

Ninilchik Traditional Council

August & September 2021



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Upcoming Closure Dates

All NTC Offices will be closed on:

Monday, September 6th

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:
Thursday, September 16 at 10:00 a.m. @ Admin

The NTC Regular Council Meeting will take place at the Administration Office at 15910 Sterling Highway. The meetings are open for tribal members to attend and participate in the visitors' comments and question session.

There are

THREE \$100.00 DOOR PRIZE DRAWINGS

for visiting tribal members at each meeting!

Front cover and back photo provided by "anonymous."

We would like to invite your photo submissions for possible use as future newsletter adornments. You can email us at ntc@ninilchiktribe-nsn.gov

Who We Are

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

NTC Board of Directors

Richard “Greg” Encelewski
President/
Chairman

William “Dean” Kvasnikoff
Vice President

Whitney Schollenberg
Secretary
& Treasurer

Jamie Leman
Director

Eric Kvasnikoff
Director

Ivan Z. Encelewski
NTC Executive Director

NTC Department Directors

Bob Crosby, Housing Director

Maria Goins, Chief Financial Officer

Janet Mullen, Tribal Health Director

Christina Pinnow, Tribal Services Director

Shelley Self, Deputy CEO

Darrel Williams, Resource & Environmental Director

NTC Staff

Sebastian Appelhanz, Administrative Assistant
Tina Banner, COVID-19 Clinic Receptionist
Ajiel Basmayor, Medical Assistant
Renaë Blanton, RN Consultant Educator
Darla Bradley, Administrative Assistant
Maria Calhoun, Behavioral Health Services Counselor
Mattie Cobb, Community Health Aide/Medical Assistant
Hunter Cooper, Assistant Maintenance Laborer
Jayke Cooper, Resource Technician
Joseph Cooper, Resource Technician/CDL Driver
Jenn Day, Tribal Health Support Manager
Olivia Delgado, RN Case Manager
Richard Dunaway, Native Connections Program Manager
Sarah Duncan, Community Health Aide/Medical Assistant
LaBri Estrada, Community Health Aide/Medical Assistant
Susan Fallon, Chemical Dependency Counselor I/BHP
Lukas Ficklin, Clinical Supervisor/MAT Counselor
Kristina Finkenbinder, Family Nurse Practitioner
Jamie Fleury, COVID-19 Clinic Receptionist
Maricel Folkert, Community Health Aide/Medical Assistant
Kristen Gould, Procurement/Contracting/Housing Assistant
Jessica Haddock, Elders Outreach Program Assistant
Matthew Hamilton, General Manager of Tuyan
Eric Hanson, Facilities Manager
Kayci Hanson, Yoga Instructor
Annette Hubbard, BHA/MAT Specialist
Melissa Lancaster, Financial Assistant
Terri Leman, HWC Attendant
Dr. Tamar Marcotte, Family Practice Doctor
Katie Matthews, Outreach Specialist
Leslie McCombs, Clinic Front Desk Receptionist
Jennifer Miller, Clinical Medical Biller
Alicia Morris, Social Services Specialist

David Nordeen, Maintenance Laborer
Jeffrey Organeck, Engineer
Jamie Oskolkoff, Education Manager
Beth Piltz, Bus Driver
Michael Pinnow, Assistant Maintenance Laborer
Mikylah Pinnow, Tribal Services Assistant
Christine Prokop, Behavioral Health Services Counselor
Nancy Pulliam, Assistant Maintenance Laborer
Diane Reynolds, Procurement & Contracting Officer
Jeff Rickard, Resource Technician
John Russo, Plumber
Cynthia Schnabl, Assistant Maintenance Laborer
Danielle Self, Native Connections Program Assistant
Robert Self, Resource Technician
Dr. Sarah Spencer, Medical Provider
Elise Spofford, Yoga Instructor
Savannah Stark, Health Club Attendant
Bettyann Steciw, MAT Behavioral Health Care Case Manager
Kimberly Steik, Clinic Front Desk Receptionist
Tiffany Stonecipher, Elders Outreach Program Coordinator
Natalia Taeschner, Procurement Officer/Contracting Officer Assistant
Kathleen Totemoff, MAT Grant Manager
Brenda Trefon, Health Programs Admin Liaison
Anna Sutton, Clinic Information Coordinator
Laura Ullman, Patient Advocate/Case Manager
Stormy Walkoff, Secretary/Receptionist
Brie Wallace, Health & Wellness Club Manager
Elizabeth Wedner, Health Club Attendant
Margaret Westner, Family Nurse Practitioner
Dr. Robin Holmes, Medical Provider
Gina Wiste, Environmental Technician
Tammy Zweischer, Personal Trainer

The Cheeky Moose

Jamie Moir, Barista/Laundry Attendant
Amada Bright, Barista/Laundry Attendant
Ashley Devaney, Barista/ Laundry Attendant

Robin Jamie, Manager
Gina Kent, Deli Worker/Barista

Executive Director's Address



I hope that everyone is having an awesome summer, albeit cooler and with a little less sunshine than we hoped for. The gardens seem to be a little less productive, although I have confidence that you are at least filling the smokehouses and freezers with fish. We continue to work extremely hard in implementing both the Educational Fishery and our Subsistence Fishery on the Kenai and Kasilof Rivers. Thank you Shelley, Darrel and crew! While the Educational Fishery has been very slow and plagued by kelp, the subsistence harvest on the Kenai and Kasilof Rivers were once again very good. They harvested 1,307 Sockeye on the Kasilof River, filling about 44 permits. An additional 3,204 were harvested on the Kenai River, filling about 114 permits. The total Sockeye harvested for the community was 4,511. NTC is now issuing moose hunting permits for shareholders of Cook Inlet Region, Inc. (CIRI) and Ninilchik Native Association, Inc. (NNAI). We have a multi-year contract with CIRI and a Resource Management Agreement with NNAI to manage the moose hunting programs. State moose hunting starts September 1st so Good luck!

Things have been moving at a blistering pace with the advancement of construction projects and the receipt of additional funding. The Tribal Services Building has been framed, with the rough electrical, mechanical and plumbing complete. Insulation is ongoing. The Childcare Building foundation is now complete with framing underway. The trusses on the clinic in Anchor Point have been installed and we should see it dried in and finished within a couple weeks. We'd like to be operational within a month. We were just awarded a \$1,960,000 grant to assist with our new clinic in Homer! We have an engineering team putting it together and will be doing all the work this winter to get final plans to submit to the Fire Marshal and ready for bidding this upcoming spring. Our new Housing and Urban Development (HUD) home for a Ninilchik Tribal Member is being built this summer with completion in December. We are also closing on several pieces of property for the next two homes that will be built here in Ninilchik next summer.

On a similar note, we just purchased a large tract of land with a beautiful home to help move our Federal Communications Commission (FCC) broadband project forward. The property has existing telecommunications towers and we plan to use this perfectly situated property to advance our internet delivery. We are also partnering with the Kenaitze Indian Tribe (KIT) to bring broadband to our Tribal Boundaries within the next couple of years. As part of this effort, we have approved the joint application of up to seven million dollars in grant funding to implement this endeavor. Greg and I are meeting frequently with KIT to continue planning and development so that the joint endeavor is very successful.

To date we have received approximately \$11,226,225.61 in funding from the American Rescue Act Plan (ARPA) which was passed earlier this year. This is very similar to the CARES Act funds that were received last year to address and mitigate the Covid-19 pandemic. I previously reported to you on the amounts and uses of those funds. These monies have a much longer timeframe to expend, which will help with Council planning, in which the deadline is the end of 2024. This total includes approximately \$7.2 million in U.S. Treasury ARPA monies, \$2 million in Indian Health Service assistance, \$1 million from the Bureau of Indian Affairs, and the remaining additional funds are from the Administration for Children and Families, Housing and Urban Development, and the Federal Transit Administration. Furthermore, we are pleased to announce that we just received a new Native Connections grant totaling \$1.25 million over five years, and a grant from the Indian Health Service Small Ambulatory Program for \$1.96 million for our new clinic in Homer as noted above.

Finally, I want to thank the eight young Tribal Members who worked this summer. It was, once again, so great to see our youth working. Along these lines, there are open positions here at NTC so please check in and apply. I hope to see you at the next Council meeting with moose and fish. Thanks.

Ivan Z. Encelewski
NTC Executive Director

“Skills can be taught. Character you either have or you don’t have.”
- Anthony Bourdain



Hello Tribal members,

Well, this summer sure has been a flash in the pan. If you missed either one of the two days of summer, you missed out on half a nice summer. I hate to bring it up, but now is the time to start thinking about the Weatherization Program and getting your home more energy efficient. The Weatherization Program is a two-thousand-dollar program, where we purchase the supplies that are needed, and you install these items yourself. You will get more materials this way and hopefully a more energy efficient home. (You can apply for the program once every five years in case you have applied in the past.) Items could be skirting, insulation, blow in insulation, windows, doors, and LED lighting.

We still have funding for helping people with their rent and utilities bills that are behind due to Covid-19. This program can go back as far as March 13th, 2020 and help with late bills. This program has taken off and has helped people all throughout our Tribal area. This could be due to a magnitude of reasons, such as, having to stay home because of no day care or school, laid off from job, job hours were cut down, downsizing because of lack of business, place of employment shut down, no work is to be found, you found work but are not getting paid as much and still cannot catch up. There are many reasons that you may have had difficulties with staying on top of things due to Covid-19. We may be able to help assist you in getting caught up with your bills and rent.

This program is open to everyone, of all races within our Tribal Boundaries, if they are within the median income limits for the Kenai Peninsula Borough. We can also help Tribal members living in other states, if they are not receiving any State or Federal assistance program and fall within the median income limits for that state’s county median income limits. ATAP, SNAP or food stamps and General Assistance does not count as Federal or State programs with this program. Primarily they are referring to any Housing, Federally or State assisted programs. Application and information can be found on the main page or our website toward the bottom of the webpage and says, “Covid-19 Income Based Emergency Housing Assistance Application.” If you should have any questions, please email me at bcrosby@niniichiktribe-nsn.gov or my assistant Kristen Gould at kgould@niniichiktribe-nsn.gov and one of us will get right back with you.

We currently have one home being built here in Niniichik, and are in the final steps of purchasing two pieces of land for the next two homes to be built this next year. We are still trying to find land in the Homer area and if you know of or have some land for sale, please drop me a quick line to see if we can work something out.

Until next time, stay safe, stay healthy with a lot of SUN and fresh air and smoke dem fish.

Bob

TRIBAL HEALTH DIRECTOR'S REPORT

As many of you have probably heard, there is an uptick in positive covid cases. We are still offering vaccines to those who are interested in getting vaccinated, and I would strongly encourage people who haven't got vaccinated to get vaccinated. While there are some people who can still get the virus after being vaccinated, they are typically way less sick than they would be without the vaccine, especially those people who have other chronic diseases.

Margaret Westner, DNP, APRN, FNP-BC has started working here at the clinic and will begin seeing patients the first part of August, in Ninilchik, and will move to the Anchor Point clinic once it is completed. Dr. Robin Holmes will begin her training in Ninilchik August 16th, and once this is completed will be working out of the Homer office.

We have updated our payment amount for emergency room visits, local dental, and physical therapy. You are still required to follow the requirements for these, in order to qualify.

We have a registration platform, Phreesia, which I know is not the most popular registration process for people, but it is a great platform for us to gather data. It was also a better registration process during the pandemic, to decrease waiting room activity as well as to assist with the enormous amount of covid testing that we were doing last year.

We are currently covid testing Monday, Wednesday, and Friday 9-5 pm, behind the Health and Wellness club. There is a ramp to the window. These are by appointment only and vaccines are also by appointment only.

Thank you.

Janet Mullen
Tribal Health Director
567-3370 x 4

Are you covered?

Find out about the Tribally-Sponsored Health Insurance Program



How do I qualify?

- You and your family can get Tribally-Sponsored Health Insurance if you:
- Are a resident of the state of Alaska
- Are eligible for services at a Tribal health clinic/ facility
- Are not covered by or eligible for Medicare Part A, Medicaid (Denali Care), Denali KidCare, TRICARE, CHAMPVA, or affordable health insurance through an employer

Income Guidelines for Eligibility

If your family has:	You are eligible if your income will be above this amount:	And below this amount:
1 person	\$15,180 a year	\$60,720 a year
2 people	\$20,580 a year	\$82,320 a year
3 people	\$25,980 a year	\$103,920 a year
4 people*	\$31,380 a year	\$125,520 a year

**Amounts continue to increase for larger families*

What is Tribally-Sponsored Health Insurance?

Tribes and Tribal health organizations now pay for health insurance for Alaska Native and American Indian people who qualify. The Alaska Native Tribal Health Consortium (ANTHC) is offering Tribally-Sponsored Health Insurance in Alaska.

Will Tribally-Sponsored Health Insurance cost me anything?

No. ANTHC pays the monthly insurance premium cost. Alaska Native and American Indian people also do not have to pay any co-payments or deductibles when you are seen or referred by Tribal health facilities.

Why should I have Tribally-Sponsored Health Insurance?

Health insurance can help make more services available for you and all Alaska Native and American Indian people. Health insurance can also help you receive medical care when you are traveling or away from Tribal health facilities.

Does this affect my current Alaska Native health benefits?

No. You will always first and foremost be a beneficiary of Indian Health Service, Tribal hospitals and health clinics throughout Alaska and the United States.

Tribally-Sponsored health insurance is an added healthcare benefit. You should use the Tribal Health System to ensure that your health care needs are being met and that you are as healthy as possible.

How can I get more information and sign up?

Contact Southcentral Foundation Family Health Resources at (907) 729-7225 or TSHIP@Southcentralfoundation.com to see if you are eligible. You may also contact the Alaska Native Tribal Health Consortium at (907) 729-7777 or 1-855-882-6842, sponsorship@anthc.org or visit www.anthc.org/tship.



NTC Behavioral Health

**Nine Truths about Eating Disorders**

1. Many people with eating disorders look healthy yet may be extremely ill.
2. Families are NOT to blame and can be the patients' and providers' best allies in treatment.
3. An eating disorder diagnosis IS a health crisis that can disrupt personal and family functioning.
4. Eating disorders are NOT choices, but serious biologically influenced illnesses.
5. Eating disorders affect people of ALL genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses.
6. Eating disorders carry an increased risk for BOTH suicide and medical complications.
7. Genes AND environment play important roles in the development of eating disorders.
8. Genes alone do NOT predict who will develop eating disorders.
9. Full recovery from an eating disorder IS possible. Early detection and intervention are important.

In addition, it is important to remember the following:

- Treating eating disorders SHOULD include a combination of nutritional, medical, and therapeutic supports.
- Parents do NOT cause eating disorders, just as patients do not CHOOSE eating disorders.
- Food is medicine: ALL treatment should include ongoing nutritional rehabilitation.
- When the family is supported, the patient is supported.
- Blaming the family during the treatment of an eating disorder causes HARM and SUFFERING.

FACT: Eating disorders come in ALL shapes and sizes! Contrary to popular belief, a great majority of those with eating disorders are NOT living at a low body weight. There is NO one value to look at (weight, a laboratory reading, a vital sign), that makes one sick enough to seek treatment and recovery. Malnutrition can occur in individuals that are struggling with a low body weight (such as anorexia) but can also develop in someone that has a "normal" body weight (such as those restricting or purging), or in someone in a larger body who has lost weight rapidly. Individuals can NOT only be medically ill but suffer severe psychological consequences as well.

STATISTICS: *Eating disorders have the highest mortality rate of ANY mental illness* About 26% of people with Eating disorders attempt suicide* Eating disorders cause one death EVERY 52 minutes (each year)* Transgender college students report experiencing disordered eating at approximately FOUR times the rate of their cisgender classmates* Athletes are LESS likely to seek treatment for an eating disorder*42% of 1st-3rd grade girls want to be thinner*81% of 10 year old children are AFRAID of being fat*

NTC Behavioral Health

WARNINGS: Common warning signs associated with eating disorders include:

Emotional/Behavioral:

- Preoccupied with weight loss, dieting and control of food.
- Food Rituals.
- Social withdrawal
- Frequent dieting and body checking
- Extreme mood swings

Physical:

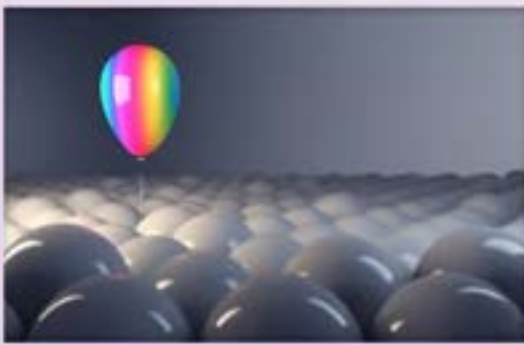
- Weight fluctuations that are noticeable
- Gastrointestinal complaints
- Dizziness upon standing
- Difficulty concentrating and/or sleeping.
- Issues with dental, skin, hair, and/or nail health



RECOVERY IS POSSIBLE

While the above information may be alarming, the good news is that statistics show that up to 80% of patients who receive, and complete eating disorder treatment WILL recover or improve significantly.

HOW to get HELP



Professional help is important. There are many different approaches to treatment and there is no one-size-fits-all approach. Treatment can be offered in a variety of settings. It is important to understand what those different levels of care are, as well as what your insurance may cover. Different levels are as follows (in order of least restrictive to most intensive): Outpatient, intensive outpatient, partial hospitalization, residential, and inpatient. The ideal course of treatment includes a FULL treatment team, typically involving: Physician (Primary care, pediatrician, cardiologist, etc.), Psychotherapist, Dietician, Psychiatrist, Additional therapies as needed and/or available, such as: Yoga instructor, art therapist, as well as a case manager.

What to EXPECT from treatment

Eating disorder treatment generally addresses the following, typically in this order:

1. Correct life-threatening medical and psychiatric symptoms.
2. Interrupt eating disorder behaviors (food restriction, excessive exercise, binge eating, purging, etc.).
3. Establish a normalized eating pattern and nutritional rehabilitation.
4. Challenge unhelpful and unhealthy eating disorder and eating disorder related thoughts AND behaviors.
5. Address ongoing medical AND mental health issues.
6. Establish a PLAN to prevent relapse.

If YOU or someone you KNOW has additional questions, concerns, or are in need of treatment options and/or referral options, please do not hesitate to contact me for further info. This is an area I am well versed in as I am in the final stages of completing a certificate in eating disorders, from Plymouth State University.

Feel free to contact me directly at: (907) 567-3370, extension 3127.

Christine Prokop, LPC

NTC Behavioral Health Clinician

References:

<https://www.akeatingdisordersalliance.org/copy-of-about>

<https://www.gaudianclinic.com/gaudiani-clinic-blog/2018/2/27/eating-disorders-come-in-all-shapes-and-sizes>

<https://anad.org/get-informed/about-eating-disorders/eating-disorders-statistics/>

<https://www.nationaleatingdisorders.org/what-expect-treatment>

NINILCHIK HEALTH CLUB

MON-FRI
7AM-8PM
SAT
8AM-2PM



NEW DIGS, NEW PANELS, NEW VIBE

We are so excited about our new space!! We have updates and upgrades to show off for every newsletter. Newest update: acoustic panels are hung in the new weight room, and they are pretty cool, if I do say so myself.

Acoustic panels are also hung in the new yoga (multi-purpose) studio, which means we are officially back to in-person classes! Elise and Kc are leading classes simultaneously in-person and online via Zoom.

You can sign up for virtual yoga by calling the Club at (907) 567-3455.

\$6/class for drop-ins or included in monthly membership.

Mondays: 10:15-11:15am {Renew & Restore}

Tuesdays: 10:15-11:15am {Vinyasa}

Wednesdays: 9:30-10:00am {Chair}

10:15-11:15am {Twist Twist Untwist}

Thursdays: 10:15-11:15am {Hatha}



GET HEALTHY WITH TZ

Tammy Z has been helping people of all ages and fitness levels reach their health goals for almost 30 years! 30 minutes

\$25 // 60 minutes \$45 //

Tribal Members & IHS bens : FREE

Call Tammy to book (907) 252-5115

NINILCHIK HEALTH CLUB

MON-FRI
7AM-8PM
SAT
8AM-2PM



INFRARED SAUNA

Try out our infrared sauna! This 30-minute session will help detoxify the body, boost metabolism, reduce stress and pain, and more.

\$6/session | Buy 10 Get 1 Free

CHIROPRACTIC

Dr. Cat West (415) 608-7559

INDEPENDENCE FUN RUN

What an amazing turnout for our second Independence Fun Run! Nearly 70 people signed up to walk, run, or crawl the 5Kish (actually 5.5K!) Props to Taylor Rickard, our summer intern, for designing our special race tee and bibs.

MASSAGE

Elise Spofford is a licensed massage therapist, offering 60- and 90-minute massage sessions.

Call Elise to book (907) 252-9544



Physical Therapy
Call (907) 420-0836

Elders Outreach Program

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

Holidays that the main office, clinic, and health club may be closed for do not affect that **the luncheon is still provided on holidays**. The luncheons served at noon coming up for the following months are as follows;



Mondays in **September** 6th, 13th, 20th, 27th
 Mondays in **October** 4th, 11th, 18th, 25th
 Mondays in **November** 1st, 8th, 15th, 22nd, 29th

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

We encourage active participation from the youth and strongly urge Elders to offer their experience, advice, knowledge, and techniques for activities. If you have a cultural/traditional skill, please call, or email my office. We look forward to the Elders sharing a bit of their time and knowledge with the youth. My office is open and welcomes your input to make this program grow and thrive.



Elders Outreach Program



Lastly, we are more than happy to help with clinic 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 all paperwork, finding resources and connecting you with the services you are seeking. This summer, like many previously, is gearing up to be full of potential outings, classes, and projects. If you are interested, please call, email, or just come out and be a part of the program!

Warm regards,

Tiffany, Jessica, Levi & Caiden



Elders Outreach Program Mission Statement The Elders Outreach is a program of the Ninilchik Traditional Council whose purpose is providing services 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 567-3313 or tstonecipher@ninilchiktribe-nsn.gov

Flag

Nudech'ghela Flag for the Ninilchik Tribe and Territories

This flag is a symbol for the Ninilchik Tribe that incorporates elements of the tribe's history and cultural makeup into a unifying visual identity. Its purpose is to serve as a national and cultural icon of the Ninilchik people, their traditional territories, and all friends and allies in today's towns and neighborhoods who recognize the Ninilchik tribe's presence, heritage, and governance as an integral part of public discourse and direction.

Created and designed by Ninilchik Tribal Member, Argent Kvasnikoff.



Imagery

The overall image of the flag represents a faceted yellow agate stone reflecting direct sunlight on an ocean shore, emblematic of the Ninilchik tribe's waterways and history. Nudech'ghela, agate in the Dena'ina language, has been collected in the form of loose stones washed on the region's shores since the first known origins of prehistoric Kachemak culture millennia ago. In Dena'ina culture it is heralded as a sign of luck or good fortune given from sky spirits and tribes and families continue to collect these stones today. For many children, their first memories of being at one of the many beaches or tidal flats is being taught about agates and their significance and how they glow in sunlight, and prominence of that pastime on the flag is a connection between the past and future generations.

Flag

Shape

By having five sides and points the nudech'ghela itself is symbolic of five sets of five aspects in the Ninilchik tribe's heritage and lands

1. The five main river systems within Ninilchik lands: Ggasilatnu (Kasilof), Niqnalchintnu (Ninilchik), Taqidnatnu (Deep Creek), K'kaq'atnu (Anchor), Q'anul'atnu (Fox)
2. The five directions in the Dena'ina directional system historically used by all tribes in the Outer Inlet dialect area that are based around the vantage point of Tuyan, also known as the Ninilchik Dome: Yunch', Yutsen, Yunit, Yuneq, and Yudut.
3. The five current seats of the tribe's governing council.
4. The five major periods of tribal history: Prehistoric Kachemak origins, early Dena'ina, colonial eras, contemporary tribe, and the future.
5. The five architectural lines visible from looking inside the entrance to a nichil: Two along where the ground meets the first walls, two from where the top walls meets the roof, and the main pole and smoke opening at the top.

Colors

The agate is on a dual field of copper and jade, precious metal and stone iconic of the tribal region. The joining of these two colors represent the tribe's history as being a cultural meeting place for generations and its continuing identity as indigenous people of mixed heritage connected by a common homeland.

Copper is the warm wood color of fresh birch bark peeling, which is emblematic of the tribe and the etymology of the tribe's name. The name Ninilchik originated from the Dena'ina name Niqnalchint, meaning "place by Ninilchik river", which itself is derived from Niqnalchintnu, meaning "lodge at a river". The root word in this geographic name is nichil, a traditional partially subterranean lodge home. In the Dena'ina language the word is the same word used for freshly peeled birch bark, which shows the importance of the connection between the concept of home and the symbol of birch bark being a dynamic material and a home for the living tree inside.

Jade is the color of the most iconic precious stone in the region and represents the tribe's connection to the natural world. It is the color of the combination of the sky, sea, and forests and its flora, fauna, and marine life. This color's aquatic hue also represents the tribe's position geographically as the only Déné family culture to have oceanic territories and marine traditions.

The three colors of agate, copper, and jade are all among the distinct colors in Dena'ina thought and language: agate is neither yellow nor orange, copper is neither red nor brown, and jade is neither blue nor green. Last of the colors is cloud white at the center of the flag, representing the traditional creation story of the land and its people from the cloud of creation.

Ninilchik Village Tribe Community Center

If you haven't experienced the amazing gathering space available, we encourage you to check out and rent our Community Center. Should you have an event, dinner, meeting, or future gathering and need a large space and kitchen to work in, we have rental agreements available at Ninilchik Traditional Council's Administration office. You may call Shelley Self or Tiffany Stonecipher should you have any questions. When filling out the form, we request that you have a date or dates and specify if you will be selling or serving alcohol. If so, you will need to have a copy of your rental, homeowners or business insurance available for those types of functions. Also, our rates are great, and we have a refund policy for cancellation no less than 10 days prior to your reservation, as well as pre-loaded table formats you can choose from or design your own. Also, we have a large screen TV for presentations, microphones, audio/music, and a stage available per request.

Please call with any questions. 567-3313



For more information regarding the NTC Community Center please contact the Administration Office at 567-3313 or ntc@ninilchiktribe-nsn.gov

Community Center



For more information regarding the NTC Community Center please contact the Administration Office at 567-3313 or ntc@ninilchiktribe-nsn.gov

Tribal Services Campus Construction



The construction project of the Tribal Services Building and Childcare Facility are in full swing and have been going strong these past two months. The Tribal Services Building is coming along nicely, the walls have been erected and the roof is on. The drilling rig has come and gone. There is still a lot of work to be done, however everyday we see progress being made.



For more information regarding Childcare, please contact Christina at 567-3313 or cpinnow@niniichiktribe-nsn.gov

Tribal Services Department



The Ninilchik Traditional Council is pleased to announce we are in the beginning process of constructing a childcare facility in Ninilchik. We started construction in June and hopefully we can have the project wrapped up and completed by next year. This is quite an expansion in services for our community, as many local families struggle finding quality childcare. After completion of the construction, the facility will be inspected and then we will apply for state licensing. If anyone is interested in a career as a childcare provider, please contact the Tribal Services Department to inquire about eligibility and requirements. Stay tuned for updates throughout the process!

For more info about our programs

visit our website

www.ninilchiktribe-nsn.gov

Or contact us at:

Ninilchik Traditional Council

Tribal Services Department

P.O. Box 39444

Ninilchik, AK 99639

Phone (907) 567-3313

Fax (907) 567-3354

Tribal Enrollment-

If your tribal enrollment card has expired, you want to change your name / address or if you are not sure of your enrollment status please contact Christina for assistance.

cpinnow@ninilchiktribe-nsn.gov or (907) 567-3313

In need of job training?

NTC's Adult Vocational Training program helps subsidize the costs of attending a vocational, technical, or other professional skills institute.

Eligibility

- ◆ Native adults 18 or older (including graduating high school seniors 17 years of age)
- ◆ Demonstrate needs for education for employment
- ◆ Must reside within Ninilchik tribal boundaries

Higher Education Grant

NTC's Tribal Services Department offers funding to tribal students enrolled in a 4 year higher education program who face financial challenges while attending school. Applicants are approved based on a needs assessment. Participants in good academic standing may re-apply for each semester.

Deadlines are:

August 10th and December 10th.

Cook Inlet Tribal Council is providing GED services for CIRI Region Villages

Who is eligible?

All village residents in need of a GED

Call or email to find out more!

ETSD Education Services

3600 San Jeronimo DR

Anchorage, Alaska 99503

Phone: 907-793-3345

Email: citcged@citci.org



Registration for the Early Learning Program will begin Monday September 1st for the 2021-22 school year. **Students must be: 3 years old before September 1st, potty trained and able to follow instructions.**

Applications are available on our website -

<https://www.ninilchiktribe-nsn.gov/> or NTC's Admin Office, 15910 Sterling Hwy, Ninilchik.



Tribal Services Summer Youth Activities

NTC's Tribal Services Department provided cultural youth camps throughout the summer. Campers participated in the Educational Fishery, crafted fish leather, fish printed tee shirts, soap carving and a nature hike and picnic.



For more information regarding ELP, please contact Jamie at 567-3313 or joskolkoff@ninilchiktribe-nsn.gov

Tribal Services Department



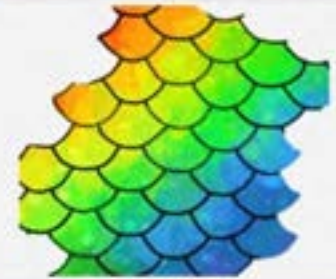
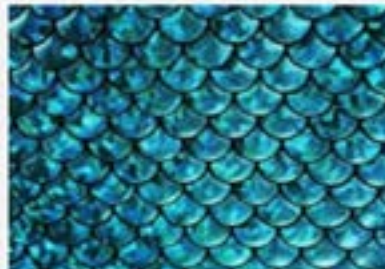
For more information regarding ELP please contact Jamie at 567-3313 or joskolkoff@niniichiktribe-nsn.gov

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Library/Job Vacancy**Administrative Office Services**

NTC would like to remind you that we provide services to the public and Tribal Members at the Administrative Office. We offer black and white (or color) copies, and faxing services. We also provide notary services. There is no charge for Ninilchik Tribal Members and family, but a small fee for the general public.

Library Updates

The Nignalchint Library is free and open to all of our community members. We also have a public computer with internet capabilities.

To check out items, all you need to do is fill out a short application here at our Administrative Office.

To kick off summer break, we will be giving one **FREE** microwave popcorn with a library check out. We are in the process of expanding our entire library!

Come see what we have to offer and if you would like to request any books or DVDs, please let us know. We will gladly add it to our collection!

Tahyiga Book Club

The Ninilchik Traditional Council holds a monthly Book Club on the second Friday of every month. It takes place in the Administration building conference room at 2:00 p.m. The members of Book Club provide suggestions, and the book for that month is chosen based upon those. If you would like to join, just call (907) 567-3313 or email ntc@nirilchiktribe-nsn.gov

Gift Shop

The Administrative Office has Ninilchik Traditional Council logo items to sell to the public. We currently have youth tie dye t-shirts, hoodies, winter jackets, leather jackets, beanies, baseball caps, stainless steel water bottles, and a fleece blanket. All of them have the NTC logo on them. We accept cash and debit or credit cards via our new Square Payment System with a simple swipe.

Vacancy Announcements

We currently have multiple openings, which are Behavioral Health Services Clinician, COVID-19 Anchor Point Clinic Receptionist, NHWC Front Desk Attendant, and a COVID-19 Clinic Receptionist.

Details and applications for any open positions can be found on the AlaskaJobs website (formerly known as the Alaska Labor Exchange System website), the NTC website, and the NTC Administration building.

The Cheeky Moose

The Cheeky Moose

Laundromat, Showers, Tanning, Deli & Espresso

Open everyday from
8 AM to 8 PM

Deli open until 5:00

**Fresh Homemade Soups
Breakfast Sandwiches
Variety of Grilled or Deli Sandwiches**

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



**For more information regarding The Cheeky Moose please contact Robin at 235-5900
or robin@ninilchiktribe-nsn.gov**

Calendar

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	3 10:15 –11:15 a.m. Yoga (Vinyasa)	4 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist)	5 10:15 –11:15 a.m. Yoga (Hatha)	6 12:00-5:00 p.m. Teen Center	7
8	9 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	10 10:15 –11:15 a.m. Yoga (Vinyasa)	11 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist)	12 RCM @ 10 a.m. 10:15 –11:15 a.m. Yoga (Hatha)	13 2:00 p.m. Tahyiga Book Club 12:00-5:00 p.m. Teen Center	14
15	16 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	17 10:15 –11:15 a.m. Yoga (Vinyasa)	18 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist)	19 10:15 –11:15 a.m. Yoga (Hatha)	20 3:30-8:30 p.m. Teen Center	21
22	23 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	24 10:15 –11:15 a.m. Yoga (Vinyasa) 3:30-5:30 p.m. Study Hall	25 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist)	26 10:15 –11:15 a.m. Yoga (Hatha) 3:30-5:30 p.m. Study Hall	27 3:30-8:30 p.m. Teen Center	28
29	30 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	31 10:15 –11:15 a.m. Yoga (Vinyasa) 3:30-5:30 p.m. Study Hall				

Calendar

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist)	2 10:15 –11:15 a.m. Yoga (Hatha) 3:30-5:30 p.m. Study Hall	3 3:30-8:30 p.m. Teen Center	4
5	6 All NTC Offices Closed 12 p.m. Elders Luncheon	7 10:15 –11:15 a.m. Yoga (Vinyasa) 3:30-5:30 p.m. Study Hall	8 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist)	9 10:15 –11:15 a.m. Yoga (Hatha) 3:30-5:30 p.m. Study Hall	10 2:00 p.m. Tahyiga Book Club 3:30-8:30 p.m. Teen Center	11
12	13 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	14 10:15 –11:15 a.m. Yoga (Vinyasa) 3:30-5:30 p.m. Study Hall	15 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist)	16 RCM @ 10 a.m. 10:15 –11:15 a.m. Yoga (Hatha) 3:30-5:30 p.m. Study Hall	17 3:30-8:30 p.m. Teen Center	18
19	20 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	21 10:15 –11:15 a.m. Yoga (Vinyasa) 3:30-5:30 p.m. Study Hall	22 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist)	23 10:15 –11:15 a.m. Yoga (Hatha) 3:30-5:30 p.m. Study Hall	24 3:30-8:30 p.m. Teen Center	25
26	27 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	28 10:15 –11:15 a.m. Yoga (Vinyasa) 3:30-5:30 p.m. Study Hall	29 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist)	30 10:15 –11:15 a.m. Yoga (Hatha) 3:30-5:30 p.m. Study Hall		

Ninilchik Traditional Council

P.O. Box 39070

Ninilchik, AK 99639



Phone: (907)567-3313

Fax: (907)567-3308

Email: 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 NTC Administrative Office to keep their information up to date.

Those on the general public mailing list may contact the NTC Administrative Office front desk.

Please call (907)567-3313 to make sure we can stay in touch.

Thank you!