



SPRING 2024

NINILCHIK TRADITIONAL COUNCIL NEWSLETTER



The Ninilchik Village Tribe is a federally recognized tribe in Alaska, consisting of approximately 1,000 members. These members can trace their ancestry to Ninilchik tribal lands or are Alaskan Natives and American Indians who have settled within the tribal boundaries and have been accepted for membership. The tribe is governed by the Ninilchik Traditional Council, comprised of five elected council members who serve three-year terms. They oversee tribal operations and uphold sovereignty using Organic Documents approved by the tribal membership.



NTC Board of Directors

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Director



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All NTC Offices will be closed on
Monday, May 27th • Memorial Day
Wednesday, June 19th • Juneteenth

The next Regular Council Meeting is scheduled for
Wednesday, April 24th at 10:00am

There are three \$100 Door Prize Drawings for NTC Tribal Members in attendance at each meeting!

NTC Regular Council Meetings take place at the Administration Office at 15910 Sterling Highway in Ninilchik. 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 latest schedule.

Front & back cover photos provided by Deborah Williams. Vintage Ninilchik Village Photo provided by Jim Taylor.

We would love to use your photos for future newsletters!
Please send them to bwallace@ninilchiktribe-nsn.gov

Executive Director's Address



Happy spring once again! I hope everyone is thriving coming out of our latest winter season. The vision and wisdom of 'Punxsutawney Phil' predicted an early spring so we're on our way to balmy weather. We continue to be proud of our progress here at the Tribe. I'm sure that fishing is at the forefront of our minds, as is customary this time of year. NTC has been collaborating diligently with our fellow Cook Inlet Tribes to establish a new subsistence fishery. This latest opportunity is working with the National Oceanic and Atmospheric Administration (NOAA) to allow for a subsistence gillnet harvest in the Exclusive Economic Zone (EEZ) of Cook Inlet. The Tribes have been collaborating for years to work toward Tribal fisheries for our Indigenous peoples. We are excited to announce that we are holding a formal strategic planning session in mid-April to coalesce around specific approaches for our Villages. I want to give a huge thanks and shout-out to Debra Call and Sam Schimmel who are co-chairing the Cook Inlet Tribal Fisheries Group. Their volunteer dedication of time and resources to our fishing rights are so respected and appreciated. I also want to thank Gloria O'Neill, President & CEO of Cook Inlet Tribal Council (CITC) and the CITC Board for a recent donation of \$80,000 to our efforts moving forward. This was made possible by a personal salary deferment from Gloria and a matching contribution from CITC to support our hunting, fishing, and gathering rights.

On a similar note, the Tribe recently signed a renewal of our Memorandum of Understanding (MOU) with the U.S. Fish and Wildlife Service (FWS) regarding our subsistence fishery on the Kenai River. A ceremony was held at the annual all-Regional Advisory Council (RAC) meeting in March. Ken Gates, Cook Inlet Federal Subsistence In-season Manager and our partner, and the Regional Director for FWS were able to speak and memorialize our agreement at this event. This was extremely well received across Alaska for our work on subsistence and co-stewardship. I was also able to meet and present to FWS staff across Alaska on our work on subsistence and talk about the importance of partnerships and Traditional Indigenous Knowledge (TIK) in decision making.

Nil Qenach'delghesh, our intertribal consortium to provide broadband services to Tribal Members, has been waiting on approval from the granting agency to reallocate the monies to our potential partnership with the local broadband provider. Once this budget revision is authorized, we anticipate advancing in our efforts to provide internet service to our members.

Our tribal 8(a) company Tuyan, LLC is doing well. Our work with the Defense Logistics Agency (DLA) is expanding and we are projecting a net profit this year. This past year we were able to inject approximately \$700,000 of grant funding to Tuyan, LLC which was matched by our partner Cook Inlet Tribal Council, Inc. Enterprises (CEI). This has allowed us to grow and expand the company.

I want to recognize Christina Pinnow and her team in the Tribal Services Department for their tireless work on our new childcare It Takes a Village (ITAV). We recently received additional grant monies from CITC to support two full-time positions at ITAV. Our community for years envisioned a state-licensed facility that could provide high quality care for our youth and today it's a reality. Thank you!

In closing, there is so much to be excited about. With the arrival of spring, Phil back in his hole, and summer on the horizon, the opportunities are endless for our people. If you know of any youth that are interested in an intern position to work here at the Tribe this summer, please sent them our way. As Yoda might say, "the Youth we must nurture and take care of, we must."

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

Ivan Z. Encelewski,
NTC Executive Director



Housing Department

*"Failure is not a sign of weakness. It is a sign that you are alive and growing."
- Buzz Aldrin*



Hello Ninilchik Tribal Members!

We are heading toward longer days and a warmer summer!

Homeowner Assistance Fund (HAF)

The U.S. Department of the Treasury's HAF authorized by the American Rescue Plan Act, provides support to homeowners facing financial hardship associated with Covid-19. If you or someone you know are having difficulties due to Covid-19, reach out to see if this program can help. Applications, program eligibility requirements, and additional information can be found on our website or at the NTC Administration Building. <https://www.ninilchiktribe-nsn.gov/housing>

Getting prepared!

The summer is a great time to tackle some home weatherization projects for a more efficient winter. Our **Home Weatherization Program** gives homeowners a boost in starting projects to make their homes more energy efficient. Eligible projects include reinforcing skirting, installing thermal windows or insulated doors, installing insulation, and more. Applications, program eligibility requirements, and additional information can be found on our website or at the NTC Administration Building.

Handy Tip: Check your attics. A recent Home Weatherization Program applicant just started a project and found there was no insulation in their attic. They were able to add blown-in cellulose insulation, which is a quick and easy fix for most homes.

Most homes in our area were not built to safety or building codes or with any building inspections done. Many homes were even built in stages as the homeowner could afford, and things like insulation in the attic may have been overlooked. If you have an older home, go take a look so you're not surprised like this homeowner was. Even if you had adequate insulation when your home was built, it may need some upkeep to offer the most R-value for your home. Blow-in insulation can go right over the old stuff, which can greatly increase your home's efficiency.

It's also time to start prepping your garden and getting your seeds started. I personally prefer to start all my seeds except those that take up too much room in the house waiting until they can go outside or into a greenhouse. Last year, most of my starts died before it was warm enough to get them into the ground. The joys of living in Alaska.

Hoping for a wonderful, warm summer, unlike last year. I suggest we get those seeds started and plan to get some food in the ground to put up in the fall. I'm getting my tomato plants and Thai peppers started.

Until the next newsletter, take care of yourself and your family, stay healthy, and have a wonderful and safe Memorial Day.

Bob



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



ELP Graduation • April 25, 2024

The NTC Early Learning Program is set to conclude its classes and mark the end of the school year with a graduation ceremony scheduled for late April. Five of our students will graduate and move on to kindergarten in the fall. These students are great little learners and have mastered many classroom skills; they can write their names, sort & match, count, and recognize numbers & letters. They know the sound of each letter and some students are even starting to sound out words, demonstrating early reading skills. They have also mastered over 25 Russian words! They take turns, use their manners, and participate in group activities - they are ready for kindergarten, and we couldn't be more proud!!



It Takes a Village Childcare Center

It Takes a Village is State licensed for up to 24 children, newborn through 12 years old. Limited slots are available for enrollment, dependent upon the age of the child.

Monday - Friday from 8am to 5pm

Secure Your Child's Spot Today!

With summer enrollment approaching, we anticipate slots will fill up fast. Don't wait until the last minute. Reserve your child's place now to ensure they have a spot in our program. Our friendly, caring staff are ready to provide a safe, enriching environment for your child.

To learn more and complete the enrollment process, please call Alicia Morris at 907-206-2740.

For more information on the Early Learning Program, please contact Chris at 907-206-2740
For more information regarding ITAV Childcare Center, please contact Alicia at 907-206-2740

Health Department

Ninilchik Clinic

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

Anchor Point Clinic

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

Homer Clinic

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

Updates from the Tribal Health Director

We currently have a substantial waitlist for **Behavioral Health** services. Please note that Indian Health Services (IHS) beneficiaries will have priority on the waitlist, except in cases of immediate crisis.

We are committed to providing quality care to all individuals in need, and we appreciate your understanding as we work to accommodate everyone as efficiently as possible. If you or someone you know is experiencing an immediate crisis, please don't hesitate to reach out for assistance.

As part of our process of phasing out our Clinic registration platform, Phreesia, we are excited to introduce **Tiger Text** as our new system for communicating with patients via text. We look forward to optimizing our communication channels for both our staff and patients.

We are in the process of partnering with the Ninilchik Health Club to expand **community exercise challenges and programs**. This collaboration will bring new opportunities for health and wellness to our community members.



NINILCHIK COMMUNITY CLINIC
HOMER CLINIC

4047 BARTLETT STREET

**FIRST ANNIVERSARY OPEN HOUSE
 WEDNESDAY, MAY 1ST
 11AM - 1PM**

TOURS • Q&A • CAKE

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

MY NATIVE PLATE

Fruit



Use your plate as a guide to help you eat in a healthy way!

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

Pictured here:

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!



Produced by:

Indian Health Service, Division of Diabetes Treatment and Prevention, 07/2018



Vegetables

Protein

Grain/
Starch



Water

Remember:



Stay active



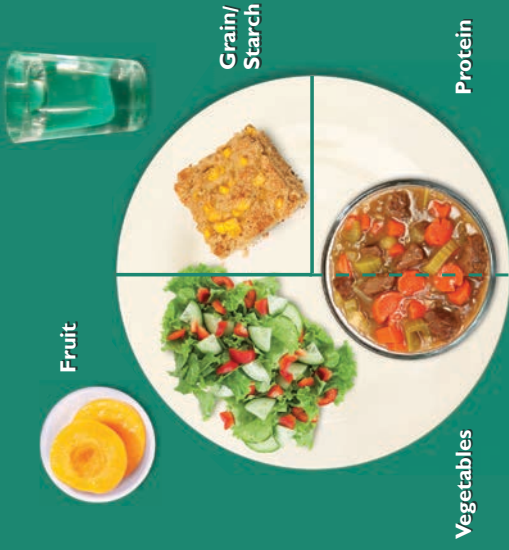
Drink water



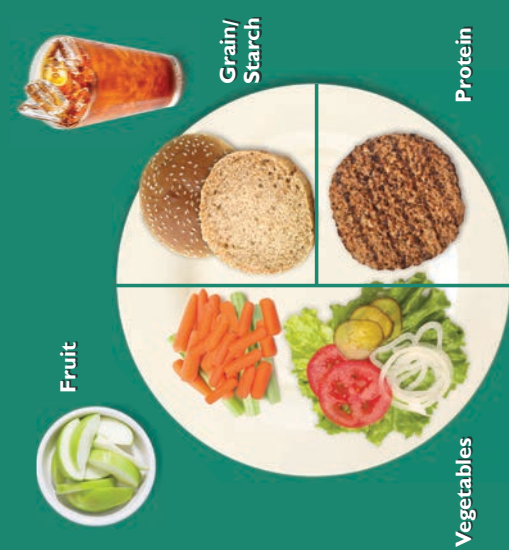
Use a 9-inch plate

Notes:

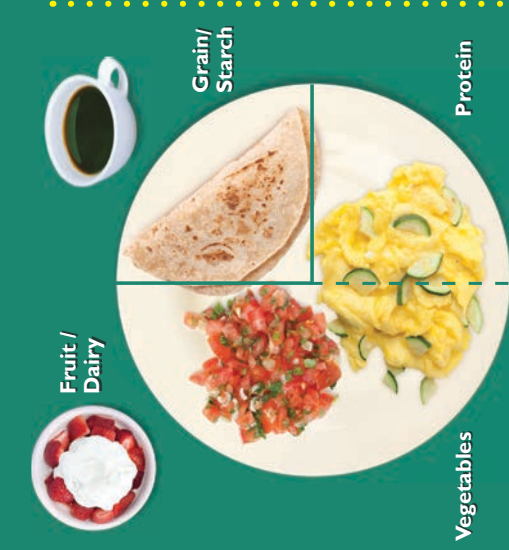
More Ideas for MY NATIVE PLATE



Pictured here: Peaches, salad, beef and vegetable stew, cornbread, water



Pictured here: Apple, carrots, celery, lettuce, tomato, onion, pickle, beef patty, bun, unsweetened tea



Pictured here: Yogurt with strawberries, salsa, scrambled eggs with zucchini, tortilla, coffee

Ways to Add Variety to Meals and Snacks

Grains and Starches

Tips

- Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.
- Try whole wheat flour instead of white flour.
- Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.
- Bake or roast potatoes instead of deep frying.

Examples

Grains: Pastas, breads, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal

Starchy vegetables: Potatoes, corn, green peas, winter squash

Proteins

Tips

- Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat.
- Instead of a beef patty for your burger, try a veggie, black bean, turkey, soy, or bison patty.
- Grill, stew, or bake meat instead of deep frying.
- If milk upsets your stomach, try yogurt, lactose free milk, or soy milk.

Examples

Animal proteins: Fish, wild game, bison, poultry, mutton, beef, pork, eggs

Plant proteins: Beans, lentils, nuts, nut butters, seeds, tofu, soy products

Dairy proteins: Milk, lactose free milk, yogurt, cheese, cottage cheese

Vegetables and Fruits

Tips

- Stock up on fresh, frozen, and canned vegetables and fruits.
- Keep fruits and vegetables on hand for snacking.
- Plan some meals around a vegetable main dish, such as a stir fry, stew, or soup.
- Enjoy fruit as a dessert.

Examples

Vegetables: Wild greens, tomatoes, carrots, leafy greens, zucchini, avocados, broccoli, green beans, cucumbers, onions, peppers, okra

Fruits: Berries, melons, apricots, peaches, citrus fruits, bananas, apples, pears

Produced by the IHS Division of Diabetes Treatment and Prevention. For more information and materials, visit www.ihs.gov/diabetes. 07/2018

Limit Added Sugar

Sugar in food can occur naturally or can be added. Sugars (simple carbohydrates) are digested quickly and change to glucose as fuel for the body. Too much sugar is not good for you.



Natural Sugar

Natural sugar is in fruits and naturally sweetened fruit juices, milk, and some vegetables.



Added Sugar

Added sugars are syrups and sugars that are added to foods and drinks during preparation, processing, or at the table.

Too much added sugar may contribute to health problems such as, **weight gain, obesity, and diabetes.**

Eating large amounts of added sugar may make it difficult to get all the daily nutrients your body needs and may cause you to consume too many calories.

Major Sources of Added Sugar



Sugar Sweetened Drinks

- Sodas & Soft Drinks
- Teas & Coffees
- Energy & Sport Drinks
- Powdered Drink Mixes
- Fruit Drinks



Desserts

- Cupcakes & Muffins
- Cakes & Pies
- Ice Cream
- Cookies & Donuts
- Candy



Sweet Breakfasts

- Sweet Cereals
- Cereal Bars
- Pastries
- Pancakes with Syrup
- Flavored Yogurt



Syrups and Sweets

- Jams
- Jellies
- Chocolate Syrup
- Honey
- Molasses

Reducing Added Sugar

- Choose sugary foods and drinks less often.
- Have smaller servings of sugary foods or drinks.



SWAP THIS



- Sodas, sports and energy drinks
- Sweet desserts
- Candy bar
- Cookies
- Sweetened cereals

FOR THAT

- Fruit infused water or tea
- Fresh fruit or frozen fruit pops
- Smoked salmon or dried meat
- Peanut butter with celery
- Blue corn mush or cereals with less than 3 grams (g) sugar



| Nutrition Facts | |
|---|------------|
| 8 Servings Per Container | |
| Serving Size | 8 fl.oz. |
| Amount per serving | |
| Calories | 110 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 5mg | 0% |
| Total Carbohydrate 27g | 10% |
| Dietary Fiber 0g | 0% |
| Total Sugars 23g | |
| Includes 23g Added Sugars | 46% |
| Protein 0g | |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0mg | 0% |
| Potassium 40mg | 0% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

Let the Nutrition Facts Label Be Your Guide

Check the label to see if foods are **LOW** or **HIGH** in added sugars.

- 5% Daily Value or less is **LOW** in added sugar
- 20% Daily Value or more is **HIGH** in added sugar

In this example, the added sugar is 23 grams, and the Daily Value is 46%. This food is high in added sugar.

The Daily Value for added sugars is **10% of total calories per day.**

For example, if your daily food intake is about 2,000 calories, this would be 50 grams of added sugars.

Elders Outreach Program



We've got new logo stickers!
Let us know if you'd like any.

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 April: 1st, 8th, 15th, 22nd & 29th

Mondays in May: 6th, 13th & 20th

Mondays in June: 3rd, 10th, 17th & 24th

No Luncheon on May 27th in observance of Memorial Day

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.

We have been proactive in seeking out grants and funding opportunities to support initiatives, particularly in the areas of local foods and nutrition services. We are still ecstatic that we received an LFPA Plus Grant of \$1.399 million last fall for local food initiatives. Additionally, we have secured and utilized funding from OAA Title A and C grants, the Nutrition Services Incentive grant, and the MIPPA grant over the past year. We are actively seeking ways to supplement our Elders Outreach budget with more funding sources.

As we purchase local foods with the LFPA Plus Grant and process those proteins into smaller and more appropriate portions, we have been making deliveries and passing out that bounty to our Elders and Tribal Members. We will continue to purchase local foods for the next two years with this allocated funding specific to local farmers, producers, and agriculturists. We will be working with the Alaska Food Hub and will be getting fresh produce such as carrots, potatoes, beets, turnips, mixed greens, microgreens, and eggs as well as a variety of different meats including beef, buffalo, pork, seafood, and shellfish. Of course, ordering the food, picking up the food, setting up deliveries to our site, as well as processing and repackaging takes time. If you need food now, specifically proteins, please call us and let us know how we can reach you sooner.

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 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!

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

Elders Outreach Program

Craft Wednesdays

Elders Crafting launched in February of this year, offering a variety of classes such as rag rugs, Eskimo yo-yos, jewelry making, beading, moccasins, fish skin tanning, shadow boxes, aprons, and other textiles and art pieces.

This program has been highly anticipated by and well attended by Elders, with classes consistently reaching capacity each week. We are thrilled to provide Elders with the opportunity to share their crafts, socialize, and enhance their spiritual wellbeing. For more information or if you're interested in participating, please contact us or stop by. Craft Wednesdays from 2pm to 5pm for the following months are:

Wednesdays in April: 3rd, 10th, 17th & 24th

Wednesdays in May: 1st, 8th, 15th, 22nd & 29th

Wednesdays in June: 5th, 12th & 26th

No Craft Wednesday on June 19th in observance of Juneteenth



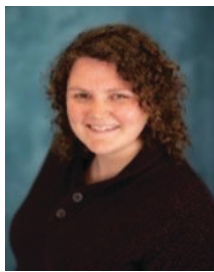
Making Bejeweled Wands for Planting

Pikuq, Jane, Dawn, Steph, Jamie, Sheri, Lorita, Helena & Pat.



Making Rag Rugs

Jane, Ginger, Pat, Jamie, Lorita, Shirley, Sheri, & Dawn



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

Elders Outreach Program Mission Statement

Providing services to Elders (55+) in our tribal boundaries that enhance quality of life, integrity of heritage, 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@niniichiktribe-nsn.gov

yop

NTC's Youth Outreach Program

is anchored in education and prevention. Studies consistently show that the negative cognitive, behavioral, and social impacts of growing up in adversity can be reversed by youth participating in prevention programs and having a relationship with a mentor. Our goal is to provide safe, alternative activities to youth where they can develop their interpersonal and character skills in order to have a brighter future. As indicated in extensive research, investing in our youth is the best possible investment we could make in the future development and success of our community.

Vision

Where healthy lifestyles provide safe environments for families, promote resilience among youth, and facilitate support from community members and leadership.

Mission

To promote safe and healthy environments that foster development through early intervention and education focusing on substance use prevention and suicide prevention.



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

Youth Outreach Program

Youth Highlights



Jolie Webb & Morgan Carlson-Kelly

“I recently competed in the District FFA Employability Skills contest and earned 3rd place. I will be representing my chapter at the state meet in April. Employability Skills is a competition where each contestant submits their resume and cover letter for judging then comes into a job site to fill out an application and to participate in a mock job interview with a panel of judges. The scores are added up and the top three contestants from each district around the state are invited to compete at the state level.

I really like competing in FFA career development events because it gives me a place to develop and practice skills such as interviewing, personal communication, and leadership. I also plan to compete with my team in the veterinary science contest and in the future, we would like to work toward having a marine technology and safety team. “

-Jolie Webb



“I joined 11 other teens in Juneau in February for a week to participate in the Youth in Governance (YIG) program. YIG is a youth program that introduces teens to state government. We did everything from learning to write bills to working as pages on the Senate floor. I learned more than I imagined while being immersed in our government. I met and had conversations with Governor Dunleavy and Lieutenant Governor Dahlstrom as well as many legislators. I am passionate about education and am interested in serving in political office in the future so I would like to participate in this program again if possible. I also encourage all young people to get involved in their government because we are the future, and we have the power to make our future brighter.

Thank you to Ninilchik Ladies Auxiliary, Thrive Ninilchik, and NTC Youth Outreach for helping me make this trip possible.”

-Morgan Carlson-Kelly

Youth in Governance occurs each February in Juneau. Contact Katie Matthews to get an application for 2025.



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



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

Youth Outreach Program



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

2024 Sr. GAMES

ALASKA AIRLINES CENTER, UAA CAMPUS | ANCHORAGE | APRIL 25-27



NYO is a year-round program that has a quantifiable positive impact on more than 2,000 youth each year.

In a survey emphasizing NYO's impact, 337 NYO athletes in grades 7-12 who competed in the 2023 Sr. Games offered the following insight:

- **77%** credited NYO as an incentive to **stay in school**.
- **69%** improved or maintained good grades in order to continue participation in NYO games.
- **45%** indicated a better understanding of the importance of a **healthy lifestyle**.
- **83%** see themselves as a **role-model** for future NYO athletes
- **96%** learned about **Alaska Native culture** and values
- **91%** developed new friendships with other athletes, coaches, and teachers
- **58%** indicated they practice **4 or more hours** per week



NYO Games Alaska & Cook Inlet Tribal Council, Inc.



CITCAAlaska



CITCAAlaska & NYOGamesAK

THURSDAY | APRIL 25

- 9 a.m. Registration
- 10 a.m. Coaches' meeting
- 11 a.m. Cultural performance
- 11:30 a.m. Opening Ceremonies
- 12:30 p.m. Toe Kick & awards
- 2 p.m. Wrist Carry & awards
- 4:30 p.m. Alaskan High Kick & awards

FRIDAY | APRIL 26

- 9 a.m. Registration
- 9:30 a.m. Coaches' meeting
- 10 a.m. Scissor Broad Jump & awards
- 11:30 a.m. Celebration of Graduates & Blanket Toss
- 12 p.m. Eskimo Stick Pull & awards
- 2:30 p.m. Academic Excellence awards & NYO Academic Scholarship award
- 2:45 p.m. One-hand Reach & awards
- 4:30 p.m. Two-foot High Kick & awards

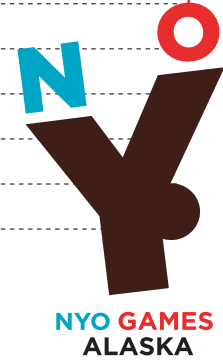
SATURDAY | APRIL 27

- 9 a.m. Registration
- 9:30 a.m. Coaches' meeting
- 10 a.m. Kneel Jump & awards
- 11:30 a.m. Indian Stick Pull & awards
- 1 p.m. One-foot High Kick & awards
- 3:30 p.m. Seal Hop & awards
- 5 p.m. Closing Ceremonies & awards

FREE PARKING IN DESIGNATED LOTS

Dates and times are subject to change; timing of each event is estimated and dictated by length of individual contests

For more information, visit nyogames.com



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

Health Club



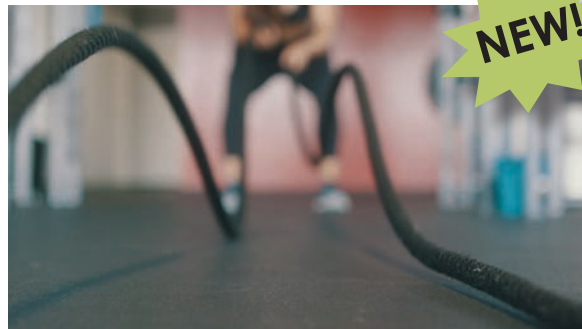
Small Steps Toward Better Health

Sitting for more than 7-8 hours a day can decrease muscle strength and increase the risk of diabetes and blood clots over time. Reduced sitting time has benefits even for those who are physically active.

Moving More

- Helps lower blood sugar levels for people with diabetes
- Helps boost circulation and increase muscle strength
- Reduces stress and improves mental health
- Improves quality of life

Courtesy of IHS Division of Diabetes Treatment & Prevention



NEW!

Personal Training Packages

Buy 5 at a time and save!

Have you met Tammy Z yet? Our dedicated and passionate personal trainer who is here to help you reach your fitness goals! With years of experience and a deep understanding of various training techniques, Tammy is committed to providing personalized fitness plans tailored to your unique needs.

Whether you're looking to lose weight, build muscle, or improve your overall health and wellness, Tammy has the knowledge and expertise to guide you every step of the way. Her positive energy and motivational coaching style will inspire you to push past your limits and achieve results you never thought possible.

Discover a healthier, stronger version of yourself. Get ready to sweat, smile, and succeed with Tammy as your guide!

30 minute sessions | \$30 or 5 for \$125

60 minute sessions | \$50 or 5 for \$225

TRIBAL MEMBERS :: get 2 sessions per week FREE!

Call or text to schedule a session 907.252.5115

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

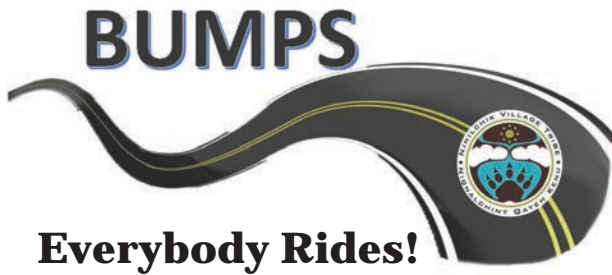
ALL CLASSES OFFERED LIVE IN OUR STUDIO AND ONLINE VIA ZOOM*

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

BUMPS & Cheeky Moose



Round Trip • \$10
One-Way • \$7

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
8am to 8pm
Closed Thursdays

Summer Hours start Memorial Day!
F-W 8am to 9pm + Deli Open
 Memorial Day thru Labor Day

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

APRIL 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 EOP Crafts 2-5 | 4 Yoga HWC 10:15 YOP GULO Sr. NYO | 5 YOP Teen Night | 6 |
| 7 | 8 EOP Lunch 12-1 Yoga HWC 10:15 | 9 Yoga HWC 10:15 YOP Teen Tues Sr. NYO | 10 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group EOP Crafts 2-5 | 11 Yoga HWC 10:15 YOP GULO Sr. NYO | 12 YOP Teen Night | 13 |
| 14 | 15 EOP Lunch 12-1 Yoga HWC 10:15 | 16 Yoga HWC 10:15 YOP Teen Tues Sr. NYO | 17 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group EOP Crafts 2-5 | 18 Yoga HWC 10:15 YOP GULO Sr. NYO | 19 YOP Teen Night | 20 |
| 21 | 22 EOP Lunch 12-1 Yoga HWC 10:15 | 23 Yoga HWC 10:15 YOP Teen Tues LAST Sr. NYO | 24 Yoga 9:30&10:15 YOP Study Hall EOP Crafts 2-5 NTC RCM 10:00 NTC Admin | 25 Yoga HWC 10:15 YOP GULO [--- SR. NYO Schedule | 26 YOP Teen Night STATE @UAA on page 18 | 27 --- |
| 28 | 29 EOP Lunch 12-1 | 30 Yoga HWC 10:15 YOP Teen Tues | | | EOP: Elders Outreach Program HWC: Health & Wellness Club YOP: Youth Outreach Program NYO: Native Youth Olympics GULO: Getting Us Leaders Outside | |

Events Calendar

MAY 2024

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|--|---|--------------------------------------|--|
| EOP: Elders Outreach Program HWC: Health & Wellness Club YOP: Youth Outreach Program NHS: Ninilchik School NYO: Native Youth Olympics GULO: Getting Us Leaders Outside YELP: Youth Education & Leadership Program | | | 1 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group EOP Crafts 2-5 | 2 Yoga HWC 10:15 YOP GULO | 3 YOP Teen Night | 4 |
| 5 | 6 EOP Lunch 12-1 Yoga HWC 10:15 | 7 Yoga HWC 10:15 NYO Family Celebration at Community Center 5:30-7:30 | 8 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group EOP Crafts 2-5 | 9 Yoga HWC 10:15 YOP GULO | 10 YOP Teen Night | 11 |
| 12 | 13 EOP Lunch 12-1 Yoga HWC 10:15 NHS Graduation 6pm | 14 Yoga HWC 10:15 | 15 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group EOP Crafts 2-5 | 16 Yoga HWC 10:15 NHS Last Day of School | 17 YOP Teen Night | 18 |
| 19 | 20 EOP Lunch 12-1 Yoga HWC 10:15 | 21 Yoga HWC 10:15 | 22 Yoga HWC 9:30 & 10:15 EOP Crafts 2-5 | 23 Yoga HWC 10:15 | 24 | 25 [----- NO Y O U T H O U T R E A C H A C T I V I T I E S -----] |
| 26 | 27 NO EOP Luncheon NTC Closed for Memorial Day | 28 Yoga HWC 10:15 YOP Outreach Summer Kick Off Ages 12-24 Activities TBD | 29 Yoga HWC 9:30 & 10:15 NYO EOP Crafts 2-5 | 30 Yoga HWC 10:15 YELP | 31 YOP Free Friday Teen Center | |

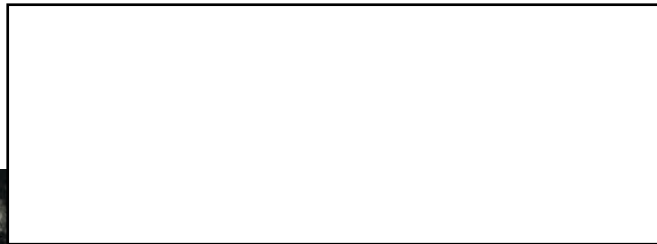
Events Calendar

JUNE 2024

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|----------------------------------|--|----------------------------------|-----------------------------------|-----|
| EOP: Elders Outreach Program HWC: Health & Wellness Club YOP: Youth Outreach Program NYO: Native Youth Olympics YELP: Youth Education & Leadership Program | | | | | | 1 |
| 2 | 3 EOP Lunch 12-1 Yoga HWC 10:15 Educational Fishery Sign-up | 4 Yoga HWC 10:15 YELP | 5 Yoga HWC 9:30 & 10:15 NYO EOP Crafts 2-5 | 6 Yoga HWC 10:15 YELP | 7 YOP Free Friday Teen Center | 8 |
| 9 | 10 EOP Lunch 12-1 Yoga HWC 10:15 | 11 Yoga HWC 10:15 YELP | 12 Yoga HWC 9:30 & 10:15 NYO EOP Crafts 2-5 | 13 Yoga HWC 10:15 YELP | 14 YOP Free Friday Teen Center | 15 |
| 16 | 17 EOP Lunch 12-1 Yoga HWC 10:15 | 18 Yoga HWC 10:15 YELP | 19 NTC Closed for Juneteenth NO EOP Crafts | 20 Yoga HWC 10:15 YELP | 21 YOP Free Friday Teen Center | 22 |
| 23 30 | 24 EOP Lunch 12-1 Yoga HWC 10:15 | 25 Yoga HWC 10:15 YELP | 26 Yoga HWC 9:30 & 10:15 NYO EOP Crafts 2-5 | 27 Yoga HWC 10:15 YELP | 28 YOP Free Friday Teen Center | 29 |

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!