

Ninilchik Traditional Council

newsletter

Winter 2024



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Upcoming Dates to Remember

All NTC Offices will be closed on
Monday, January 1st • New Year’s Day
Monday, January 15th • Martin Luther King Jr. Day
Monday, February 19th • Presidents Day
Monday, March 25th • Seward’s Day

**The next Regular Council Meeting is scheduled for
Monday, January 29th at 10:00 am**

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

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.

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

Front & back cover photos provided by Perry Miller

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



NTC Executive Director

Ivan Z. Encelewski



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





Happy winter!

I hope everyone is appreciating the longer days and enjoying more daylight. As is customary, I’m excited to see the wit and wisdom of ‘Punxsutawney Phil.’ Please, you mustn’t see your shadow!

I want to thank the Council, Tribal Members, and staff who made this past year another success. Congratulations to Greg and Dean on their election to the Council, and thanks to our members for running as well. As we reported at the membership meeting and in the annual report, there are exciting things happening here at the Tribe.

On the self-generated revenue side, we are proud that our 8(a) company, Tuyan LLC, is beginning to hit its stride consolidating and strengthening our work with the Defense Logistics Agency (DLA). The Ninilchik Village Tribe’s investment in Tuyan was recently highlighted in the US Treasury SSBCI Implementation Snapshot: State Small Business Credit Initiative For Tribal Governments published on December 7, 2023. The Tribe was able to successfully invest our entire Treasury grant in the amount of \$689,038 in Tuyan, which was matched by our partner, Cook Inlet Tribal Council, Enterprises Inc. The report can be found here:

<https://home.treasury.gov/system/files/136/SSBCI-Snapshot-4TG.pdf>

We are also diligently working on the design of our cultural heritage center project. With the Council’s consistent input, working with the engineering team along with our Project Director and Tribal Member, Nikki Graham, we are approaching a 30% design draft. Nikki has also prepared a small grant application to assist in our efforts. We are specifically looking for an intern who will work with elders and key community members to create a historical timeline of the Village history and record significant cultural events, customs, and influences so that they may live in perpetuity.

Here’s an update on Nii Qenach’delghesh, our intertribal consortium to provide broadband services to Tribal Members. We are still waiting for funding agency approval to amend our large grant to support infrastructure to an existing internet service provider. Our hope is that rather than fully building out our own broadband network, we can partner with a local provider and get free services to our members within the area.

At the statewide and national level, I am continuing to advocate for our people and causes. We recently met with Deb Haaland, Secretary of the U.S. Department of the Interior, here in Ninilchik. I was able to travel to D.C. and participated with our partners in the region to give a briefing to the Senate Indian Affairs Committee on our model of self-determination here in Alaska. We are also working on Tribal fishery and co-stewardship opportunities for the Tribes. It is with pride that we are making meaningful impacts for our people. As always, thank you for your support!

Chiqinik.

Ivan Z. Encelewski,
NTC Executive Director



*“Hearts are the strongest when they beat in response to noble ideals.”
- Ralph Bunche*



Happy 2024 New Year, Ninilchik Tribal Members!

I hope everyone had a wonderful Thanksgiving, Christmas, and New Years Eve. Winter is officially upon us, but the good news is we are headed into the final stretch, with the days getting longer. Let’s hope for a better summer than last year, with warmer days, many fish, and bountiful gardens.

Homeowner Assistance Fund

The Treasury Department’s Homeowner Assistance Fund (HAF) is officially up and running and we are starting to help families that were affected by Covid-19. This program has been slow in starting up, due to the fact that most families had resolved or figured out alternative ways of dealing with their mortgages prior to the HAF program being implemented. Now some mortgage issues are resurfacing due to the lingering effects of Covid-19.

Most of us have seen or heard that there were many jobs across the USA that were unable to be filled because people didn’t want to go back to work. I know firsthand that this last summer there were several local jobs that were available with businesses unable to fill those jobs. Some of the construction firms that we use said they couldn’t take on additional work because of the lack of helpers. They were turning down construction rehabilitation jobs that they would normally have taken on. Those smaller jobs are beneficial for many contractors because they can be done quickly with minimal work force. Some businesses will be closing their doors and not opening back up again. Others will be keeping their staff to a minimum until they are confident about rebuilding it back up, which could take years if the economy doesn’t start rebounding.

It’s a vicious cycle, but for the moment, we may be able to help you with your mortgage if you have been affected by Covid and are facing foreclosure due to delinquent mortgage payments, property taxes, or the like.

The HAF application can be downloaded from the Housing page of the NTC website. If you have any questions, stop by my office, call me, or email me and I will see what we can do to help you out. This program is open to all races who fit within the program requirements, and we can assist non-native applicants as well.

Getting Prepared

With the coming of summer, let’s hope it’s going to be warmer than last year. I wonder how much fireweed will be around this year.

The summer is a suitable time to get some weatherization done on your home. This will save that valuable heat from escaping your homes during the colder months. The application for the Weatherization program is on the NTC website and can also be picked up at the NTC administration office.

Until the next newsletter, take care of you and your families, stay healthy, and have a wonderful and safe Seward’s Day (March 25th)!

Bob

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



We have a wonderful class this year and I am very proud of each student and how they have transitioned into our classroom. The students are excited to learn, sing, play, and explore. They have already mastered the Alphabet phonics and Russian words for local animals. We will finish out our school year with a graduation ceremony on April 25, 2024.

Updates from the Tribal Health Director

We have been working on a new **IHS Patient Handbook**. They are being printed now, and will soon be given to all IHS beneficiaries who visit any of our clinics.

There is currently a rather large waitlist for **Behavioral Health**. IHS beneficiaries do have priority on the list, unless a person is in immediate crisis.

We're working on **replacing Phreesia** as our Clinic registration platform. Due to the unpopularity and recent price increase of Phreesia, we will be replacing it. Stay tuned for more updates on this.

We are resurrecting our **Diabetes Program**! If you have diabetes and are a current patient, or are receiving your diabetes care elsewhere, you will be getting more educational information and calls regarding your diabetes related care.

See the following pages for some useful information on managing diabetes. These informational handouts are produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit www.ihs.gov/diabetes

Ninilchik Clinic

15765 Kingsley Rd • 907-567-3970
Monday thru Friday 9am to 5pm

Anchor Point Clinic

33880 Sterling Hwy • 907-206-2733
Monday thru Thursday 9am to 7pm

Homer Clinic

4047 Bartlett St • 907-206-2730
Monday thru Friday 9am to 5pm

Here are some statistics on Alaska's diabetes epidemic, according to the American Diabetes Association:

- Approximately 48,620 people in Alaska, or 8.8% of the adult population, have diagnosed diabetes.
- An additional 15,000 people in Alaska have diabetes but don't know it, greatly increasing their health risk.
- There are 182,000 people in Alaska, 33.8% of the adult population, who have prediabetes with blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.
- Every year an estimated 5,060 people in Alaska are diagnosed with diabetes.

For more information on the Early Learning Program, please contact Chris at 907-206-2740
For more information regarding the Health Department, please contact Janet at 907-567-3370

Tips for Managing Blood Sugar

Did you know ?

Living well with diabetes is possible!
There are things you can do to help you stay healthy.

1 Choose water instead of sugary drinks.

2 Make healthy food choices.

- Use your plate as a guide.
- Fill half of your plate with vegetables.
 - Fill the other half of your plate with a grain/starch and a protein.
 - Add a side of fruit.

3 Do something active every day.

- Choose an activity that you enjoy.
- Wear comfortable clothes and shoes.
- Ask a friend or family member to join you.

4 Find healthy ways to reduce stress.

- Stress can raise your blood sugar. Below are some ideas that may help you feel less stressed.
- Talk with others.
 - Go for a walk in nature.
 - Spend time on a hobby such as beading or gardening.



Ask your medical provider if the following is right for you:



Checking blood sugar



Taking medicines

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

Stress and Diabetes

Managing Stress When You Have Diabetes

Life is stressful at times. Having diabetes can also add stress, along with worries about work, family, or school. When stressed, your blood sugars can increase and be harder to control.

Learning how to deal with stress can lead to a more balanced life. It is a way of caring for yourself and managing diabetes.

“When I first found out I had diabetes, I was devastated. I kept having a helpless thought. I decided to choose to find reasons and ways to be joyful every day. I worked at it and prayed for it. I got help from the Creator, family, and friends.”

—Barbara Mora, Paiute/Dine



Barbara Mora and husband, Bob.

Stress and Everyday Life

Stress can be felt in emotional and physical ways. Emotions could show as anxiety, frustration or anger. Your body could experience rapid breathing, tense muscles, headaches or stomach pain.

Stress can be temporary or last a long time. Ongoing stress is often harder to deal with and can affect work, relationships, and health. With help, stress can be reduced.



Unhealthy Responses to Stress

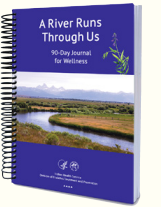
- ❖ Using commercial tobacco more than usual
- ❖ Overeating
- ❖ Increased alcohol use
- ❖ Spending hours watching TV or social media
- ❖ Avoiding friends and relatives

At first, these ways of coping might feel like they help, but over time may become harmful to your physical and mental health.

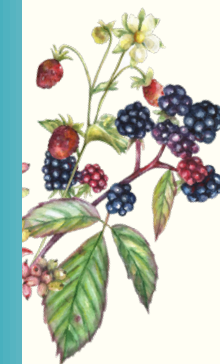
For more information regarding the Health Department, please contact Janet at 907-567-3370 or jmullen@ninilchiktribe-nsn.gov

Healthy Ways to Manage Stress

Finding ways to cope with stress is good for your mind and body. Reducing stress can also help with blood sugar and diabetes control. Talking with your care provider can help if you often feel overwhelmed or depressed. Consider writing about your feelings in, *A River Runs Through Us, 90-Day Journal for Wellness*.



To order your free copy visit, www.ihs.gov/diabetes/education-materials-and-resources/



Do things that bring joy. Listen to music, dance, or read.

Start your day with prayer, meditation, or traditional practices.

Gather berries, herbs, or traditional medicines.

Volunteer at a cultural center, church, or elder program.

Move more. Pick an activity you enjoy, such as walking or sports.

Talk with a friend, family member, or traditional adviser.

Express your creativity with arts and crafts, beading, or woodwork.

Practice relaxation breathing to slow your heart rate and calm you.

Try to get at least 7 hours of sleep daily.

Learn to say, “No,” to help balance your commitments.



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

Elders Outreach Program

The Elders Outreach Program offers lunch at the Subsistence Building every Monday.

The luncheon is typically provided even on holidays when the other NTC offices are closed. However, please be aware of scheduled closures. The luncheons served at noon coming up for the following months are:

Mondays in January; 8th, 15th*, 22nd & 29th

Mondays in February; 5th, 12th, 19th* & 26th

Mondays in March; 4th, 11th, 18th & 25th*

***NTC Offices and Buildings will be closed on**

Martin Luther King Jr. Day (1/15), Presidents Day (2/19), and Swards Day (3/25), but the Elders Outreach Program will still have regular lunch on those days

Elders Outreach Program Mission Statement

The Ninilchik Traditional Council's Elders Outreach is a program 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

As many of you know, we applied for the LFPA Plus Grant for \$1.399 mill on local foods in the State and we received that this past fall! The EOP also applied for the OAA Title A and C grants, The Nutrition Services Incentive grant and the MIPPA grant. We received and have been spending down those monies since this past year and feel encouraged to continue looking for ways to supplement the Elders Outreach Budget with additional funding sources.

Regarding resources available for VA, Medicare, Medicaid and waivers for Assisted Living and Care Coordinators, we can assist if you have questions; however, there are local resources available to help with some of these services such as the Aging & Disability Resource Centers.

In Homer, **Medicaid** and Care Coordinator Services begin at the Independent Living Center, which is located at 265 E Pioneer Ave Ste 201 Homer, AK 99603 and you can reach them at 907-235-7911.

In Soldotna, **Medicaid** and Care Coordinator Services begin at the Independent Living Center, which is located at 47255 Princeton Ave Ste 8 Soldotna, AK 99669 and you can reach them at 907-262-6333.

Regarding **Medicare**, you may apply online or over the phone, which is the easiest. You may sign up prior to turning 65, and coverage begins the month you turn 65. If you sign up the month you turn 65 or during the 3 months after, the coverage will begin the next month. You may call 1-800-772-1213. If you are deaf or hard of hearing, you may consider calling 1-800-325-0778.

We have helped Elders sign up for Medicare, if you need help, let us know and we can schedule a time for you to come in and get assistance for this.

Regarding **VA** benefits, services, and enrollment, we have both been trained in the State to help. Also, the Ninilchik Community Clinic has a MOU with the VA and can see Veterans. Additionally, if you would like more information of contacts, please call or schedule time to meet with either Jessica or myself.

Lastly, Hospice of Homer has a ton of medical equipment for use and takes medical equipment if you are looking to donate. They are located at 265 E Pioneer Ave Ste 3 Homer, AK 99603, and their contact is 907-235-6899 We can also pick up and drop off anything you have for donation for them if it's still in good working order. If you have something local that someone could possibly use, such as an oxygen machine, C Pap Machine, Nebulizer, Wheelchair, Safety Rails or anything else you are not using and think someone else could possibly use, please reach out. There are many in our community looking for those items at reduced or free costs.

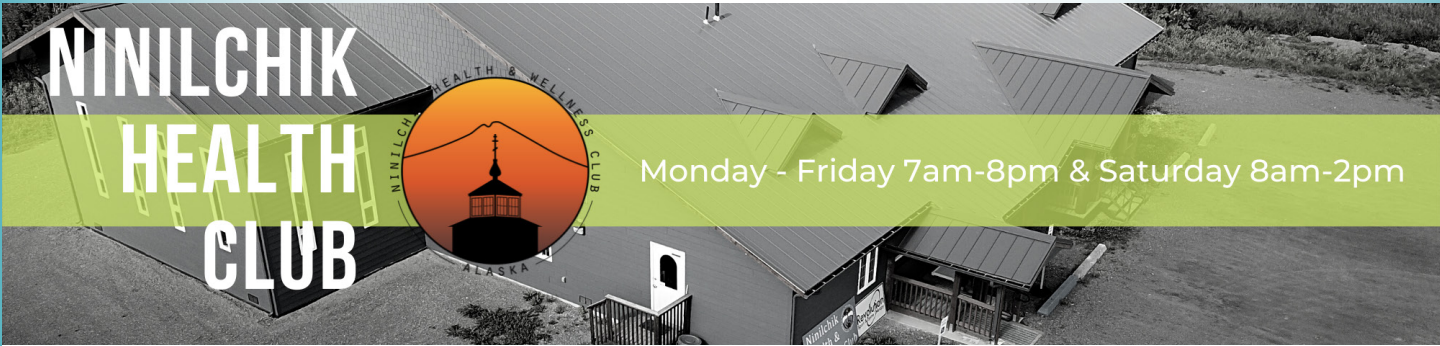
We are more than happy to help with clinic/behavioral health appointments, grocery, and prescriptions as well as airport rides for your ANMC trips and other needed travel. Should you have additional needs, we have an open-door policy and are generally more than happy to help with most paperwork, finding 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



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

Health Club



Polar Bear Jumpers

A group of nine *crazy* Ninilchik folks from the Health Club and Revolution Sport & Spine Therapy recently participated in the Alaska Polar Bear Jump in Seward. This event is an annual fundraiser for the American Cancer Society, and our ‘Ninily Narwhals’ raised \$6,758! The weather turned out to be quite lovely with snow and a balmy 30° and we all jumped in the freezing cold Resurrection Bay waters at the Seward Harbor. What a fun, exhilarating moment! Thank you to all who donated to the American Cancer Society on our behalf, including NTC!



Boot Camp

fitness classes with tammy z

FEBRUARY 5 thru FEBRUARY 29

Cardio Moves

HIGH INTENSITY

cardio & strength with a gentle push to help you reach your maximum potential

TUE/WED/THURS
6:00 - 7:00 am
\$65

Gentle Moves

LOW IMPACT

a gentle blend of cardio, strength, and flexibility for ALL fitness levels

MON & WED
8:30 - 9:15 am
\$45

Night Moves

MODERATE IMPACT

cardio & strength for ALL fitness levels
[perfect for after work]

TUE & THURS
5:15-6:00pm
\$45

SIGN UP AT THE NINILCHIK HEALTH CLUB (BEHIND THREE BEARS)
ONLY 8 SPOTS AVAILABLE PER CLASS • MINIMUM 5 PER CLASS
CALL FOR MORE INFORMATION 907.567.3455

Left to Right: Clay Henson, Mavrick Kuzman, Britt Todd, Paul Cardone, Terri Leman & Brie Wallace, Jessica Russo, Olivia Delgado, & Alanna Johnson with Bear the Dog (who did not jump)

YOGA SCHEDULE

MONDAY: 10:15-11:15AM · RENEW & RESTORE

TUESDAY: 10:15-11:15AM · VINYASA

WEDNESDAY: 9:30-10:00AM · CHAIR
10:15-11:15AM · TWIST TWIST UNTWIST

THURSDAY: 10:15-11:15AM · HATHA

ALL CLASSES OFFERED LIVE IN OUR STUDIO AND ONLINE VIA ZOOM*

SCHEDULE SUBJECT TO CHANGE
CLASSES INCLUDED WITH CLUB MEMBERSHIP OR DROP-IN (\$8 OR 10/\$65)

*CALL THE CLUB TO SIGN UP FOR ZOOM 907-567-3455

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

Behavioral Health Department

Welcome to the NTCBH Team!



Frankie Opatz, **Licensed Marriage & Family Therapist**

As a Licensed Marriage and Family Therapist, Frankie has supported his clients facing major life transitions, gender exploration, anxiety, depression, trauma, sexuality, grief and loss, relationship challenges, oppression, and the basic human experience of suffering.

Education and Experience

Frankie earned his Bachelor of Arts in Sociology from The University of Montana in Missoula. After graduation, Frankie spent the next several years guiding canoeing, backpacking, and dog-sledding trips for teenagers across the US and Canada. His time spent working with youth in the wilderness inspired him to pursue a mental health career. He went on to earn a Master of Arts in Marriage and Family Therapy from Lewis and Clark Graduate School of Counseling & Education in Portland, Oregon.

Since securing his master’s in 2015, Frankie has worked in a variety of settings in Alaska and has experience working with individuals, couples, families, and children 13 and up, but he is most passionate about his work with youth and adults within the LGBTQ+ community and has experience supporting transgender/gender non-conforming clients in all aspects of transition.

Counseling Perspective

Frankie believes that equitable relationships are essential in creating and maintaining healthy and sustainable relationships. Using narrative and attachment theory, Frankie facilitates and creates a safe space for clients to explore their stories free from judgement. He also works with clients to examine strategies for building increased connection with their most authentic self. Frankie utilizes a trauma informed approach, their client’s internal strength and resiliency to combat the negative messages, and fears that feed insecurities and impede growth. Frankie incorporates experiential, solution-focused, and intergenerational therapy interventions into his practice.

Frankie is in Ninilchik on Thursdays and in Homer on Mondays, Tuesdays, Wednesdays, and Fridays.



Danielle Self, **Behavioral Health Student Intern**

Danielle earned her Bachelor of Social Work degree through the University of Alaska Fairbanks in 2022. She is now in her final year of the Advanced Standing part-time Master of Social Work (MSW) program through the University of Alaska Anchorage and is completing her practicum with the Ninilchik Behavioral Health Team. Danielle plans to become a Licensed Clinical Social Worker (LCSW) and provide mental health services to youth in the community.

Danielle will be gaining clinical experience throughout her practicum placement by shadowing the Behavioral Health Team, chart management, QI planning, Risk Management Planning, Orientation and Intakes, Referrals, and eventually carrying her own caseload for individual counseling.

NTCBH Services are available at all three clinic locations

Offering assessments and outpatient counseling for adults, children, couples, families, and groups.

Also offering education, community outreach, prevention and intervention, and referrals to other services.

For appointments and questions, call **907-567-3370 opt. 2**

Did You Know?

Daily affirmations help rewire our brains, build self-esteem, and change negative thought patterns.

The I am app provides daily affirmations to your smart phone at no cost!

Scan this QR code to download

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

NYO Results from the Kenai Invitational, Jan.12-14



- Dene Stick Pull**
Jr. Athletes
Emmalee James 4th Place
Sr. Athletes
Joseph Winrod 3rd Place
Ian Zell 4th Place
- 1-Foot High Kick**
Jr. Athletes
Javian Jackson 3rd Place kicking 66”
Zoey VanSaun 5th Place kicking 52”
Sr. Athletes
Ryan Musgrove 5th Place kicking 88”
- Seal Hop**
Jr. Athletes
Javian Jackson 4th Place hopping 52’ 1 1/2”
Sr. Athletes
Joseph Winrod 4th place hopping 35’ 11 1/2”
Ryan Musgrove 5th Place hopping 33’ 5 3/4”
- Innuitt Stick Pull**
Jr. Athletes
Cooper Lardent 4th Place
Sr. Athletes
Anastasya Lukianov 2nd place
Dee Wilmeth 3rd place
Joseph Winrod 3rd Place
- Wrist Carry**
Jr. Athletes
Javian Jackson 1st place holding on for 1 min 35.1 sec
Malachi Zell 2nd place holding on for 31.1 sec
Athena Carlson 5th place holding on for 4.81 sec
Sr. Athletes
Joseph Winrod 1st place going 275’ 2 3/4”
Anastasya Lukianov 5th place going 10’
- 1-Hand Reach**
Sr. Athletes
Rowan Matney 4th place 50”
- Arm Pull**
Jr. Athletes
Zoey VanSaun 5th Place
- Kneel Jump**
Jr. Athletes
Javian Jackson 5th Place jumping 21”
Sr. Athletes
Ian Zell 35”
Anastasya Lukianov jumping 26”
- Alaskan High Kick**
Jr. Athletes
Javian Jackson 4th place kicking 42”
- Scissor Broad Jump**
Sr. Athletes
Ryan Musgrove 3rd Place 29’ 6”

UPCOMING INVITATIONALS

5th Annual Chickaloon Invitational February 9-11 Wasilla	Kachemak Bay Traditional Games February 16 & 17 Homer	JNYO State Competition February 23-25 Anchorage
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For more information regarding the Youth Outreach Program, please contact Rick at 907-690-2331 or rdunaway@ninilchiktribe-nsn.gov

Notice of Tribal Transportation Plan Meeting

To: All Ninilchik Village Tribal Members and Residents

The Ninilchik Traditional Council Resource Department will conduct a public meeting to present, discuss, and review the updated Long Range Transportation Plan (LRTP), discuss comments, and discuss the Tribal Transportation Program. This will include information about the current and future routes, planning processes, and any construction needs. A copy of the LRTP can be obtained from the NTC Resource Department **after February 1, 2024** for preview.

The General Public is invited to attend. Written comments may be submitted to Ninilchik Traditional Council within 30 days post meeting. Contact Darrel Williams (907-567-3815) regarding questions or comments on the LRTP.

2024 Tribal Transportation Plan Meeting
Wednesday, February 28, 2024
4:00PM
NTC Transit/Environmental Resource Office
66590 Oil Well Rd Ninilchik, AK

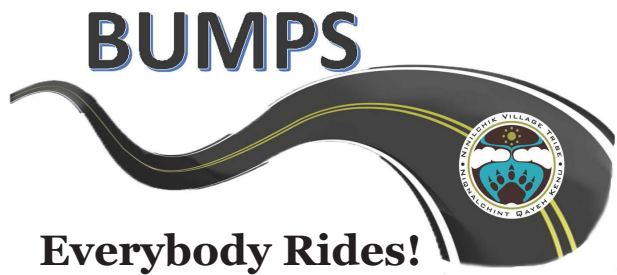
2024 TTP Long Range Transportation Plan

This document has been developed to satisfy the requirements of 25 CFR 170 Final Rule published 12/15/2023. The latest final rule has introduced new requirements for the development of a Long Range Transportation Plan (LRTP) under the Tribal Transportation Program.

According to the 25 CFR 170, the LRTP must be reviewed annually, and updated every 5 years and encompasses a 20-year period. The tribe has been developing transportation plans since 2005 and has included a variety of objectives and goals associated with variable funding available to the tribes. The tribe performs annual updates to the planning document and coordinates with the regional BIA. The Alaska Department of Transportation and Public Facilities (DOT &PF) is also updating the statewide long-range transportation plan which will provide future direction for highways, aviation, transit, rail, marine, bicycle, and pedestrian transportation. The State of Alaska’s planning is like the tribes planning, is written with agency and public collaboration. The intent is to develop Alaska’s transportation priorities based on the common interests and needs of stakeholders regionally.

For more information regarding the Resource & Environmental Department, please contact Darrel at 907-567-3815 or dwilliams@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)	9:00am	Kenai (Walmart/Airport)	1:00pm
Happy Valley (HV Store)		Soldotna (Fred Meyer)	1:30pm
Anchor Point (Cheeky Moose)		Kasilof (Post Office)	
Homer (Safeway)	9:45am	Clam Gulch (Post Office)	
Anchor Point (Cheeky Moose)		Ninilchik (NTC Resource Building)	2:30pm
Happy Valley (HV Store)		Happy Valley (HV Store)	
Ninilchik (NTC Resource Building)	10:30am	Anchor Point (Cheeky Moose)	
Clam Gulch (Post Office)		Homer (Safeway)	3:15pm
Kasilof (Post Office)		Anchor Point (Cheeky Moose)	
Soldotna (Fred Meyer)	11:30am	Happy Valley (HV Store)	
Kenai (Walmart/Airport)	12:00pm	Ninilchik (NTC Resource Building)	4:00pm

Schedule may change due to weather. Please call for updates. Bus does not run on Federally Recognized holidays.

The Cheeky Moose

- Laundromat • Showers •
- Tanning • Espresso

Open Friday - Wednesday
Closed Thursdays
8am to 8pm

Deli Closed for Winter

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



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

Events Calendar

JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Yoga HWC 10:15 YOP Teen Tues	3 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO	4 Yoga HWC 10:15 YOP GULO Sr. NYO	5 YOP Teen Night	6
7	8 EOP Lunch 12-1 Yoga HWC 10:15 Jr. NYO	9 Yoga HWC 10:15 YOP Teen Tues Sr. NYO	10 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO	11 Yoga HWC 10:15 YOP GULO Sr. NYO	12 YOP Teen Night 2:05-6:00 NHS Early Release	13
14	15 EOP Lunch 12-1 NTC Closed for Martin Luther King Jr. Day	16 Yoga HWC 10:15 YOP Teen Tues Sr. NYO	17 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO	18 Yoga HWC 10:15 YOP GULO Sr. NYO	19 YOP Teen Night	20
21	22 EOP Lunch 12-1 Yoga HWC 10:15 Jr. NYO	23 Yoga HWC 10:15 YOP Teen Tues Sr. NYO	24 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO	25 Yoga HWC 10:15 YOP GULO Sr. NYO	26 YOP Teen Night 2:05-6:00 NHS Early Release	27
28	29 EOP Lunch 12-1 Jr. NYO NTC RCM 10:00 NTC Admin	30 Yoga HWC 10:15 YOP Teen Tues Sr. NYO	31 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO		EOP: Elders Outreach Program HWC: Health & Wellness Club YOP: Youth Outreach Program NHS: Ninilchik School GULO: Getting Us Leaders Outside	

FEBRUARY 2024

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 GULO: Getting Us Leaders Outside				1 Yoga HWC 10:15 YOP GULO Sr. NYO	2 YOP Teen Night	3
4	5 EOP Lunch 12-1 Yoga HWC 10:15 Jr. NYO	6 Yoga HWC 10:15 YOP Teen Tues Sr. NYO	7 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO	8 Yoga HWC 10:15 YOP GULO Sr. NYO	9 YOP Teen Night 2:05-6:00 NHS Early Release NYO Chickaloon	10 Invitational in
11 Wasilla - - -]	12 EOP Lunch 12-1 Yoga HWC 10:15 No NYO	13 Yoga HWC 10:15 YOP Teen Tues Sr. NYO	14 Yoga HWC 9:30 & 10:15 TC Teen Night Valentine's Day Jr. NYO	15 Yoga HWC 10:15 NO Teen Center NHS No School PT Conferences	16 YOP Teen Night NO Teen Center NHS No School PT Conferences NYO Kachemak Games	17 Bay Traditional in Homer
18	19 EOP Lunch 12-1 NTC Closed for Presidents Day No NYO	20 Yoga HWC 10:15 YOP Teen Tues Sr. NYO	21 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO	22 Yoga HWC 10:15 YOP GULO Sr. NYO	23 YOP Teen Night JNYO State	24 Competition in
25 Anchorage - - -]	26 EOP Lunch 12-1 Yoga HWC 10:15 No NYO	27 Yoga HWC 10:15 YOP Teen Tues Sr. NYO	28 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO	29 Yoga HWC 10:15 YOP GULO Sr. NYO		

MARCH 2024

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 GULO: Getting Us Leaders Outside					1 YOP Teen Night	2
3	4 EOP Lunch 12-1 Yoga HWC 10:15 Jr. NYO	5 Yoga HWC 10:15 YOP Teen Tues Sr. NYO	6 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO	7 Yoga HWC 10:15 YOP Teen Night 2:05-6:00 NHS Early Release	8 YOP Teen Night NHS No School	9
10	11 EOP Lunch 12-1 Yoga HWC 10:15 YOP Teen Night 12-5 [- - NHS Spring	12 Yoga HWC 10:15 YOP Teen Night 12-5 Break - - - - -	13 Yoga HWC 9:30 & 10:15 YOP Teen Night 12-5 - - - - -	14 Yoga HWC 10:15 YOP Teen Night 12-5 - - - - -	15 YOP Teen Night 12-5 - - - - -]	16
17	18 EOP Lunch 12-1 Yoga HWC 10:15 Jr. NYO	19 Yoga HWC 10:15 YOP Teen Tues Sr. NYO	20 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO	21 Yoga HWC 10:15 YOP GULO Sr. NYO	22 YOP Teen Night	23
24 31	25 EOP Lunch 12-1 NTC Closed for Seward's Day	26 Yoga HWC 10:15 YOP Teen Tues Sr. NYO	27 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO	28 Yoga HWC 10:15 YOP GULO Sr. NYO YOP Teen Night 3:30-8:30	29 YOP Teen Night	30

Ninilchik Traditional Council
PO Box 39070
Ninilchik, AK 99639

Ph: 907-567-3313
Fx: 907-567-3308
ntc@ninilchiktribe-nsn.gov



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

Tribal Members are encouraged to contact NTC Enrollment Officer Christina Pinnow at the 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!