence permits. To date we have over 160 community household permits, which total over 4,000 fish to fulfil all these permits. We will transition from the Kasilof to the Kenai River in mid-July.

We opened our new clinic in Homer on May 1st! This beautiful, new facility adds to our presence of primary medical care in our Tribal Boundaries, with tribally-owned clinics in Ninilchik, Anchor Point, and Homer. With Covid-19 behind us, we can reflect on how

much the Tribe was able to accomplish with our Coronavirus Aid, Relief, and Economic Security (CARES) Act and American Rescue Plan (ARP) Act monies. While we lament the impacts to all those who were affected by Covid-19, we were able to add two new clinics, hire new medical staff, obtain vital medical equipment, and mitigate the effects to our people. In addition, we were able to expand our Admin office, double the size of the Health Club (HWC), build a new Tribal Services Office, and start an amazing childcare facility (It Takes a Village) in a new building. This doesn't even count all the operational assistance of expanding our Elders Outreach and Resource programs.

The work on our tribal 8(a) company Tuyan, LLC is going well after a few ups and downs in our startup phase. I currently serve as the General Manager and Ben English is our Operations Manager. I truly believe that the hard work of the Tribe and Cook Inlet Tribal Council, Inc. (CITC) will pay off in the long run. We have developed an amazing partnership with Great Northern Engineering (GNE), an engineering 8(a) company owned by the Regional Corporation, Koniag, Inc. We are subcontracting engineering work to them and building additional partnerships and opportunities.

The Council is also working hard on the Cultural Heritage Center planning. Tribal Member Nikki Graham, Chief Operating Officer of the Alaska Native Heritage Center, is now the planning director for this project. There are many great ideas and design iterations that will be completed with final stamped engineered plans within a year. Finding funding for construction will be a huge lift, although we will work hard to pursue avenues of funding for this in the future.

This year we have eight summer youth interns. These positions range from working in our Admin department to the HWC, as well as assisting the Elders and Outreach programs. It is very exciting to see our youth working and engaging in the Tribe.

We are continuing to support access to lands for subsistence activities. Pete Cooper will soon begin clearing the overbrush and alders on Tall Tree with the Fecon machine. The Tribe and Ninilchik Native Association, Inc. (NNAI) will support this effort through the fall. We look forward to moose hunting after our bountiful harvest of fish this summer.

In closing, there is a lot to be excited about here at the Tribe, even with the rain in our midst. Here's to a warmer and sunnier season. Thank you.

A handwritten signature in black ink, appearing to read "Ivan Z. Encelewski".

Ivan Z. Encelewski, NTC Executive Director

Housing Department

*"You've got to dream a little bit if you are going to get somewhere."
-George Shultz*

I was just looking at the last newsletter's opening statement about how spring had sprung early and that pussy willows had started blooming in March. What Happened to Summer?

The Treasury's 'Homeowners Assistance Fund,' or HAF grant, is available for homeowners affected by Covid-19. This grant can help with overdue mortgage payments, property taxes, and utilities, as well as possibly stop foreclosures. This program is open to homeowners of all races living within our Tribal boundary area, whose incomes fall within the 150% median income limits for the Kenai Peninsula Borough.

Can you believe this is our 24th home built through our Homeownership Program? Our most popular program has come quite a long way over the years, from 5-star Plus to 6-Star Energy Rating. The home currently being built in Ninilchik is fully underway with the foundation in and walls going up. The rain has not slowed this construction crew down and we hope to get the next family in before Thanksgiving.

It's time to start thinking about weatherizing for winter. I suggest applying for our Weatherization Program to help with your energy savings for this winter. This \$2,000 program can be received every five years, and the work can be done yourself rather than paying contractors. This program will help with most anything that will save energy or make your home more energy efficient, such as LED lights, upgrades to doors or windows, insulation, skirting, and more.



Let's talk about Caulk. The word 'caulk' is an old boat building term which got picked up by the home building industry. You will see both the word 'sealant' or 'caulk,' but they are the same product. If you need to do any kind of caulking, this is the time to get it done. Usually, caulking will not cure properly in colder temperatures. Cracks around doors and windows are a major cause of heat loss in the home. Caulking does wear out and break down and may need to be replaced within a home's lifespan.



It is best to caulk windows on the inside because of moisture migration. The law of thermodynamics states when heat is going toward the cold, it carries moisture. If you only sealed the outside of the window, the heat would go as far as it can toward the cold, trapping moisture within the wall. Over time this will cause you all kinds of problems like mold or rot in the walls. You can expect a 10-11oz tube of caulk to fill 20-30 linear feet of joint space.

The ol' gardening section has wilted due to the cold. Sad but true this year. I have heard of people having to put heaters in their greenhouses this summer! With this in mind, we must rethink our gardening methods to take advantage of this kind of weather. My peas are loving this cooler weather, so I highly recommend you pick plants that are fast growing, cool-weather plants. Broccoli, cabbage, arugula, cauliflower, and kale would be good options, as well as lettuce, spinach, romaine, and cilantro.

If you have any questions about any of my programs, please feel free to call or email me. If you want to talk in person, please call first to make sure I will be in. Until the next newsletter, get those gardens going, get lots of fish, stay healthy and have a wonderful and safe Labor Day.

Bob Crosby, Housing Director

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

Tribal Services & It Takes A Village Childcare

Tribal Enrollment

For any questions regarding enrollment, eligibility criteria, or if you would like to update your name and contact information or request a new Tribal ID card, please contact the NTC Tribal Services Department.

Elections

Applications to register to vote in the next upcoming annual election will be mailed out to all eligible NTC tribal members in August. Please let us know if you have any questions regarding eligibility.

Higher Education

The 2023 Fall Higher Education Scholarship deadline is August 10, 2023. If you are a NTC Tribal Member attending a university in pursuit of your degree and have unmet need, please apply to the Tribal Services Department before the deadline. Once all supporting documents have been received, scholarships will be processed. If you have any questions, please let us know.

It Takes A Village & ELP t-shirts and stickers are available for purchase at the Tribal Services Campus!

Youth T-shirts \$ 20

Adult T-shirts \$ 25

Stickers \$ 4



Summer Youth Fishing

The NTC Tribal Services Department will host several youth fish days this summer. A variety of user groups will be invited for fishing days in July.

Early Learning Program

The NTC Early Learning Program is a preschool program designed to give pre-kindergarten children the opportunity to participate in age-appropriate activities, learn classroom skills, and socialize with peers in a safe environment.

Registration begins in September

Classes start in October

Classes are held Tuesdays & Thursdays from 10am-12pm. Students must be 3 years old before September 1st, be potty trained, and be able to listen to simple instructions.

If you are interested in registering your child or would like more information, please contact the Tribal Services Department.

It Takes A Village

Our state licensed childcare facility, It Takes A Village, is in full swing this summer. The children love playing with their peers out on the playground during recess. We are working on expanding our playground with a small garden area and incorporating a toddler space. We have been busy blowing bubbles, playing in the rain, and exploring the natural world within our playground area. The children have learned about the different kinds of birds we see fly overhead, the sounds we hear while outside, and they are all fascinated by the insects they find within their playground.

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

Health Department

Ninilchik Community Clinic

Monday thru Friday 9am to 5pm

Anchor Point Clinic

(Clinic in a Can/CIAC)

Monday thru Thursday 9am to 7pm
2nd Saturday of each month 9am to 7pm**Homer Clinic**4047 Bartlett St
Monday thru Friday 9am to 5pm

Peggy Westner, DNP, APRN, FNP-BC., provides primary and preventative care and MAT in Anchor Point 5 days per week.

Dr. Robin Holmes provides primary and preventive care, and specializes in woman's health and hormone therapy in Ninilchik on Mon and in Homer on Wednesdays and Fridays.

Dr. Tamar Marcotte provides primary care and osteopathic manipulation therapy (OMT) in Ninilchik 5 days per week.

Dr. Sarah Spencer provides Medication Assisted Treatment (MAT) and primary care in Ninilchik on Mon, Thurs, and Fri and in Homer on Tues.

Kristie Finkenbinder, FNP provides primary care and weight management services in Ninilchik on Tues and Wed and in Homer on Mon and Thurs.

Renae Blanton, FNP provides integrative medicine in Homer Mon thru Thurs.

Stacy Beck, FNP provides primary care and wound management in Ninilchik Tues thru Fri.



Come see our newest clinic at 4047 Bartlett Street in Homer. We are open and it is beautiful!



Please note the eligibility requirements for our ER, Dental, & Physical Therapy coverage. Per NTC policies, you must have lived in the Tribal boundaries for at least a year *and* be an active clinic user within the last year. We do not receive ANY IHS funding for Homer, so NTC will not pay for any ER or other type services for those patients who live in Homer.

The ER policy will only be approved if it is something that we are unable to provide at the clinic, you are sent by the clinic, or visit to ER is outside of clinic hours *and* is life or limb. Anything alcohol or drug related nor anything that we can provide at the clinic during regular business hours will not be covered. If you have any ER visits outside of normal business hours, **you must notify** the front desk or the Tribal Health Director **within 72 hours** or it will be denied. Dental through Ninilchik Dentistry must be prior approved by the Tribal Health Director and Physical Therapy must be referred from an NTC provider.



Follow us on Facebook for the latest updates in all 3 of our Clinics!

www.facebook.com/NTCCCommunityClinic

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

Ninilchik Subsistence Fishing 2023

June 1st is always the kickoff for the Ninilchik Subsistence Fishing Season. The NTC administration office starts taking in the permits issued to community members and adding names on the list on a first come first serve basis. There were 98 permits turned in the first day!

June 16th was the first day Resource was allowed on the Kasilof River to start fishing. To date there have been over 1,700 Sockeye caught and delegated to permit holders. This is unusual that this many fish have been caught on the Kasilof River for this time of year. The start date to fish is usually a week after the ending of the first run of Sockeye that have already come up the river. The Kasilof is usually a very slow producer of Sockeye when the season starts, and the harvest is much better a few weeks into the season when the second run begins its travel up the river to the Tustamena Lake to spawn, so this is exciting for Resource to experience.

July 16th Resource moves to the Kenai River to place a net in the water with hopes to harvesting some of those sought after Kenai Sockeye that Alaskans love to freeze, smoke and can up for a winter source of good protein. The Kenai River is more challenging to fish than the Kasilof as the water turbulence is much greater and working depth of water much more unpredictable. Although being out on the Kenai River to fish is fun, it comes with its own share of dangers.



Despite being close to Soldotna there is no cellular service in the area where Resource is fishing. The fishermen must be wary and remember safety first as they can not call out for help if it is needed. The river current changes daily and is usually much faster after a heavy rainfall which makes it difficult to maneuver in the water to pull fish out of the net and get them safely into the boat totes. To add more stress to the situation, large tree snags and limbs are usually floating down stream and driven by the currents right into the net. Despite being aware of their dangers on the water, the NTC Resource crew have saved others from disastrous fates on the water, from sinking kayaks, hypothermic boaters, and other boaters in trouble.



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

Resource Department

Responsibilities of the Permit Holder

As a permit holder receiving fish, it is your responsibility to **answer your phone when we call**. The calls will be from 907-567-3815 – it might be a good idea to program our number into your phone. There are days when we don't get back from fishing until after 8pm, which isn't ideal, but it is our job to bring in fish for others and it's important for those fish to get picked up promptly to ensure freshness and quality. After a long, grueling day of being in the cold, turbulent waters harvesting fish, permit holders will often grumble and complain that it isn't convenient to pick up fish in the evening. We apologize, but sometimes it can't be helped. When we can't reach people, it delays us even further as we continue down the list until someone answers. On a positive note, we have a wonderful ice machine and large totes to hold the fish overnight, so pick up can be done the next morning. But again, you must answer your phone to arrange that. **Resource will NOT leave a message** as they need to distribute these fish quickly and there is no time to wait for a call back.

We are hoping for a great fishing season. There are over 160 permits on hand that will need to be filled and we will do our best to provide fish to as many permit holders as possible. **Please refrain from calling to see where you are on our list**. The list is fluid, as it changes daily, and it is difficult to estimate your wait time.

We have had issues in the past with permit holders having other people pick up their fish. The Subsistence Fishing Permit is a federal document, and the Resource Department does not treat that lightly. **It is crucial that the permit holders come in to pick up their own fish**, as they are the only one permitted to receive those fish. The Resource fish crew do their best to keep track of the fish and where they have been distributed to as we are mandated to report this to USFW (US Fish and Wildlife) Services within a 72-hour period.

The reports that Resource turns in to USFW includes your name, river harvested, number of fish, and date you received them. It is your responsibility to **report within 72-hours**. Each permit holder receives a paper with the pertinent information needed for your reporting along with your permit. Reporting promptly will allow you to qualify for a permit the following year. If you do not report, you may not qualify for a future permit. **The filled permit must also be mailed in when the fishing season closes**. There is even a grace period until mid-January to return permits back to USFW. It is not Resource's responsibility to do this for you. So, if you did not receive fish, it is your responsibility to pick up your permit and get it mailed back to the USFW.

Please keep in mind that our crew is working hard, putting in some very long days, some days being soaked by rain and other days scorched by the sun. It is our goal to harvest every fish we can for the Subsistence Fishery and its permit holders. Please show a little kindness and patience with us.



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

Elders Outreach Program

Elders Outreach Program Information



The Elders Outreach Program offers lunch at the Subsistence Building every Monday. The luncheon is typically provided even on holidays that the other NTC offices are closed for. However, please be aware of scheduled closures. The luncheons served at noon coming up for the following months are:

Mondays in **July**: 3rd, 10th, 17th, 24th & 31st

Mondays in **August**: 7th, 14th, 21st & 28th

Mondays in **September**: 4th, 11th, 18th and 25th

The Elders Outreach Program's Luncheon exists to serve as a social space for Enrolled Tribal Elders to gather, share, and visit. Elders are encouraged, if they would like, to bring a guest, family or be accompanied by a caregiver. There is a suggested donation box at the back for this purpose. While it is a provided luncheon for Enrolled Tribal Elders to attend, it also serves many homebound Enrolled Tribal Elders who cannot drive or have other needs that prevent them from attending. The luncheon is also for these Elders, and we ask that all be mindful of others who are not able to attend, as any additional food will be provided and delivered to their homes.

Moose Perok has been a staple in our village for years. Some of you have your own recipes handed down, just like in my family. I'm going to share a recipe with you that has been modified. My grandmother, Edna Steik made this crust recipe that has been consistently the same for either savory or sweet, which is an easy method to remember for 1 standard pie (top and bottom crust). 2 cups AP Flour, 1 cup Crisco, 1/2 cup water, using a pastry cutter, mix and roll out on flour and assemble. The modifier on this is that I have exchanged the Crisco for butter. I believe butter is a healthier option and doesn't leave a film on the mouth like Crisco (which some people like) and I also believe it wasn't used as commonly because butter was much more expensive. Then, in many recipes it calls to cook the moose first, before adding it to the rice mixture, however, Karen Encelewski gave me a tip that the Perok stays more moist if you do not cook the moose first. I have made it both ways and I will agree that she gave an amazing tip! Next, Doris Kelly said families would add Lipton Onion mix to their filling, and it was a standard in their home. So, given my grandmothers (Edna and Virginia's recipes) main base, I adapted the rest of the recipe from Karen and Doris. Like Ninilchik recipes go, you must do what is preferable for you and your family. This is the one I have adopted as ours in the Elders Program, which many have come to enjoy. Please let me know how you like it if you try it for yourself. I will be giving the recipe for a 9x12 pan. Please feel free to adapt and let me know the changes you made as well as it's always fun to add more recipes to the catalog!



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

Elders Outreach Program

Moose Perok**Crust**

4 c. AP Flour
 2 c. Butter (unsalted)
 1 c. Water
 1 TBLSP. Coarse Kosher Salt

Either add to food processor and pulse until fully incorporated or add all ingredients to a bowl and use a handheld pastry cutter to bring together. Once formed, let rest while making the filling.

Turn your oven on to 375 degrees, add the rinsed rice to a pan with 4.5 cups of hot water, add 2 TBLSP. Butter, 2 TBLSP. of Grapeseed oil (or similar) and a couple pinches of salt and pepper. Cover with foil and let bake until done. Depending on your oven, this can take anywhere between 15-30 min. In a bowl, add your moose meat and all remaining ingredients and mix; do not over mix or the meat will be chewy and not so tender. You want to generally fold it together, likely incorporating air. Once the rice is finished, add it to your moose meat mixture and fold until all of it is thoroughly mixed. Again, do not overmix. Once ready, cut your dough in half and roll half out in a rectangle and place the bottom in your 9x12 baking dish. Add your moose meat mixture; do not push down or smash. You want to let it fall into the dish, letting the mixture remain fluffy. Next, roll out the top crust portion. Once finished, place on top and cut excess crust off. Fold top crust over bottom and crimp together, using your index and middle fingers and thumb. Make an egg slurry of 1-2 eggs and water, and brush the top crust with this, making sure to get all the edges. Then cut vent holes to resist the pie steaming rather to allow it to bake evenly and fully. Again, this will be baked no cooler than 375 degrees; 300-325 does not give you the crust and texture that is ideal, and 350 is acceptable if your oven runs hot. Once finished, pull out and allow to cool 10 min and serve! Enjoy.

We are more than happy to help with clinic/behavioral health appointments, grocery, and prescriptions as well as airport rides for your ANMC trips and other needed travel. Should you have additional needs, we have an open-door policy and are generally more than happy to help with most paperwork, finding resources and connecting you with the services you are seeking. If you are interested, please call, email, or just come out and be a part of the program!



Warm regards,
 Tiffany, Elders Outreach Program Coordinator
 Jessica, Elders Outreach Program Assistant

Filling

3 c. dry Jasmine or Basmati rice (rinsed)
 3 # Moose meat
 1 TBLSP. Worcestershire Sauce
 1 Box Lipton Onion Mix
 1 TBLSP. Soy Sauce
 1 TBLSP. Coarse Kosher Salt
 1/2 TBLSP. Black Pepper
 1 large can + 1 small can Campbell's
 Cream of Mushroom Soup
 1 TBLSP. Garlic Powder
 1/2 TBLSP. Lawry's Seasoning

Elders Outreach Program Mission Statement

The Elders Outreach Program is a program of the Ninilchik Traditional Council, whose purpose is providing service to Elders (55+) in our tribal boundaries that enhance quality of life, integrity of heritage and emblematic of respect and dignity, continuously promoting independent living while simultaneously capturing the history and traditions of our culture.

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

Youth Outreach Program

Youth Outreach Program

FFA Community Garden

Ninilchik FFA has been busy this summer working to get the Community Garden ready for plants that they started in early spring. The crew has been busy volunteering at the Ninilchik Fairgrounds and will continue to press forward with many opportunities for leadership and community service activities.



Summer NYO Days

Who said NYO had to end in April?

Youth Outreach has the opportunity to utilize the Ninilchik School Gym throughout the summer to offer time for Native Youth Olympics athletes to maintain and continue to grow within their events.



School Programing

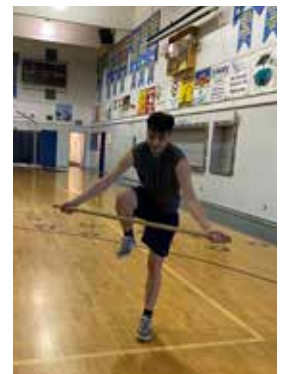
Once school starts in August, the Youth Outreach Program will shift their programming to provide services for students 7th grade and up.

Teen Tuesdays: Teen Center will be open 3:35 - 5pm. This time will be considered free time where students can enjoy opportunities to play board games, 8-ball pool, ping pong, basketball, VR, and utilize computers and gaming consoles.

Thursday Study Hall: Study Hall will be open 3:35-5pm. This time will be structured with the purpose to help youth work on schoolwork, develop study skills, post-secondary exploration, resume building, and more. Tutoring will be available and can also be scheduled to meet students independently.

Free Fridays: Teen Center will be open 3:35-6:30 for 7-8th grade students and 3:35-8:30 for 9-12th grade students. This time will be considered free time where students can enjoy opportunities to play board games, 8-ball pool, ping pong, basketball, VR, and utilize computers and gaming consoles.

**This schedule is subject to change as we learn what the specific needs are for this particular school year.*



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

Youth Outreach Program

Peterson Bay Trip

The Youth Outreach Program and 12 Ninilchik youth ventured over to Peterson Bay for a three-day excursion led by Alaskan Coastal Studies. The crew headed across Kachemak Bay to the Alaska Coastal Studies Field Station via water taxi. They camped in yurts, learned about beach stewardship, explored the intertidal zones of China Poot Bay and Otter Rock. Youth went on multiple hikes to include a visit to a Dena'ina Nichil, a footprint of a traditional house site, and examined various handmade tools utilized hundreds of years ago including harpoon tips carved from bone, ulus made from rock, and many more artifacts. The hike to Earthquake Point provided an opportunity for youth to navigate some moderate terrain and persevere through multiple uphill, muddy areas. They were rewarded with an amazing (but foggy) overview of China Poot Bay and the opportunity to observe a crack in the ground created by the 1964 Good Friday Earthquake.



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

Ninilchik Health & Wellness Club



With clamming open in Ninilchik over 4th of July weekend, we opted to cancel our Independence 5Kish Run. We normally go from the Club along the highway down to the Ninilchik Beach near the harbor and back. After driving down to the beach that weekend among the unreal amount of traffic, I know we made the right decision. So instead of Fun Run photos, here are some clamming photos!



Tammy Z will be your friend *and* workout partner! More Boot Camp classes coming in August (TBD), but if you can't wait til then, schedule a one-on-one session! **907-252-5115**



4th of July weekend clamming photos courtesy of Stacy Beck, Taylor Rickard, Maria Goins, Brie Wallace, Whitney Schollenberg, and Tamara Thompson. <-- (this little guy was totally put back!)

Yoga Schedule

Mondays: Renew & Restore 10:15-11:15

Tuesdays: Vinyasa 10:15-11:15

Wednesdays: Chair Yoga 9:30-10:00

Twist Twist Untwist 10:15-11:15

Thursdays: Hatha 10:15-11:15

Call the Club for more information



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

BENEFIT BREAKDOWN

NINILCHIK HEALTH CLUB



**NTC TRIBAL MEMBERS
IHS BENEFICIARIES
NTC EMPLOYEES**



ENJOY THESE PERKS

GYM MEMBERSHIP

PERSONAL TRAINING WITH TAMMY Z

Up to 2 Sessions per Week

BOOT CAMPS WITH TAMMY Z

*Choose Classes or Individual Sessions

AVAILABLE AT AN ADDITIONAL COST

Tanning
Infrared Sauna
Physical Therapy
Massage Therapy

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

Bumps & The Cheeky Moose

**\$10.00 Round Trip****\$7.00 One-Way****Mondays, Wednesdays, & Fridays****Please call for pickup at Happy Valley,
Anchor Point, Clam Gulch, & Kasilof****907-567-3815**

Red North (Red Line)		Blue South (Blue Line)	
Ninilchik (NTC Resource Building)	8:30am	Kenai (Walmart/Airport)	1:30pm
Happy Valley (HV Store)	8:45am	Soldotna (Fred Meyer)	2:00pm
Anchor Point (Cheeky Moose)	9:00am	Kasilof (Post Office)	2:25pm
Homer (Safeway)	9:30am	Clam Gulch (Post Office)	2:40pm
Anchor Point (Cheeky Moose)	10:00am	Ninilchik (NTC Resource Building)	3:00pm
Happy Valley (HV Store)	10:15am	Happy Valley (HV Store)	3:15pm
Ninilchik (NTC Resource Building)	10:30am	Anchor Point (Cheeky Moose)	3:30pm
Clam Gulch (Post Office)	10:55am	Homer (Safeway)	4:00pm
Kasilof (Post Office)	11:10am	Anchor Point (Cheeky Moose)	4:30pm
Soldotna (Fred Meyer)	11:30am	Happy Valley (HV Store)	4:45pm
Kenai (Walmart/Airport)	12:00pm	Ninilchik (NTC Resource Building)	5:00pm

The Cheeky Moose

Laundromat, Showers, Tanning,
Deli & Espresso
Open 7 days a week
8am to 9pm

Deli open until 5:00

Fresh Homemade Soups
Breakfast Sandwiches
Variety of Grilled or Deli Sandwiches

33930 Sterling Highway
Anchor Point, Alaska
(907) 235-5900



For more information regarding Bumps, please call 907-567-3815
For more information regarding The Cheeky Moose, please call 907-235-5900

Events Calendar

JULY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
EOP: Elders Outreach Program HWC: Health & Wellness Club YOP: Youth Outreach Program TC: Teen Center NHS: Ninilchik School						1
2	3 EOP Lunch 12-1 Yoga HWC 10:15	4 NTC Closed for Independence Day	5 Yoga HWC 9:30 & 10:15	6 Yoga HWC 10:15 YOP Hidden Lake Adventure 11-5 meet at TC	7 TC Free Friday 12-5	8
9	10 EOP Lunch 12-1 Yoga HWC 10:15	11 Yoga HWC 10:15 YOP Field Day 1-4pm NHS field	12 Yoga HWC 9:30 & 10:15 NYO 12-2:30pm	13 Yoga HWC 10:15 YOP Field Day 1-4pm NHS field	14 YOP Setnet Fishing 12-5	15
16	17 EOP Lunch 12-1 Yoga HWC 10:15	18 Yoga HWC 10:15 YOP Outdoor Adventure TBA	19 Yoga HWC 9:30 & 10:15 NYO 12-2:30pm	20 Yoga HWC 10:15 YOP Nikiski Pool 11-5pm	21 TC Free Friday 12-5	22
23 30	24 EOP Lunch 12-1 Yoga 10:15 EOP Lunch 12-1 Yoga 10:15 31	25 Yoga HWC 10:15 YOP Harvesting 1-4pm	26 Yoga HWC 9:30 & 10:15	27 Yoga HWC 10:15 YOP Jam Making 1-4pm	28 TC Free Friday 12-5 Volunteer at Fairgrounds	29

Events Calendar

AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
EOP: Elders Outreach Program HWC: Health & Wellness Club YOP: Youth Outreach Program TC: Teen Center NHS: Ninilchik School		1 Yoga HWC 10:15 Teen Center	2 Yoga HWC 9:30 & 10:15 Closed -----	3 RCM 10:00am NTC ADMIN Yoga HWC 10:15 -----	4 -----]	5
6	7 EOP Lunch 12-1 Yoga HWC 10:15	8 Yoga HWC 10:15 YOP Outdoor Adventure TBA	9 Yoga HWC 9:30 & 10:15	10 Yoga HWC 10:15 YOP Outdoor Adventure TBA	11 TC Closed Kenai Peninsula	12 End of YOP Summer Activities Fair -----
13 -----]	14 EOP Lunch 12-1 Yoga HWC 10:15	15 Yoga HWC 10:15 School Starts NHS	16 Yoga HWC 9:30 & 10:15	17 Yoga HWC 10:15	18	19
20	21 EOP Lunch 12-1 Yoga HWC 10:15	22 Yoga HWC 10:15 YOP TC Teen Tuesday 335-5	23 Yoga HWC 9:30 & 10:15	24 Yoga HWC 10:15 YOP Study Hall 3:35-5	25 TC Free Friday 3:35-8:30	26
27	28 EOP Lunch 12-1 Yoga HWC 10:15	29 Yoga HWC 10:15 YOP TC Teen Tuesday 3:35-5	30 Yoga HWC 9:30 & 10:15	31 Yoga HWC 10:15 YOP Study Hall 3:35-5		

Events Calendar

SEPTEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
EOP: Elders Outreach Program HWC: Health & Wellness Club YOP: Youth Outreach Program TC: Teen Center NHS: Ninilchik School					1 TC Free Friday 3:35-8:30	2
	4 EOP Lunch 12-1 NTC Closed for Labor Day	5 Yoga HWC 10:15 YOP TC Teen Tuesday 335-5	6 Yoga HWC 9:30 & 10:15	7 Yoga HWC 10:15 YOP Study Hall 3:35-5	8 TC Free Friday 2:05-8:30 <i>NHS Early Release</i>	9
	11 EOP Lunch 12-1 Yoga HWC 10:15	12 Yoga HWC 10:15 YOP TC Teen Tuesday 335-5	13 Yoga HWC 9:30 & 10:15	14 Yoga HWC 10:15 YOP Study Hall 3:35-5	15 TC Free Friday 3:35-8:30	16
	18 EOP Luncheon 12-1pm Yoga HWC 10:15	19 Yoga HWC 10:15 YOP TC Teen Tuesday 335-5	20 Yoga HWC 9:30 & 10:15	21 Yoga HWC 10:15 YOP Study Hall 3:35-5	22 TC Free Friday 3:35-8:30	23
	25 EOP Lunch 12-1 Yoga HWC 10:15	26 Yoga HWC 10:15 YOP TC Teen Tuesday 335-5	27 Yoga HWC 9:30 & 10:15	28 Yoga HWC 10:15 YOP Study Hall 3:35-5	29 TC Free Friday 2:05-8:30 <i>NHS Early Release</i>	30

Ninilchik Traditional Council
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**Are you planning to move or change your contact information?
Let us know!**

Tribal Members are encouraged to contact NTC Enrollment Officer Christina Pinnow at the Tribal Services Campus at (907) 206-2740 to keep their information up to date.

Those on the general public mailing list may contact the NTC Administrative Office front desk at (907) 567-3313 to make sure we can stay in touch.

Thank you!