

Ninilchik Traditional Council

June & July 2021



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Upcoming Closure Dates

All NTC Offices will be closed on:

Monday, July 5th

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:
Wednesday, June 23 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

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	Christina Pinnow , Tribal Services Director
Maria Goins , Chief Financial Officer	Shelley Self , Deputy CEO
Janet Mullen , Tribal Health Director	Darrel Williams , Resource & Environmental Director

NTC Staff

Sebastian Appelhanz , Administrative Assistant	David Nordeen , Maintenance Laborer
Ajiel Basmayor , Medical Assistant	Jeffrey Organeck , Engineer
Renaee Blanton , RN Consultant Educator	Jamie Oskolkoff , Education Manager
Darla Bradley , Administrative Assistant	Beth Piltz , Bus Driver
Denise Brock , Case Manager/Registered Nurse	Michael Pinnow , Assistant Maintenance Laborer
Maria Calhoun , Behavioral Health Services Counselor	Mikylah Pinnow , Tribal Services Assistant
Mattie Cobb , Community Health Aide/Medical Assistant	Christine Prokop , Behavioral Health Services Counselor
Hunter Cooper , Assistant Maintenance Laborer	Nancy Pulliam , Assistant Maintenance Laborer
Jayke Cooper , Resource Technician	Diane Reynolds , Procurement & Contracting Officer
Joseph Cooper , Resource Technician/ CDL Driver	Jeff Rickard , Resource Technician
Jenn Day , Tribal Health Support Manager	John Russo , Plumber
Olivia Delgado , Nurse Intern	Cynthia Schnabl , Assistant Maintenance Laborer
Richard Dunaway , Native Connections Program Manager	Danielle Self , Native Connections Program Assistant
LaBri Estrada , Community Health Aide/Medical Assistant	Robert Self , Resource Technician
Susan Fallon , Chemical Dependency Counselor I/ BHP	Dr. Sarah Spencer , Medical Provider
Lukas Ficklin , Clinical Supervisor/MAT Counselor	Elise Spofford , Yoga Instructor
Kristina Finkenbinder , Family Nurse Practitioner	Savannah Stark , Health Club Attendant
Jamie Fleury , COVID-19 Clinic Receptionist	Bettyann Steciw , MAT Behavioral Health Care Case Manager
Maricel Folkert , Community Health Aide/Medical Assistant	Kimberly Steik , Clinic Front Desk Receptionist
Kristen Gould , Procurement/Contracting/Housing Assistant	Tiffany Stonecipher , Elders Outreach Program Coordinator
Jessica Haddock , Elders Outreach Program Assistant	Natalia Taeschner , Procurement Officer/Contracting Officer Assistant
Eric Hanson , Facilities Manager	Kathleen Totemoff , MAT Grant Manager
Kayci Hanson , Yoga Instructor	Brenda Trefon , Health Programs Admin Liaison
Annette Hubbard , BHA/MAT Specialist	Anna Sutton , Clinic Information Coordinator
Melissa Lancaster , Financial Assistant	Laura Ullman , Patient Advocate/Case Manager
Terri Leman , HWC Attendant	Stormy Walkoff , Secretary/Receptionist
Dr. Tamar Marcotte , Family Practice Doctor	Brie Wallace , Health & Wellness Club Manager
Katie Matthews , Outreach Specialist	Gina Wiste , Environmental Technician
Leslie McCombs , Clinic Front Desk Receptionist	Tammy Zweiacher , Personal Trainer
Jennifer Miller , Clinical Medical Biller	Alicia Morris , Social Services Specialist

The Cheeky Moose

Llena Bice , Barista/Laundry Attendant	Robin Jamie , Manager
Amada Bright , Barista/Laundry Attendant	Gina Kent , Deli Worker/Barista
Ashley Devaney , Barista/ Laundry Attendant	

Executive Director's Address



Happy summer! I hope everyone is healthy and catching fish. Along these lines, our educational fishery started June 1st. The federal subsistence gillnet fisheries open in the Kasilof River on June 16th and on the Kenai River on July 1st. Our crew is ready and nets are waiting to be deployed. If you haven't received your federal subsistence permit in the mail, please get your permit from the office in Soldotna as soon as possible and deliver them to the Admin office in order to be placed on the fish distribution list.

There are many exciting things happening here at the Tribe. We completed our Admin office and Health and Wellness Club expansions. The NTC Community Clinic in Anchor Point is coming together and we hope to have this open in the upcoming months. Future planning and engineering are underway for our new clinic in Homer and our cultural/heritage center here in Ninilchik.

As we transition through the pandemic and see light at the end of the tunnel, some of you may be wondering what monies the tribe received and how we are utilizing these funds to support mitigation efforts. The Coronavirus Aid, Relief, and Economic Security Act, (CARES Act), was a \$2.2 trillion economic stimulus bill passed by Congress under President Trump. The tribes received a distribution of this bill directly from the U.S. Treasury, through an \$8 billion dollar set aside for tribes. In addition, the bill included more monies that were distributed under different governmental departments where tribes received some direct allocation of monies as well. Our tribe received approximately 6 million dollars from the CARES Act, of which about 3.8 million was received directly from Treasury. The other funds were spread across other funding agencies like the Bureau of Indian Affairs, Indian Health Services, and Health and Human Services. Please keep in mind these were not discretionary funds, they had very specific use requirements directly related to Covid-19 mitigation and support, along with a very short window to spend the money. In the case of Treasury funds, the timeframe was originally about six months, not enough time for extensive planning. Per capita payments to Tribal Members was not an allowable use of the funds, even though a few tribes did this, and a few actually used discretionary monies rather than federal funds. Unfortunately, our tribe does not have extensive discretionary monies and could not do this.

We did however spend around \$170,707 toward the expansion of Administrative Offices to allow for social distancing. Approximately \$672,083 was spent in an addition to the Health and Wellness Club to provide a COVID-19 testing window, a quarantine bedroom, and increased workout areas for people to be able to exercise and social distance. Around \$669,785 was expended to establish a clinical service unit in Anchor Point, which is currently being constructed. It will house primary care, behavioral health care, increase medical response, and provide testing for COVID-19. Approximately \$290,573 was expended in property acquisition for this site and another site on the lower peninsula to provide direct medical care and COVID-19 response. Approximately \$190,000 was paid in salaries, wages and fringe for another full time Procurement officer to handle COVID-19 acquisitions, funding a full time Elders Outreach Assistant to help with Elder food delivery services during the pandemic, a full time maintenance person to assist with additional cleaning, and an engineer to help design some of the building infrastructure. There were zero expenses for Indirect or Administrative Overhead. A grant of approximately \$131,623 was issued to the tribe's laundry business to help with COVID-19 business support, which aligned with the cleaning and pandemic needs. Approximately \$1.6 million was spent on equipment to include, new portable x-ray equipment, bariatric cots for quarantine, new telemedicine carts, a new mobile ambulance type support vehicle (to go to people who cannot travel, especially with COVID-19), new vehicles for maintenance and procurement support, digital trailer to notify traffic of COVID-19 testing at the clinic, Elders equipment for food acquisition and distribution, including freezers and processing equipment to include assets for the fisheries, NTC staff IT needs and computers, upgrading technology with internet access at the Resource building and wi-fi tower for increased tele-work and education capacity, food security items such as fish for the elders, portable medical EKG equipment, medical grade air disinfection units, Purell sanitizer dispensers, new tables for buildings in order to align with new social distancing requirements, office equipment to support those new staff, medical testing machines and supplies for COVID-19 testing, computers for the Teen Center for distance learning support, and many other uses. We also recently received around a half-million dollars for a rental assistance program for the entire Tribal Boundaries, and for all Tribal Members who meet eligibility requirements. Furthermore, the American Rescue Plan Act of 2021 (ARPA) was recently passed under President Biden and we anticipate even more funding from this bill. The nice thing is that these monies don't have to be spent in six months, rather over several years, which gives us time for planning and input. As always, have a wonderful summer and I hope your freezers, smokehouses, and salt barrels fill up with fish. Thank you.

Ivan Z. Encelewski, NTC Executive Director

Housing Department

"If you always do what interests you, at least one person is pleased."

- Katharine Hepburn



Hello Tribal members,

I hope that you all are doing well and not too stressed with all the events we have experienced over this past year. Just remember you are not alone; we are all in this together. If there is something you need from any of us here at the Ninilchik Traditional Council, do not hesitate to reach out and see how we can be of help to you. That is what we are here for, and if we can't help you, we will try to find someone that can.

Since the last newsletter, the Housing Department has been awarded an opportunity to help people who are behind on rent or utility bills due to COVID-19. This could be due to a magnitude of reasons, such as having to stay home because of no daycare or school, being laid off from your job, reduced job hours, downsizing because of a lack of business, your place of employment shut down, employment is difficult to find, etc. There are many reasons that you may have difficulties staying on top of things due to COVID-19, and we may be able to help assist you in getting caught up.

This program is open to everyone of all races within our Tribal Boundaries provided they are within the median income limits for the Kenai Peninsula Borough. We can also help Tribal members living in other states so long as they are not receiving any state or federal assistance program and fall within the median income limits in a given state's county requirements. ATAP, SNAP, and General Assistance do not count as federal or state programs with this program. Primarily, they are referring to any housing federally or State assisted programs. Applications and information regarding this program can be found at https://www.ninilchiktribe-nsn.gov/housing/#emergency_assistance. If you have any questions, please email me at bcrosby@ninilchiktribe-nsn.gov and I will get right back with you.

We currently have one home out for bid to be built in Ninilchik, and have began the environmental on two pieces of land for the next two homes to be built. We are still trying to find land in Homer. If you know of any or have some land for sale, please email me to see if we can work something out.

We have three Rehab projects going out for bid from last year and we are hoping to get these folks some help this year. Fingers crossed.

Until next time. Stay safe and healthy with a lot of SUN and fresh air! Fish on and we will see you in the next newsletter.

Bob

TRIBAL HEALTH DIRECTOR'S REPORT

There have been many changes over the past year, but COVID-19 has not slowed us down. Our clinic has grown and we have more options for our patients than ever before. I know that it seems like we are making lots of changes too quickly for some, but all of these are for our patients and to help with operations. Thank you for being patient with us while we improve on how we serve you.

We have hired a Dr. Tim Scheffel, Medical Director, Dr. Tamar Marcotte, Renae Blanton, RN Consultant/Educator, Margaret Westner, DNP, APRN, FNP-BC and Dr. Robin Holmes. Dr. Scheffel is working on policies, data collecting, and processes. Dr. Marcotte provides osteopathic manipulation and primary care. Renae is consulting, providing education, cold laser therapy training, and developing protocols. Dr. Holmes will be working in the Homer office beginning in mid-August. Margaret Westner, Family Nurse Practitioner will work in the new Anchor Point clinic once it opens up in late summer or early fall.

We are in the process of updating our emergency room visit policy, local dental policy, and our physical therapy policy. We are also in the process of developing a patient handbook so that you will know the processes for utilizing these services. These policies will also be available on the NTC website along with the handbook once they are completed.

Olivia Delgado recently graduated Cum Luade with an Associate of Science in Nursing, and Ajiel Basmayor recently passed her medical college admission test (MCAT). Congratulations, ladies!

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 last year.

We are currently offering covid testing on Monday, Wednesday, and Friday from 12-4 pm. Testing and vaccines are by appointment only.

These are exciting and busy times, but if you ever want to talk about how we can improve our services, please stop by my office and we can roll up our sleeves and strategize together.

Thank you,
Janet Mullen
Tribal Health Director

Here are a few pictures from the Ninilchik Community Clinic Health Fair this year, it was a lab draw and immunization only and was successful in providing free vaccinations and discount labs to the com-



Get Vaccinated to Protect Yourself, Family, and Community

American Indians and Alaska Natives are disproportionately affected by the COVID-19 pandemic

A vaccine helps people from catching a certain disease, like COVID-19. All vaccines are as safe as possible and are a simple way to prevent illness and community outbreaks. A vaccination is not a treatment for people who are already sick with COVID-19. Getting vaccinated helps everyone.

- Know the facts and avoid sharing misinformation.
- Start by sharing information from trusted sources like CDC.gov and IHS.gov
- Encourage your loved ones to get vaccinated.
- The more people in your community get vaccinated, the better everyone will be protected against COVID-19, especially those who are more vulnerable to serious illness, like elders and people in high-risk groups.
- A COVID-19 vaccine will help you from spreading the disease, and reduce your risk of getting sick, being hospitalized, or dying.
- COVID-19 vaccines are one of many important tools to help us stop this pandemic. It is important to use all the tools available to stop the pandemic, wear a mask, wash your hands, and watch your distance.

How to cope with anxiety related to vaccination

- Stay connected with family and friends while keeping a safe physical distance. Take care of yourself and each other, and know when to get help.
- Create a list of personal self-care activities you enjoy such as exercising, meditating, singing a traditional song, praying, or connecting with nature.
- Take deep breaths and stretch.
- Maintain a sense of hope and positive thinking and remember these strong feelings of stress and anxiety will fade.



We are all in this together. Show compassion for those most closely impacted.

- Stay connected with family and friends through social media and video chat.
- Connect with your community and others with drumming and dancing video via social media.
- Attend a spiritual service through on-line streaming.



Ask your healthcare provider for more information.



For more information regarding NTCCC, please contact Janet at 567-3970 or jmullen@nihilchiktribe-nsn.gov

MAT Program

For the past 4 years, Ninilchik Traditional Council has been expanding its recovery services program to provide outreach, community education, and to help people who use substances into individualized treatment services. To date, we estimate that we have served approximately 140 people in our local community on the Southern Kenai Peninsula access care through NTC; many continue to access outreach services, medications for addiction treatment services, or behavioral health support.

Currently, we are seeing a surge in overdoses throughout the state of Alaska, and we are working with the Office of Substance Misuse and Prevention to identify causes, identify prevention techniques, and to connect with those affected by overdoses. Increased rates of fentanyl and other miscellaneous contamination of illicit drugs, as well as counterfeit prescriptions drugs, contribute to the poisonings. Isolation and other social stressors related to COVID-19 have also led to increasing rates of substance use.

There are many overdose prevention tools including NARCAN, fentanyl testing strips, and phone apps for people who use substances alone. NARCAN is the LIFE SAVING overdose reversal medication for people who use OPIOIDS. It will only work on opioids and is an extremely safe medication. It is an accessible, easy to use medication, and you can pick up a free NARCAN kit from the Ninilchik Clinic, any pharmacy, through the State of Alaska PROJECTHOPE, or by calling 907-740-3330. Fentanyl testing strips are effective for testing your substance for the presence of fentanyl; however, it will not measure how much fentanyl is in your substance. We recommend testing all new drug supplies (including stimulants) for the presence of fentanyl, and to never use alone. Fentanyl testing strips are accessible thru the NTC Clinic/Outreach. There are many apps out there for overdose prevention. A couple that we know of are Canary (it has a yellowbird on it) and BeBrave as well.

Getting into a treatment program that provides medical treatment for opioid use disorder can reduce mortality rates by 80%, so we highly encourage anyone struggling with opioid use to reach out to us for assistance accessing treatment. We also offer peer support and behavioral health services to support you on your journey.

If you have any questions, would like more information, or would like to speak with anyone please feel free to contact Annette at 907-740-3330. We can also be reached by email at ahubbard@nirilchiktribe-nsn.gov



CH-CH-CH-CHECK IT OUT

If you've been to the Club recently, follow us on Facebook, or have even driven by and rubbernecked, you probably noticed quite a few changes to our space. Umm, that's an understatement!

Firstly, the addition is complete! We almost doubled the square footage of the entire Club and it's amazing! New weight room, new multi-purpose studio, new restrooms/showers, & more.

Secondly, we got NEW equipment! We have been replacing some old, outdated equipment with shiny, new pieces. We finally have a high enough ceiling for a stair climber ! And we've replaced the 15-year old Hoist weight machine. We have more equipment coming in soon, so stay tuned!

AND there's more to come! We're continuing to make updates and renovations, it's like an entirely new space. We also welcome suggestions (leave them in the suggestion box). Come see what we've got going on over here!

COMING SOON - IN-PERSON YOGA!

We are patiently waiting for our acoustic panels to arrive so we can move our yoga classes into the NEW studio! Should be happening soooooon!

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**

COVID-19 UPDATE

If you have been travelling out of state, we have new mask policies:

- Masks are required for 2 weeks after arriving in Alaska.
- You do NOT have to wear a mask if you are fully vaccinated.

Policies tend to change, so you can follow us on Facebook or join our email list for important updates.

TANNING & SAUNA

\$6/session | Buy 10 Get 1 Free

RELAX & REJUVENATE

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

Call Elise to book 907.252.9544

CHIROPRACTIC

Dr. Cat West to book 415.608.7559

Dr. Sarah to book 770.425.8914



Physical Therapy
 Call 907.420.0836

Elders Outreach Program

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



The luncheons will still be provided on holidays that the main office, clinic, and health club may be closed for. The luncheons served at noon coming up for the following months are as follows:

Mondays in *June* 7th, 14th, 21st, 28th
 Mondays in *July* 5th, 12th, 19th, 26th
 Mondays in *August* 2nd, 9th, 16th, 23rd, 30th

As a friendly reminder, the 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 if they would like to. 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 we ask that you all be mindful of others who are not able to attend, and 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 me. 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.

The Elders Outreach Program would like to share with you all kinds of updated information regarding available resources and areas of use. Over the last couple of years, we have worked hard to secure areas Elders and Tribal members can utilize to process their salmon and moose. As of this past May, we finalized most of these areas. First, most of you are familiar with the Elders Social Dining area, this is inside the Subsistence building where we serve lunch on Mondays at noon. Then, we have the Utility room that houses many of the tools and other resources many of you have requested or utilized already, such as our commercial vacuum sealer with a variety of bags to seal your salmon, fruits, moose, et cetera. We also have a bone saw, and should you be interested, we can help cut your moose bones down for soups and broths or roasting. The other tools available are the meat grinders, pressure cookers, and a soon-to-be connected commercial food dehydrator. All of these resources are for you to use on-site or can be arranged to use; however, you must call and schedule time to use these services.

We also have a walk in freezer, specifically to house most of the Elders foods we keep on hand for luncheons, events, camps, and cookouts. We also have a large commercial Conex freezer. This is a wonderful asset to you and the Tribe, as come summer many Elders are needing additional storage for their salmon and other bounty. The simplicity of this is to call ahead and we can arrange to pick up your product or you can come drop it off. We will label your frozen items with your name and can assist you with dropping it off when you are ready to process it. You will not have direct access anytime you choose, but M-F/9-5 availability works for most exchanges.

Elders Outreach Program

Should you have an overwhelming supply and need to freeze or perhaps your freezer breaks, this can help accommodate you. This excess freezer space should function to aid time between your processing time so you are not rushed throughout your summer. On top of these areas, we have a moose hanging room with a controlled AC unit. We have an area to hang moose once shot, skinned, and quartered, and you are more than welcome to use these facilities. These areas are locked, so you must please call to connect and communicate your needs. Some of you may be thinking you cannot or do not have the ability to skin, quarter, and hang your moose, let alone grind it for burger or cut and wrap for roasts. We can help with that! We love to process game, please call. Two more areas of interest are the smokehouse and the Fish processing tables. These are not locked, however, we would love for you to communicate when you would like to use the smokehouse as there are many Elders and Tribal members who are excited for this! We have also harvested cottonwood to use and will continue to do this. If you would like to use it there, please do but please refrain from pilfering it. Lastly, the processing table is outdoor and has a covered roof. You are more than welcome to use this. Please make sure to turn the hose off after using it and to clean the tables down with the brushes and Clorox that are below the tables. If you also need assistance with processing your salmon, just call.

We would love to help accommodate your needs.

As always, 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



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

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@niniichiktribe-nsn.gov

Fugitive Dust

As the spring breakup comes to a close and summer is rounding the corner, we must be mindful of pollutants in the air. Although not technically a “pollutant,” fugitive dust is nothing to scoff at. Down here with our great many dirt roads we face a significantly higher risk of fugitive dust than in the city.

What is fugitive dust?

Fugitive dust is small airborne particulate matter of both solid particles and liquid droplets. The US Environmental Protection Agency (EPA) defines fugitive dust as such: particulate matter (PM) that is generated or emitted from open air operations (emissions that do not pass through as stack or vent) and classifies PM by size: • Particles under 10 microns in diameter are referred to as PM10 • Particles under 2.5 microns in diameter are referred to as PM2.5 Fugitive dust consists primarily of PM10 particles.

What causes fugitive dust?

Fugitive dust is generated through human activities and natural processes. Agricultural activities, wind, construction, and driving on unpaved roads all contribute to fugitive dust. Increased population and activity also increase fugitive dust. As industrial areas move closer to residential and recreation areas, fugitive dust becomes a greater nuisance. Health concerns linked to fugitive dust include asthma, chronic bronchitis, emphysema, heart disease, and chronic obstructive pulmonary disease. PM2.5 is small enough to penetrate deep into lung tissue. In addition to affecting human health, fugitive dust reduces visibility, affects surface water, reduces plant growth, and can be a nuisance.

You can find this information and much more at <https://dec.alaska.gov/air/air-permit/fugitive-dust>.

Tips to reduce fugitive dust:

Water. When possible wet the dirt road to prevent dust from occurring.

Calcium Chloride. Calcium Chloride is affective because it retains moisture longer. The state of Alaska uses Calcium Chloride in their endeavors to reduce fugitive dust.

Reduce speed. Reducing your speed while traveling dirt roads will significantly reduce the amount of dirt that is being disturbed which lowers fugitive dust.

Create Wind Barriers. Creating wind barriers around your home or effected area can help prevent the amount of fugitive dust by slowing the wind speeds in that area.



Tribal Services Department

The Ninilchik Traditional Council is pleased to announce we are in the beginning process of constructing a childcare facility in Ninilchik. Our plan is to start 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!

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@nirilchiktribe-nsn.gov or (907) 567-3313

EARLY LEARNING PROGRAM

Congratulations ELP Class of 2021!



Registration for our Early Learning Program will begin in September for the 2021-2022 school year. Please contact our office with any questions you have about this program.

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

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

Higher Education Grant

NTC's Tribal Service 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

Tribal Services Summer Youth Activities



Youth 7-13 years

June 23rd - Fishing Day 1pm - 4pm

June 24th - Process Salmon 1pm - 4pm

June 29th - Craft Day 1pm - 4pm

July 21st - Fishing Day 1pm - 4pm

July 22nd - Process Salmon 1pm - 4pm

August 4th - Campground Hike & Picnic 1pm - 4pm

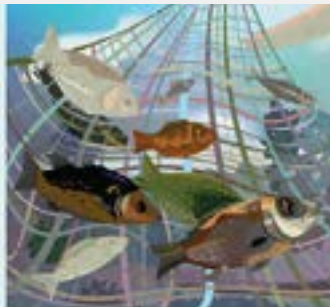
Fishing and Craft Day for Youth 3-6 years

June 8th - Fishing 1pm - 4pm

July 13th - Craft Day 1pm - 4pm

Fishing Day for Foster Families

July 7th - 1pm - 4pm





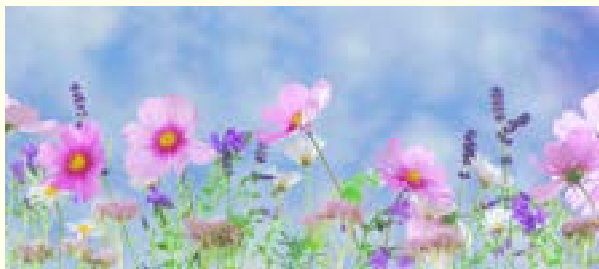
NTC's Early Learning Program

We completed our school year with a graduation ceremony on April 15th. The students were excited to show their families all the new skills they learned throughout the school year. We have several activities scheduled during the summer for these students from fishing on the beach to playing on the playground.

Exciting News!

We have broken ground on the new Childcare Center and Tribal Services building! Groundwork is under way. Stay tuned for more updates....

Happy Summer!



Tribal Services Department



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



Vision

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

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.

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 690-2331 or rdunaway@ninilchiktribe-nsn.gov

Fun Summer Activities!



- Field Trips
- Camping
- Hiking
- Bike Rides
- Swimming
- Water Safety
- Outdoor Survival
- Volunteer Services
- Arts and Crafts Projects
- Cultural Activities
- Fishing
- Community Garden
- Scavenger Hunts
- Games
- Sports
- Exercise
- AND MUCH MORE!!

YELP 2021

YELP (Youth Education and Leadership Program) is the Youth Outreach’s summer program. Due to the obstacles we face today and the lessons learned over the last year, we are looking forward to providing a summer packed of youth activities. Whether you are into exercise, art, culture, or just meeting new friends; we have activities for you. Our goal is to host a variety of activities that provide youth with more opportunities to learn new skills, build character, increase knowledge, and socialize in a safe environment.

Have questions or Need Info?

You can find out specific information about activities on our Facebook page BHS Niniilchik.

You can also contact our team:

Rick Dunaway @ (907)-690-2331
rdunaway@niniilchiktribe-nsn.gov

Katie Matthews @ (907)-567-3370 option 7
kmatthews@niniilchiktribe-nsn.gov

Danielle Self @ (907) 299-6269
dself@niniilchiktribe-nsn.gov

This program is for youth grades 7-12. Each participant must have a signed waiver on file. Need a waiver? You can stop by the Teen Center or the Behavioral Health Clinic to pick yours up!

YELP SCHEDULE

Tuesdays– YELP day
12-5pm

Wednesdays- Workouts
1-3pm

Thursdays– Cultural/Outdoor Activities
12-5pm

Fridays– Teen Center
12-5pm

Times are subject to change depending on the activity. Feel free to call/text or check out our Facebook page BHS Niniilchik for the most recent updates.

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

Youth Outreach Program

Looking Back...

The 2020-2021 school year is done! What a year it was ... The youth of our community were confronted by some really unique challenges and were able to come out stronger and more resilient because of it. NTC Youth Outreach would just like to say congratulations to all the youths in our community who kept moving forward and grinding despite the difficult circumstances surrounding them. Thank you to the supportive adults, teachers, coaches, and parents who will never know how instrumental you were in helping others get through this.

During this school year NTC Youth Outreach really strived to provide opportunities for youth and to meet their needs as they swiftly changed during this pandemic. That meant program flexibility and changing what kind of services our program provided. While many other youth programs suspended their activities, we did not view that as a viable option for our community. We began to come up with virtual activities to keep youth engaged and connected to one another. Social Zoom meetings, talking circles, Among Us sessions, and the occasional outdoor activity got many youths through some tough times when school was remote and the virus was at its apex locally. When it was safe to open our doors back up, we did so immediately. We began to offer students rides to our Study Hall, delivering school lunches to students, offered one-on-one tutoring and small groups tutoring, and we continued to responsibly gather outdoors. School resumed in January and slowly we were able to safely do more and more.

After students returned to in-school learning, our program and staff worked closely with the Ninilchik School to provide various opportunities and activities to the students. Here are a few of the highlights of our program:

Native Youth Olympics (NYO)

Despite not having any in person tournaments, it was a great NYO season. We had high attendance at our Junior NYO practices and the athletes made great strides. We are grateful for the Ninilchik School for hosting us and granting the youth the opportunity to work hard to improve in their events and in their values. Our senior athletes did a fantastic job competing hard in the Virtual State Tournament in April.

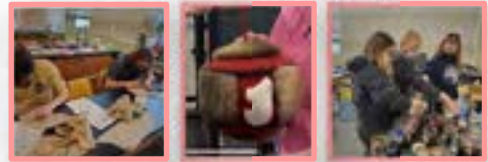
Congratulations Dez Hess!



11th Grader Dez Hess soars high as he kicks 96 in. off the ground (that's 8 feet!)

This kick landed Dez in fourth place in all of Alaska for One Foot High Kick.

Arts and Crafts



Our staff helped facilitated some amazing craft activities at Ninilchik School. One activity to highlight is the Psyanky Easter Eggs. Students were provided two eggs each in which they decorated using the traditional method of wax and dye.

Students were introduced to the concept of symbolism and discussed the historical and cultural components of this tradition. Students gifted their eggs to Elders at the Kulich Gala.



Red Ribbon Week

2021 Red Ribbon Week was five days jam packed with activities and education surrounding substance use. We utilized games and interactive activities to educate students on the negative impacts of substance use and the effects that it has on adolescents. There was a door decorating contest schoolwide which provided a great opportunity for elementary students to discuss the importance of healthy habits and setting goals.



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

Youth Outreach Program

Outdoor Activities

We offered a range of outdoor activities for youth over the last few months. Activities such as sledding, ice fishing, and broom ball helped get youth outside in the winter. After school skiing was another great experience that was provided in partnership with Project Grad. This partnership led to other activities such as a tour at a birch syrup farm and an exploration in biology during a tide pooling field trip. We plan on doing many, many more outdoor activities during our summer program YELP.



Career Exploration

Our staff helped coordinate presentations from professionals in various lines of work. Professions such as firefighting, dentistry, culinary arts, fitness training, photography, and others talked to middle school students via interactive presentations and fielded questions about the profession.



After School Strength Training

After school strength training was created to help students who wanted to be healthier and get into better shape. This program educated youth on an array of fitness information (nutrition, importance of sleep and hydration, periodization etc..) and proper exercise technique. It was great to see youth progress week after week in proper mechanics, strength, and confidence.

Life Skills Development

Life Skills were hosted after school at our Teen Center. It began with brainstorming and goal setting. Students then crafted resumes and cover letters for both their dream jobs and a job they would like to apply for this summer. We then conducted mock interviews in person and virtually going over both of their resumes. The students were gaining an obvious comfort in their interviews and are excited to seek a job this summer!

2021 River Fishing Activity

This year we have the opportunity to create our own fishing devices using only natural materials.

In July, we will take our fishing devices to the Ninilchik river to try our luck at fishing without the modern conveniences.

Throughout the summer we will dedicate some time to work on our fishing devices. You could also work from home or utilize time during free Fridays to work on your device.

Last year we had a lot of fun with this activity but nobody was able to catch a fish with their hand made contraption.

Could you be the first?



Looking Forward...

NTC Youth Outreach is excited to bring another amazing summer of activities and experiences via the YELP program. If you are 12 and up and looking for friends or an adventure, check out YELP this summer!

All participants need a waiver signed by your guardian.

YELP is a bully free and drug free place where kids can come be themselves without worrying about negativity.

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

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 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 Community Health Aide/Medical Assistant, Behavioral Health Services Clinician, and a Registered Nurse.

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

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June EOP Fishing: EOP Fishing 6/16 EOP Fishing 6/17 EOP Fishing 6/30		1 10:15 –11:15 a.m. Yoga (Vinyasa) 12:00-5:00 p.m. YELP	2 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist) 1:00-3:00 p.m. YELP Workouts	3 10:15 –11:15 a.m. Yoga (Hatha) 12:00-5:00 p.m. Cultural/Outdoor Activities	4 12:00-5:00 p.m. Teen Center	5
6	7 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	8 10:15 –11:15 a.m. Yoga (Vinyasa) 12:00-5:00 p.m. YELP 1-4:00 p.m. Age 3-6 Youth Fishing	9 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist) 1:00-3:00 p.m. YELP Workouts	10 10:15 –11:15 a.m. Yoga (Hatha) 12:00-5:00 p.m. Cultural/Outdoor Activities	11 12:00-5:00 p.m. Teen Center 2:00 p.m. Tahyiga Book Club	12
13	14 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	15 10:15 –11:15 a.m. Yoga (Vinyasa) 12:00-5:00 p.m. YELP	16 EOP Fishing Day 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist) 1:00-3:00 p.m. YELP Workouts	17 EOP Fishing Day 10:15 –11:15 a.m. Yoga (Hatha) 12:00-5:00 p.m. Cultural/Outdoor Activities	18 12:00-5:00 p.m. Teen Center	19
20	21 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	22 YELP Fishing Day 10:15 –11:15 a.m. Yoga (Vinyasa) 12:00-5:00 p.m. YELP	23 9:30-10:00 a.m. Yoga (Chair) 10:00 a.m. Council Meeting 10:15 –11:15 a.m. Yoga (Twist Twist Untwist) 1:00-3:00 p.m. YELP Workouts 1:00-4:00 p.m. Age 7-13 Youth Fishing	24 10:15 –11:15 a.m. Yoga (Hatha) 12:00-5:00 p.m. Cultural/Outdoor Activities 1:00-4:00 p.m. Age 7-13 Salmon Processing	25 12:00-5:00 p.m. Teen Center	26
27	28 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon	29 10:15 –11:15 a.m. Yoga (Vinyasa) 12:00-5:00p.m. YELP 1:00-4:00 p.m. Age 7-13 Youth Craft Day	30 EOP Fishing Day 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist) 1:00-3:00 p.m. YELP Workouts			

Calendar

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>July EOP Fishing:</u> EOP Fishing 7/1 EOP Fishing 7/15 EOP Fishing 7/16</p>				<p>1 EOP Fishing Day 10:15 –11:15 a.m. Yoga (Hatha) 12:00-5:00 p.m. Cultural/Outdoor Activities</p>	<p>2 12:00-5:00 p.m. Teen Center</p>	<p>3</p>
<p>4</p>	<p>5 All NTC Offices Closed 12 p.m. Elders Luncheon</p> 	<p>6 10:15 –11:15 a.m. Yoga (Vinyasa) 12:00-5:00 p.m. YELP</p>	<p>7 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist) 1:00-3:00 p.m. YELP Workouts</p>	<p>8 10:15 –11:15 a.m. Yoga (Hatha) 12:00-5:00 p.m. Cultural/Outdoor Activities</p>	<p>9 12:00-5:00 p.m. Teen Center 2:00 p.m. Tahyiga Book Club</p>	<p>10</p>
<p>11</p>	<p>12 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon</p>	<p>13 10:15 –11:15 a.m. Yoga (Vinyasa) 12:00-5:00 p.m. YELP 1-4:00 p.m. Age 3-6 Youth Craft</p>	<p>14 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist) 1:00-3:00 p.m. YELP Workouts 1:00-4:00 p.m.</p>	<p>15 EOP Fishing Day 10:15 –11:15 a.m. Yoga (Hatha) 12:00-5:00 p.m. Cultural/Outdoor Activities</p>	<p>16 EOP Fishing Day 12:00-5:00 p.m. Teen Center</p>	<p>17</p>
<p>18</p>	<p>19 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon</p>	<p>20 YELP Fishing Day 10:15 –11:15 a.m. Yoga (Vinyasa) 12:00-5:00 p.m. YELP</p>	<p>21 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist) 1:00-3:00 p.m. YELP Workouts 1:00-4:00 p.m. Age 7-13 Youth Fishing</p>	<p>22 10:15 –11:15 a.m. Yoga (Hatha) 12:00-5:00 p.m. Cultural/Outdoor Activities 1:00-4:00 p.m. Age 7-13 Youth Salmon Processing</p>	<p>23 12:00-5:00 p.m. Teen Center</p>	<p>24</p>
<p>25</p>	<p>26 10:15 –11:15 a.m. Yoga (Renew and Restore) 12 p.m. Elders Luncheon</p>	<p>27 10:15 –11:15 a.m. Yoga (Vinyasa) 12:00-5:00 p.m. YELP</p>	<p>28 9:30-10:00 a.m. Yoga (Chair) 10:15 –11:15 a.m. Yoga (Twist Twist Untwist) 1:00-3:00p.m. YELP Workouts</p>	<p>29 10:15 –11:15 a.m. Yoga (Hatha) 12:00-5:00 p.m. Cultural/Outdoor Activities</p>	<p>30 12:00-5:00 p.m. Teen Center</p>	<p>31</p>

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.