

# Coquille Indian Housing Authority

# Sea~Ha Runner

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

#### Volume 18, Issue 9 September 2015



- For elders and people with disabilities
- Call 541-888-6501 to schedule a payment pickup

#### **Dumpsters** Leave September 8



September Calendar	
CIHA Office Closed	4
Labor Day Holiday - CIHA Office Closed	7
Dumpsters Leave	8
12 <sup>th</sup> Annual Mill-Luck Salmon Celebration	12 - 13
Autumn Begins	23
CIHA Board Meeting at 3:30 p.m. at the CIHA office	24

#### 12<sup>th</sup> Annual Mill-Luck Salmon Celebration September 12 - 13 at The Mill Casino · Hotel

Ailt-Luck

Autumn **Begins** September 23

Happy Fall

Saturday, September 12 FREE Outdoor Festival and Traditional Salmon Bake at the south end of The Mill Casino · Hotel 11:00 a.m. - 6:00 p.m.

- Native Vendors
  Canoe Races
- Native Drummers & Dancers
- Family Activities Demonstrations
- Outdoor Entertainment
- Salmon Bake

Salmon Bake Tickets on sale at Ko·Kwel Gifts - Commemorative T-Shirt with advance purchase (while supplies last) \$25 Adult - General Public \$12 Children - 11 years and younger **Coos Basin Salmon Derby** Weigh-in station open until 6:00 p.m.

Sunday, September 13 FREE Outdoor Festival and



Traditional Salmon Bake at the south end of The Mill Casino · Hotel 11:00 a.m. - 4:00 p.m.

- Native Vendors Family Activities
- Native Drummers & Dancers
- Demonstrations
- Outdoor Entertainment

Canoe Exhibition & Rides

11:00 a.m. - 2:00 p.m. (weather permitting)

Coos Basin Salmon Derby

Weigh-in until 3:00 p.m.

Awards at 4:00 p.m.

For more information contact The Mill Casino · Hotel at 541.756.8800 or log on to: www.themillcasino.com

#### Kilkich Garage Sale \$25 Visa Gift Card Winners

Congratulations to the four winners of the \$25 prepaid VISA gift cards which were awarded to a member of a household that participated in the annual Kilkich Community-Wide Garage Sale on August 7<sup>th</sup> and 8<sup>th</sup>.

All households that participated in the garage sale were entered into the random drawing for the \$25 prepaid

VISA gift cards. The drawing was sponsored by the Kilkich Residents Association and held on Monday, August 10<sup>th</sup>.

The winners were:

- 1. Carol Arzt
- 2. Lois Parrish
- 3. Danielle Summers
- 4. Glen VanOrtwick

Thank you to everyone who participated in the garage sale this year and helped make another Kilkich community-wide garage sale a wonderful community event and success!





#### **Dumpsters Scheduled to Leave on Tuesday, September 8th**

The Kilkich community dumpsters are scheduled to leave on Tuesday, September 8<sup>th</sup>. The dumpsters are

for the exclusive use of Kilkich residents.

DO NOT PUT BATTERIES, ELECTRONICS, CELL PHONES, APPLIANCES, MOTOR OIL, PAINT SOLVENTS, TIRES, ANTI-FREEZE OR ANY OTHER QUESTIONABLE ITEMS IN THE DUMPSTERS; DO NOT PUT GLASS IN THE DUMPSTERS. Glass may be recycled at West Coast Recycling Center in Coos Bay, 541-269-9212.

located on Mexeye Loop next to the Tribal Police office. **Oregon E-Cycles is** a recycling program that accepts televisions,



computers, and monitors for FREE to anyone bringing in 7 or fewer devices. Drop off locations are Goodwill (541-269-9150) and West Coast Recycling (541-269-9212).

Please recycle all recyclable items. A recycle bin is

An investment in knowledge pays the best interest.



Benjamin Franklin





when outside of their yard.

#### **School Will Soon Be Starting - Please Drive Slowly**



School will soon be starting and children will be out waiting for their bus, talking, texting, or playing on their phones and devices, talking and interacting

with friends, and possibly not paying close attention to their

environment and the traffic around them.

Please use EXTREME caution and obey the speed limit throughout the entire Kilkich community at all times. Safety saves lives.

Please drive slowly!



#### 2015 Bicycle Safety Rodeo Another Great Success!

The 2015 annual Bicycle Safety Rodeo, held on Saturday, August 8<sup>th</sup>, was a success again this year. Chief LaFevre reports that there were approximately 25 people who participated. Officer Merritt was on hand to help and instruct while

#### participants maneuvered



the safety courses, enjoyed

an off-road bicycle ride, and made sure their helmets



were fitted properly. There were also safety overviews, sack lunches, and prize drawings. A great day was enjoyed by all.

#### Kilkich Residents Association (KRA) Email Address

All Kilkich residents are always invited and encouraged to attend the KRA meetings. The next scheduled KRA meeting is

on Monday, November 9<sup>th</sup> at 5:30 p.m. at the CIHA office. If you are unable to attend the meeting, but would like to submit a

comment or a suggestion, you may do so via email to the following E-mail email address: kilkichresidents@gmail.com

#### **CIT Library - New Online Resources and Other Tidbits**

The CIT Library recently began subscribing to an online service which maintains several archive collections covering numerous subjects related to tribes and native peoples.

#### Indigenous Peoples:

North America provides a diverse and informative source that can enhance research and increase users understanding of many historical experiences, traditions, innovations, and the governments of indigenous people from the United States and Canada. Multiple collections and subjects are covered through the use of manuscripts, monographs, newspapers, photographs, motion pictures, images of artwork, and more.

There are over 50 separate collections archived here, including a register of Chemawa students from traditions of tribes and 1880 to 1928; documents related to unratified treaties from 1801-1869; and an archive titled Indigenous People *Newspapers* containing over 20 newspapers published by tribes and associated groups from the last 100 years. These

and all of the other archives in the collection are primary sources of information that take users beyond facts and figures to an in-depth understanding of the perspective of indigenous people.

While this source is paid and you need to go to the CIT Library to utilize it, there are many other online resources out there for researching a wide range of topics connected to tribes and native peoples.

Don't forget that the Library



has a patron computer for your use.

Below are brief descriptions of two other web sites with online exhibits, archives, or similar collections related to the history and native peoples.

The National Museum of the American Indian (nmai.si.edu/) has multiple digitized versions of their exhibits available online. Of course, they are free, just like the Smithsonian counterpart in Washington, D.C. The

exhibits include *Treaties* Between the United States and American Indian Nations, which showcases some of the original treaty documents as means to tell the stories of the long-term relationships between the U.S. and various tribes: and The Great Inka Road: Engineering an Empire, which explores the foundations of the Inka Road in earlier Andean cultures, technologies that made building the road possible, the cosmology and political organization of the Inka world, and the legacy of the Inka Empire during the colonial period and in the present day. The Inka Road is a 20,000 + mile highway system that, during the Inka Empire, connected the capitol city of Cuzco, Peru with the far reaches of the Empire in neighboring countries of Argentina, Ecuador, Chile, Colombia, and Bolivia.

Native American Heritage Month

(www.nativeamericanher itagemonth.gov/ collections/index.html) is one of many events held nationwide to provide opportunities to learn detailed history of the

#### Resources

States. Both

United

the Library of Congress and the National Archives have multiple online exhibits showcasing a unique perspective of the heritage of native peoples. Many of these exhibits, along with a few others of interest, are available through their web page. The online exhibits connected with this site include *Travels* in America, a collection of journal entries from over 250 people who traveled the United States between 1750 and 1920 and *Rivers*, *Edens*, and **Empires: Lewis & Clark** and the Revealing of America, which chronicles the Corps of Discovery's exploration of the American West, and their attempt to find a wateronly passage to the west coast, while connecting their expedition to other "new world" explorations in the 18<sup>th</sup> and early 19<sup>th</sup> centuries. These are two of over twenty online museum exhibits featured on the Native American Heritage Month web page.

Submitted by Chris Tanner, Tribal Librarian christanner@coquilletribe.org 541-756-0904, ext. 1218

#### **Coquille Indian Housing Authority**

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### Eat, Drink, Move, Meditate for a Healthy Lifestyle

Are you searching for a way to lose weight and feel more energetic? Do you want to renew your commitment to a healthy lifestyle?

If you answered "yes" to either of these questions, **contact Danelle Bliss at 541-888-9494, ext. 2206, or email danellebliss@coquilletribe.org** to register for a healthy lifestyle class that incorporates exercise, healthy eating information, meditation, and a light meal.

Any person age 18 and older may attend. The six-week classes begin the week of September 14, 2015. The classes will be held at the following locations:

Mill Casino · Hotel Tower Meeting Rooms Starts Monday, September 14<sup>th</sup> 1:00 p.m. - 2:30 p.m.

CIT Administrative Office Starts Tuesday, September 15<sup>th</sup> 11:00 a.m. - 12:30 p.m.

CIT Community Health Center Starts Thursday, September 17<sup>th</sup> 5:30 p.m. - 7:00 p.m.

> Eat Right - Drink More Keep Moving - Meditate Enjoy a Healthy Lifestyle Sign Up Today!

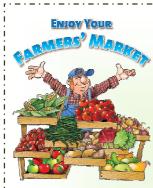


#### SafeLink Wireless On the web at: www.safelink.com/ccc33



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The local Farmer's Market is still in full swing for a couple more months. The weekly market is open on Wednesday and Sunday from 9:00 a.m. until 3:00 p.m. through the month of October. The market is located on Central Avenue in Coos Bay with an average of 50 weekly vendors offering fresh produce,

jams and jellies, baked goods, arts and crafts, fresh flowers, food, and more. Take the opportunity to wander through the market while it is still in season. If you have questions or would like more information, please call 541-266-9706.

#### Disaster Preparedness Ready or Not?



There seems to be disaster preparedness information everywhere these days, in local businesses, online, on television, and preparedness kits can be purchased in a store or even ordered online; you don't even have to put a basic kit together yourself. **The question remains** ... **ARE YOU PREPARED?** If not, today is a good day to make a plan, get a kit, and **PREPARE**. In the event of a major disaster, you may only have yourself to rely on for a number of days until emergency personnel can reach you. Being prepared may save your life and the lives of your family members. The CIHA office has detailed disaster preparedness handouts and information available. Stop by the office today and pick up some pamphlets.