

Ninilchik Traditional Council

newsletter

Spring 2023



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Upcoming Dates to Remember

All NTC Offices will be closed on

Memorial Day - Monday, May 29th

Juneteenth - Monday, June 19th

The next Regular Council Meeting is scheduled for Wednesday, May 17th at 10:00 am

NTC Regular Council Meetings take place at the Administration Office at 15910 Sterling Highway. Tribal members are invited to attend and are welcome to share comments.

**There are three (3) \$100 Door Prize Drawings
for tribal members in attendance at each meeting!**

NTC Regular Council meetings are scheduled monthly.
Please visit our website at ninilchiktribe-nsn.gov for the most current schedule.

Front cover photo provided by Deborah Williams

Back cover photo provided by Shawn Wilson

We invite you to send us your photo submissions for future newsletters.

Please email them to bwallace@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

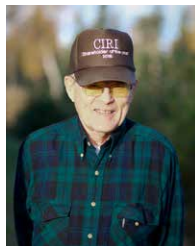
Richard “Greg” Encelewski

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



Darrel Williams
Resource & Environmental Director



Executive Director's Address



Happy spring! I hope everyone is doing well and you are finally thawing out. The wisdom and vision of 'Punxsutawney Phil' predicted six more weeks of winter and wow did we get it. Even though we are still working to get the chill out of our bones, things at the Tribe are going very well. Our new NTC Community Clinic in Homer will be complete around the time you read this newsletter. We should have the clinic up and running in May. This is a beautiful facility!

Nil Qenach'delghesh, our intertribal consortium to provide broadband services to Tribal Members, has an exciting opportunity ahead. We have worked hard over the past few months to determine a direction and potential partnership that could bring free internet service to our members and develop an equity share in a company. If we can finalize a deal, this could not only bring broadband to our people, but we can utilize the large infrastructure grant that Kenaitze and Ninilchik received to invest with a current internet company. This would fulfill our Federal Communications Commission licensing maintenance requirements as well.

At their last meeting, the Council officially named the beautiful property and house in Kasilof "The High Place." This was originally envisioned as a special place for the Tribe to have events, host special youth and other tribal activities, as well as serve as a base for our broadband communications headquarters. As things progress, we are also working to do some rentals for events. Staff are working on rental agreements and hosting preparations. This will be an amazing opportunity for the public as well as our membership.

I have continued to work on our new tribal 8(a) company Tuyan, LLC. We are bringing on a new partner in another regional 8(a) that can subcontract some of our current engineering work. This will not only help us move forward on our existing government contract but allow us to get further work and help us realize gains in investments that can pay off for the future of the Tribe.

Recently I have worked to step away from the duties as co-chair of the Cook Inlet Tribal Fisheries group due to time commitments. We have made great progress over the years to support the tribes and our people in their food security needs. I am happy to announce that we elected a brilliant young tribal member from the Kenaitze Indian Tribe to serve in this capacity. Sam Schimmel is attending law school at Georgetown Law and is the Director of Operation Fish Drop and Co-Chairman of the Arctic Youth Network. As the Educational Fishery is continually reduced in allocation and fishing time, and as our commercial set-netters are not allowed to fish, we must promote more subsistence opportunities for our people. It is with this in mind that the Resource Department is gearing up once again for the subsistence set-net fishery in the Kenai and Kasilof rivers. I understand that the permits will be handled like they have been in the past couple of years with U.S. Fish and Wildlife Service calling former permit holders to issue new permits. This should happen around the first week of May. We will also notify you of when the starting date is to submit these permits to the NTC office. On the issue of food security, the Tribe will also be doing some more work this summer on the brush cutting to enhance moose hunting access as well.

In closing, there is a lot to be excited about not only with spring in the air and summer on the horizon, but at the ability of our Tribe to maintain and expand services. None of this could be possible without the amazing work of our staff and NTC. Thank you.

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

Ivan Z. Encelewski, NTC Executive Director

*New Homer Clinic
on Bartlett St.*



Housing Department

*“Take chances, make mistakes. That’s how you grow.”
-Mary Tyler Moore*



Hello Ninilchik Tribal Members,

It looks like we are getting an early summer this year. Pussy willows are already coming out the second week of March. I’m so ready!

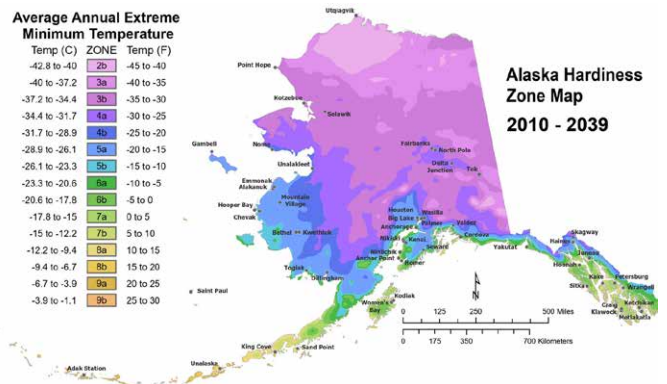
We now have the Treasury’s “Homeowners Assistance Fund” (HAF grant) up and running, to help those families with mortgages that fell behind in payments due to Covid-19. This could help with mortgages, property taxes, and utilities that are behind, and possibly stop foreclosures. This program is open to homeowners of all races within our Tribal Boundary area and the household income must fall within the 150% median income limits for the Kenai Peninsula Borough. The application is posted on the NTC website at the top of the Housing webpage if you are interested in getting more information. ninilchiktribe-nsn.gov/housing

We have just put out for bid the next home to be built here in Ninilchik and building should start at the beginning of June. If you are interested in any work that may come up, please drop off a resume. Please include any training you have and make sure to include current contact information.

I posted in the last newsletter that this summer is the time to start getting our food security ready for this next winter. Being able to grow your own food is a plus and you can take pride in knowing that you are feeding your family and yourself fresh veggies without all the chemicals it takes to keep those veggies fresh enough to make its way to Alaska. We need to get away from relying on the stores. While we have long days, our growing season is usually short due to the cooler temperatures outside. Alaskan gardeners can benefit with a greenhouse or knowing which vegetables grow better in the cooler weather.

First thing to know is our area is classified as Zone 6a. Knowing this will help you determine which plants grow best in our zone. Then you need to determine where you will be planting. This will help you choose the different types of plants by what

kind of sunlight they like. The next thing you will need to know is the type of soil you have. Our soils can vary dramatically by area even within our own yards, meaning your pH on one side of your yard can be different from the other side. You won’t know what you have until you test your soil. I got a test kit from Amazon, but they can be picked up at any garden center. Test kits generally measure nitrogen (N), phosphorus (P), potassium (K), and soil pH. These kits show the type of nutrients and soils different plants like and how to add nutrients to make the soil the best for what you are growing.



Veggies that grow great in this cool breakup weather are peas! I have them growing this year and there’s still snow in the yard. They need to be in sunlight but not a lot of direct hot sun, and you should have a fence or trellis to grow onto.

Until the next newsletter, get those gardens going, get some fish, stay healthy, and have a wonderful and safe Memorial Day!

Bob Crosby, Housing Director

Additional resources for Alaskan gardening:

- itgrowsinalaska.community.uaf.edu
- alaskamastergardeners.org/northern_gardening_tips.html

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

Tribal Services & It Takes A Village Childcare

NTC's Early Learning Program



This is the **17th year** that Tribal Services has provided early childhood education for youth ages 3-5 years old. As this year comes to a close, we will have

had **171 students** participate in our Early Learning Program!

ELP Graduation April 27th

It Takes A Village Childcare

Only a few slots remain open as we are nearing our capacity. We are working on securing funding to help expand our playground by purchasing additional equipment for all age groups. We are looking forward to a summer filled with outdoor activities for the children in care and plan to introduce them to gardening by integrating vegetable planter boxes around the outside of the facility.



Tribal Services Youth Fishing

Tribal Services will be hosting a fishing day for Tribal Youth this summer. The date is yet to be determined but invitations will be mailed at a later date.

Please contact the Tribal Services department at 907-206-2740 for more information.

Scholarship Deadline May 1

Each year NTC offers a \$1,500 scholarship to one selected tribal member graduating from Ninilchik High School or the Connections Program in Ninilchik. Applicants should demonstrate a dedication to education and pursuing their goals. Applications must be received before the May 1st deadline. If you have any questions, you can call Tribal Services. Applications available online at www.ninilchiktribe-nsn.gov/education/#college_and_adult



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

Resource & Environmental Department

Resource Updates

Spring is on its way and the busy season is just beginning here in the Resource Department! There is still snow on the ground but that doesn't stop the work from happening.

Our **forestry** work in the field has consisted of slash-pile burning and mop-up work the past couple of weeks. We are preparing for the summer season of tree thinning and piling to continue our efforts for hazardous fuel removal which are improving every year!

The **fishing** season enters our crosshairs as summer peeks its head around the corner and the rivers start to show and flow. With fishing in mind, we are preparing our gear and nets for the upcoming fishing season and are hopeful to fill permits as fast as we can! With the high-water level on the Kenai last year, much debris from upstream did a number on our nets and now the mending begins!



We can't wait to start fishing!

What's New with BUMPS

Our BUMPS passengers and ridership numbers are UP! More interest is being shown by the Kenai Peninsula Borough and they are forming a Transportation forum and reviewing the process in creating more opportunities for their communities to have available transportation.

BUMPS has broken the trail on this being the first and only public transportation on the western Kenai Peninsula. The Resource Department is working with the FTA (Federal Transportation Association) with hopes of expanding the BUMPS services.

Check out the current schedule on page 16.



For more information regarding the Resource Department, please contact Darrel at 907-567-3815 or dwilliams@ninihchiktribe-nsn.gov

Health Department

Ninilchik Community Clinic

Monday thru Friday 9am to 5pm

**Anchor Point Clinic
(Clinic in a Can/CIAC)**Monday thru Thursday 9am to 7pm
Second Saturday of each month from 9am to 7pm**Homer Clinic**601 E Pioneer Dr
Monday thru Friday 9am to 5pm**Coming Soon - NEW Homer Clinic**on Bartlett St will open in May
with an Open House around Memorial Weekend

Margaret Westner, DNP, APRN, FNP-BC., (Peggy) provides primary and preventative care and MAT in Anchor Point 5 days per week.

Dr. Robin Holmes provides primary and preventive care, and specializes in woman's health and hormone therapy in Ninilchik on Mondays and in Homer on Wednesdays and Fridays.

Dr. Tamar Marcotte provides primary care and osteopathic manipulation therapy (OMT) in Ninilchik 5 days per week.

Dr. Sarah Spencer provides Medication Assisted Treatment (MAT) and primary care in Ninilchik on Mondays, Thursdays, and Fridays and in Homer on Tuesdays.

Kristie Finkenbinder, FNP provides primary care and weight management services in Homer on Mondays and Thursdays and in Ninilchik on Tuesdays and Wednesdays.

Rena Blanton, FNP provides integrative medicine in Homer Monday thru Thursday.

Stacy Beck, FNP provides primary care and wound management in Ninilchik Tuesday thru Friday.

Medicaid Renewals

Funding and insurance go hand in hand. While Indian Health Benefits cover most services, supplemental insurance can help bridge the gap for facilities as IHS funds dwindle. If you are a subscriber of Medicaid as a supplemental insurance, please take note. Medicaid has resumed their renewals process for the first time since 2020. This will result in many Alaskans being at risk of losing their Medicaid coverage. There are steps you can take to ensure that you are prepared for this mass renewal.

Call 1-800-478-7778 and speak with Medicaid to ensure your address and email are correct.

This call may take some time, but without the correct information you will not receive your redetermination form, therefore missing the submission deadline resulting in unenrollment from Medicaid.

Watch the mail and your email for eligibility confirmation or a redetermination form. If you are required to complete the redetermination form, complete it fully and attach any requested documents. Return the information by the deadline (30 days from receipt).

The process will take place on the anniversary of your initial enrollment with Medicaid, so could be anytime within the next year.

If for some reason you miss the window, your Medicaid will be terminated. You will have 90 days to submit the requested information and have it reinstated. After this window, you will have to fully re-apply which will take some time due to backlogs.



**Follow us on Facebook
for the latest updates in all
3 of our Clinics!**

www.facebook.com/NTCCCommunityClinic

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

Health Department

Making treatment more accessible for patients who use fentanyl and methamphetamine

Sarah Spencer DO, FASAM, Addiction Medicine Specialist

Methamphetamine use and overdose death rates have increased 4-fold in the past 5 years, with the highest increases in death occurring in Alaskan Native/American Indian people. Over half of all methamphetamine related deaths involve fentanyl, and the combination of these two drugs greatly increased overdose risk. 80% of patients seeking care at NTC clinic for opioid use disorder are using methamphetamine with fentanyl. Fentanyl is present in nearly all heroin, but also available in powder and pill form (often blue M-30 pills) that are smoked, snorted, or injected. Fentanyl can also be a contaminate in drugs like cocaine, methamphetamine and counterfeit Xanax pills. People tend to combine stimulants like meth with fentanyl to help combat sedation (nodding-out) that the drug causes. Buprenorphine and naltrexone can reduce overdose risks and reduce drug cravings, but people who use methamphetamine with fentanyl have a harder time accessing addiction treatment and tend to drop out of treatment sooner than patients using opioids alone.

To make treatment more accessible to this high-risk population, we offer a “low-threshold” treatment program at the NTC clinic. “Low-threshold treatment” is an alternative approach that attempts to remove as many barriers to treatment as possible and may include same-day treatment entry, a harm reduction approach, and flexibility in treatment options in a judgement-free environment. We meet people where they are at to create patient-centered goals with a focus on reducing the harms that drugs are causing in their life, and we never discharge patients for ongoing drug use. Most patients choose to utilize extended release monthly injectable buprenorphine (Sublocade) to treat their opioid use disorder, due to its ease of access. This medication can be given at the clinic on a flexible schedule, at a flexible dose, regardless of current drug use, and doesn’t require the patient to go to the pharmacy or do drug testing. It can help to block the effects of fentanyl, helping to prevent overdose if patients return to use, and can provide control of cravings and opioid blockade that can last for months, making it a great fit for people in the fishing industry or those who might become incarcerated. Since this medication is easier for patients to access, they tend to stay in treatment longer, which helps to improve their health. We also offer Hepatitis C treatment to patients who are using drugs as well at harm reduction kits including fentanyl test strips from ANTHC’s “Iknowmine” program, and Narcan kits from Project HOPE.

If you or someone you know needs help for their substance use, call the clinic at 907-567-3970 to schedule a consultation, or text our peer support specialists: Jaclynn Rainwater @907-756-3530 or Annette Hubbard @ 907-740-3330.

Please Note: We have updated our payment amount for **emergency room visits** (\$3,000 per year), **local dental** (\$1,500 per year) and **physical therapy** (up to six visits with provider authorization). Because we do not receive ANY IHS funding for Homer, **NTC will not pay for any ER or other type services for those patients who live in Homer.** All other beneficiaries are still required to follow the eligibility requirements for these services to qualify.

NTC policies state that you must have lived in the Tribal boundaries for at least a year and be an active clinic user within the last year. The ER policy will only be approved if it is something that we are unable to provide at the clinic, you are sent by the clinic, visit to ER is after clinic closure, and is life or limb. Anything alcohol or drug related will not be covered, nor anything that we can provide at the clinic during regular business hours.

If you have any ER visits outside of normal business hours, you must notify the front desk or the Tribal Health Director within 72 hours or it will automatically be denied. Dental through Ninilchik Family Dentistry must be prior approved by the Tribal Health Director.

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

Elders Outreach Program Information



The Elders Outreach Program offers lunch at the Subsistence Building every Monday. The luncheon is typically provided even on holidays that the other NTC offices are closed for. However, please be aware of scheduled closures. The luncheons served at noon coming up for the following months are:

Mondays in **April**: 3rd, 10th, 17th & 24th

Mondays in **May**: 1st, 8th, 15th & 22nd

****No Luncheon on Monday May 29th****

Mondays in **June**: 5th, 12th, 19th and 26th

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

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

We would like to take a moment and send our condolences and prayers to the families and friends of **Mae Demidoff** and **Kellie Kvasnikoff**. We lost two Tribal members, Community members, and friends of ours here in Ninilchik through Mae and Kellie and we wish their families strength and peace over time. Though no longer with us, they will always be in our hearts and memories.

Jessica and I would also like to pause and take a moment to cherish **Shelley Self's** mentorship and dedication to us in our program, throughout the Fishery, work at the Community Center, and with all Tribal member relationships, Shelley had a true presence. We wish her the best in her Retirement!

We would also like to wish **BettyAnn Steciw**, a Tribal Elder who can now join us for luncheons more often the best Retirement as well. It's been an incredible time working with such a dedicated person to NTC.

If you would like to mark your calendars now, our wonderful friend, Tribal Elder, **Hanna Stormo** will be 100 years young this May! Celebrations will take place at the Soldotna Senior Center on May 28th at 2 pm. If you would like to get in contact with Mary Ellen for more details, her number is 907-398-7247.



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

Behavioral Health



Back this year by popular request, quite possibly due to those who feel like they may have the best recipe, is the **Annual Kulich Competition** on April 12th at the Ninilchik Tribe Community Center. Welcome to all, just remember, the best Kulich recipes are the ones that have been handed down...may the odds be forever in your favor.

We are excited to be bridging an age group not yet fully realized as an asset to our Elders Program, Theoretically Arbitrary Elders, TAE, still a part of the Elders Program. Branching from here, we can begin a whole new subgroup from the Elders program. Come join us for involvement in your Tribe! We'd like to begin by hosting a get together at the Ninilchik Subsistence Building on June 12th at Noon. Please join us for lunch with the Elders and let's have a discussion of some upcoming topics. Please contact either Jessica or me for more information.

While there are many State and Federal regulations and management changes taking place this year, including fishery and hunting in our zones, Jessica and I would like to give you some peace of mind that we are continuously working on your behalf to not only advocate but to store, preserve, contact, and purchase, if necessary, any foods relevant to our culture, heritage, and spirit. We are not in upheaval about what these changes will do, the future does look grim, and we are cognizant to be looking at the future of food supplies for Tribal Elders. Please know we have been listening to your concerns and are working diligently on securing more harvest and bounty for you. Should you have questions or ideas, please feel free to contact us.

We are more than happy to help with clinic/behavioral health appointments, grocery, and prescriptions as well as airport rides for your ANMC trips and other needed travel. Should you have additional needs, we have an open-door policy and are generally more than happy to help with most all paperwork, finding resources and connecting you with the services you are seeking. If you are interested, please call, email, or just come out and be a part of the program!

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



Elders Outreach Program Mission Statement

The Elders Outreach Program is a program of the Ninilchik Traditional Council, whose purpose is providing service to Elders (55+) in our tribal boundaries that enhance quality of life, integrity of heritage and emblematic of respect and dignity, continuously promoting independent living while simultaneously capturing the history and traditions of our culture.

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

Youth Outreach Program Information

Native Youth Olympics

Shout out to our AMAZING 2023 NYO Team athletes! Their appreciation for the games really shined through their hard work and dedication throughout the NYO season. We are looking forward to next year's season which will hopefully start in the month of October 2023!

Junior Athletes

Andon McCorison	Kaleb Webb
Athena Carson	Lily Schollenberg
Arabella Garcia	Murray Wilmeth
Citori Ambrosier	Natali Barfuss
Cooper Lardent	Nick Mill
Dee Wilmeth	Noelle Barfuss
Emmalee James	Piper Finley
Etolin Mill	Portlyn Finley
Gabby Peet	Renick VanSaun
Gabriel Christopherson	Tyran Jackson
Ivan Lardent	Zane Dunaway
Javian Jackson	Zoey VanSaun
Jozalyn Barfuss	

Senior Athletes

Dez Hess	Onyx Allen
Lucas Voss	Sabre Wilmeth
Ryan Mosgrove	



Kachemak Bay Traditional Games Results

March 10-12, 2023 in Homer

Indian Stick Pull

Junior Female

2nd place Dee Wilmeth

3rd place Zoey VanSaun

Junior Male

4th place Nick Mill

Eskimo Stick Pull

Junior Female

2nd Dee Wilmeth

Junior Male

3rd Cooper Lardent

Arm Pull

Junior Female

1st Dee Wilmeth

2nd Etolin Mill

Junior Male

5th Cooper Lardent

One-Foot-High Kick

Junior Female

3rd Zoey VanSaun kicking 56"

5th Natali Barfuss kicking 50"

Two-Foot-High Kick

Junior Female

4th Natali Barfuss kicking 44"

5th Zoey VanSaun kicking 42"

Alaskan High Kick

Junior Female

3rd Etolin Mill

4th Natali Barfuss

Scissor Broad Jump

Junior Female

3rd Zoey VanSaun jumping 17' 5"

4th Natali Barfuss jumping 17' 1/2"

Kneel Jump

Junior Male

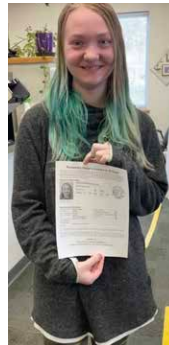
4th place Kaleb Webb jumping 20' 1/4"

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

Youth Outreach Program



Youth Outreach Photo Dump



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

Ninilchik Health & Wellness Club



Spring has sprung! Break-up brings lots of mud... outside and in. Let this serve as your friendly reminder that clean, indoor shoes are required inside our facility. You can leave those muddy cros in the entry way and the dirty tufts on the porch, but please change into your clean shoes inside.

There are no *regular* Yoga Classes from March 30th thru April 16th while Kc and Elise are taking a little 'Spring Break.' But you don't have to skip yoga completely - check out Michelle's Power Yoga series on Thursdays and Saturdays! Classes aren't included in membership. {See details below.}

Goodbyes are never easy, but we'd like to wish Dr. Catherine West all the best with her departure from the Club. Cat has rented a space for her Chiropractic and Active Release Techniques practice since 2015! She is hoping this is not goodbye forever, but more like 'see ya later,' as she hopes to return to her practice at a later date.



Thanks to Amos Mahoney and Hunter Cooper with the NTC Maintenance crew for moving a ton (possibly literally!) of free weights to rearrange the weight room. It looks so much more spacious and functional!

BENEFIT BREAKDOWN



**NTC TRIBAL MEMBERS
IHS BENEFICIARIES
NTC EMPLOYEES**



ENJOY THESE PERKS AT THE NINILCHIK HEALTH CLUB:

GYM MEMBERSHIP

PERSONAL TRAINING WITH TAMMY Z

Up to 2 Sessions per Week

BOOT CAMPS WITH TAMMY Z

*Choose Classes or Individual Sessions

ENJOY THESE AMENITIES AT AN ADDITIONAL COST

Tanning
Infrared Sauna
Physical Therapy
Massage Therapy

POWER YOGA

series with michelle

MARCH 16 - MAY 25
AT THE NINILCHIK HEALTH CLUB

THURSDAYS 5:30 - 6:45PM
SATURDAYS 12:00 - 1:15PM

Power Yoga is focused on building strength and finding access to new positions through flexibility gained throughout each class. These classes will help you find grounding and balance not only physically, but also internally by activating the vagus nerve through breath and relaxation techniques.

This class is made to MOVE you.
Be prepared to sweat, smile, and FEEL GREAT!
(IN-PERSON ONLY • 75 MIN CLASS • FOR ALL LEVELS)

\$10/CLASS OR \$80/10 CLASSES PUNCH CARD
CASH OR VENMO ONLY

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

BOOT CAMP

fitness classes with tammy z



4 WEEKS STARTING APRIL 17

CARDIO MOVES

**HIGH INTENSITY
cardio & strength
with a gentle push
to help you reach
your maximum
potential**

TUE/WED/THURS
6:00 - 7:00 am
\$65

GENTLE MOVES

**LOW IMPACT
a gentle blend of
cardio, strength,
and flexibility for
ALL fitness levels**

MON & WED
8:30 - 9:15 am
\$45

NIGHT MOVES

**MODERATE IMPACT
cardio & strength
for ALL fitness
levels
*{perfect for after work}***

TUE & THURS
5:15-6:00pm
\$45

MAKE 2023 YOUR HEALTHIEST YEAR YET

**SIGN UP AT THE NINILCHIK HEALTH CLUB {BEHIND THREE BEARS}
ONLY 8 SPOTS AVAILABLE PER CLASS • MINIMUM 5 PER CLASS
CALL FOR MORE INFORMATION 907.567.3455**

Yoga Schedule

Mondays: Renew & Restore 10:15-11:15
Tuesdays: Vinyasa 10:15-11:15
Wednesdays: Chair Yoga 9:30-10:00
Renew & Restore 10:15-11:15
Thursdays: Hatha 10:15-11:15

Call the Club for more information

Congrats to the Ninilchik High School Boys Basketball Team

****2023 State Champs****
*Much of the team works out year-round at the
Ninilchik Health Club and we are so proud.*

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

BUMPS



\$10.00 Round Trip
\$7.00 One-Way

Mondays, Wednesdays, & Fridays

**Please call for pickup at Happy Valley,
 Anchor Point, Clam Gulch, & Kasilof**

907-567-3815

Red North (Red Line)		Blue South (Blue Line)	
Ninilchik (NTC Resource Building)	8:30am	Kenai (Walmart/Airport)	1:30pm
Happy Valley (HV Store)	8:45am	Soldotna (Fred Meyer)	2:00pm
Anchor Point (Cheeky Moose)	9:00am	Kasilof (Post Office)	2:25pm
Homer (Safeway)	9:30am	Clam Gulch (Post Office)	2:40pm
Anchor Point (Cheeky Moose)	10:00am	Ninilchik (NTC Resource Building)	3:00pm
Happy Valley (HV Store)	10:15am	Happy Valley (HV Store)	3:15pm
Ninilchik (NTC Resource Building)	10:30am	Anchor Point (Cheeky Moose)	3:30pm
Clam Gulch (Post Office)	10:55am	Homer (Safeway)	4:00pm
Kasilof (Post Office)	11:10am	Anchor Point (Cheeky Moose)	4:30pm
Soldotna (Fred Meyer)	11:30am	Happy Valley (HV Store)	4:45pm
Kenai (Walmart/Airport)	12:00pm	Ninilchik (NTC Resource Building)	5:00pm

The Cheeky Moose

Laundromat, Showers, Tanning,
 Deli & Espresso

Open 7 days a week 8am to 8pm

Look for upcoming Summer Hours

Deli open until 5:00

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

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



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

Events Calendar

APRIL 2023

SUN	MON	TUE	WED	THU	FRI	SAT
EOP: Elders Outreach Program HWC: Health & Wellness Club Youth Outreach Program: GULO: Getting Us Leaders Outside TC: Teen Center NHS: Ninilchik School SoS: Sources of Strength NYO Practices @ NHS Hydro Gym						1
2	3 EOP Lunch 12-1 G.U.L.O. NHS 330-530 Sr.NYO 335-515	4 Teen Tuesdays TC 335-530 Jr.NYO 335-515	5 Study Hall NHS 335-530 Jr.NYO 335-515	6 SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO 335-515	7 Teen Night TC 335-830	8
9	10 EOP Lunch 12-1 G.U.L.O. NHS 330-530 Sr.NYO 335-515	11 Teen Tuesdays TC 335-530 Jr.NYO 335-515	12 Study Hall NHS 335-530 Last Jr.NYO 335-515	13 SoS Mtg 1-150 Study Hall TC 335-530 Last Sr.NYO 335-515	14 Teen Night TC 335-830 NYO @ Kenai Middle School	15 NYO @ Kenai Middle School
16 NYO @ Kenai Middle School FFA State Competition in Palmer 17th-22nd	17 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	18 Yoga HWC 1015 Teen Tuesdays TC 335-530	19 Yoga 930 & 1015 Study Hall NHS 335-530	20 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530 Sr.NYO State	21 Teen Night TC 335-830 Competition in	22 Anchorage
23 30	24 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	25 Yoga HWC 1015 Teen Tuesdays TC 335-530	26 Yoga 930 & 1015 Study Hall NHS 335-530	27 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530	28 Teen Night TC 335-830	29

Events Calendar

MAY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	2 Yoga HWC 1015 Teen Tuesdays TC 335-530	3 Yoga 930 & 1015 Study Hall NHS 335-530	4 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530	5 Teen Night TC 335-830	6
7	8 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	9 Yoga HWC 1015 Teen Tuesdays TC 335-530 Jr.NYO 335-515	10 Yoga 930 & 1015 Study Hall NHS 335-530	11 Yoga HWC 1015 SoS Mtg 1-150 Study Hall TC 335-530	12 Teen Night TC 335-830	13
14 Last week of YOP after-school activities	15 EOP Lunch 12-1 Yoga HWC 1015 G.U.L.O. NHS 330-530 Sr.NYO 335-515	16 Yoga HWC 1015 Last Teen Tuesdays 335-530	17 Yoga 930 & 1015 RCM 10:00am NTC ADMIN	18 Yoga HWC 1015 Ninilchik School Last Day Last Teen Night TC 335-830	19	20
21	22 EOP Lunch 12-1 Yoga HWC 1015	23 Yoga HWC 1015	24 Yoga 930 & 1015	25 Yoga HWC 1015	26	27
28	29 NTC Closed for Memorial Day NO EOP Luncheon	30 Yoga HWC 1015	31 Yoga 930 & 1015		EOP: Elders Outreach Program HWC: Health & Wellness Club Youth Outreach Program: GULO: Getting Us Leaders Outside TC: Teen Center NHS: Ninilchik School SoS: Sources of Strength	

Events Calendar

JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Yoga HWC 1015	2 Teen Center 12-5	3
4	5 EOP Lunch 12-1 Yoga HWC 1015	6 Yoga HWC 1015	7 Yoga 930 & 1015	8 Yoga HWC 1015	9 Teen Center 12-5	10
11	12 EOP Lunch 12-1 Yoga HWC 1015	13 Yoga HWC 1015	14 Yoga 930 & 1015	15 Yoga HWC 1015	16 Teen Center 12-5	17
18	19 NTC Closed for Juneteenth EOP Luncheon 12-1pm	20 Yoga HWC 1015	21 Yoga 930 & 1015	22 Yoga HWC 1015	23 Teen Center 12-5	24
25	26 EOP Lunch 12-1 Yoga HWC 1015	27 Yoga HWC 1015	28 Yoga 930 & 1015	29 Yoga HWC 1015	30 Teen Center 12-5	

Ninilchik Traditional Council
PO Box 39070
Ninilchik, AK 99639

Ph: 907-567-3313
Fx: 907-567-3308
ntc@ninilchiktribe-nsn.gov



**Are you planning to move or change your contact information?
Let us know!**

Tribal Members are encouraged to contact NTC Enrollment Officer Christina Pinnow at the Tribal Services Campus at (907) 206-2740 to keep their information up to date.

Those on the general public mailing list may contact the NTC Administrative Office front desk at (907) 567-3313 to make sure we can stay in touch.

Thank you!