



A Fun and Informative Newsletter for the Residents of the Kilkich Community



2013 Kilkich Resident Holiday Credits!

Approved by the CIHA Board of Commissioners, each household on Coquille Tribal Lands will receive a holiday payment credit on their December billing statement. The payment credit ranges from \$25 to \$150. Payment credits are awarded based on how well each household complied with their housing agreement during the current year.

The compliance categories are:

- ◆ Payments (made on time and in full each month)
- ◆ Inspections (no home damage beyond normal wear and tear; no housekeeping issues)
- ◆ Update Information (provided timely, voluntarily, or upon request)
- ◆ Neighbor Complaints (no actionable complaints on file)

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Rent Check Pick Up

If you are an elder or a person with a disability and you would like CIHA to pick up your housing payment, please call the CIHA office at 541-888-6501 and a staff member will stop by and pick up your housing payment.

LIHEAP

Low Income Home Energy Assistance Appointments are still available. Call CIHA at 541-888-6501 to schedule an appointment.

KRA Holiday Gift Card Drawing



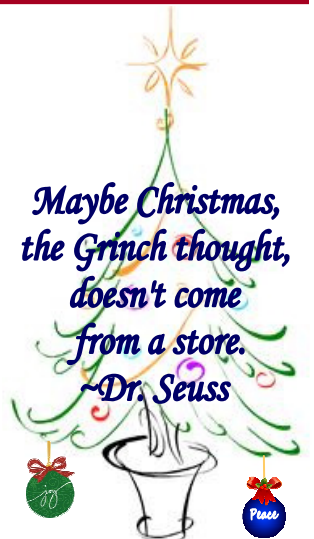
The Kilkich Residents Association (KRA) is sponsoring a **Holiday Gift Card Drawing** again this year.

Entering the drawing is easy!



- All Kilkich homes with **OUTSIDE DECORATIONS** displayed by **Wednesday, December 18th** will be entered in the gift card drawing. Three \$50 gift cards will be awarded.
- The décor may be lights, trees, wreaths, holiday scenes, etc. **ONLY** outside decorations will be judged.
- The drawing will take place Thursday morning, December 19th; three gift card winners will be drawn. A \$50 gift card will be awarded to each of the winners Thursday afternoon.
- If you have any questions, please contact KRA Chair Rocky Doyle at 541-888-4910.

Join in the holiday spirit this season and be entered to win a \$50 gift card.





SHORE ACRES HOLIDAY LIGHTS

Thanksgiving thru New Year's Eve

Nov. 28 - Dec. 31, 2013 4:00pm-9:30pm



Winter Solstice Celebration

December 21

Celebrated in Traditional Style Dance

The celebration begins at dusk
at the Community Plankhouse
on Tribal Lands.

All Kilkich residents are invited!

**The celebration is a potluck.
Please bring a salad or dessert.**

**If you have any questions,
please contact Brenda Meade
at 541-297-8803.**



Recruiting Native Americans for the Diabetes Prevention Program

Balancing Our Lifestyles



Diabetes is a serious health issue that affects millions of people every year. Before people develop type 2 diabetes, they almost always have prediabetes - blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. There are no clear symptoms of prediabetes, so you may have it and not know it. The Diabetes Prevention Program is designed to help you "balance your lifestyle" and cut your risk of developing diabetes.

The Diabetes Prevention Program consists of:

- 16 classes, one hour once a week
- \$25 Safeway Nutrition Card each week for 16 weeks
- Follow-ups every 6 months
- Lifestyle Coach/Personal Trainer
- Retention activities
- One physical per year



Qualifications to sign up for the Diabetes Prevention Program are:

- Must be an American Indian

- Must be 18 years of age
- Must have PREDIABETES A1C-5.7 TO 6.4 FBG-100mg/dl to 125mg/dl
- Cannot have diabetes
- Cannot be pregnant

If you would like to sign up or would like more information about this program, please contact Gail Accinelli at 541-888-9494, ext. 20216.

Balance your lifestyle today!





Legal Eagles: Constitution, Court Decisions and Law of Interest to Tribes and Native Peoples.

An article I read online made me think about state and federal law and how these legal systems work with individual Tribes. From that, here are a few links and resources you can find on the Internet and at the CIT Library.

Public Law 280: The Coquille Indian Tribe receives police services from the Oregon State Police due to a federal law that provides Oregon and five other U.S. states jurisdiction on tribal lands. This law, Public Law 280 (P.L. 280), passed in 1953, gave jurisdiction from the federal government to state governments and resulted in a dramatic change in the division of legal authority between federal, state and tribal governments. The law applies to Oregon, California, Alaska, Minnesota, Nebraska and Wisconsin. If you are curious about learning more, visit the **Tribal Court Clearing House** online at <http://www.tribal-institute.org/lists/pl280.htm>.

The Tribal Court Clearing House also serves as a resource for Native communities and the people and services who work with Indian Country and contains related to state, federal and tribal law, information on major topics related to crime such as

elder abuse and juvenile justice, and resources for crime victims, service providers and law enforcement agencies.

The article I read concerned a resident of the Warm Springs Reservation who was registered as a sex offender with the Tribe who illegally moved off the Warm Springs Reservation to live in Portland. He was arrested by Portland police after they received information from the Warm Springs public safety department. The Confederated Tribes of Warm Springs is not subject to P.L. 280 and the newspaper article addresses this and a resulting loophole that prevents Warm Springs arrest warrants from being recognized as legitimate outside of their lands. Without Warm Springs providing the information, local authorities would not have been aware of this individual's criminal history. **Read the article at www.indianz.com/News/2013/011645.asp.**

Community safety is a universal concern and Warm Springs is continuing to work with the Oregon government to fix the problem.

Other online resources: The National Indian Law Library (NILL), a part of the Native American Rights Fund, is a public

law library devoted to federal Indian and tribal law. Resources at this site include the Constitutions, Codes & Ordinances, and Tribal Court opinions. The site is in the process of transferring documents to a new web format; a huge project considering the volume of information they maintain. **Regardless, you can find them online at www.narf.org/nill/triballaw/index.htm.**

Speaking of large online tribal law resources, Oklahoma State University maintains a web page containing a digitized version of *Indian Affairs: Laws and Treaties*, a seven volume compilation of U.S. treaties, laws and executive orders pertaining to Native American Indian tribes. These volumes include U.S./Native American treaties from 1778-1883 and U.S. laws and executive orders affecting Tribes and Native Americans from 1871-1970. Find it online at: www.digital.library.okstate.edu/kappler/intro.htm.

Submitted by:
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Merry Christmas!

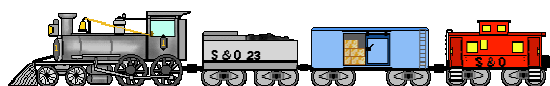
Bay Area Rotary Fundraiser—Festival of Trees

Visit the Festival of Trees at The Mill Casino • Hotel November 26th through December 4th. The fully decorated trees will be auctioned off Thursday, December 5th at The Mill Casino • Hotel in the Salmon Room. Doors open at 6:45 p.m.; the live auction begins at 7:00 p.m. Bid on your favorite tree; all proceeds benefit local charities.

For more information, contact Festival Coordinator, Heidi Proett at 541-269-7929.



Annual Charleston Christmas Train Display



Thursday, November 28th
through
Tuesday, December 24th

The Charleston Annual Christmas Train Display will open on Thursday, November 28th at 6:00 p.m. The Train Display is open every night through Tuesday, December 24th until 10:00 p.m. The display is located at the Old Charleston School House on Seven Devils Road. If the building is dark, don't leave. The lights are kept off to better illuminate the train displays.

Come out and enjoy the popular display!!

For more information, call 541-888-3268.



2622 Mexeye Loop Home for Sale to Coquille Tribal Members
Original price was \$114,500
Reduced price is \$89,900

This home is a single-level, 1,212 square foot stick-built structure, 3 bedrooms, 2 bathrooms with tiled floors, new wood flooring and carpeting throughout, a tiled entryway, and an attached 2-car garage. Utilities are reasonable; the home is warm and cozy in the winter.

Situated on a large lot, the house is conveniently located across the street from the Kilkich community playground.

For more information contact Valerie Healy by telephone at 541-977-5832 or by email at: v.healy021@gmail.com or v.healy@yahoo.com

Frosty Pumpkin Pie Recipe (A low-fat recipe)

Ingredients

- 2 cups low-fat vanilla frozen yogurt, softened
- 1 reduced-fat graham cracker crust - 9 inch
- 1 cup canned pumpkin
- 1/2 cup sugar
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1 carton (8 ounces) frozen reduced-fat whipped topping, thawed



Directions

1. Spread yogurt into crust. Freeze for 30 minutes.
2. Meanwhile, in bowl, combine the pumpkin, sugar, pumpkin pie spice, salt, and ginger. Fold in whipped topping. Spoon over frozen yogurt. Freeze for 6 hours or overnight. Remove from the freezer 20 minutes before slicing. Yield: 8 servings.

Nutritional Facts

One piece equals: 282 calories, 7 grams of fat (5 grams saturated fat), 3 milligrams cholesterol, 273 milligrams sodium, 47 grams carbohydrates, 1 gram fiber, 4 grams protein.
Diabetic Exchanges: 2 starch, 1 fruit, 1 fat.

<http://www.tasteofhome.com/recipes/frosty-pumpkin-pie>

December Calendar

Coos and Curry Counties Holiday Gathering at The Mill Casino • Hotel at 1:00 p.m.	8
KRA Board Meeting at 5:30 p.m.	9
CIHA Board Meeting at 3:30 p.m.	19
CIHA closes at 3:00 p.m.	20
Winter Solstice Celebration	21
CIHA closed for Christmas Vacation 	23-27
CIHA reopens at 7:00 a.m.	30
CIHA closes at 12:00 p.m.	31