



Coquille Indian Housing Authority

Sea~Ha Runner



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

November 2019
Volume 22, Issue 11



**Veterans Day is Monday,
November 11**

November

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Daylight Saving Time Ends Sunday, November 3rd at 2:00 a.m. Turn Your Clocks Back One Hour - Enjoy an Extra Hour of Sleep



On Sunday, November 3rd, most people throughout the U.S. will set their clocks back one hour, as Daylight Saving Time (DST), sometimes erroneously called daylight savings time) comes to an end this year.

Daylight saving time was established in the U. S. in 1918. It was a contentious matter and was repealed in 1919.

The standardized clock changes, however, were re-established nationally, early in World War II, and observed from February 9, 1942 through September 30, 1945.



After the war, U.S. states were free to choose to observe daylight saving time (or not). In 1966, Congress enacted the Uniform Time Act, which stated that if any state observed daylight saving time, it had to follow a uniform protocol, beginning and ending on the same dates throughout the country.

The start and end dates have changed over the years, with the most recent change in 2007 setting the start date on the second Sunday in March and end date on the first Sunday in November. This added four

weeks to DST compared with years prior.

Not all states observe DST. Arizona (except for the Navajo Indian Reservation), Puerto Rico, Hawaii, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands do not observe DST.

Some states, including Oregon, currently have legislation in progress to remain on DST year-round.

Oregon SB 320: <https://olis.leg.state.or.us/liz/2019R1/Downloads/MeasureDocument/SB320/Introduced>.

Parts of this article excerpted from: <https://www.livescience.com/56048-daylight-saving-time-guide.html>.



Daylight Saving Time ENDS on Sunday, November 3rd at 2:00 a.m. Set your clocks back!

WHEN RESETTNG YOUR CLOCKS, TEST YOUR SMOKE ALARM, INSTALL NEW BATTERIES, AND REVIEW YOUR LIFE-SAVING, FIRE EVACUATION PLAN WITH YOUR FAMILY.



PREPAREDNESS SAVES LIVES! PLAN, PREPARE, AND PRACTICE.



Have you completed your 2019 low income home energy assistance (LIHEAP) application? Applications are still being accepted. You may pick up an application at the CIHA office. Call ORCCA for more information at (541) 435-7080 or log on to their website: <https://www.orcca.us/contact-energyservices>.

HOUSING PAYMENT PICK UP
HOUSING PAYMENT PICK UP IS AVAILABLE ON A MONTHLY BASIS FOR ELDERS AND PERSONS WITH A DISABILITY. TO SCHEDULE, CALL THE CIHA OFFICE AT 541-888-6501.



Tai chi is a mind-body practice that involves a series of slow, flowing exercises that combine movement, meditation, and rhythmic breathing. It is a form of "moving meditation."

According to the principles of traditional Chinese medicine, tai chi's movements can help stimulate the flow of vital energy (also known as "chi") and, in turn, promote health and healing. Many practitioners of tai chi use this technique to enhance physical and mental health, as well as to improve posture, balance, flexibility, and strength. In addition, tai chi is said to boost mood, alleviate pain, strengthen the immune system, and improve heart health.

Article was excerpted from:

<https://www.verywellhealth.com/the-benefits-of-tai-chi-89962>



Interested in learning tai chi? There is a FREE tai chi class every Monday and Wednesday at the CIHA warehouse from 10:00 a.m. to 11:00 a.m. Learn and practice eight gentle forms of tai chi. The tai chi forms can be practiced standing, sitting in a chair, or with support. It is a fun, low-key, and relaxing class! Come and check it out. All adults are welcome!

For more information, call or text Pam at (702) 722-4977 or email Pam at pamelaleno@gmail.com.

thank you 'Friend of Kilkich' for Caring

Kilkich residents have brought to the attention of your KRA Board the remarkable activities of one particular person. This person is not a Coquille Tribal member, nor does she live on the Reservation. She works for the Health Center and takes a daily walk around the Rez.

While most residents and guests pick up after themselves, some do not. Everyday, she is seen picking up trash on our roads, sidewalks, and trails. KRA would like to publicly thank her for her caring and her time.

We, the residents of KRA, acknowledge and appreciate the efforts of Dennita Antonellis-John in keeping our neighborhood clean of debris and looking good.

Please thank her when you see her - and help her by cleaning up after yourselves.

Many thanks, Dennita.
 The KRA Board





KNIGHTS OF COLUMBUS CHRISTMAS FOOD BASKET SIGN UP

The Knights of Columbus are sponsoring their annual Christmas Food Basket Program again this holiday season to help serve families in need.

ANY family in need may sign up for a food basket at the Human Services building located at 1431 Airport Lane in North Bend (across from the North Bend Senior Center) in the Raptor room, #251, between the hours of 9:00 a.m. and 3:00 p.m. **There are only three sign up days: Monday, November 4th; Tuesday, November 5th; and Wednesday, November 6th. You MUST bring proof of your address when signing up.**

The food basket distribution will be on Saturday, December 14th at the airport hanger on West Airport Way in North Bend.



For more information, contact Laura Moore, Oregon Coast Community Action, 541-435-7082.

meeting

NOVEMBER KRA MEETING

KRA will meet on Tuesday, November 12th at 5:30 p.m. in the CIHA office. All Kilkich residents are welcome and encouraged to attend. Please email KRA if you have any questions: kilkichresidents@gmail.com.



Christmas Food Box and Toy Sign-Ups

Contact Misti at 541-888-5202 for more information.

As in years past, The Salvation Army is helping to put food in the cupboard and toys under the tree for many families in our community this holiday season. The need continues to be great; your donations help!

Christmas sign-ups will be held during normal social service office hours on Tuesdays, Wednesdays, and Thursdays beginning Tuesday, November 5th and ending on Thursday, November 14th. Sign ups are between the hours of 9:30 a.m. and 11:00 a.m. at The Salvation Army's social service office located at 1155 Flanagan Avenue in Empire during the two weeks noted. Toy sign-ups are for children age 12 and under.



NOVEMBER 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16

All applicants must provide the following:

- Valid photo ID.
- Proof of address IF different from photo ID.
- Income verification

for the entire household (if you receive SNAP, a printout from the DHS office will work for income verification).



Annual FREE Thanksgiving Dinner

Thursday, November 28th, The Salvation Army will be serving a FREE Thanksgiving Dinner at 1155 Flanagan Ave. in Empire from 12 p.m. to 2 p.m.; all people are invited.

Meals will also be delivered to the homebound in the local Coos Bay/North Bend area. To sign up for a homebound meal, contact Misti at 541-888-5202.

Provide your address, telephone number and the number of meals you are requesting.

This is a difficult time of year for many families. Please volunteer or donate when and where you can to help those in need. Happy Holidays!



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Eugene Ballet Company's "The Nutcracker"

Tickets are on sale now for the 'The Nutcracker' performance at the Hale's Center for the Performing Arts on the SOCC campus in Coos Bay.

There will be two performances:

- ♥ Friday, November 22nd at 6:30 p.m.
- ♥ Saturday, November 23rd at 2:00 p.m.

For more information, log on to:
www.dusco.org.

General seating only.
Adults: \$35; Children: \$20.

Opry CHRISTMAS ON THE BAY

The annual Christmas Opry show at Little Theatre on the Bay runs for three days in December. A live band accompanies the fun, lively, and fast-paced performances. Tickets are \$16 each and can be purchased online.

Friday, December 6th - 7:00 p.m.

Saturday, December 7th - 2:00 p.m.

Saturday, December 7th - 7:00 p.m.

Sunday, December 8th - 2:00 p.m.

Call 541-756-4336 for more information.



Bicycle Safety Rodeo Recap

The weather held off and we were able to complete the Rodeo on Saturday, September 28th. We had fourteen kids participate - ages 3 to 11.

- * Five bikes were repaired - from oiling rusty chains to airing up tires.
- * Five helmets were given away and or replaced.
- * All fourteen kids got a prize for participating in the Bicycle Safety Rodeo.
- * Prizes included a hoverboard, several scooters, bicycle safety equipment, and Walmart gift cards.
- * Riley Powell won the main prize.

Thanks to my wife (Anita Merritt), Tracey Mueller, Barbara Shelton, Derek Mollier, and all the parents that showed up to help.

A special thanks to Housing and the Tribal Police Department for providing the funding for this safety event.

- Officer Jerry Merritt



KRA 'Outside Holiday Décor' \$25 Gift Card Drawing

The Kilkich Residents Association (KRA) will be sponsoring an 'Outside Holiday Décor' gift card drawing again this year. **One winner will be drawn.**

The winner will receive a \$25 gift card.

To be entered in the drawing, a home must have **outside**



Christmas decorations

that can be seen from the road. The décor may be trees, lights, wreaths, holiday scenes, yard ornaments, etc.

A KRA member will drive through the

Kilkich community the evening of December 16th noting all homes with outside Christmas décor displayed.

If you have any questions, please contact KRA Chair Duke Summers at 541-217-8002.

Join in the holiday spirit and put up outside Christmas décor to be entered in the holiday gift card drawing.

HAPPY HOLIDAYS!



Holiday Lights at Shore Acres

The 33rd annual light display will be open every night from 4:00 p.m. - 9:30 p.m. beginning Thursday, November 28th through Tuesday, December 31st. Over a quarter million lights will illuminate the all-abilities accessible, walk-through light display.

Parking fee is \$5 per carload or free with certain passes (see website for details): www.shoreacres.net.

Free hot coffee, hot cider, punch, and cookies will be available at the Garden House. Come out and enjoy this community event!

For more information, call 541-888-2472.