



Sea~Ha Runner

September 2018
Volume 21, Issue 9

A fun and informative Newsletter for the Residents of the Kilkich Community



Autumn Begins
September 23

15th Annual Mill-Luck Salmon Celebration

The 15th Annual Mill-Luck Salmon Celebration will be held Saturday, September 8th through Sunday, September 9th.

The outdoor family-friendly festival is a celebration of Native American and Coquille Tribal culture.

Family events and entertainment include:

- * Tribal canoe races and rides



- * Outdoor tribal vendors and crafts (demonstrations and participation)

- * Traditional salmon bake meal

- * Live entertainment with authentic Native American dancing and drumming

- * Coos Bay Basin Salmon Derby awards ceremony

The festival will be located in the south parking lot outside The Mill Casino Hotel.

Admission to the event is free; there is a charge for the salmon bake dinner.

Tickets for the salmon bake dinner are on sale at the Ko-Kwel gift shop, 541-756-8800, ext. 9.

Come out and enjoy the food and the fun!!

For a complete list of events and times, log on to:

www.themillcasino.com/entertainment/

Dumpsters leave Tuesday, September 4. Please recycle recyclables. No hazardous waste is allowed in the dumpster.

KRA Garage Sale Gift Card Winners

Congratulations to Jan Doyle and Matthew Ward! Both Kilkich residents received a \$25 gift card compliments of the KRA Board for their participation in the annual Kilkich community-wide garage sale held August 17th and August 18th.

During the event, KRA handed out raffle tickets to all house-



Congratulations

holds actively participating in the sale. Each household that received a raffle ticket was entered in the random gift card drawing.

KRA would like to thank everyone who participated in this year's garage sale.

You helped make this annual event a great success!



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KRA Board Meeting, CIHA Office, 5:30 p.m.	10
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Would you like to borrow a:
 Lawnmower?
 Weedeater?
 Wheelbarrow?
 Carpet Shampooer?
 Please call CIHA at 541-888-6501 a day in advance to reserve the above-listed equipment.

REMINDERS:

No parking on lawns
 Pick up pet waste
 All dogs must be on a leash
 No littering

Housing Payment Pick Up is Available for elders and people with disabilities. Please call the CIHA office at 541-888-6501 to schedule a payment pick up.

September KRA Meeting

The Kilkich Residents Association usually meets the second Monday of every month.



KRA's next meeting will be held on Monday, September 10th at 5:30 p.m. at the CIHA office. All Kilkich residents are invited.

If you have questions or comments you would like to submit to KRA, please email them to: kilkichresidents@gmail.com

Please Drive Slowly

School will soon begin and children will be out and about waiting for buses, talking, texting, interacting with friends, and may not be paying close attention to what is going on around them. Many people text while walking and are unaware of traffic around them. Please drive cautiously.



Safety saves lives. Please drive slowly. Please drive alert.



Anyone who has never made a mistake has never tried anything new. ~ Albert Einstein

Officer Merritt Reports on the 12th Annual Bicycle Safety Rodeo

Thank you to this year's Bicycle Rodeo attendees for another great event!



Rider Makayla Doyle made the second successful run.

Nineteen participants, ranging in ages from 2 to 16, arrived at the course on Saturday morning, August 18th ready to ride.



Four bicycles were checked in for repair and subsequently fixed.

Three bike helmets were provided to riders:

- one as a replacement for a broken helmet;
- the other two helmets were given to kids that didn't previously have

helmets.

The most challenging course this year again the "pap



Participants navigated an obstacle course that consisted of safety cones, while simultaneously throwing newspapers into a target basket.

Brooklyn Burns was the first rider to successfully complete the course.



All participants were provided lunch. Prizes were won by all.

This year's Bicycle Rodeo was made possible through contributions provided by the Coquille Indian Housing Authority and the Coquille Tribal Police.

I want to say a special thanks to all the adults who took time out of their busy day to help
 v **Thank You!** ^{leo}

Playground Restroom Access Cards Now Available

Effective immediately, access to the restroom at the Kilkich playground will only be available with an access card between the hours of 6:00 a.m. and 9:00 p.m.

There is a limit of one access card per household.

Lost or stolen cards should be reported to CIHA immediately to avoid unauthorized use or access for which you may be held responsible.

If you are interested in obtaining an access card, please contact CIHA at 541-888-6501.



FTC's Most Recent Scam Alerts

It seems the scammers never sleep. If there is a way to steal your personal information, your money, or both, you can be sure someone is out there trying to figure out a way to do it.

Keep your personal information safe. Change passwords often, install software updates as they become available, back up your files, and stay updated on the latest scams.

The Federal Trade Commission (FTC) posts the most recent scams on their website. There is also an incredible amount of other useful information from money and mortgages to jobs and making money. It is worth a visit to the FTC website to check out all the valuable information.

<https://www.consumer.ftc.gov/features/scam-alerts>



The links listed under 'Most Recent Scam Alerts' will take you to the full articles. There is also a link where you can sign up to receive the latest scam alerts via email.

September is National Preparedness Month



September is National Preparedness Month with the theme "Disasters Happen. Prepare Now. Learn How."

As the theme states, while 'disasters happen', you have the opportunity to 'prepare now', practice and build your plan, and update your plan on an annual basis.



One of the first things a family should do is pack a "Go Bag" for every family member.

In addition to having a 'Go Bag' at home for every family member, a 'Go Bag' should be carried in every vehicle as well as at your place of work.

Emergencies happen anywhere.

The internet has a tremendous amount of excellent information on disaster preparedness.

CIHA has educational material and pamphlets available in the front office and local area tsunami evacuation route maps. The maps outline our local area inundation zones, safe evacuation routes to high ground, and list emergency contact numbers.

Discuss various disaster scenarios that could affect your family, e.g. fire, earthquake, tsunami, power outage, etc., and make a plan with your family on what to do in the event of an emergency.

Don't forget to prepare for pets and family medical conditions.

There are some wonderful YouTube videos on the internet demonstrating building a "Go Bag" and the following websites have valuable disaster preparedness information and tips.

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>

<https://www.ready.gov/build-a-kit>

<http://www.wikihow.com/Make-a-Go-Bag>

**Ready for an
Emergency?**
You can be.



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Keep Your Family and Community Safe



The Kilkich community is a safe place to live, but that does not imply or guarantee that crime doesn't exist or happen here. Stay alert; be safe.

- 1. Notice suspicious activity?? Report it to the Tribal Police immediately at 541-888-0189 or police dispatch at 541-269-8911.** It is better to report suspected suspicious activity, than to not report it and later be a victim or a witness to a crime/problem. 
- 2. Keep doors and windows to your home, garage, and car locked at all times.** Criminals are opportunists. <https://getsafe.com/what-burglars-steal-where-they-look/>
- 3. Do not let children play outside unsupervised. THIS IS REALLY IMPORTANT!** Anyone, at any time, has the opportunity to walk, bike,  or drive through the Kilkich community.
- 4. Do not open your door/home to anyone you do not know.** Only open your door to people you know. If someone knocks and says they need help, call 911 for them. 
- 5. Use caution when walking at night.** Always walk with a companion and wear visible/reflective clothing. Carry a cell phone, a flashlight, and stay in populated areas. 
- 6. Do not advertise on social media when you are or will be away from your home.** Criminals monitor social media to find easy targets. Let CIHA and Tribal Police know if you will be gone for an extended period of time.
- 7. ALL drug activity is illegal on Tribal Lands. Help keep drugs out of your neighborhood!** Report known or suspected activity. 

BAY AREA FUN FESTIVAL SEPTEMBER 15 AND 16

The annual Bay Area Fun Festival is the last great party of the summer season! This annual family-friendly event is held in downtown Coos Bay with live music, lots of tasty food, and numerous arts and crafts vendors.

This year's events include Rotary Cruz the Coos and Show & Shine, Mall Market, Quilt Show, Parade and Prefontaine Memorial Run on Saturday, Kid's Prefontaine on Sunday, and live music by CRBO, TOYZ, Timberwolf, Aurora, and Border Patrol.

For a complete weekend event schedule, log on to:
<https://bayareafunfestival.com>



CIT Community Health Center Launches NextGen® Care Technology to Expand Patient Communications

NextGen® is a patient information system designed to streamline the Clinic team's workflow and effectively manage patient healthcare through improved communications and recordkeeping. By utilizing NextGen® Care, the Clinic is able to:

- Easily identify gaps in patient care
- Send out automatic health campaigns/reminders to patients
- Collaborate care when patients require multiple providers and tasks

With NextGen® Care, the clinic staff will be able reach specific patient populations. For example, a high blood pressure campaign might include a check-up notice to those patients with chronic disease or risk factors. It can also be used to communicate annual reminders, such as the need for a flu shot. Only patients who receive care at the CIT Community Health Center will receive messages. You will see your reminders either by logging into the patient portal online, by email, text, letter, or a phone call from the clinic. If a patient prefers not to receive these messages, there will be an option to opt out. All patients are encouraged to sign up with the NextGen® patient portal to access their medical information and to receive notifications. NextGen® Care launches in August 2018. Call the CIT Health Center at 541-888-9494, ext. 3 for additional information.

Submitted by Dennita Antonellis-John
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Need help signing up?