



NINILCHIK TRADITIONAL COUNCIL

FALL 2025 NEWSLETTER



The Ninilchik Village Tribe is a federally recognized Tribe in Alaska, consisting of approximately 1,100 members. These members can trace their ancestry to Ninilchik tribal lands or are Alaska 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, composed 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

Richard "Greg" Encelewski
President/Chairman



Whitney Schollenberg
Secretary/Treasurer



Jamie Leman
Director



Eric Kvasnikoff
Director



Lorita Van Sky
Director



INSIDE THIS ISSUE

FALL 2025

Executive Director's Address | 04

2025 Annual Meeting | 05

Notice of Elections | 06

Housing Department | 07

Health Department | 08

Tribal Services Department | 14

Elders Outreach Program | 16

Youth Outreach Program | 18

Ninilchik Health Club | 20

Behavioral Health | 22

Cheeky Moose | 24

BUMPS | 24

Events Calendar | 25



All NTC Offices will be closed on

Monday, November 11th • Veterans Day
Thursday, November 27th • Thanksgiving
Friday, November 28th • Native American Day
Wednesday, December 24th • Christmas Eve
Thursday, December 25th • Christmas
Thursday, January 1st • New Year's Day

There is no Regular Council Meeting scheduled for November.

Please join us for our 2025 Annual Meeting on Saturday, November 15th
(See details on page 5)

Front cover photo provided by Perry Miller
Back cover photo provided by Laura Ullmann
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



As fall wanes and winter begins, I'm hopeful you had a wonderful summer, and your freezers are packed with moose and fish. With the Cook Inlet commercial setnet season closed for the third year in a row, and the educational fishery spotty with no kings allowed, we turned to our subsistence nets. The federal subsistence fishery was very successful. Darrel and the Resource Department harvested 1,665 sockeye salmon for the Ninilchik community in the Kasilof River gillnet, with another 3,183 harvested in the Kenai River. The crew filled around 165 community household permits, totaling 4,848 salmon. Jessica and Tiffany once again helped Tribal members process the fish, and a huge thanks go out to all these staff who made this possible.

The Tribes are in the final stages of formally launching the Tikahtnu Inter-Tribal Fish Commission (TFC) as a nonprofit with tax-exempt status. Work has continued with the establishment of a Tribal fishery in the Exclusive Economic Zone here in Cook Inlet. TFC has received several grants, and we are looking to add staff and build out capacity throughout this upcoming year.

Our Tribal 8(a) company Tuyan, LLC, had an even more positive year in which we will have an estimated \$600,000 net profit for fiscal year 2025. We recently renewed our contracts with the Defense Logistics Agency (DLA), which will add four employees this year. We are also hiring a professional engineer to acquire commercial work outside the 8(a) program. The focus of the upcoming year is on expansion to include nongovernmental work and development of our engineering enterprise.

The Council is continuing major efforts to advance our Cultural Heritage Center. With the engineering and design mostly complete, we moved to permitting and land planning. With deep gratitude, Cook Inlet Tribal Council, Inc. (CITC) donated the 11-acre property next to the site. We also purchased the two lots adjacent to the project which is where we planned the parking and interpretive areas. This now gives us contiguous ownership for development.

As we reflect on this past year, I want to recognize Tribal Health Director, Janet Mullen, and all the health department staff who had an extremely prosperous year. Fiscal year 2025 was the first year with full 105(l) lease funding from the Indian Health Service (IHS). This additional revenue allowed us to add another doctor and a clinician. We also expanded medical support staff and implemented a new Electronic Health Records (EHR) system that will provide better care and enhanced patient access to their medical records. Our Third-Party revenues hit another record, coming in at just under \$5.5 million dollars.

I want to welcome and highlight one of our young tribal members, Hunter Cooper, who was recently hired as the new Housing Director. He is training under Bob Crosby. It is exciting to see our own grow into positions of leadership. Along these lines, I want to also recognize and appreciate Bob for all his hard work these many years. You have been a tremendous asset to NTC, and we wish you all the best in your retirement later this upcoming spring.

I hope everyone has a great fall and a prosperous winter.

Thank you.

Ivan Z. Encelewski, NTC Executive Director



Fishing with Health and Human Services Secretary Robert F. Kennedy Jr.



Subsistence Fishing on the Kenai River

2025 Annual Meeting

Ninilchik Tribal Members

You're Invited

to the

**2025 Annual Meeting
of the Ninilchik Tribal Membership**

Please join us for our annual meeting to discuss annual reports, election results, and to provide an open forum for all Ninilchik Tribal Members. Enjoy gifts, door prizes, and complimentary lunch!

Saturday, November 15th, 2025

Ninilchik Village Tribe Community Center
15763 Kingsley Road

Luncheon begins at 11:00am
Zoom registration begins at 11:30am
Meeting begins promptly at 12:00pm

If you are unable to attend the meeting in person,
we welcome you to join us via Zoom

Zoom link: <https://us06web.zoom.us/j/81649417114>
Meeting ID: 816 4941 7114

If you have any questions, please contact us by phone at 907.567.3313 or by email at ntc@ninilchiktribe-nsn.gov by Friday, November 14th at 5:00 PM. Please note that our office will be closed on Saturday, and we will be unavailable for assistance.

Notice of the NTC Annual Election

NOTICE OF THE NTC ANNUAL NOVEMBER 10, 2025 ELECTION

The 2025 NTC Annual Election date has been set as November 10, 2025 (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. **Please keep in mind that the Declaration of Candidacy forms must be received in the Ninilchik Traditional Council's Tribal Services Office no later than October 16, 2025, by 5 pm.**

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.

The 2025 NTC election is conducted by mail and there will be no polling place open for in-person voting on Election Day. Ballots will be mailed on October 22, 2025. 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 10, 2025.

You must mail your ballot in plenty of time to ensure that it is received in the post office by or on Election Day. There is no postmarking deadline, ballots must be received in the Election Committee's Ninilchik post office by or on Election Day.

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

**For more information regarding NTC Elections,
please contact Christina at 907-260-2740 or cpinnow@nirilchiktribe-nsn.gov**

Housing Department

“ The best way out is always through
- Robert Frost ”



Hello Ninilchik Tribal Members,

I hope everyone had a bountiful fall harvest. Now it is time to prepare for winter. From swapping to winter tires to cleaning up the yard and disconnecting hoses, there is always lots to be done before the first snow flies.

We have begun construction on our 26th new home and are currently working on the environmental review process for the purchase of the land for number 27! The Ninilchik Village Tribe takes great pride in providing families with such a great opportunity.

The Homeownership Program is one of our most popular programs for young families wanting a firm leg up in life by owning a home. The youth of today seem to have less opportunity for a chance at home ownership. This is an amazing investment that the Tribe is providing for its eligible young families. We encourage any Alaska Native/American Indian peoples that reside within The Ninilchik Village Tribe boundaries to look into the program. The Homeownership program is on a first come first serve basis, so there is no time like the present to apply!

With winter fast approaching and the cold starting to creep its way in, all the deficiencies in our homes become easier to spot. That being said, the Ninilchik Village Tribe's weatherization program is a great way to remedy some of those issues.

Think about what needs to be done to make your home more efficient and then make a list. Prioritize that list of projects by which ones will add the most comfort, heat, and energy efficiency to your home. There is a \$2,000 limit, and you will be responsible for having the work done. With this program, you can reapply every five years. Find and download the application on our website or come by the office and pick one up. If you have questions, please feel free to call, email or come by and we can see what the best way is of going about what you are wanting to do.

If you are experiencing some financial hardship and could use a little help, I encourage you to look at our Emergency Assistance Program. All these programs we offer can be found on the Tribe's website under Housing. All programs have brief explanations and downloadable applications. Take a look and see if any might help you out, and if you still have questions, please feel free to call or email for advice.

Lastly, I would like to tell you about some changes that are happening here in the Housing Department. I am in the process of training Hunter Cooper to be your next Housing Director. I will be retiring this coming year and will be stepping down as Hunter feels confident in taking over with all the different HUD rules and conditions that come with the grants. He will be able to take the Housing Programs to the next stage in its development.

Until the next newsletter, take care of you and your families, stay healthy and have a wonderful fall and winter. Keep warm and kind regards.

Bob

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

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

MOVE MORE - SIT LESS

Sitting for more than 7-8 hours a day at home or in the office, 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 muscle strength
- Reduces stress and improves mental health
- Improves quality of life



Interrupt sitting every 30 to 60 minutes



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

Diabetes Information for You and Your Family

KEEPING YOUR HEART HEALTHY

Keeping your heart healthy and strong is important, especially if you have diabetes. By taking care of your heart, you can lower your chances of having heart disease. Below are some things you can do to keep your heart healthy.



Talk with your health care team about how to take care of your heart.

Blood pressure

- Ask what your goal should be for blood pressure.
- Many people with diabetes will need medicine to help them control their blood pressure.

Commercial tobacco

- If you smoke, chew, or dip commercial tobacco, ask for information on how to quit.
- Call 1-800-QUIT-NOW (1-800-784-8669) for free help.
- Avoid being around smoke from others using commercial tobacco.

Cholesterol

- Most people with diabetes will need to be on a type of medicine called a statin to lower their cholesterol.
- Ask if a statin is right for you.



Make healthy food and drink choices.

- Eat healthy foods, such as vegetables, fruits, beans, whole grains, fish, wild game, and other lean meats.
- Select foods that have less salt, fat, and sugar.
- Grill or bake instead of frying.
- Drink plenty of water.



Stay active.

- Any amount of physical activity is good.
- Try walking at least 3-4 times a week. Start with 5-10 minutes and work up to 30 minutes or more.
- Choose an activity you enjoy. Take a walk with family or friends. Go for a bike ride. Dance. Play ball. Work in the garden.



Find healthy ways to reduce stress.

- Take time to relax. Do something you enjoy, such as drawing, reading, crafts, or walking in nature.
- Talk with others about what may be causing stress for you.
- Find a support group at your Tribe, clinic, or community center.



Follow up with your health care team regularly.

I will take care of my heart by doing these things:

KEEPING YOUR TEETH & GUMS HEALTHY

When You Have Diabetes



People with diabetes have a higher chance of having teeth and gum problems. This is why it is important to manage your blood sugar and take care of your teeth and gums.

Ways to take care of your teeth and gums:



Brush your teeth twice a day.



Floss your teeth each day.



Get a dental exam at least once a year.



Avoid foods and drinks that are high in sugar.



Do not use commercial tobacco, including smokeless and chewing tobacco.



Let your health care team know if you have any of these problems:

- Red or swollen gums
- Pain when chewing
- Loose and shifting teeth
- Bad breath that does not go away
- Sore or bleeding gums when brushing or flossing



NINILCHIK COMMUNITY
CLINICS

A SHARED MEDICAL VISIT

No Pain, Total Gain

Did you know that pain affects more Americans than diabetes, cancer, and heart disease combined? If unaddressed, acute aches and pains can persist, driving patients to become dependent on medications for relief from chronic pain.

Join us on Nov. 12th at the Homer Clinic to learn how lifestyle factors can interrupt and alleviate pain cycles in order to promote lifelong health and wellness.

- Sciatica or leg pain
- Low back pain
- Neck or shoulder pain
- Heaches and migraines
- Sports injuries
- Accident-related injuries
- Tendonitis
- Autoimmune arthritis
- Osteoarthritis
- Fibromyalgia



Wed. Nov. 12, 1:30-3:30PM

REGISTER WITH THE NTC HOMER CLINIC (907)206-2730

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

BIRTH, WORK, AND DEATH

By Kristie Finkenbinder



Day 1 in Guat- prep for village trip
me nana

I Just returned from a beautiful two-week volunteer trip to Guatemala. It was my first solo trip abroad. Of course, I chose to use my medical skills, as this is what I felt like I could help with the most. I found the Guatemalan people to be so kind, respectful, and especially hard working. There was no road rage, and I was often greeted by people while getting on the bus or just walking by on the sidewalk. I'm pretty sure the motorcycle population outweighed the car population as primary mode of transportation, in addition to the scary "chicken buses." I met genuine Mayan people who spoke one of the 20 (this number could be off a little) remaining Mayan dialects, which was very cool! I read in one Mayan book that stated there are 3 phases to life: birth, work, and death. I chuckled thinking about what a dichotomy to some of our way of thinking. I don't know... they are pretty smart people!



Week one...my morning commute

I was sent to various villages on the outskirts of Antigua the first week, after having to sort through boxes and boxes of donated medications, all in Spanish and with different formulations; talk about a BRAIN DRAIN.

I primarily treated women and children. Where were the men? Not sure. Maybe too hardheaded, or maybe working. Ailments were similar to ours in part, but seriously lacking the access, continuity, or availability of doctors. They have government-funded healthcare, but it is seriously underfunded. There is a line of people outside the hospital in Antigua every day. I saw many cases of uncontrolled and undiagnosed diabetes, chronic pain and headaches, waterborne illnesses, and untreated or undiagnosed hepatitis. Many patients were without necessary medications or prescriptions. There were also numerous conditions requiring further diagnostics and referrals, including suspected cancers, new-onset chest pain, and an undiagnosed submucosal cleft palate causing failure to thrive in a 4-year-old. I provided patient education, distributed free medications, issued prescriptions, made diagnoses, and arranged urgent referrals. Without these referrals, many patients would not have been able to access the care they

needed. Additionally, many women were just overwhelmed, their eyes welling with tears, as they were describing what was going on. All the people showed so much gratitude, nonetheless. The second week was spent in another village and at the local clinic on the outskirts of Antigua.

Guatemala is lush and green with several active volcanoes all around. You can see Fuego volcano in one picture here, which erupts every 15 minutes. It killed 300 people in a nearby village just 7 years ago, yet there are still night hikes up the adjacent mountain to view the lava spouting. Hmm, I chose NOT to do this. Instead, I took the weekend to run away to Lake Atitlan, Central America's largest

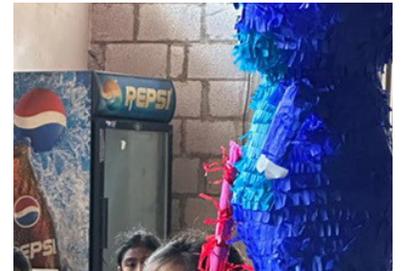
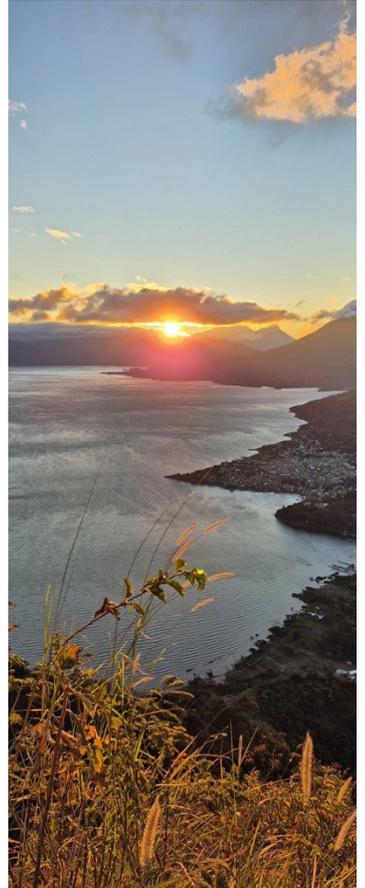


Health Department

Caldera. It was 11 miles long and 10 miles wide. Definitely another magical place in Guatemala, with 11 villages surrounding, each village concentrated with Mayan people, and each village giving very different vibes.

I often feel so much gratitude in my life in general, and this attitude helps when things aren't so easy; and yet again, I feel much gratitude for my life, the people in my life, my patients, my employment at NTC, and the gracious benefits provided. I feel I'm given time to take for my family and self as well as to serve another community while getting to know a totally different culture.

So, I ask you, which phase of life are YOU in? Don't stop moving and shakin' it up!



NTC Higher Education Scholarship

NTC offers a Higher Education assistance program for Alaska Native and American Indian students who are enrolled Ninilchik Tribal Members. This funding is available to students who are attending a four-year accredited college or university full-time (minimum of 12 credits) and demonstrate unmet financial need.

Eligible students may receive financial support to help cover tuition and fees while attending college.

Applications can be downloaded from the NTC website or requested by contacting the Tribal Services Department at (907) 206-2740. Staff are available to answer any questions regarding the program or eligibility requirements.

Application Deadline for the Spring 2026 semester is December 10, 2025 at 5:00pm.

Application Deadline: December 10th

Early Learning Program

The Ninilchik Traditional Council's Early Learning Program (ELP) classes started on October 7th. This program is designed to give pre-elementary children opportunities to socialize with peers, engage in group activities, and explore age-appropriate learning experiences in a supportive and nurturing environment.



Our Early Learning Program is open to the Ninilchik community. However, enrollment is prioritized for Alaska Native and American Indian children. **Space is limited to just 12 students.** Additional priority is given to returning students and those who will be eligible for kindergarten the following fall.

Attending preschool helps children develop the essential skills they need to enter kindergarten with confidence. Students who regularly attend our Early Learning Program often show strong academic progress. Our overall goal is to provide a positive learning experience for young children in our community.

Our Curriculum covers a variety of classroom skills

Academic Skills

Social Skills

Music & Movement

Alaskan Culture

Healthy Lifestyles

Along with Art, Math, Science, and Cooking activities

Classes are held Tuesdays & Thursdays 10:00am – 12:00pm at the NTC ELP Classroom

For more information regarding eligibility, registration or applications please contact the NTC Tribal Services Department at 907 206-2740 for more information.

For more information on NTC's Early Learning Program or Scholarships, please contact Tribal Services at 907-206-2740 or cpinnow@nirilchiktribe-nsn.gov

It Takes a Village Childcare Center

The Tribal Services Department was able to take the children at ITAV fishing at NTC's Educational Net and fun was had by all. The kiddos pulled in the net and helped pick the fish out of the net this summer.

Now that school has started back up, our school age kiddos are utilizing ITAV less as they are in school most of the day, but our infants and toddlers keep us hopping in their absence. We do have availability for additional children in our current schedule.

If you are interested in Childcare, please contact Alicia with Tribal Services at (907) 206-2740 to get more information or applications.



For more information regarding NTC's It Takes a Village Childcare Center, please contact Tribal Services at 907-206-2740 or cpinnow@niniichiktribe-nsn.gov



AA Meetings

at the NTC Subsistence Building

Tuesdays & Thursdays
7pm

Monday Luncheons

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

Luncheons are held even on most holidays when other NTC offices are closed. However, please note any scheduled closures.

The upcoming luncheons, served at noon, will be on the following dates:

Mondays in October: 6th, 13th, 20th, & 27th

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

Mondays in December: 1st, 8th, & 15th

There will be no luncheon on December 22nd or 29th • Back on January 5th of 2026!

The Elders Outreach Program's Luncheon exists to serve as a social space for Enrolled Tribal Elders to gather, share, and visit. Elders are welcome to bring a guest, family member, or caregiver, if they wish. A donation box will be available 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.

Craft Wednesdays

The Elders Outreach Program began a weekly crafting class on Wednesdays of each week in February of 2024. Whoever attends has a chance to include ideas, options and suggestions to the group for crafting together on projects. Though, one could attend and primarily work on a project they would like to do, but do not have a sewing machine or other tools we provide here. Over this past year, the group has made jewelry, home goods, cultural pieces, painting projects, and baked goods. If you would like to attend or have questions, please reach out to us.

The upcoming Craft Wednesdays will be held from 2pm to 5pm on the following dates:

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

Wednesdays in November: 5th, 12th, & 19th

Wednesdays in December: 3rd, 10th, & 17th

There will be no Crafting November 26th or December 24th & 31st • Resuming January 7th of 2026!

We are anticipating the upcoming Annual Meeting for Tribal members on November 15th. We are excited to see many of you there and hope to communicate more about the social and cultural events we are hosting.

Many of you have yet to come check out the new digs at the Elders office and craft/social room. We have put in a new window and taken down a wall, helping to allow more light in for all the winter months ahead. Elders have said how welcoming the space now feels. Please come see us anytime you're in the area.

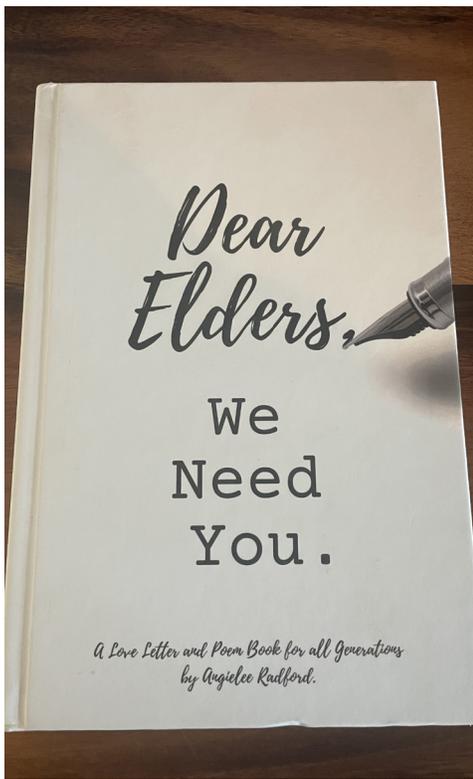
**For more information regarding the Elders Outreach Program,
please contact Tiffany at 907-567-3313 ext. 2110 or tjohansen@nininilchiktribe-nsn.gov**

Elders Outreach Program

This time of year, we are wrapping up and preparing for a long hibernation. We have been shutting down the hoses at the filet tables, bringing the shovels closer to arms reach. We are gearing up to prepare food for winter activities. We will be canning more fish, getting ready to salt salmon for pickling, and in general, winding down all the summer activities.

Heather has been with us since May of this year. She is adapting to the culinary side of our program easily; she has also helped oversee and finalize projects such as painting the Subsistence building. She has been training with Jessica and can easily fill in where needed and this has been an alleviation for many of the larger tasks we have.

We are delivering LFPA foods in the next few weeks. As of this moment, the government is still shut down, however, we are hopeful to resume ordering in the next few weeks. If we don't get a chance to see you (specific to Tribal Elders) in the next few weeks, contact us and we will also be doling out December 16th from Noon to 5 pm at the freezers on the Elders campus. It will be a drive up and pick up from us that day.



“Dear Elders, We Need You”
A love letter and poem book for all generations By Angielee Radford

We need you...
 to light the way
 with the spark of your brilliance,
 to keep trouble at bay.

Please teach us to
 learn and to listen,
 and work together
 to fix the broken system.

We need your display
 of courage and wisdom
 to save what's left
 of this mighty kingdom.

Where wisdom is drowned,
 and ignorance is bliss.
 We simply can't go on
 like this.

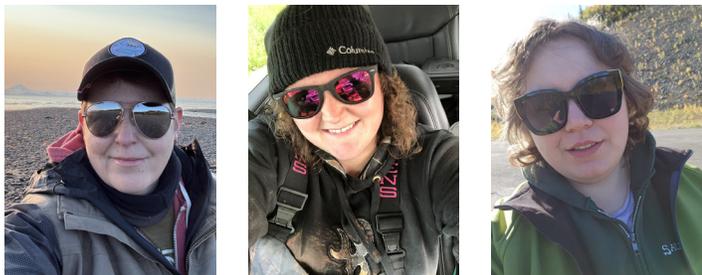
We need you...
 to lead by example
 whether big or small,
 to pave the way.
 We need you all...

...to tell us,
 and teach us,
 and guide us,
 and lead us.

Become our helpers,
 our heroes,
 our confidants,
 and our mentors.

Excerpt from pages 10-11

Quyana,
 Tiffany Johansen, Elders Program Coordinator
 Jessica Haddock, Elders Program Assistant
 Heather Bear, Elders Program Aide



**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 ext. 2110 or tjohansen@niniichiktribe-nsn.gov

Youth Outreach Program

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.

The Youth Outreach Program's activities for youth entering 7th grade and up are designed to enrich their lives through educational, fun, and unique experiences

If you have questions about any of these activities, please contact Rick Dunaway at 907.690.2331.



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 Activities



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

Health Club



New Yoga Schedule

We're excited to add two new yoga classes with certified instructor Michelle Leffingwell! These additions expand our schedule to include an evening class on Mondays and a Saturday morning class.

Our instructors, Elise Spofford, Kc Hanson, & Michelle Leffingwell, create welcoming, personalized classes for all levels. Be sure to read the class descriptions below to find the perfect fit for you!

If you've ever wanted to try yoga or it's been a while since your last class, consider this your sign to check out what's happening at the Club!



YOGA SCHEDULE

MONDAY: 10:15-11:15AM • RENEW & RESTORE ★
5:15-6:15PM • MINDFUL MONDAY

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 ★

SATURDAY: 10:15-11:15AM • SATURDAY SHINE

ALL CLASSES OFFERED LIVE IN OUR STUDIO
& STARRED CLASSES ARE ALSO 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

Class Descriptions

Renew & Restore will include gentle stretching and breath work designed to reset, realign, and renew.

Mindful Monday is a vinyasa flow and glow class designed to inspire and move you with breath and intention, plus a guided meditation every class. *(In person only)*

Vinyasa Flow is vibrant, coordinating breath with dynamic movement. Classes are centered around sun salutations, linking postures together to improve strength, endurance, and flexibility.

Chair Yoga introduces yoga poses that are accessible from anywhere you are seated. Chair Yoga emphasizes spinal mobility with core engagement, improving range of motion for shoulders and hips, standing and balance poses with the support of a stable base.

Twist Twist Untwist focuses on yoga poses that promote spinal range of motion with abdominal engagement and low back support, healthy digestion and elimination. Each class is creatively sequenced to move your spine and limbs in all directions.

Hatha balances movement with stillness, encouraging soft breath into poses. Sitting, standing, kneeling, supine and prone postures are incorporated into sequencing to create a well-rounded practice.

Saturday Shine is a vinyasa flow class with guided meditation for all levels with the intention to ward off Seasonal Affective Disorder and evoke your inner light to shine through the season. *(In person only)*

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

Health Club

NINILCHIK HEALTH CLUB

TURKEY

5K FUN RUN
(ISH) & WALK

TROT



THANKSGIVING DAY

NOVEMBER 27 • 9:30AM

GET A SWEET RACE SHIRT*

EARLY BIRD \$25

Sign up by 11.11.25
get your race shirt on race day!

REGISTRATION \$30

Sign up 11.12 - 11.27
no guarantee to get shirt on race day

Adult shirts XS-3XL available | premium, soft, long sleeve

NO SHIRT? NO PROBLEM!

FREE REGISTRATION!

Do it for the satisfaction, not the swag



race starts at 9:30am at the ninilchik health club • run, walk, or crawl out oilwell & back
please arrive early • dress for the chilly weather (cleats may be needed) •

TO REGISTER:

WWW.NINILCHIKHEALTHCLUB.COM

907.567.3455 FOR MORE INFO // FUN FOR THE WHOLE FAMILY

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



Ninilchik
Community
Annual

Giving Tree

is back!

Our annual Giving Tree event is returning to provide Christmas gifts for families in need in our community. Your generosity can help make the holiday season brighter for children who might not otherwise receive a gift.

Do you know a little one in need of some extra holiday cheer?

Register now and let's help make their season a little brighter!

Please register by December 1, 2025

HOW TO REGISTER:

• IN PERSON

Forms will be available at the front desk at the Ninilchik Clinic, NTC Behavioral Health, Ninilchik Health Club and NTC Administration Building

• BY EMAIL

NTCBehavioralHealth@gmail.com
(Please include "Giving Tree" in the subject line)

• ONLINE (SCAN THIS QR CODE)



***The following information will be kept confidential:**

- Name of Parent/Guardian
- Parent/Guardian Phone Number
- Child's Name:

***The following information will be displayed on the Giving Tree:**

- Child's Age
- Child's Gender
- Child's shirt/pant/shoe size (optional)
- Three items the child wants or interests

Get ready to spread holiday cheer!

For more information regarding the Giving Tree, please contact Behavioral Health at 907-567-3370 or ntcbehavioralhealth@gmail.com

WARM HEARTS, WARM CLOTHES

DONATE NEW OR GENTLY USED CLOTHING & CHANGE A LIFE

Thanks to the generosity of our community, we have been able to establish a donation closet at the Community Outreach building to provide for those in need. Share your warmth & kindness to help those in need stay cozy!

WHAT WE'RE ACCEPTING:

- Coats & jackets (all sizes)
- Sweaters, hoodies & long sleeves
- Warm socks & shoes
- Hats, gloves, and scarves
- Gently used blankets & cold weather gear
- Personal care/hygiene items
- and more (just ask us!)

Please make sure all items are clean and in good condition



DROP OFF LOCATIONS:

NTC Community Outreach/Behavioral Health
Ninilchik Health Club

QUESTIONS:

Contact Laura or Danielle
(907) 567-3370

D O N A T E

For more information regarding the Winter Clothing Drive, please contact Behavioral Health at 907-567-3370 or ntcbehavioralhealth@gmail.com

The Cheeky Moose

- Laundromat • Showers • Tanning • Espresso

**Open Friday - Wednesday
8am to 8pm**

Closed Mondays & Thursdays

**Deli Closed for the Winter, but still
Serving Kaladi Bros Coffee & Snacks**

**33930 Sterling Highway
Anchor Point, Alaska
907-235-5900**



BUMPS



Everybody Rides!

**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.

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

Events Calendar

OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
EOP: Elders Outreach Program HWC: Health & Wellness Club YOP: Youth Outreach Program TC: Teen Center NHS: Ninilchik School			1 Yoga HWC9:30 Yoga HWC 10:15 EOP Crafts 2-5	2 Yoga HWC 10:15 YELP 1-5 AA Mtg 7pm	3 Free Friday 3:35-8:30 TC	4 Yoga HWC 10:15
5 For NHS Open Gym Schedules, please contact the school or Rick Dunaway	6 EOP Lunch 12-1 Yoga HWC 10:15 Yoga HWC 5:15	7 Yoga HWC 10:15 Teen Tuesday TC GULO NHS Sr NYO HWC AA Mtg 7pm	8 Yoga HWC9:30 Yoga HWC 10:15 EOP Crafts 2-5	9 Yoga HWC 10:15 Sr NYO Starts AA Mtg 7pm	10 Free Friday 3:35-8:30 TC	11 Yoga HWC 10:15
12	13 EOP Lunch 12-1 NTC Closed for Indigenous Peoples' Day	14 Yoga HWC 10:15 Teen Tuesday TC GULO NHS Sr NYO HWC AA Mtg 7pm	15 Yoga HWC9:30 Yoga HWC 10:15 EOP Crafts 2-5	16 Yoga HWC 10:15 Sr NYO HWC AA Mtg 7pm	17 Free Friday NHS Early Release	18 Yoga HWC 10:15
19	20 NTC RCM 10am EOP Lunch 12-1 Yoga HWC 10:15 Yoga HWC 5:15	21 Yoga HWC 10:15 Teen Tuesday TC GULO NHS Sr NYO HWC AA Mtg 7pm	22 Yoga HWC9:30 Yoga HWC 10:15 EOP Crafts 2-5	23 Yoga HWC 10:15 NHS Closed AA Mtg 7pm	24 Free Fridays NHS Closed	25 Yoga HWC 10:15
26	27 EOP Lunch 12-1 Yoga HWC 10:15 Yoga HWC 5:15	28 Yoga HWC 10:15 Teen Tuesday TC GULO NHS Sr NYO HWC AA Mtg 7pm	29 Yoga HWC9:30 Yoga HWC 10:15 EOP Crafts 2-5	30 Yoga HWC 10:15 Sr NYO HWC AA Mtg 7pm	31 Halloween Hoot 4-7 @ Kenai Peninsula Fair	

Events Calendar

NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
EOP: Elders Outreach Program HWC: Health & Wellness Club YOP: Youth Outreach Program TC: Teen Center NHS: Ninilchik School						1 Yoga HWC 10:15
2	3 EOP Lunch 12-1 Yoga HWC 10:15	4 Yoga HWC 10:15 Teen Tuesday TC GULO NHS Sr NYO HWC AA Mtg 7pm	5 Yoga HWC 9:30 Yoga HWC 10:15 EOP Crafts 2-5	6 Yoga HWC 10:15 Sr NYO HWC AA Mtg 7pm	7 Free Friday 3:35-8:30 TC	8 Yoga HWC 10:15
9	10 EOP Lunch 12-1 Yoga HWC 10:15 Yoga HWC 5:15 Jr NYO Starts	11 NTC Closed for Veterans Day AA Mtg 7pm	12 Yoga HWC 9:30 Yoga HWC 10:15 EOP Crafts 2-5 Jr NYO NHS	13 Yoga HWC 10:15 Sr NYO HWC AA Mtg 7pm	14 Free Friday TC NHS Early Release	15 Yoga HWC 10:15 NTC Annual Meeting 11am (see pg 5)
16	17 EOP Lunch 12-1 Yoga HWC 10:15 Yoga HWC 5:15 Jr NYO NHS	18 Yoga HWC 10:15 Teen Tuesday TC GULO NHS Sr NYO HWC AA Mtg 7pm	19 Yoga HWC 9:30 Yoga HWC 10:15 EOP Crafts 2-5 Jr NYO NHS	20 Yoga HWC 10:15 Sr NYO HWC AA Mtg 7pm	21 Free Friday 3:35-8:30 TC	22 Yoga HWC 10:15
23	24 EOP Lunch 12-1 Yoga HWC 10:15 Yoga HWC 5:15 Jr NYO NHS	25 Yoga HWC 10:15 Teen Tuesday TC GULO NHS Sr NYO HWC AA Mtg 7pm	26 Yoga HWC 9:30 Yoga HWC 10:15 NO EOP Crafts Jr NYO NHS	27 NTC Closed for Thanksgiving AA Mtg 7pm	28 NTC Closed for Native American Day	29 Yoga HWC 10:15
30						

Events Calendar

DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 EOP Lunch 12-1 Yoga HWC 10:15 Yoga HWC 5:15 Jr NYO NHS	2 Yoga HWC 10:15 Teen Tuesday TC GULO NHS Sr NYO HWC AA Mtg 7pm	3 Yoga HWC 9:30 Yoga HWC 10:15 EOP Crafts 2-5 Jr NYO NHS	4 Yoga HWC 10:15 Sr NYO HWC AA Mtg 7pm	5 Free Friday 3:35-8:30 TC	6 Yoga HWC 10:15
7	8 EOP Lunch 12-1 Yoga HWC 10:15 Yoga HWC 5:15 Jr NYO NHS	9 Yoga HWC 10:15 Teen Tuesday TC GULO NHS Sr NYO HWC AA Mtg 7pm	10 Yoga HWC 9:30 Yoga HWC 10:15 EOP Crafts 2-5 Jr NYO NHS	11 Yoga HWC 10:15 Sr NYO HWC AA Mtg 7pm	12 Free Friday TC NHS Early Release	13
14	15 EOP Lunch 12-1 Yoga HWC 10:15 Yoga HWC 5:15 Jr NYO NHS	16 Yoga HWC 10:15 Teen Tuesday TC GULO NHS Sr NYO HWC AA Mtg 7pm	17 Yoga HWC 9:30 Yoga HWC 10:15 EOP Crafts 2-5 Jr NYO NHS	18 Yoga HWC 10:15 Sr NYO HWC AA Mtg 7pm	19 Free Friday 3:35-8:30 TC	20 Yoga HWC 10:15
21 NHS Winter Break - - - - - > YOP Winter Schedule TBD	22 NO EOP Lunch Yoga HWC 10:15 Yoga HWC 5:15 Jr NYO NHS	23 Yoga HWC 10:15 AA Mtg 7pm	24 NTC Closed for Christmas Eve	25 NTC Closed for Christmas AA Mtg 7pm	26 Free Friday TC	27 Yoga HWC 10:15
28	29 NO EOP Lunch Yoga HWC 10:15 Yoga HWC 5:15 Jr NYO NHS	30 Yoga HWC 10:15 AA Mtg 7pm	31 Yoga HWC 9:30 Yoga HWC 10:15 NO EOP Crafts Jr NYO NHS	1 January 2026 NTC Closed for New Year's Day AA Mtg 7pm		

Ninilchik Traditional Council
PO Box 39070
Ninilchik, AK 99639

Ph: 907.567.3313
Fx: 907.567.3308
ntc@ninilchiktribe-nsn.gov



Enrollment and Contact Information Updates

For address updates, new tribal ID card requests, or any enrollment questions, please contact the NTC Tribal Services Department at 907.206.2740

For address updates from the general public, please contact the NTC Administrative Office at 907.567.3313