

Volume 13, Issue 4
April 2010

Coquille Indian Housing Authority



Sea ~ Ha Runner

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

2010 Census

**Your Census data helps
fund Your Community!**

The 2010 Census is more than just a count of our citizens and noncitizens. It is an opportunity to ensure that our community is accurately represented when it comes to funding for essential programs and services.

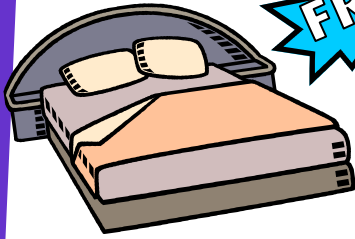
When you fill out the census form, you are making a statement about what resources your community needs going forward. In fact, the information the census collects helps to determine how more than \$400 billion dollars of federal funding each year is distributed to state, local, and tribal governments. In addition, Census information affects the number of seats your state occupies in the U. S. House of Representatives. And people from many walks of life use census data to advocate for causes, rescue disaster victims, prevent diseases, research markets, locate pools of skilled workers and more. Census data is used to help fund social programs and special services the community needs.

“Just like we can’t survive without roads and bridges, the country doesn’t function well without an updated Census to distribute funds to areas that most need them and to support community decisions about their own future.”

—Robert M. Groves,
Director of the United States Census Bureau

Census facts (www.2010census.gov):

- By law, everyone in the United States, both citizens and noncitizens, must be counted every 10 years.
- Census data directly affects how more than \$400 billion per year in federal funding is distributed to state, local, and tribal governments.
- Census data determines how many seats each state will have in the U.S. House of Representatives.
- Community planners and local governments rely on census data to make the case for providing critical social services and funding community programs.
- The Census is easy, important and safe, and **your participation is VITAL.**
- Census forms were delivered or mailed to households in March 2010.
- **Please return your 2010 Census!**



FREE

Queen Mattress and Box Spring Sets Available to Kilkich Residents, Program Participants, and Coquille Tribal Members

- 25 Sets Are Currently Available
- Call to sign up, 541-888-6501
- Set = Mattress and Box Spring
- Bed frame is NOT included
- Bedding is NOT included

The Mill Casino · Hotel has donated their gently used queen-size beds to CIHA to disburse to our Kilkich residents, program participants, and Coquille Tribal members who are in need of a mattress and box spring.

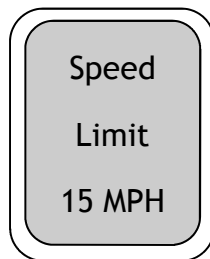
The bed frame is NOT

included; it is only a queen size mattress and box spring.

If you would like to sign up to receive a FREE bed set or have questions, please call 541-888-6501.

The sets are first come, first serve.

Please Slow Down Around The Loop



A number of residents have submitted formal complaints regarding people driving too fast around the loop. PLEASE obey the 15 MPH speed limit throughout the Kilkich community. With the longer days and nicer weather, people are active outside, children are playing in their yards, riding their bikes, and are not always paying attention to what is happening around them. The possibility of a child or a pet running out into the roadway significantly increases during this time of year.

Please protect yourself and protect your neighbor.

PLEASE USE CAUTION AT ALL TIMES and DRIVE SLOWLY.

Aw Shucks!



Hosted by the Charleston Community Enhancement Corporation (CCEC). The proceeds from the Oyster Feed go to CCEC, dedicated to improving life in Charleston for residents and visitors.

Please join us for this annual fun and lively event.

Oyster Feed Saturday, April 24

- Music
- Wine
- Raffle Prizes
- Homemade Desserts
- Gourmet Hot Dogs

**Oregon Institute of Marine Biology Cafeteria
63466 Boat Basin Road in Charleston
Noon - 4:00 p.m.**

In addition to a mouth-watering meal, the Oyster Feed includes music, wine, and fun raffle prizes. Food offerings include a full dinner of 6 oysters (prepared in a variety of ways) with dipping sauces, baked beans, coleslaw, bread, and your choice of a soft drink beverage for \$10. Lighter appetites may purchase a smaller plate (3 oysters and fixings) for \$8. Gourmet hot dogs will be available for non-oyster fans. Not included in the price, but also available for purchase, will be an assortment of homemade desserts and a fine selection of wine from the River's Edge Winery.

Oysters are one of the most nutritionally well-balanced foods, containing protein, carbohydrates and lipids. Oysters are an excellent source of vitamins A, B1 (thiamin), B2 (riboflavin), B3 (niacin), C (ascorbic acid) and D (calciferol). Four or five medium size oysters supply the recommended daily allowance of iron, copper, iodine, magnesium, calcium, zinc, manganese, and phosphorus.

For additional information, contact David Ford at 541-888-6871.

19th Annual Home Show

The 19th Annual Home Show will be held at the Boys and Girls Club in Coos Bay again this year. The theme this year is "Living Green". The show is open:

- Friday, April 16th from 4:00 p.m. – 8:00 p.m.
- Saturday, April 17th from 10:00 a.m. – 6:00 p.m.
- Sunday, April 18th from 10:00 a.m. – 4:00 p.m.
- Admission is \$3; kids 12 and under are FREE
- Park at the K-Mart parking lot for FREE and ride the shuttle over to the Boys and Girls Club

*Coos Bay Boys & Girls Club
333 Walnut Avenue
Information: 541-297-3319*

- *This years large raffle prizes are:*
 - An Outdoor Living Package; raffle tickets are \$5
 - A Garage Giveaway; raffle tickets are \$3



"Nuh Dai Yaws" (Miluk: Our Garden)



The Coquille Organic Community Garden

Calling all Coquille Tribal members and Kilkich residents! The Coquille Organic Community Garden is seeking volunteers to garden and help organize the Coquille Organic Community Garden on the Kilkich Reservation. Please come out and participate in the planting, growth, and harvest of the Organic Garden.

The Coquille Organic Community Garden's success depends on YOU!

Please contact Bryan Duggan, CIT, at 541-756-0904, for more information on how you can help the Community Garden succeed.

Rent Check Pickup

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 Housing office at 541-888-6501. CIHA would be happy to have a staff member stop by your house and pick up your payment.



LIEAP

Low-Income Energy Assistance Program

Low-Income Energy Assistance Intake Appointments are still available. LIEAP is a federally-funded assistance program designed to help low-income households with home heating costs.



To be eligible:

- A household's income must be below or at 60% of Oregon's median income
- You must have documented energy costs
- Both homeowners and renters are eligible



Schedule your LIEAP appointment today by calling the CIHA office at 541-888-6501.

Thank You for Participating

“Thanks” to all of the Kilkich residents who returned their tobacco surveys in February. The Coquille Indian Tribe Community Health Center sent out 87 surveys; 49 surveys were returned (56% of the residents). Community input is very important in regard to future decisions which will affect the Kilkich residents. The Tobacco Grant Stakeholders have referred any decision making to the CIHA Board.

The winners of the \$50 gift cards were:

1. Lyman and Brenda Meade
2. Carl and Janet Simpson
3. Lewis and Trudy Simpson
4. Robert and Kay Younker

Thank you again for your opinions and input.

Coquille Indian Tribe Community Health Center
 Connie L. Barton, Tobacco Coordinator

February 2010 Tobacco Survey Responses

87 Surveys Mailed; 49 Surveys Returned

Question 1: Are you aware of the dangers of second hand smoke?

Yes = 48 No = 0

Question 2: Would you support (with the provision of designated smoking areas) smoke-free Tribal events?

Yes = 42 No = 5 No Response = 1

Question 3: As a Reservation Resident, do you think it is important to establish non-smoking areas and/or non-smoking housing on the Kilkich Reservation?

Yes = 34 No = 14

Question 4: As a Reservation Resident, please circle your overall preferences below:

- A) No Tobacco use allowed on Kilkich Reservation 8
- B) Tobacco use limited to designated smoking areas 23
 (including designated areas)
- C) No restrictions on Tobacco use 19

Question 5: As a Reservation Resident, how do you feel about efforts to develop Tobacco Free Zones on the Kilkich Reservation? Please rate your feelings from 1 (unsupportive of the effort) to a 10 (very supportive of the effort).

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | No Response |
|----|---|---|---|---|---|---|---|---|----|-------------|
| 11 | 1 | 2 | 2 | 3 | 0 | 2 | 3 | 1 | 20 | 3 |

Many insightful, positive comments were expressed on the surveys. Again, “thank you” to everyone who took the time to respond. Your thoughts, comments, and suggestions make a difference.

April Employment Opportunities



The Mill Casino · Hotel currently has a variety of job openings posted on their website. Log on to:

- www.themillcasino.com
- Click on *Employment*
- Click on *Open Positions*

The Application for Employment is available online.

541-756-8800

Oregon Coast Community Action
2110 Newmark Avenue
Coos Bay, OR 97420

Current Job Openings

Housing Program Manager

Energy Auditor

Route Driver - On Call

For a job application/more information, access ORCCA's website at:

www.orcca.us

Or call 541-888-7014

SAFeway

Your Future Starts Now.

The Coos Bay Store is currently hiring for a Seafood Manager, 3 Deli Clerks, 4 Food Clerks, & 7 Courtesy Clerks
(Wages vary: most entry level positions start at \$8.50)



Link your future to the Safeway Team.

Apply now at our in-store hiring kiosk or safeway.com for an onsite interview.

Equal Opportunity Employer



State of Oregon Job Listings Website:

www.employment.oregon.gov

You can search by job location, job listing or occupation. You may also sign up for iMatch Skills which matches your skills and experience to Oregon jobs.

Log on today!

Spring Cleaning Tips

Here are some helpful spring cleaning tips to bust through the dust and cobwebs in no time at all . . .



1. Dust from top to bottom letting gravity work for you. Dust with your vacuum whenever possible using the attachment tools. A microfiber cloth is a must-have when dusting.
2. Clean room to room. Tackle one room at a time, one day at a time. Spreading out the chores makes the cleaning go faster, and if you focus on one area at a time, it is easier not to get side-tracked.
3. Create a cleaning caddy that holds your cleaning supplies for each room. With all your cleaning supplies right at hand, you save time and energy not having to hunt down cleaning supplies.
4. Start with the room you dread the most. Once you complete that room, the rest of your cleaning will seem like a piece of cake.
5. Dry to Wet - do your dry cleaning, wiping down, dusting, etc. first. Next, move on to your wet cleaning. The more you can take care of with a dry cloth, the less potential you will have for streaking, spreading dirt, and the potential for spilling.
6. If you have a tough job that is going to require some scrubbing, let your cleaning agent do the work for you. Spray the area to be cleaned with your cleaning product; let the product soak into your surface while you work on something else; come back and wipe off the area with little or no scrubbing. Be sure to read the directions and test an inconspicuous area to make sure the cleaning agent will not damage the surface if not wiped off immediately.
7. When washing windows, first broom off or dry-wipe off all cobwebs and loose dirt. Second, wash down your windows with hot, soapy water to remove the dirt and grime; this will save you time and cleaning product. Finally, finish with a vinegar and water solution or Windex for a streak-free, spotless window. Removing all the dirt before using your finishing product saves time, energy, product, and paper towels.
8. Protect yourself. Many cleaning products contain acid, ammonia, bleach, abrasives, and other ingredients that may harm your skin, lungs, eyes, and nose. Wear rubber gloves, protective eyewear, long-sleeved shirts, and jeans when cleaning. NEVER mix the products, ALWAYS use in a well-ventilated area, and READ THE DIRECTIONS to ensure safe use.

- *Take off your shoes every time you enter the house. Tracking creates more than 80% of the dirt and dust in your home.*
- *Wipe down counters and sinks after each use. Water spots and dirt will not build up.*
- *Keep a fist-sized space between your furniture and wall so it's easier to clean. Keep a vacuum's width between pieces of furniture.*
- *Vacuum twice a week instead of once. Your carpets will last longer; the dirt will not become deeply imbedded.*
- *Wipe up spills as soon as they happen; stains will not have a chance to set in.*
- *Reduce mold and mildew in your bathroom by keeping a window open or using a fan to reduce moisture.*
- *NEVER mix a product containing bleach with a product containing ammonia . The resulting mixture can form toxic fumes.*





**Coquille Indian
Housing Authority**
2678 Mexeye Loop
Coos Bay, OR 97420
541-888-6501
Or
800-988-6501
Fax: 541-888-8266
daleherring@uci.net
traceyroome@uci.net

Kenny Loggins In Concert

At the Mill Casino · Hotel



August 20, 2010
8:00 PM
Outdoors on the deck
Rain or Shine

Tickets go on sale April 6, 2010, at KoKwel Gifts.
\$49 General Admission
\$39 Millionaire\$ Club Members

Must be 21
years of age

April Calendar

| | |
|----------------------------------|-----|
| April Fool's Day | 1 |
| CIHA Open Until 6:00 p.m. | 1-2 |
| Easter Sunday | 4 |
| CIHA Open Until 6:00 PM | 5 |
| CIHA Closed for Training | 9 |
| KRA Dinner Meeting at 5:30 p.m. | 12 |
| Administrative Professionals Day | 21 |
| CIHA Board Meeting at 4:00 p.m. | 22 |
| Earth Day | 22 |
| CIHA Open Until 6:00 p.m. | 30 |

Don't forget the upcoming North Bend Indian PowWow on Saturday, April 3rd beginning at 1:00 p.m. The event will be held at the N.B.M.S. Gym, 1500 16th Street, North Bend. Grand Entry is 1:00 p.m. and 6:30 p.m. Please contact Alicia Mueller at 541-217-1539 or email coastalgirl97459@live.com for questions or more information.

INDIAN PRIDE ON THE MOVE



Thoughts become words...
words become actions...
actions become habits...
habits become character...
character becomes destiny.
~ Unknown

Happy Easter