

Ninilchik Traditional Council

newsletter

Fall 2023



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Upcoming Dates to Remember

All NTC Offices will be closed on

Alaska Day - Wednesday, October 18th
 Veterans Day - Friday, November 10th
 Thanksgiving Day - Thursday, November 23rd
 Native American Day - Friday, November 24th
 Christmas - Monday, December 25th
 Christmas - Tuesday, December 26th
 New Year's Day - Monday, January 1st, 2024

The next Regular Council Meeting is scheduled for Friday, October 27th 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 niniilchiktribe-nsn.gov for the most current schedule.

Save the Date for the NTC Annual Meeting Saturday, November 18th

Who We Are

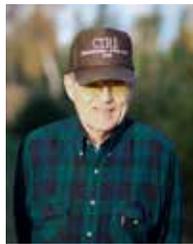
The Ninilchik Village Tribe is made up of approximately 1,000 members who trace their roots to the Ninilchik tribal lands as well as other Bureau of Indian Affairs-recognized Alaskan Natives and American Indians who have settled in the tribal boundaries and have applied, and been accepted for membership. 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 fall! I hope your gardens were bountiful, the freezers are full of fish, and moose hunting was successful. Unfortunately, the entire Cook Inlet commercial setnet season was closed and the educational fishery numbers were abysmal, with no kings allowed and very few sockeye salmon caught. Once again, our federal subsistence fishery saved the day. The crew was able to get 1,978 fish for the Ninilchik community out of the Kasilof River gillnet, with another 2,771 harvested in the Kenai River. The Resource crew fulfilled around 170 community household permits, totaling 4,749 salmon. A huge thanks goes out to the staff who made this possible.

Along these lines, I am extremely excited to announce a critical study that was recently published by Heather Sauyaq Jean Kwamboka Gordon, PhD. As an Indigenous person and research scientist who grew up in Homer and worked with the Ninilchik Tribe on this project, her work is transformative in documenting how subsistence is vital to the health and well-being of our people. This report was published nationally and picked up in the media, notably The Imprint which posted the article titled 'Report Documents the Critical Elements of Protecting Alaska Native Children — Connections to Culture and the Environment.'

<https://imprintnews.org/top-stories/report-documents-the-critical-elements-of-protecting-alaska-native-children-connections-to-culture-and-the-environment/244150>

The context, history, findings, and recommendations can be found in her research 'Current Policy Landscape Prevents Subsistence Protections and Practices Necessary for Alaska Native Children and Families' Well-being.'

<https://www.childtrends.org/publications/current-policy-landscape-prevents-subsistence-protections-and-practices-necessary-for-alaska-native-children-and-families-well-being>

<https://www.childtrends.org/blog/5-ways-that-subsistence-practices-support-indigenous-child-and-family-well-being>

As the report states: "This brief shares findings from the author's qualitative futures study conducted in partnership with the Ninilchik Village Tribe (NVT) and presented, in part, in an article titled "Alaska Native Subsistence Rights: Taking an Anti-Racist Decolonizing Approach to Land Management and Ownership for Our Children and Generations to Come." The brief will show how subsistence is a critical part of Alaska Native cultures and that the ability to pass subsistence practices to children is an important protective factor for their well-being."

We have also been working with the Cook Inlet Tribes to advance Tribal fishery issues and support our food security. Greg, Darrel, and I hosted a meeting this summer with the entire national leadership of the US Fish and Wildlife Service (FWS) here in Ninilchik at the Tribal Community Center. This first of its kind meeting allowed us to meet with the acting National Director and each Regional Director of FWS from around the nation. We are continuing this momentum to work with FWS in advancing more of our recommendations moving forward.

The work on our tribal 8(a) company Tuyan, LLC is going well. I was able to speak at a national conference regarding the engagement of our State Small Business Credit Initiative (SSBCI) monies that were invested in Tuyan, LLC. We also hired two new employees to implement new task orders on the Defense Logistics Agency contract and we seem to be in an excellent position as we develop our company into the future.

The Council is continuing to work hard on the Cultural Heritage Center. We held a strategic planning session this summer with our engineering team and the architect. Plans are being prepared and branding is ongoing. The expectation is that final plans will be completed this upcoming summer.

In closing, there is a lot to be enthusiastic about here at the Tribe. I hope you have a great fall, and we look forward to a prosperous winter. Thank you.

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

Ivan Z. Encelewski, NTC Executive Director

Notice of NTC Annual Election

Notice of NTC Annual Election

November 13, 2023

The 2023 NTC Annual Election date has been set as November 13, 2023 (per the Constitution of the Ninilchik Tribe, this is the deadline for ballots to be received, and no late ballots can be accepted).

The purpose of this election is to elect two (2) Council members for three-year terms.

NTC realizes that the Tribal Court does not currently have a working and functioning purpose, as it is in the early developmental stages. Therefore, the process of continuing to elect judges annually is not necessary and warrants suspension until further notice.

Council Seat

Any NTC registered voter, who resides within the Ninilchik Traditional Council's Tribal Boundaries, may run for a Council seat by simply filling out a Declaration of Candidacy Form.

All Declaration of Candidacy forms must be received by NTC's Tribal Services Office no later than 5:00pm on October 19, 2023.

The 2023 NTC election is conducted by mail only. There will be no polling place open for in-person voting on Election Day. Ballots will be mailed on October 24, 2023. Any registered voter who does not receive a ballot by mail may request such a ballot in person, by phone, telefax, or mail at the Ninilchik Traditional Council's Tribal Services Office.

All ballots must be received by or on November 13, 2023

Mail your ballot early to ensure that it is received by the Election Committee by the deadline. There is no postmarking deadline.

If you have any questions regarding the upcoming election, please contact Christina at (907) 260-2740.

Any new candidate running for the Board, or any previous Board member seeking re-election, shall be deemed unqualified if found to be, in any capacity, an employee of NTC, either inactive, temporary, or permanent, full, or part time. However, no voter seeking election shall be placed upon the ballot if such voter has been convicted of or pled guilty or no contest to a felony offense involving dishonesty or moral turpitude within five (5) years of the date of the election; or has been found guilty of, or entered a plea of nolo contendere or guilty to, any felonious offense or any of 2 or more misdemeanor offenses under Federal, State, or tribal law involving crimes of violence; sexual assault, molestation, exploitation, contact or prostitution; crimes against persons; or offenses committed against children. Furthermore, no voter seeking election shall be placed upon the ballot if such voter has been previously recalled by election from the NTC Board within five (5) years of the date of the election. In addition, a successful candidate must provide the results of a drug test in the same manner as that required to be submitted by tribal employees before being installed into office. All Council members are subject to background investigation and Drug & Alcohol testing in accordance with the Ninilchik Traditional Council's Anti Drug and Alcohol Plan, in order to comply with appropriate Federal requirements. These are required because the Ninilchik Traditional Council administers programs with federal money, which mandates that the Tribe comply with mandatory background checks and drug-free certifications. Council members will, at times, have control or work directly with children and child custody issues. As a result, the Indian Child Welfare Act program, that the Tribe administers, requires copies of background checks.

For more information regarding the NTC Annual Election, please contact Christina at 907-206-2740 or cpinnow@nirilchiktribe-nsn.gov

Housing Department

*“The beautiful thing about learning is nobody can take it away from you.”
-B.B. King*



Hello Ninilchik Tribe,

Another summer gone into the wind and rain. I do hope everyone was able to get their fish for the winter, possible garden goods harvested, and to top it off a Moose. Let’s start this month off with our most recent addition.

We have another excited homeowner here in Ninilchik. Our latest 3-bedroom, 2-bathroom home is a winner. It’s the tightest yet best air circulation home we have built to date. Healthy air circulation ensures no mold problems, along with 6-star plus energy rating ensures low heating and energy costs. All lights are LED along with fuel oil boiler for heat and hot water.

Our next home will be built here in Ninilchik for another Tribal Member. We are changing people’s lives one home at a time. And all at a time when homeownership is getting harder to obtain.



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

Housing Department



As summer closes out, and starts to be transitioning into the winter months, I implore you to look at what needs to be done around your home and start getting it ready for the winter. Besides getting the wood and coal in, think about the last time you cleaned your chimney stove pipe.

Our Home Weatherization Program could help make your home more energy efficient. Proposed projects must fit within the parameters of the program's requirements, including income limits. Here is a brief list for households up to four people: 1) \$58,350, 2) \$66,700, 3) \$75,050, 4) \$83,350. The other requirement is you or someone you know must do the work. We buy the materials, but you must complete the projects.

You should also be looking for anywhere you feel a movement of air inside your home. Movement of air means air has a way in and a way out. If you can block the in and out air movement, you will have stopped your heat loss. This time of year, when it's starting to cool off, but it's still warm enough in the afternoons to use spray foam or caulking, it's time to feel out those cool spots in your home. Keep in mind that both foam and caulk need to be used in temperatures no colder than 40°F, the warmer the better. Spots around doors and windows are the most common because of homes shifting due to freezing and thawing of the ground. This moves the windows and doors; it could be a lot or a little. If it's a lot, use minimum spray foam to fill it, let it sit overnight, and then put moulding over it if you want to cover it up. If it's a little, I would use caulk. As I pointed out in the last newsletter, there are many types of caulks, and all have their own purpose. You can do a little research online to see which would work best in your case and then purchase at the store.

If you have a cold floor that means you have movement under the home. To stop this, you need to install skirting. If you already have skirting, then you need to also insulate with blue board under your home from the inside, overlapping the area that each skirting boards meet each other. This should do the job.

Another consideration is more insulation in the attic. You can use rolled fiberglass or the blown-in type. Rolled tends to give better performance but blown-in is easier and quicker. There is a lot of information on the internet to look at when considering which is better for you.

Lastly before we go, for the homeowners behind in their mortgages due to Covid, we have the Treasury's "Homeowners Assistance Fund," or HAF grant, that might be able to assist you. This could help with past-due mortgages, property taxes, and utilities, and possibly stop foreclosures. This program is open to homeowner of all races within our Tribal Boundary area. Household incomes must fall within the 150% median income limits for the Kenai Peninsula Borough. The application is posted on the NTC website at the top of the Housing webpage if you are interested in getting more information.

Until the next newsletter, have a Happy Thanksgiving, a Merry Christmas, and a wonderful New Year.

Bob

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

Health Department

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
2nd Saturday of the month 9am to 7pm

Homer Clinic

4047 Bartlett St
907-206-2730

Monday thru Friday 9am to 5pm

Our Medical Team

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 Wed and Fri.

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. Now offering some IV therapy.

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



Everyone is loving our new clinic in Homer!

It is very comfortable with lots of new plants. There is lots of space with room to grow or have potential rental spaces. If you are ever in Homer, please stop by and check it out.



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 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.

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

Health Department

October is Breast Cancer Awareness Month

SPH sponsored a “Brake for Breakfast” event in Anchor Point, Homer, and Fritz Creek. Olivia Delgado, Tammy Taylor, KJ Ivone, and Janet Mullen volunteered to set up a table to hand out information and some breakfast goodies to passersby. It was a brisk 26 degrees. Thank goodness for heat lamps!



Flu Season is Here!

If you are interested in a flu shot, please call any one of our clinics to schedule.

Ninilchik 907-567-3970 • Homer 907-206-2730 • Anchor Point 907-206-2733

Counseling Services

Please welcome **Frankie Opatz** to our Behavioral Health team! Frankie is a Licensed Family/Marriage Counselor and also sees individuals. He sees patients in Ninilchik one day a week and in Homer 4 days a week.

Lukas Ficklin, LPC-S and CDC I, is in Homer on Wednesdays and in Anchor Point every other Friday. He spends the rest of his time at Ninilchik.

Why wait until the New Year to start working on your health goals?

Ask us about our **Weight Management Program** with **Kristie Finkenbinder, FNP.**



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



Eligibility:

- Children must be 3 years old before September 1st, but not yet 5 years old before September 1st
- Children must be potty trained
- Children must be able to follow simple directions

Our Early Learning Program is open to the Ninilchik Community; however, we give priority for enrollment to Alaskan Native/American Indian children. Space is limited to 12 students! Priority is also given to returning students and students who are eligible to enter kindergarten the next fall.

Our goal is to provide pre-elementary children the opportunity to socialize with peers, to learn to participate in group activities, and expose students to age-appropriate activities and knowledge. Attending preschool helps prepare students with necessary skills to enter kindergarten with confidence. Students who attend our Early Learning Program regularly tend to excel in their academic achievements. Our overall goal is to provide a positive learning experience for young children in our community.

Our Curriculum incorporates a variety of classroom skills including Social Skills, Academic Skills, Music & Movement, Alaskan Culture, Healthy Lifestyles, Art, Math, Science, and Cooking Activities.

**ELP Classes start October 3rd
Tuesdays & Thursdays from 10am - 12pm**



It Takes A Village is a state licensed childcare facility that serves up to 24 children from 1 week of age to 12 years old

Applications are available at the
**It Takes A Village &
NTC Tribal Services Building**

For more information, please call
Alicia Morris at 1-907-206-2740 ext. 2202

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

Ninilchik Health Club



NINILCHIK HEALTH CLUB

TURKEY TROT
5K FUN RUN & WALK



THANKSGIVING DAY

NOVEMBER 23 • 9:30 AM

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

BOOT CAMP

fitness classes with tammy z



HOLIDAY HUSTLE

4 WEEKS
NOVEMBER 7 -
DECEMBER 21

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

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

Elders Outreach Program



Elders Outreach Program

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 **October**: 2nd, 9th, 16th, 23rd & 30th

Mondays in **November**: 6th, 13th, 20th & 27th

Mondays in **December**: 4th, 11th, & 18th

***No luncheons December 25th and January 1st**

**Our first Luncheon in 2024 is on January 8th*

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 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 hope everyone had a wonderful summer as we are winding down from our summer and fall activities and getting ready for winter. The EOP has applied for multiple grants, and it is with much excitement to announce that we have been awarded the Nutrition Services Incentive Program for Native Americans, Native American Caregivers Support, and the Older Americans Act for Native Americans. The EOP will use this funding to continue to offer support and outreach to our Elders and Tribal Members. We also applied for the LFPA Plus Grant for local foods in the State and we received that funding opportunity as well. The EOP also applied for a Buffalo grant that we are still awaiting a response on.

The EOP has been receiving fresh produce from the Alaska Food Hub and from Jimmy and Jocelyn Painter. We are very grateful and blessed to have been getting that out to Elders and Tribal members in our community. We also would like to say thank you the Health Club for allowing the Alaska Food Hub to drop off that produce in the interim of us picking it up and delivering it. The Ninilchik Tribe's resources benefit us all and we would like to say thank you to Brie Wallace for allowing this. The Alaska Food Hub has been phenomenal to work with. They have been donating fresh produce weekly and we have been passing out to Elders and using it for Luncheon meals. What a treat it is to receive local produce!

Over the next few months, the EOP will be working on getting ready for the winter months canning fish and processing moose. We are continuing to offer rides for appointments and picking up groceries and prescriptions in town for so many Elders and those in need, as well as picking up trash to drop off at the local transfer site.

We are coming up on the holidays and we would like to share a delicious dessert recipe as it's a favorite of so many we've served, our Peppermint Cheesecake. We hope you enjoy it!

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

Elders Outreach Program

Peppermint Cheesecake



12 oz Oreos (or chocolate cookies of your choice)
 1 1/2 lb Cream Cheese, room temp.
 3/4 C White Sugar
 1/3 C Sour Cream
 1/3 C Heavy Cream

4 Eggs
 2 TBSP All-Purpose Flour
 1 tsp Vanilla
 1/2 tsp Peppermint extract
 1/2 tsp Salt
 1/3 C Peppermint Candy, coarsely crushed

Place cookies into zip lock bag and crush them and mix in melted butter over the crumbs to coat, put into 9-inch round springform pan and press evenly over the bottom and 1/2 inch up the sides of the pan and bake at 300 degrees for about 6-7 minutes.

In a bowl with a mixer on medium speed, beat room temperature cream cheese and sugar until well blended. Add in the sour cream and heavy cream, as well as the vanilla, peppermint as well as the flour and salt. Finally, add eggs one at a time, blending for a moment after each addition. Do not over mix after adding eggs. Pour cream cheese mixture into crusted pan.

Bake at 300 degrees until edges are just golden and center jiggles slightly when pan is gently shaken, about 1 hour. You could also water bath bake if you prefer. Let cool overnight either in oven once you turn it off or transfer to refrigerator. Decorate top of the cheesecake with crushed peppermint candy, pressing it in gently with your hands. Cut and serve.

We serve with homemade whipped cream and top with peppermint!



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!

The Elders Outreach Program would like to wish you all Happy Holidays and a Blessed New Year!



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

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



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.

Ninilchik Traditional Council's Youth Outreach 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.



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

Youth Outreach Activities



Teen Nights: Teen Night provides an opportunity for youth to enjoy our Teen Center while feeling safe being themselves in a drug and bully free environment. Youth may participate in any of the activities our facility provides such as card games, board games, pool, ping pong, basketball, VR, arts, movies, and video games.

Teen Nights take place each Friday or on the last day of school for that week from 3:35-8:30 PM and is for all youth ages 12 and up.



Teen Tuesdays: Teen Tuesday is a mixture of enrichment activities and free time at our Teen Center. Students may utilize this time to catch up on homework assignments or take part in one of our many activities to decompress after the school day.



GULO: Getting Us Leaders Outside (GULO), is a collaboration between NTC Youth Outreach and Project GRAD. It is designed to help youth connect with positive adult mentors while having enriching outdoor adventures and educational experiences. Studies consistently show when youth work with a mentor, their high school graduation rate increases, self-esteem and confidence boosts, improves interpersonal skills, they become less likely to use drugs and alcohol, and an ongoing list of other benefits.

Youth Outreach After-School Schedule

Tuesday– Teen Tuesday
3:35-5:30

Wednesday– Study Hall @ Ninilchik School
3:35-5:30

Thursday– GULO
3:35-5:30

Friday– Teen Night
3:35-8:30

Times are subject to change, check our Facebook page, BHS Ninilchik, for updates

NYO Schedule

The 2023 NYO season kicks off on October 23!

Junior Practices (K-6) Mondays and Wednesdays
3:35-5:15 @ Ninilchik School Hydrogym

Senior Practices (7-12) Tuesdays and Thursdays
3:35-5:15 @ Ninilchik School Hydrogym

For more info call Rick Dunaway (907) 690-2331 or email

rdunaway@ninilchiktribe-nsn.gov

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



Kuspuk

SEWING WORKSHOP



The Ninilchik Youth Outreach Program was presented with an opportunity to learn how to sew Kuspuks. A sewing project of this scale required community buy-in, and Ninilchik did not disappoint. It really was a community-wide effort. Penny Connealy, a Ninilchik resident and school teacher, offered to teach us how to sew our own kuspuks. Several community members loaned sewing tools such as ironing boards, irons, sewing machines, and materials needed for this workshop to take place. Penny also provided size specific patterns to each youth to take home for future use.

This project provided youth an opportunity to learn how to navigate the multiple steps it takes to create an article of clothing. First steps included a field trip to Joann in Soldotna where youth were able to peruse the many aisles of fabric and select a main color and a contrasting color, reflecting their own unique style. From there we were tasked with reading and cutting a pattern, ironing fabric, setting up and operating a sewing machine, and sewing a pattern together. Over three days, each youth produced a beautiful kuspuk reflecting their own personal flair. Several youth submitted their kuspuks into the Ninilchik Fair exhibit showcase to display their wonderful pieces of work.



Penny Connealy shows Rylee Lemons how to sew her kuspuk

This was a great learning experience where youth, adults, and elders enjoyed each other's company, learned from each other and helped one another throughout the project. We would like to extend a huge thank you to Penny Connealy for leading this class, Shirley Chihuly for her expertise, and to all the community members who loaned us their tools. Without them, this project could not have happened!



We look forward to future opportunities to introduce youth to different types of crafting/hobby activities. If you know of someone with a special talent to share their knowledge, please reach out to the Ninilchik Youth Outreach Program.

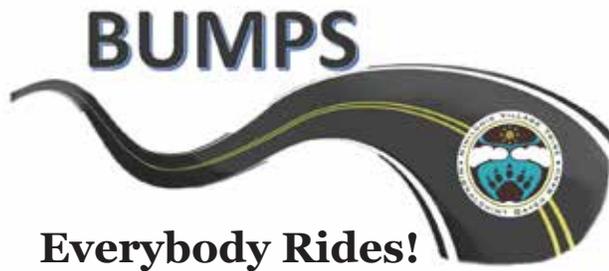


Kuspuk is an English word based on the indigenous Yup'ik word "qaspeq" which translates to "cloth over parka." The original qaspeq was made from gut skin, animal hide, or feathered bird skin to keep the wearer warm and dry. Today, kuspuks are often made of colorful or patterned cotton material and are locally handmade. There are many variations on the style and can be specific to a village or family. Kuspuks have become a popular Alaska-specific design.
(n.d.). Kuspuks: Classic Alaska attire (U.S. National Park Service).



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

BUMPS



The purpose of the BUMPS program is to create an affordable transportation choice that serves the community, non-drivers, senior citizens, and people with special needs. The bus service has the potential to connect people to local educational institutions, medical and dental care facilities, employment opportunities, and commerce while decreasing the overall economic burden of transportation to the residents and businesses of the Kenai Peninsula. Our Buses are wheelchair ready and ADA compatible. We hope that by increasing access to economic centers we can help reduce transportation obstacles, help the larger community, and promote positive growth in the region.

This past year BUMPS has exceeded the combined passenger counts from 2021 and 2022!

In 2021 BUMPS had 330 passengers, 520 in 2022, and 850 in 2023! Part of this could be due to the cost of gas prices and inflation but could also be the efforts that have been made by the BUMPS team to get the word out. In the past year BUMPS has become involved with several community groups. BUMPS has been an active member of a transportation group in Homer and one in Kenai. BUMPS also attended the health fair in Homer to promote the service. BUMPS has been collaborating with organizations in the community who purchase vouchers, punch cards, and monthly passes for their clients. BUMPS has also been working with agencies like Ninestar, Independent Living, the Department of Social Services, and the courts.

Our numbers aren't up solely because of the economy. People ride to relax and enjoy the scenery, meet new people, enjoy a less stressful commute, and more. Some passengers started riding for one reason then chose not to go back to driving themselves.

September has been the slowest month for BUMPS. Some people assume that bus stops running after Labor Day, but the bus actually runs year-round. Advanced reservations for the bus are not required. Riders can make same day reservations or just show up at one of the main stops. Some special accommodations can be made for elderly and disabled. All three of the BUMPS buses are ADA compliant. The bus schedule can be found on the next page or on the NTC website or call (907) 394-8866 for more information. The bus is usually on time with the exception to delays during road construction, weather, and Alaska traffic.

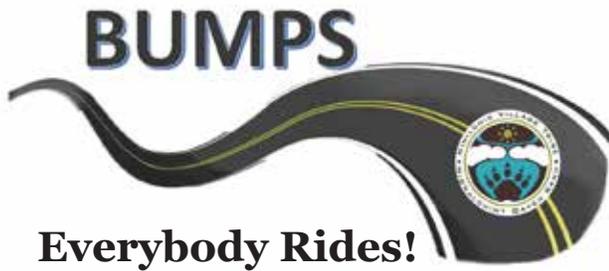
BUMPS looks forward to continuing to serve the Kenai Peninsula community and hopes to be able to expand the service in the future. BUMPS continues to seek federal funding to update buses, increase service area and the number of routes. In the meantime, sit back and enjoy the ride.

Photo of caribou taken from inside the bus by bus driver Beth Piltz



**For more information regarding BUMPS,
please contact 907-567-3815 or bumps@niniichiktribe-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

OCTOBER 2023

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

Events Calendar

NOVEMBER 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 GULO: Getting Us Leaders Outside | | | 1 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO | 2 Yoga HWC 10:15 YOP GULO Sr. NYO | 3 | 4 |
| 5 | 6 EOP Lunch 12-1 Yoga HWC 10:15 Jr. NYO | 7 Yoga HWC 10:15 YOP Teen Tues Sr. NYO | 8 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO | 9 Yoga HWC 10:15 YOP Teen Night 2:05-6:00 NHS Early Release | 10 NTC Closed for Veteran's Day | 11 Veteran's Day |
| 12 | 13 EOP Lunch 12-1 Yoga HWC 10:15 Jr. NYO | 14 Yoga HWC 10:15 YOP Teen Tues Sr. NYO | 15 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO | 16 Yoga HWC 10:15 YOP GULO Sr. NYO | 17 YOP Teen Night | 18 NTC Annual Meeting |
| 19 | 20 EOP Lunch 12-1 Yoga HWC 10:15 Jr. NYO | 21 Yoga HWC 10:15 YOP Teen Tues Sr. NYO | 22 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO | 23 NTC Closed for Thanksgiving | 24 NTC Closed for Native American Day | 25 |
| 26 | 27 EOP Lunch 12-1 Yoga HWC 10:15 Jr. NYO | 28 Yoga HWC 10:15 YOP Teen Tues Sr. NYO | 29 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO | 30 Yoga HWC 10:15 YOP GULO Sr. NYO | | |

Events Calendar

DECEMBER 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 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 GULO Sr. NYO | 8 YOP Teen Night | 9 |
| 10 | 11 EOP Lunch 12-1 Yoga HWC 10:15 Jr. NYO | 12 Yoga HWC 10:15 YOP Teen Tues Sr. NYO | 13 Yoga HWC 9:30 & 10:15 YOP Study Hall/ Reading Group Jr. NYO | 14 Yoga HWC 10:15 YOP GULO Sr. NYO | 15 YOP Teen Night | 16 |
| 17 | 18 EOP Lunch 12-1 Yoga HWC 10:15 Winter Break @TC 12-5 | 19 Yoga HWC 10:15 Winter Break @TC 12-5 | 20 Yoga HWC 9:30 & 10:15 Winter Break @TC 12-5 | 21 Yoga HWC 10:15 Winter Break @TC 12-5 | 22 Winter Break @TC 12-5 | 23 |
| 24 | 25 NTC Closed for Christmas | 26 NTC Closed for Christmas | 27 Yoga HWC 9:30 & 10:15 Winter Break @TC 12-5 | 28 Yoga HWC 10:15 Winter Break @TC 12-5 | 29 Winter Break @TC 12-5 | 30 |
| 31 | | | | | | |

SPITwSPOTS Vacancy

With the budding partnership between NTC and SPITwSPOTS progressing along, NTC Tribal Members now have employment preference with SPITwSpots!

Check out this current opening for an Inventory Manager in Soldotna.

The primary function of the Inventory Manager is the procurement and tracking of inventory. Other duties entail communication with approved vendors to obtain quotes or follow up on orders, researching alternative vendors when our normal vendors are unable to provide necessary inventory items, tracking of receiving and properly logging received inventory into the database, monitoring and maintaining minimum stock levels, submission of purchase order requests for inventory purchases and completion of orders once approved, and coordinating with transportation companies for delivery.

This position requires an organized, detail-oriented, proactive person who can provide clear communication with department managers, employees, and vendors.

Essential Duties and Responsibilities:

- Maintaining accurate inventory records
- Tracking/maintaining minimum stock levels
- Coordinating with vendors for equipment purchase quotes
- Placing equipment orders
- Tracking equipment order fulfillment
- Coordinating delivery of freight orders
- Logging inventory orders into the tracking database
- Additional duties as assigned

Knowledge, Skills, and Abilities:

- Ability to interface with employees and customers in a professional and friendly manner
- Ability to work independently and as part of a team
- Strong organizational and time-management skills that reflect ability to perform and prioritize multiple tasks seamlessly and work under pressure with excellent attention to detail
- Professional appearance
- Excellent oral and written communication skills
- Excellent phone skills
- Industry knowledge is preferred but not required
- Effective verbal and written communication skills
- Strong interpersonal and teamwork skills
- Good analytical skills and problem-solving ability
- Ability to identify issues, analyze options, and recommend a course of action to their supervisor
- Self-starter, able to work with general supervision
- Must enjoy a dynamic environment and be able to remain flexible and manage multiple priorities, tasks, and situations.
- Strong prioritization skills and ability to balance multiple tasks successfully.

SPITwSPOTS Vacancy**Education, Experience and Certifications:**

- A high school diploma or equivalent is required

Requirements:

- Constant use of computer including keyboard and mouse
- Ability to sit for extended periods of time
- Ability to lift and carry up to 50 pounds
- Must be able to type at least 35 wpm
- Proficient computer software skills to include but not limited to Microsoft Office Products and/or Google Suites
- Must have the ability to perform the essential functions of this position with or without reasonable accommodations
- Valid Driver's License

Key Work Relationships:

- Must demonstrate professionalism when representing the company to internal and external contacts
- Demonstrates the ability to interact effectively with peers, supervisors, and other company personnel
- Must treat all people with courtesy and respect

Physical Demands:

To successfully perform the essential duties of this position, an individual must be able to sit or stand for prolonged periods at a desk. Sit for extended periods of time particularly during high-stress situations. The work environment consists of exposure to physical conditions typical of a normal office environment. Most of the job is performed while sitting, although the work may require occasional standing or walking and/or the lifting and carrying of small objects. Reasonable accommodations may be made to assist individuals with disabilities to perform essential position functions.

Supervisory Functions: Oversee Local Warehouse Operators

Job Type: Full-time

Schedule: 8 am to 4:30 pm, Monday through Friday, day shift

Work Location: In Person, Soldotna based

How to Apply:

To apply, please submit a resume to careers@spitwspots.com and include the Job Title in the email subject line.

Notice:

This description is intended to provide the general nature and level of work being performed, it is not all-inclusive. All personnel may be required to perform additional duties as needed outside of their normal responsibilities.

SPITwSPOTS, Inc. is an Equal Opportunity Employer.

For any additional information, please contact SPITwSPOTS at 907-226-2082.

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!

Front & back cover photos provided by Maria Goins

We invite you to send us your photo submissions for future newsletters. Email bwallace@ninilchiktribe-nsn.gov