



August 2009

Coquille Indian Housing Authority

Sea~Ha Runner

Volume 12 Issue 8

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



3rd Annual Bicycle Safety Rodeo

Sponsored by the Coquille Tribal Police

Date:

Saturday, August 29, 2009

Time:

10 a.m.—2 p.m.

Locations:

Coquille Tribal Health Center & Community Center

What to bring:

Bicycle or non-gas powered scooter and a helmet. Loaner helmets will be available.

Ready,,,Set,,,Ride!!

The Coquille Tribal Police Department is inviting kids of all ages to attend the 3rd Annual Bicycle Safety Rodeo on Saturday, August 29th.



This safety event will feature fun and exciting bicycle exercises, drawings for several great prizes, and a healthy lunch. The healthy lunch will be provided for the participants and their families, courtesy of the Coquille Indian Tribe and the Coquille Tribal Police Department.

In addition to the safety course, everyone is invited to join in an off-road ride along Tarheel Lake. The lake ride is mostly gravel with only minor hills.

Residents are encouraged to register their bicycles during this event. Tribal Police will record the serial number of the bike or scooter, take a photograph of the bike, and obtain contact information. This information will be kept on file in case the bike is ever lost or stolen.

For more information, please contact Officer Brian Dubray at the Coquille Tribal Police Department at 888-0189.

Please come out and enjoy this FUN event!!

KRA Annual Community

KRA's Annual Community Garage Sale will be held the third weekend in August this year, August 15th and 16th. All residents are welcome to participate with their own yard sale. The sale will be advertised in the local newspapers and media, so expect shoppers from local surrounding areas to visit the neighborhood on those days. This is an excellent time to clean out your garage and attic, sell those unwanted or unused items, and earn a few extra dollars. The sale will be held both Saturday and Sunday, beginning at 9:00 a.m. each day, rain or shine. If you have any questions, please contact Rocky Doyle at 888-4910.



August Calendar

CIHA Open Until 6 p.m.	3 - 5
KRA Dinner Meeting at 5:30 p.m.	10
KRA Garage Sale	15 & 16
Camp Ta Nae	18 - 22
CIHA Board Meeting at 3:30 p.m.	27
Bicycle Safety Rodeo	29

Are You Ready If Disaster Should Strike?

PLANNING FOR A DISASTER IS ESSENTIAL, especially living close to coastal waters. If you don't already have a disaster plan in place, here are some helpful tips to get you started.

You may need to survive on your own after a disaster. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and vehicles.

- You should store at least one gallon of drinking water per person per day; two gallons is best
- Keep bottled water in its original container and do not open it

until you need to use it

- 3-day supply of non-perishable food; canned and boxed food
- Flashlight & extra batteries
- Portable battery-powered radio or television & extra batteries
- First aid kit & manual
- Matches & waterproof container
- Extra clothing
- Whistle
- Photocopies of credit & ID cards
- Cash & coins
- Kitchen accessories & cooking utensils; a can opener
- Sanitation & hygiene products; moist towelettes & toilet paper
- Special items such as medications, eyeglasses, contact lens solutions, hearing aid batteries
- Pocket knife & gloves
- Dust mask
- Cell phone & a rechargeable calling card

- Supplies for animals
- Emergency telephone numbers
- Blankets or sleeping bags

Just as important in putting together your disaster supply kit is maintaining your supply kit with fresh supplies.

- Keep canned foods in a dry, cool place, check dates, and replace outdated goods with fresh goods
- Store boxed food in tightly closed plastic or metal containers to protect from pests and extend its shelf life
- Change stored food and water supplies every six months; be sure to write the date stored on all containers
- Re-think your needs every year
- Keep items in airtight plastic bags, and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trash can, camping backpack or duffel bag

Home	Work	Car
<p>Your disaster supplies kit should contain essential food, water, and supplies for at least three days.</p> <p>Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.</p> <p>Additionally, you may want to consider having supplies for up to two weeks.</p>	<p>This kit should be in one container, and ready to "grab and go" in case you are evacuated from your workplace.</p> <p>Make sure you have food and water in the kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.</p>	<p>In case you are stranded, keep a kit of emergency supplies in your car.</p> <p>This kit should contain food, water, first aid supplies, flares, jumper cables, and seasonal supplies.</p>

FEMA has a wonderful website with in-depth information and tips. To learn more, visit:

www.fema.gov



Community Cleanup Dumpsters Arriving Friday, August 28th

- Dumpsters will be arriving on Tribal Lands Friday, August 28th
- Dumpsters are for the use of Kilkich Residents ONLY
- Appliances, motor oil, and any questionable items ARE NOT ALLOWED in dumpsters
- Please recycle all recyclable items such as newspapers, magazines, plastic, glass, tin ...
- There is a recycle bin next to the Community Center
- Please DO NOT put household garbage in the bins
- For more information, call the CIHA office at 888-6501



Dumpsters will be picked up Tuesday, September 8th

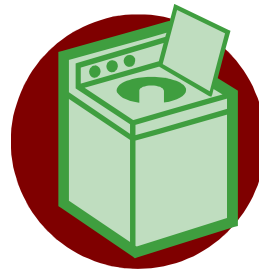
RENT CHECK PICKUP

If you are an elder, a person with a disability or it is difficult for you to get to the Housing Office to drop off your rent payment, please call our office at 888-6501 to schedule a rent pick-up. We will be happy to stop by and pick up your payment for you!



Health Tip

Saving natural resources by shopping with a reusable shopping bag makes good environmental sense. Please remember to wash your shopping bag after every few uses. Groceries carried in the bag can leave behind harmful bacteria.



Best Advice: Treat your bag like your cutting boards; clean and sanitize between uses.

CIHA Has The Tools You Need To Keep Your Yard Looking Good!



Please call the CIHA office if you would like to borrow a lawnmower, weed eater, wheelbarrow, shovel, or rake. Office hours are 8 a.m. - 5 p.m., Monday through Friday. The telephone number is 888-6501.



Have you ever wondered how many people share the exact same name as you? There is a website you can visit to find out. Check out:

www.howmanyofme.com

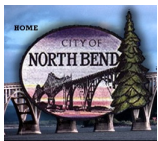
The site will tell you how many people share your first name, your last name, and your full name.



Phishing Scams - Recognizing & Preventing Identity Theft

In this time of economic downturn, fraud scams are more prevalent than ever. Please be aware that a representative from CIHA will NEVER ask you for personal or financial information over the telephone or via email. If you are contacted by any person who claims to be from CIHA requesting personal or financial information, please feel free to take down their name and call CIHA back to verify that the person is truly a CIHA employee. Protect yourself from fraud scams and identity theft.

We can all combat fraud by reporting scams to the proper authorities. Telephone, mail, and e-mail fraud scams should be reported to the Federal Trade Commission (FTC) at <https://www.ftccomplaintassistant.gov/> or by calling the Oregon Attorney General's Office at 1-877-877-9392. You can also receive scam alerts by signing up at the Oregon Attorney General's webpage at <http://www.doj.state.or.us/finfraud/scamalernetnetwork.shtml>.



**North Bend
Police Department**

**and the
Present**



**Coos Bay
Police Department**

The 26th Annual National Night Out 2009

Games, Ice Cream, Cakewalk, Refreshments, Music & Fun

FREE

Location: Ferry Road Park, North Bend

Date: Tuesday, August 4, 2009

Time: 5:00 p.m. - 8:00 p.m.

FREE

National Night Out is a unique crime & drug prevention event sponsored by the National Association of Town Watch and your local police departments. Everyone is welcome and invited to be part of this year's 26th Annual National Night Out.

Clint Black in Concert at The Mill Casino · Hotel



See Clint Black in Concert August 21st at 8:30 p.m. on the dock at the Mill Casino · Hotel. Tickets are on sale now at Ko-Kwel gifts, 756-8800. General admission tickets are \$49, Millionaire\$ Club Member tickets are \$39. Concert will be held rain or shine.

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