



Coquille Indian Housing Authority

# Sea~Ha Runner



**happy  
thanks  
giving**



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

Volume 18,  
Issue 11

## Daylight Saving Time Ends Sunday, November 1 Enjoy an Extra Hour of Sleep Zzzzzzz ...

Fall is definitely in the air and it is almost time to "fall back".

**Daylight Saving Time will end in the U.S. on Sunday, November 1<sup>st</sup> at 2:00 a.m. when we return to Standard Time. You will set your clocks back one hour.**

Daylight Saving Time will begin again on Sunday, March 13, 2016 at 2:00 a.m.

Daylight Saving Time (DST) currently begins on the second Sunday in March and ends on the first Sunday in

November every year. DST began in the U.S. during WWI in an effort to conserve fuel. During WWII, the federal government required the states to observe the time change. Between the wars and after WWII, states and communities chose whether or not to observe DST. In 1966, Congress passed the Uniform Time Act which standardized the length of DST. Since 2007, DST has been extended by four weeks due to the

passage of the 2005 Energy Policy Act.

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

Enjoy the extra hour of sleep!

DST data excerpted from:  
[www.geography.about.com/cs/daylightsavings/a/dst.htm](http://www.geography.about.com/cs/daylightsavings/a/dst.htm)



Change your clock,



**CHANGE** your batteries

**Performing smoke detector maintenance every six months when the time changes is a good habit to get into. Replace your old batteries, test the smoke alarm to ensure it is working properly, and review your fire evacuation plan with your family. Fire safety saves lives!**



If you received energy assistance last year, you should have received a LIHEAP application in the mail from ORCCA recently.



**Have You Applied for the Low -Income Home Energy Assistance Program Yet? Sign Up Today! Assistance is Limited.**



If you have not received an application or believe you may qualify for energy assistance, please stop by the CIHA office to

pick up an application or stop by ORCCA. Funds are limited and are dispersed on a first-come, first-served basis.

## November 2015

Daylight Saving Time Ends	1
KRA Board Meeting at CIHA - 5:30 p.m.	9
Veterans Day - CIHA Closed 	11
CIHA Closed for the Thanksgiving Holiday 	25 - 27

Happy Thanksgiving



## Rent Check Pick Up

If you are an elder or a person with a disability, and it is difficult for you to come to the CIHA office to make your housing payment, please call the CIHA office to request a payment pick up.

**541-888-6501**

## Winter Solstice

**Save the date - Dec. 21**

**Celebrated in Traditional Style Dance  
at the Tribal Community Plankhouse**



**All Kilkich community members are invited!**

## Drum and Dance Practice

every Wednesday  
from 6:00 p.m. -  
7:00 p.m. at the  
CIT Plankhouse. All  
Tribal members and  
Kilkich community  
members are  
invited. Children  
under the age of 13  
require adult  
supervision.

**541-297-5582**

### Using The Self-Clean Feature on Your Oven? Remove Oven Racks First



If you are planning on using the self-clean feature on the oven in your home, please remove the oven racks **BEFORE** starting the cleaning cycle.

The intense heat of the self-clean cycle can discolor the metal oven racks, cause the finish to lose its shine, and damage the special coating designed to help the racks easily slide in and out of the oven.

If you have any questions, please contact the CIHA office at 541-888-6501.

### Need to Borrow Yard Equipment or a Carpet Shampooer?

If you would like to borrow yard maintenance equipment (lawn mower, weed eater, etc.) or the carpet shampooer, please contact CIHA at 541-888-6501.

The yard equipment may be checked out for a 24-hour period; the carpet shampooer may be checked out for a 48-hour period.

The requested equipment, when available, will be delivered the day following the request. It is important that the equipment be returned when it is due in order to afford other Kilkich community residents access to the equipment.

**Please Be A  
Responsible  
Dog Owner**

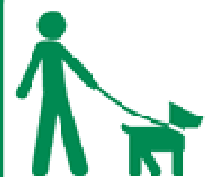


**Clean Up After  
Your Dog**

### November KRA Meeting

The Kilkich Residents Association holds quarterly meetings. Their next meeting is scheduled for Monday, November 9<sup>th</sup> at 5:30 p.m. at the CIHA office.

All Kilkich residents are welcome and encouraged to attend. If you can't attend, but would like to submit a comment or suggestion, please do so at [kilkichresidents@gmail.com](mailto:kilkichresidents@gmail.com)



**All dogs  
must be kept  
on a leash**



## CIT Library is a Valuable Research Tool - Stop by Today!

The CELS Library recently installed new shelving and is open and available for visitors from the Tribe and the Kilkich community to visit.

Recently, library resources were used by the CIT Health Department to learn about traditional tobacco use in southwest Oregon. The information I found includes some archival notes from the Jacobs collection, essays written by Patty Whereat-Philips, a Coos scholar, on the use of tobacco by the Coos, Coquille, and other Oregon Tribes, and books about ethnobotany, referring to traditional uses of plants that include references to tobacco.

Three of these materials are:



### *Summary of Ethnobotany of the Coos, Lower Umpqua and Siuslaw Indians,*

by Patty Whereat-Philips

### *Tom Brown's Guide to Wild and Edible Medicinal Plants,*

by Tom Brown, Jr.

### *The Ethnobotany of the Yurok, Tolowa, and Karuk Indians,*

by Marc Andre Baker

The Tribe received a visit from the fifth grade classes from Glide Elementary School. One of these classes is taught by Tribal member Lynn Hill who also organized the field trip. The class visited the Tribe's Plankhouse where they learned about potlatch culture and traditional tools. They then went to Sunset Bay where they learned about the canoes used by the Coos and Coquille

tribes. Before their field trips, these students studied the first people who lived in the areas of South Slough, Sunset Bay, and Shore Acres. A research trip to the Tribe's library helped them collect the needed resources for them to plan their lessons. These books included:

### *The Indians of Western Oregon: This Land Was Theirs,*

by Stephen Dow Beckham

### *She's Tricky Like Coyote,*

by Lionel Youst

### *The Tolowa and their Southwest Oregon Kin,*

by Philip Drucker

Submitted by Chris Tanner,  
CIT Librarian,

541-756-0904, ext. 10218,  
christanner@coquilletribe.org

## Five Ways To Help Prevent Identity Theft

Excerpted from Bankrate.com

1. Never carry a Social Security card (in case of theft or loss).
2. Never give out financial information over the phone in a public place. Your conversation can easily be overheard.
3. Never give out personal information on social networking sites. Listing when and where you were born, for instance, opens the door for identity



- thieves to obtain additional personal information about you. Be wary of "Internet friends".
4. Never list your Social Security number, birth date, place of birth, or other financial information on a resume you are posting on the Internet.
5. Don't trade financial information for freebies. Be suspicious of offers that seem too good to be

true. A free gift is not worth revealing your personal information.

Simple mistakes can create havoc in your financial life! Use caution and common sense. Identity theft is on the rise; don't be a victim. For more helpful tips and reliable resources, log on to:

[www.transunion.com](http://www.transunion.com)  
[www.consumer.ftc.gov](http://www.consumer.ftc.gov)  
[www.usa.gov](http://www.usa.gov)  
[www.idtheftcenter.org](http://www.idtheftcenter.org)





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**If you are grateful for everything,  
then whatever you have is  
enough.**

**J. Baadsgaard**

## 2015 Knights of Columbus Christmas Food Boxes



The Knights of Columbus will be providing Christmas food boxes for needy families again this year. There are no eligibility restrictions; families/individuals must provide proof of address. Sign up for the food boxes at the Newmark Center in Coos Bay on one of the following days:

- Monday, November 16<sup>th</sup>
- Tuesday, November 17<sup>th</sup>
- Wednesday, November 18<sup>th</sup>

**For more  
information,  
contact Laura,  
541-435-7082.**

Information will be provided (at sign-up) regarding date and time for Christmas food box pick up.

## Salvation Army is Serving a FREE

**Thanksgiving Dinner** Thursday,  
November 26<sup>th</sup> from 12:00 p.m. - 2:00 p.m.  
at the Family Worship Center, 1155  
Flanagan Avenue, in the Empire District.  
Call 541-888-5202 if you have questions.

## 29<sup>th</sup> Annual Shore Acres Holiday Light Display

The 29<sup>th</sup> Annual Shore Acres Holiday Light Display opens on Thanksgiving Eve, November 26<sup>th</sup> and will be open through New Year's Eve. The walk-through display will be open every night (including Christmas Eve, Christmas, and New Year's Eve) from 4:00 p.m. - 9:30 p.m. Admission to the park is \$5 per carload. The walk-through holiday light display is all abilities accessible.



Enjoy delicious free cookies and a cup of hot cider, coffee, or punch at the Garden House. Win the Ultimate Bed and Breakfast Raffle; tickets at the Information and Gift Center, 541-888-2472 and 1-866-888-6100.

For more information, contact Shore Acres State Park, 541-888-3732 or 541-756-5401. Website address: [www.shoreacres.net](http://www.shoreacres.net)

## Bay Area Rotary Club Festival of Trees Event

The annual Festival of Trees event will be held at The Mill Casino · Hotel again this year. Viewing of the trees opens Tuesday, November 24<sup>th</sup> and runs through Thursday, December 3<sup>rd</sup>.

The trees and wreaths are available for viewing 24 hours a day in The Mill Casino · Hotel lobby.

The beautifully decorated trees and wreaths will be auctioned off on December 3<sup>rd</sup> beginning at 7:00 p.m. in the Salmon Room at The Mill Casino · Hotel. Doors open at 6:45 p.m.; sponsor dinner is at 6:00 p.m. Auction proceeds benefit local services such as, Shots for Tots, Women's Safety and Resource Center, and Kid's Hope Center.

For more information, contact Judy Moody, 541-269-2459, or Amy Bailey, 541-756-8800, ext. 1574, by Tuesday, November 10<sup>th</sup>.



**"Nutcracker" at SOCC**  
**Saturday, November 21<sup>st</sup>**  
[www.dusco.org](http://www.dusco.org)

