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.

Ninilchik Traditional Council

February & March 2019

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Upcoming Closure Dates

All NTC Offices will be closed on:

Monday, February 18th and Monday, March 25th

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

Thursday, February 21st at 10:00 am in the Administration Conference Room

The NTC Regular Council Meetings take place at the NTC Administration Conference Room 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 page photos provided by Maria Goins

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

Event Calendar: March 2019

SUN	MON	TUE	WED	THU	FRI	SAT
31					1 Teen Center 3:30-8:30pm NYO 3:45-5:15pm	2
3	4 Study Hall/Life Skills 3:30-5:30pm	5 10:15-11:30 AM *Restorative* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm 5:15-6:15 PM *Vinyasa*	6 12:15-1:00 PM *Vinyasa* Study Hall/Life Skills 3:30-5:30pm	7 9:30-10:00am *Chair Yoga* 10:15-11:15 A.M. *Hatha Flow* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm	8 Teen Center 3:30-8:30pm NYO 3:45-5:15pm	9
10	11 Study Hall/Life Skills 3:30-5:30pm	12 10:15-11:30 AM *Restorative* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm 5:15-6:15 PM *Vinyasa*	13 12:15-1:00 PM *Vinyasa* Study Hall/Life Skills 3:30-5:30pm	14 9:30-10:00am *Chair Yoga* 10:15-11:15 A.M. *Hatha Flow* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm	15 Teen Center 3:30-8:30pm NYO 3:45-5:15pm	16
17	18 Study Hall/Life Skills 3:30-5:30pm	19 10:15-11:30 AM *Restorative* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm 5:15-6:15 PM *Vinyasa*	20 12:15-1:00 PM *Vinyasa* Study Hall/Life Skills 3:30-5:30pm	21 9:30-10:00am *Chair Yoga* 10:15-11:15 A.M. *Hatha Flow* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm	22 Teen Center 3:30-8:30pm NYO 3:45-5:15pm	23
24	25 **ALL NTC Offices Closed**	26 10:15-11:30 AM *Restorative* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm 5:15-6:15 PM *Vinyasa*	27 12:15-1:00 PM *Vinyasa* Study Hall/Life Skills 3:30-5:30pm	28 9:30-10:00am *Chair Yoga* 10:15-11:15 A.M. *Hatha Flow* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm	29 Teen Center 3:30-8:30pm NYO 3:45-5:15pm	30 Health Fair 9:00am-1:00pm @ Ninilchik School

Event Calendar: February 2019

SUN	MON	TUE	WED	THU	FRI	SAT
Call Tammy Z to schedule personal training sessions.	Call Elise to schedule a table or chair massage. 907-252-9544 Call Cat to schedule a chiropractic				1 Teen Center 3:30-8:30pm	2
3	4 Study Hall/Life Skills 3:30-5:30pm	5 10:15-11:30 AM *Restorative* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm 5:15-6:15 PM *Vinyasa*	6 12:15-1:00 PM *Vinyasa* Study Hall/Life Skills 3:30-5:30pm	7 9:30-10:00am *Chair Yoga* 10:15-11:15 A.M. *Hatha Flow* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm	8 Teen Center 3:30-8:30pm NYO 3:45-5:15pm	9
10	11 Study Hall/Life Skills 3:30-5:30pm	12 10:15-11:30 AM *Restorative* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm 5:15-6:15 PM *Vinyasa* College Prep. 6:30pm @ Community Center	13 12:15-1:00 PM *Vinyasa* Study Hall/Life Skills 3:30-5:30pm Community Perok competition 6:00pm @ Community Center	14 9:30-10:00am *Chair Yoga* 10:15-11:15 A.M. *Hatha Flow* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm	15 Teen Center 3:30-8:30pm NYO 3:45-5:15pm	16
17	18 **All NTC Offices Closed**	19 10:15-11:30 AM *Restorative* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm 5:15-6:15 PM *Vinyasa*	20 12:15-1:00 PM *Vinyasa* Study Hall/Life Skills 3:30-5:30pm	21 9:30-10:00am *Chair Yoga* ***RCM 10:00 a.m.*** 10:15-11:15 A.M. *Hatha Flow* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm	22 Teen Center 3:30-8:30pm NYO 3:45-5:15pm Community Talent Show & Potluck 5:30pm @ Community Center	23
24	25 Study Hall/Life Skills 3:30-5:30pm	26 10:15-11:30 AM *Restorative* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm 5:15-6:15 PM *Vinyasa*	27 12:15-1:00 PM *Vinyasa* Study Hall/Life Skills 3:30-5:30pm	28 9:30-10:00am *Chair Yoga* 10:15-11:15 A.M. *Hatha Flow* Study Hall/Life Skills 3:30-5:30pm NYO 3:45-5:15pm		

Who We Are

The Ninilchik Village Tribe is made up of approximately 900 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	William 'Dean' Kvasnikoff	Whitney Schollenberg	Jamie Leman	Kenny Odman
President/ Chairman	Vice President	Secretary & Treasurer	Director	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 & Environ. Director

NTC Staff

David Bear, EMS Assistant
Darla Bradley, Administrative Assistant
Denise Brock, Case Manager/Registered Nurse
Maria Calhoun, Behavioral Health Services Counselor
Jayke Cooper, Tribal Management Resource Assistant
Joseph Cooper Sr., Driver
Jenn Day, Clinic Administration & Patient Account Specialist
Zoe Dixon, Fill-in Clinic Front Desk/ Receptionist
Richard Dunaway, Native Connections Program Manager
Lukas Ficklin, BHS/MAT Counselor
Maricel Folkert, Community Health Aide/Medical Assistant
Diana Fornasier, Registered Nurse
Eric Hanson, Facilities Manager
Annette Hubbard, MAT Specialist/BHA
Robert Johnson, Jr., Biologist
Terri Leman, HWC Attendant
Katie Matthews, Outreach Specialist
Leslie McCombs, Clinic Front Desk Receptionist
Kristina McGee, Peer Recovery Support Specialist
Jennifer Miller, Clinical Medical Biller
Alicia Morris, Social Services Assistant
David Nordeen, Maintenance Laborer
Jeffrey Organek, Engineer
Jamie Oskolkoff, Education Manager
Stanley Parkinson, CDL Driver
Michael Pinnow, Assistant Maintenance Laborer
Mikylah Pinnow, Tribal Services Assistant
Christine Prokop, Behavioral Health Services Manager
Nancy Pulliam, Assistant Maintenance Laborer
Daniel Reynolds, Resource Technician
Diane Reynolds, NTC Procurement & Contracting Officer
John Russo, Plumber
Cynthia Schnabl, Assistant Maintenance Laborer
Dr. Sarah Spencer, Medical Provider
Elise Spofford, Yoga Instructor
Robert Stark, Peer Recovery Support Specialist
Bettyann Steciw, Social Services & ICWA Specialist
Tiffany Stonecipher, Elders Outreach Program Coordinator
Dirk Tanner, Physicians Assistant
Kathleen Totemoff, MAT Program Manager
Anna Sutton, Clinic Information Coordinator
Laura Ullman, Patient Advocate/Case Manager
Stormy Walkoff, Secretary/Receptionist
Brie Wallace, Health & Wellness Club Manager
Carrie Warren, Family Nurse Practitioner
Michael Washington, Peer Recovery Support Specialist
Elizabeth Wedner, HWC Attendant Fill-in
Catherine West, HWC Attendant Fill-In
Gina Wiste, Environmental Technician
Tammy Zweiacher, Personal Trainer

The Cheeky Moose

Robin Jamie, Manager
Melissa Lancaster, Deli Worker/Barista
Paula Hall, Deli Worker/Barista
Donna Stahura, Deli Worker/Barista

Executive Director's Address

As always, I eagerly awaited the vision and wisdom of the famous groundhog 'Punxsutawny Phil'. To my absolute delight, he didn't see his shadow and we can now expect an early spring. Nice! With Phil back in his hole and winter winding down, there's much to report on here at the Tribe.

Several infrastructure projects have been completed, and others are now underway. Two new homes have just been finished in the last week. It's so exciting to provide six star homes for our families. The engineering for both the new transit bus facility and the clinic expansion is progressing nicely. The plans should be completed and approved in the next couple of months, with construction beginning in the spring or early summer. In addition, we have been renovating the clinic outreach building by soundproofing areas, adding offices, and upgrading space. This has allowed us to provide for our new counselor and our psychiatrist in the future. We are also ready to select our vendor for the complete furniture and cabinetry replacement for the entire clinic. The new grant we received will not only expand the clinic, it will provide new equipment and furniture. Equipment such as new procedure chairs, cold therapy lasers, an x-ray table, and an infusion pump are all being procured.

I am pleased to report that we have received the 2018 draft audit. Once finalized and officially submitted, this will be our 11th consecutive year of clean audit reports and our 9th consecutive year as a low-risk auditee. Congrats and great work go out to Maria and the team.

We are continuing to work hard on our subsistence rights. The permanent regulations for Ninilchik's gillnet fishery on the Kenai were supposed to be approved at the January Federal Subsistence Board (FSB) meeting. Due to the government shutdown, the meeting has been moved to April and may interfere with getting these regulations finished before the new season. This will require another temporary special action request, however, we will still be able to operate the gillnet regardless. Please be advised that Ninilchik residents will be able to get their Federal subsistence permits at the Soldotna U.S. Fish and Wildlife Service Office starting on April 1st, 2019. **TRIBAL MEMBERS, please note this date as it is important that you get your permit in Soldotna and bring it by our administrative office as soon as possible, staring April 1st, 2019. The signup is on a first come first served basis for all Ninilchik residents, regardless of membership. If you don't get your permit early and get it to us here at the office, you may not receive fish if you are down on the list, as last year the fishery was closed early.**

Don't forget the **Ninilchik Health Fair** put on by the Ninilchik Traditional Council Community Clinic on **Saturday, March 30th!** Also please mark your calendar for the next **Council Meeting** on **Thursday, February 21st!** Thanks.

Ivan Z. Encelewski

NTC Executive Director

Health Fair, Save the Date!

*Discount Labs
*Car Seat Checks
*Chair Massages
*Cooking Demonstrations
*Food Drive
*Door prizes and free giveaways
*Vendors from all over Alaska

Saturday, March 30th
9am-1pm in the
Ninilchik School Gym

Fun activities for all ages!

The Cheeky Moose

The Cheeky Moose

Laundromat, Showers, Tanning, Deli & Espresso

Weekdays: 8:00 to 8:00 (closed Thursdays)
Saturday & Sunday: 9:00 to 7:00
Deli Open until 4:00

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 about The Cheeky Moose please contact Robin Jaime at 907-235-5900 or Robin@ninilchiktribe-nsn.gov

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 Niqnalchint Library is free and open to all of our community members. We have a public computer with internet.

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

To kick off Spring 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 first Friday of every month. It takes place in the administration building conference room at 3:30 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@ninilchiktribe-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, stainless steel water bottles, and a fleece blanket. All have the NTC logo on them. We accept cash and debit or credit card via our new Square Payment System with a simple swipe.

Vacancy Announcements

Ninilchik Traditional Council is hiring for a Health and Wellness Club Attendant (fill-in position), and an Adult/Child Psychiatrist. Position details can be found on the Alaska Labor Exchange System website or at the NTC Administration building.

*Applications are available at the NTC office or on the Ninilchik Traditional Council web page.

For more information about Niqnalchint Library or Job Vacancies please contact 567-3313or email ntc@ninilchiktribe-nsn.gov

TRIBAL HEALTH DIRECTOR'S REPORT

- Dianna Fornasier, RN has joined the clinic, you may have met her. Dianna is the case manager for Dirk.
- Maricel completed Session 1 community health aide training, congratulations! Maricel will be case manager for Dr. Spencer.
- Dirk Tanner, Physician Assistant, started in August and he has taken on some additional skills, Kineseo taping, WRAP health coach and Laser therapy. We have some new laser therapy machines and he is currently receiving training for Health Coach and Laser therapy.
- Dr. Spencer is at the clinic Monday, Wednesday and Friday. In addition to her regular Family Practice she provides manipulation, Cold Laser Therapy and Addiction Medicine (Thursdays).
- We recently opened an office in Homer to provide addiction medicine to individuals in Anchor Point, Homer and from across the Bay.
- Carrie Warren, ANP is in the clinic Monday – Thursday. Carrie is a family nurse practitioner but also works with pediatrics. She is providing medical weight loss management through our weight reduction assistance program (WRAP) and is looking at adding children to the program. We have become so busy with the WRAP that we will be opening up an office in Homer, beginning March 1, 2019.
- Denise Brock our RN case manager, will be handling case management duties for Carrie.
- Please feel free to fill out a Customer Satisfaction Survey after each visit and let us know how we are doing. They are available on the NTC website, via computer set up in the clinic hallway, or in paper form. These are anonymous or you can put your name. Included is a question about whether you want to receive your appointment reminders via text. If you say yes, don't forget to let the front desk know, so we can document this in your chart. You can also write it on the survey as well.
- We will not be able to provide in-house ultrasounds until further notice. We do not have a sonographer available to do these.
- We are trying to achieve the 200 mark, for our patient portal and we are almost there. If you are interested in joining the Follow My Health patient portal, to view your labs, send messages to the provider or update your information, please give your email address to the front desk person who will enter it in the system. You will then receive an invite to the portal, which will give you access to your health record.
- We received a Medication Assisted Treatment grant through Substance Abuse and Mental Health Services Administration (SAMHSA), which has allowed us to add more offices in the Outreach building, next to the clinic. We have also added new staff; Kathleen Totemoff the MAT Program Director; Michael Washington, Kristina McGee, and Robert Stark as Peer Recovery Support Specialists; Lukas Ficklin, Licensed Professional Counselor. We now have three Counselors for Behavioral Health.
- We are in the process of ordering furniture and new equipment with the IHS Small Ambulatory Program grant and plan to add on to the clinic, beginning in May. Upgrades will include a new x-ray table, new exam tables, new computers, sound proofing the walls and new ergonomic furniture for the clinical staff.

As always, my door is open if you want to stop by and talk to me about anything. I have moved my office to across the hall, come by and check it out!

Thank you,

Janet Mullen, NTC Tribal Health Director

For more information about NTC's Community Clinic please contact Janet Mullen at 567-3370 or jmullen@ninilchiktribe-nsn.gov

Fugitive Dust in Ambient Air: Where Does It Come from, and Why does it Matter?

Rob Johnson

Fugitive dust is an air pollutant that can cause serious health problems. Commonly overlooked because many of its sources are natural. Fugitive dust is made up of tiny particles originating from many sources. Disturbed sand and dirt from paved and (especially) unpaved roads, beach sand, forest fires, and volcanic exhaust are the most common sources found on the Kenai Peninsula. Other sources include building construction, manufacturing, along with mining and agricultural activities.

Fugitive dust can collect in the lungs, causing health issues. This is especially dangerous for young children and elders. People with preexisting respiratory conditions (such as asthma, emphysema, or lung cancer) are particularly at risk. In addition, fugitive dust can act as a respiratory and eye irritant.

Commonly, the particles making up fugitive dust are categorized by size. Particles of 2.5 µ (microns) in diameter or smaller are categorized as PM (particulate matter) 2.5. Particles of 10 µ in diameter or smaller are categorized as PM 10. These particles are very small (for comparison, a typical human hair is between 50 µ and 100 µ). Because of this small size, they can easily become lodged deep inside of the lungs. This is especially true of PM 2.5.

Because fugitive dust enters the air from a variety of sources (many, such as beach sand, volcanic ash, and glacial sediments, being byproducts of natural processes), avoiding exposure can be challenging. People at high risk of fugitive dust exposure-related problems can lessen exposure by remaining inside on days when dust levels are particularly high (windy days, for example). These people can also limit the amount of time spent close to dust-producing locations, such as on or near beaches and unpaved roads.

Homeowners can take steps to limit the amount of dust that enters their homes. First, they can assure that their homes are well insulated and sealed, as dust can enter homes through small cracks and other openings. Another step that private landowners can take is to reduce the amount of bare ground on their land. This can be accomplished by covering any bare ground from construction projects or unused garden beds with tarps or similar barriers. Fences can also be erected around bare areas to prevent the movement of dust. In the case of garden beds, cover crops can be also used. These steps can prevent exposure to fugitive dust on private properties.

For more information, please contact the Resource office at 567-3815 or email rjohnson@ninilchiktribe-nsn.gov

Are you trying to eat healthier this year, or trying to spend less on groceries? Perhaps it is time to really dig into your freezer full of last years salmon. We are in the dead of winter and not *only* will cooking with salmon cut down your grocery bill, but it is high in protein, omega-3's, and vitamin D—which we severely lack this time of year. Warm up with this light and healthy Salmon Chowder Recipe from www.TheAlaskaLife.com

Salmon Chowder

Ingredients -

1 salmon fillet (16 oz) cut into 1 inch cubes (you can use already cooked leftovers OR uncooked)

3 Tablespoons butter

1 medium yellow onion, chopped

1/2 cup chopped celery

3 cloves fresh garlic, minced

1/2 cup diced carrots

2 cups diced potatoes

2 cups chicken broth

1 teaspoon sea salt

1 teaspoon ground black pepper

1 teaspoon dried dill weed

1/2 teaspoon red pepper flakes

1.5 cups whole milk

1 cup frozen corn

1.5 cup cheddar cheese, shredded

2 cups kale, torn into pieces and rinsed with cold water

Directions -

1. Melt butter in a large pot over medium heat. Add the onion, celery, and garlic and sauté until onions are tender. Stir in potatoes, carrots, chicken broth, salt, pepper, dill, and red pepper flakes. Bring to a boil, reduce heat to low, add kale and simmer (covered) for 25 minutes.

2. Stir in salmon, milk, corn, and cheese. Cook salmon chowder until heated through.

Makes 4-6 servings

Do you have a recipe you would like to share? Email it to ntc@ninilchiktribe-nsn.gov!

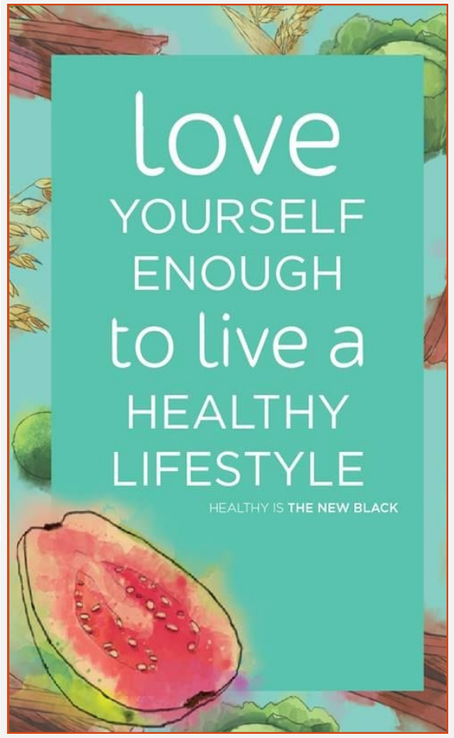
Club News

OPEN MONDAY - FRIDAY 7am - 8pm & SATURDAY 8am - 2pm

• CLOSED 2/18 & 3/25

Rain, Rain, Go Away. Come Again in, like...March. Wow, the start of 2019 has been a wet one! Lots of rain - looking a little like break-up. Just a friendly reminder that more rain and ice means more ice-melt on our porch, so please remember to bring your clean shoes to change into. We keep our Club in such great shape with your help and cooperation. Thank you!!

Have you seen our new Gym Wipes?? They've replaced our disinfectant spray bottles all around the gym, and they're much more sanitary for you, our Club members! These antibacterial surface wipes are EPA registered to kill 99.9% of germs and bacteria in just 15 seconds, as well as MRSA, HIV-1, H1N1, E coli, and much more. These wipes are free of bleach, alcohol, and phenol.



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Let Tammy help you reach your health & fitness goals!

CALL TODAY TO SCHEDULE AN APPOINTMENT! 907.252.5115

**care for your body.
eat. hydrate.
move. sleep.**

YOGA with ELISE

Tuesdays
10:15-11:30 A.M.
Restorative
5:15-6:15 P.M.
Vinyasa

Wednesdays
12:15-1:00 P.M.
Vinyasa

Thursdays
10:15-11:15 A.M.
Hatha Flow

For more information about childcare please contact 567-3455 or hwc@ninilchiktribe-nsn.gov

Many of these same techniques are also helpful in commercial settings. Although often impractical for the average private landowner, water can be used to limit dust levels entering the air. Simply wetting areas of bare ground can prevent these particles from becoming airborne. Additionally, commercial products exist that are even more effective at preventing dust from entering the air. Some of these products include lignin sulfonates, petroleum resins, salts, plastics, and other wetting agents. Fogging the area with water containing silica flour, sulfur dioxide, or fly ash has also been proven effective.

In the United States, the Clean Air Act requires construction and industrial project designs to consider fugitive dust creation. Steps must be taken to minimize its creation. The individual states also have their own laws for dust reduction.

In Alaska, commercial activities that create fugitive dust require a state-issued permit. These permits specify how much dust can be generated. According to Alaska state law (18 AAC 50.045), "a person who causes or permits bulk material to be handled, transported, or stored, or who engages in an industrial activity or construction project shall take reasonable precautions to prevent particulate matter from being emitted into the ambient air".

Residents can make official, anonymous complaints if dust levels from a particular source seem excessive. Complaints can be sent to:

https://myalaska.state.ak.us/dec/air/airtoolsweb/PublicPermitsListings.aspx

While often overlooked, fugitive dust can be a hazardous component of air pollution, especially for at-risk individuals. Excessive dust can cause health problems and discomfort in humans. While some fugitive dust is inevitable from both natural processes and human activity, steps taken to limit the amount in the atmosphere is beneficial to everyone.

For more information, please contact the Resource office at 567-3815 or email rjohnson@ninilchiktribe-nsn.gov

Housing Department

"Success consists of going from failure to failure without loss of enthusiasm."

Hello wonderful Tribal members,

I hope you all had a wonderful, safe Christmas and New Year's Eve. The winter solstice has passed, and we are now on the swing back to summer and fresh smoked fish. Yippeeeeeeeeeeeeeee!

Here is an update on the two homes that we are building here in Ninilchik. These two homes should be finished this next week or shortly thereafter. We have two Ninilchik Tribal families that will be moving into these 6-star energy rated homes. What a wonderful start in life for a young family. I will be posting pictures of these homes on our website when the construction is done. In the meantime, I have included a few here for you to look at.

Homeownership Program is for low income Alaskan Native or American Indians who reside within our Tribal Boundary service area. Currently the Homeownership Program is a non-interest, zero down, 30-year mortgage. You will only pay us back half of what it costs us to build it, as long as you do not default upon the agreed, signed documents. In other words, if it cost us $250,000 to build, you will owe us $125,000 back, which is spread out over a thirty-year mortgage. That would make your monthly mortgage payment of roughly $347.22. You will need to budget for the property taxes and replacement insurance (if you set aside in a savings account a match of your mortgage, you will find that you are within a few dollars when its time to make those payments). That would be roughly $695.00 total a month for a 3-bedroom, 2 bath, *NEW* 6-star home. If interested, please come by the NTC office and pick up an application.

I want to wish you and your families a wonderful and safe start to the New Year.

Bob

Front of Home

For more information about NHWC please contact 567-3313 or bcrosby@ninilchiktribe-nsn.gov

Tribal Services Department

Tribal Services Christmas Food Boxes

Tribal Services was very busy this past holiday season. We purchased items for and delivered eighteen food boxes to needy families within our tribal boundaries. While we did not get the usual amount of children's items donated to us this year, we did however get a gracious donation from a local Pastor that works with prisoners at Wildwood. Through their donation we were also able to send hand-crafted, wooden toys with those food boxes for the children in those homes. A huge "Thank You" to the Pastor and his woodworking elves for brightening the day of all the children that received these donated toys for Christmas.

Pictured below is the dry goods that we gave out in the Christmas food boxes and the wooden toys donated to us by the "elves". We did not take pictures of the frozen and refrigerated food items but each family on our list received large food boxes to ensure there was extra food in the home during the extended holiday break when children are home with their families.

For more information about Tribal Services please contact Chris Pinnow at 567-3313 or cpinnow@ninilchiktribe-nsn.gov

NTC Tribal Services Child Care Assistance

NTC Tribal Services provides a Child Care assistance program for eligible tribal members and we help subsidize the cost of child care for those eligible families to help defer some of the costs incurred while child care is needed. We currently have multiple families utilizing the program in conjunction with our local and State Licensed Rosewood Daycare which is run by one of our own tribal members. If you have any questions regarding this program, you can contact Alicia Morris at 567-3313 or you can pick up applications at the NTC Admin Office.

Rosewood Daycare

The little ones that attend Rosewood enjoy an array of activities to help grow their minds, build social relationships, and expand emerging skills in a safe and nurturing environment. Rosewood Daycare utilizes the Ninilchik School Pool weekly to help little ones learn water skills and safety from an early age. Rosewood also provides cultural activities and traditional foods (when available) to help integrate Ninilchik culture into the care they provide and their facility.

Rosewood currently has three open slots available but with spring and summer approaching we anticipate those slots being filled within the next couple months. Availability at Rosewood is limited so don't wait to claim a slot for your child. Contact Anna Grant at Rosewood Daycare by email rosewoodaycare@yahoo.com or by phone at 907-980-9254.

For more information about childcare please contact Alicia Morris at 567-3313 or amorris@ninilchiktribe-nsn.gov

Kitchen

Living Room with Kitchen in background

Washing Room and the Utility Room

For more information about NHWC please contact 567-3313 or bcrosby@ninilchiktribe-nsn.gov

Elders Outreach Program Coordinator

The Elders Outreach Program runs a luncheon at noon out of the Subsistence Building every Monday. Luncheons coming up for the following months are as follows:

Monday February 4th, 11th, 18th and 25th
Monday March 4th, 11th, 18th and 25th
Monday April 1st, 8th, 15th, 22nd and 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'd 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. This luncheon is for the enrolled Tribal Elders and we ask that you are mindful of others who are not able to attend who look forward to their luncheon food delivered to their home.

My office is open and welcomes your input to make this program grow and thrive. We have hosted teaching classes on Perok, net mending, building nets, canning jams and jellies as well offering the space and ability to learn how to butcher moose, salmon and other relevant foods. If you have a local, cultural or traditional talent and would like to offer a class to share your craft, please let me know anytime.

The Elders Outreach Program welcomes Tribal Elders interest in day trips, travel, local and historical excursions, to share some social space with one another while seeing the changes that have taken place on the Kenai Peninsula. If you are interested in attending events such as NYO, AFN, Historical events or cultural/traditional events offered around the Peninsula, more than likely others are as well- just call or email me and I will be happy to suggest how we can attend these events collectively. Check us out on Facebook too, search Ninilchik Elders!

As always, my office is open and other than providing luncheons, I help those who need prescription pickups, rides for groceries and local rides to and from the clinic or post office. Should you need this, please call to schedule. I also help with paperwork that can be daunting or sometimes seem excessive seeing as how many times State and government forms need repetitive filing. If this is something you need or maybe you want greater assistance, I am able to help with references for those requests as well. Connecting you to the right resources is the goal. Let me know if you have questions or are needing some help.

Finding the care and services you need can sometimes be the most time consuming. These contact numbers and websites may make it easier for your needs. Every week of the month I receive updates from SDS e-alerts, these are new changes to health care services and operating procedures for Elders, PCA (Personal Care Assistants), respite workers, VA, et cetera. However, this site is available and easy to maneuver should you need more care, at home services or have questions. The website for *Alaska's Department of Health and Social Services Senior and Disabilities Services* website is dhss.alaska.gov/dsds

more information about NTC's Elders Outreach Program please contact Tiffany Stonecipher at 567-3313 or email tstonecipher@ninilchiktribe-nsn.gov

FOSTER PARENTING

You will fall in love with kids who will go back to hard places, and you will struggle to show love to children who have downright awful behaviors. (Foster parents don't like to talk about that one, but yes, some children are hard to love, and yes, it's usually the ones that need that love the most.) Becoming a foster parent is a calling. It's not about you. It's not about me. It's about the children in need of aid.

Your Role as a Licensed Foster Parent

As a foster parent, you are responsible to provide temporary care, giving the child who has been placed out-of-home a safe, stable, and nurturing environment. During this time of disruption and change, you are giving a child a home. The role of the foster parent is to:

- Agree to supervise, support and provide positive family experiences to a foster child.
- Work cooperatively and actively with the assigned worker and the child's parent toward reunification goals as outlined in the case plan and the permanency plan, so the child can return home when appropriate.
- When appropriate, role model experiences for the child's family, and be an active participant in the child's case plan.
- Understand the need for, and goals of, family contacts and help develop such contacts.
- Help the child cope with the separation from his or her home.
- Provide guidance, discipline, a good example, and as many positive experiences as possible.
- Encourage and supervise school attendance, participate in teacher conferences, and keep the child's assigned worker informed about any special educational needs.
- Work with the agency in arranging for the child's regular and/or special medical and dental care.
- Work with the child on creating a Life Book.
- Inform the assigned worker

If you are interested in becoming a licensed foster family contact Bettyann Steciw at bettyann@ninilchiktribe-nsn.gov.

For more information about fostering please contact Bettyann Steciw at 567-3313 or bsteciw@ninilchiktribe-nsn.gov

Early Learning Program

HAPPY NEW YEAR! It's hard to believe we're half way through the school year. We have covered quite a bit of material and learned many new classroom skills; the students have made great progress! We are excited for the second half of the school year and all the learning adventures we will share with your children!!

Mark your calendars!! ELP graduation is Thursday April 18th

Ninilchik Traditional Council Scholarship

NTC offers a $1500 scholarship to one selected tribal youth graduating from high school in Ninilchik. Applicants should demonstrate a dedication to education and pursuing their goals. The deadline for applications is May 1, 2019.

Eligibility: Tribal members graduating from Ninilchik School planning on attaining higher education. *For more information and to view an application please contact Jamie Oskolkoff at*

907-567-3313 or joskolkoff@ninilchiktribe-nsn.gov

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

If you are looking for at home respite care, in home services and care taking services, the state of Alaska has changed the routine on how to qualify. First you would call the *Independent Living Center* at **907-262-6333** in Kenai or **907-235-7911** in Homer, set up a time for them to come meet you, to understand your needs and try to understand if there is a physical impairment and qualifying parameters, such as Medicaid or income status- once your referral process is complete, you would then be able to set up care coordination for your needs. Sometimes this process can be daunting and overwhelming. I can help you with contacting the Independent Living Center and help to fill out paperwork. The same can be said for VA services and needs. If you want contact with the VA, the updated Choice program, then please feel free to call at any time. The VA direct number for the updated *Choice Waiver* is **907-257-3720.**

There is a luncheon provided for **Enrolled Tribal Elders** on Mondays, if you are interested, please contact me regarding this service. Rides are limited to medical, behavioral health, medications, approved flights in from Kenai/Homer and grocery runs. Ninilchik Traditional Councils *BUMPS Ride Program* has also started providing rides from the Ninilchik area to Soldotna, Kenai and Homer, if you have questions regarding this bus program please call **907-567-3815.** If you need other transportation services, the Ninilchik Senior Center at **907-567-3988** provides rides once a week as well.

If you are enrolled or are just looking for help in this area and are 55+, please feel free to call me, the *Elders Outreach Program Coordinator, Tiffany Stonecipher* at **907-567-3331** or my cell phone **907-953-0273.**

Alaska's Aging & Disability Resource Center (ADRC) connects seniors, people with disabilities, and caregivers with long-term services and supports of their choice. The ADRC network serves Alaskans statewide, regardless of age or income level, through regional sites.

For assistance, call the site nearest you or
1-877-6AK-ADRC (1-877-625-2372) toll-free.

ADRCs are part of a federal effort to help people more easily access the long-term services and supports available in their communities. That might include transportation, assistive technology, or in-home care. The ADRC goal is to be a trusted resource. ADRC specialists counsel callers and visitors on long-term supports that fit their circumstances. People choose which services they would like, then the ADRC specialists help people access those services.

The Elders Outreach Program is an organization 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.

Warm regards,
Tiffany
Elders Outreach Program Coordinator

For more information about NTC's Elders Outreach Program please contact Tiffany Stonecipher at 567-3313 or email tstonecipher@ninilchiktribe-nsn.gov

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

MISSION:
To promote safe and healthy environments that foster development through early intervention and education focusing on substance use prevention and suicide prevention.

Ninilchik Traditional Council's Youth Outreach is anchored in education and prevention. Studies consistently show that the negative cognitive, behavioral and social impacts of growing up in adversity can be reversed by youth participating in prevention programs and having a relationship with a mentor. Our goal is to provide safe, alternative activities to youth where they can develop their interpersonal and character skills in order to have a brighter future. As indicated in extensive research, investing in our youth is the best possible investment we could make in the future development and success of our community.

During the school year, we host daily events for Ninilchik youth with the goal of providing substance free, pro-social activities that encourage self-esteem, leadership, respect, ownership, and community connectedness.

***Monday-Thursday: Study Hall/Life Skills 3:30-5:30**

***Friday: Teen Center 3:30-8:30 (7th and 8th 3:30-6:00)**

Study Hall- Study Hall is our after-school program located in the Teen Center. We provide a quiet learning environment for students to complete homework, projects, and receive tutoring. They may utilize our resources like computers, printers, pens, paper, books, markers, etc.

Life Skills- Life Skills was developed to assist students in acquiring the skills needed as they progress through adolescence and into adulthood. They learn skills such as accountability, meeting deadlines, resume writing, applying for scholarships, interview skills, and many others.

**If you have questions or are interested in supporting our outreach by chaperoning please contact Katie Matthews 567-3370 option 7 or Rick Dunaway 567-3370 option 8. *Activities may be subject to change.*

**To sign your student up with our programs they will need to have a signed waiver on file. All students ages 12-18, grades 7-12, are invited to attend our daily activities.*

NYO

The Native Youth Olympics, or NYO Games, are games rooted in Alaska Native history in which people tested their physical and mental strength, concentration, and stamina. The Games are rooted in traditions of survival and hunting in the harsh Alaskan terrain and climate, most notably in the winter. They were played to keep the hunters sharp and in top form.

The main goal of the NYO Games is to catalyze values of sportsmanship, leadership and respect to Alaska's youth…and have fun, of course. The competition is open to all grade school students regardless of ethnicity.

Practices are held Tuesdays, Thursdays, and Fridays at the Ninilchik School in the hydro gym from **3:45-5:15**. Snacks are provided before practice.

All athletes must have a signed waiver to practice and compete. For more information contact Rick Dunaway 567-3370 option 8.

Save the Date!

Tuesday, February 12, 6:30 PM @ The Ninilchik Community Center- College Preparation Class with KPC Recruiter.

This is for parents, students, or anyone who wants to learn more about what is needed to get into college and succeed. This will provide an opportunity to ask any questions you have regarding post-secondary opportunities. This is a free event open to the community.

Friday, February 22, 5:30 PM @ The Ninilchik Community Center- Ninilchik Community Talent Show and Potluck.

This is a Community Talent Show for all ages and skills. If you would like to sign up your act, you can find Sign-Up sheets located across town, at the NTC Admin Office, Ninilchik Health & Wellness Club, General Store, or you can contact me @ 567-3370 option 8. Feel free to just attend and enjoy the company of your friends and neighbors. We encourage you all to bring a snack or finger food and most importantly have fun!

For more information about NTC's Youth Outreach Program please contact Rick Dunaway at 567-3370 or rdunaway@ninilchiktribe-nsn.gov